Altering Low Self-Efficacy and High Stress Through Loud Reading, Movie Watching, And Association of Neighboring High Self Efficacy Child - A Case Study of Low - Efficacy Student

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Abstact: *Most important of this case study is to see the effect of pre-determined strategies of "movie-watching, association of neighboring high self-efficacy child on raising the level of self-efficacy and reducing the stress level in a "Low-efficacy child. The main objective is to do the efforts to improve the condition of a child whose academic performance is low as per the records of previous class performances.*

This case study is an effort to suggest some " Pre-assumed strategies" which can be useful to remove the obstacles in attaining right level of self-efficacy plays an important role in getting the self-confidence required to think about the abilities and having confidence to perform and complete any task.

In this case study, a case whose self-confidence is low resulting into the low performance. This study is very helpful in spreading the positive awareness among the parents and teachers about the movie watching which is thought to have negative effect in our society. This study is also an evidence to think about the effect of loud reading by children as this study is indicating the power of loud reading by children. Traditionally, it was used by parents and teachers but in modern times students are getting this reading session neither at school nor at home. This study also indicates the potential power of association of low achiever with high achiever. It is assumed in this study that low self-efficacy of a child can be raised if that child is associated with a high level of self-efficacy.

Key Words: *Self-efficacy, Stress, Loud Reading, Movie-watching, Association of Neighboring child, Case-study, Altering*

I. INTRODUCTION

Education is a process which develops a person as a responsible and valuable asset for society and country. Educational planning plays a vital role in this process. Any child who is expected to develop his capabilities requires a particular orientation from teachers as well as parents. Unfortunately parents and teachers are not paying their proper attention towards future of children. Responsibilities are to be felt from both sides; parents and teachers. Case study is a powerful strategy to investigate the valid reasons and factors to be used to improve the situation for the betterment of children in the hands of teacher but teachers are not using this for the all-round development of a child. Despite of knowing the fact that individual difference is there in every classroom and following this psychological principle any teacher can develop any child to some extent. A case study is an in-depth analysis of a single person, group, events or community. Present case study is a study of "Self-Efficacy" of a particular child (case).Aim of this case study is to study the particular strategies which can alter the self-efficacy of a person.

II. RATIONAL OF THE STUDY

Reason behind conducting this study was to find out the causes behind the low-efficacy. Most important of this case study was to see the effect of pre-determined strategies on raising the level of self-efficacy in a child. The main objective was to do the efforts to improve the condition of a child whose academic performance is low as per the records of previous class performances.

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HYPOTHESIS

1 Movie watching can raise the level of self-efficacy, life skill and social involvement

2 Association of low self-efficacy child with high self-efficacy child can raise the level of self-efficacy and self-confidence

3 Loud reading session can raise the concentration, reading habit

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4   Higher self-efficacy can ultimately boost the self-confidence and self-discipline.

5   Low self-efficacy person will be in a stress

DEFINITIONS OF THE TERM USED

ALTERING -To change any situation intentionally

SELF-EFFICACY- Self-efficacy ia a one's belief in his ability to succeed in a particular situation. Bandura described these beliefs as determinants of how a person think, behave and feel about the abilities and his success

LOUD READING- Here 'loud-reading session' means reading any written content loudly by a child. Loud reading is confined to reading any written material specially 'text-books'

MOVIE WATCHING- Here 'movie-watching' refers to watching any selected and suitable theatrical movies pertaining to the age which can be watched on televisions or in theatre

CASE- Here 'case' refers to the child who was studied by researcher

ASSOCIATION WITH 'HIGH SELF-EFFICACY CHILD 'WITH 'LOW SELF-EFFICACY CHILD'

Here Association with 'high self-efficacy child ' with 'low self-efficacy child' means association of   low self-efficacy with a   child whose self-efficacy is high . It may be in form of a friendship with a neighboring child with high efficacy.

HIGH-STRESS- Here 'High-Stress' means the high level of stress out of the failure situation

III. INTRODUCTION TO THE PROBLEM

The child who was chosen by researcher for this case study is a sixth grade student studying in a private school named G.D.Goenka Public School in Indirapuram(Ghaziabad district of Uttar Pradesh). His name is Priyanshu. He is a student whose academic performance is low as well as he is low on confidence. He has one

Sibling: a younger sister studying in fifth grade in the same school. Both are getting same parenting and schooling. Her sister is very good at academic front as well as participation in cultural activities and her confidence is also high. She has got many awards but Priyanshu is lacking on those fronts .He did not got any prize before this study. I chose Priyanshu after observing him in the classroom and talking to his teachers. His problem is unique as he has an average I.Q. There is one reason behind the selection of this case. In our country many children are like Priyanshu who are not performing well despite of having an average I.Q. Researcher is assuming some hypothetical strategies to alter the low-efficacy. By this study researcher wants to attract the attention of teacher educators, teachers and parents towards this kind of problem and its possible remedies in this direction resulting into the better development of their children's' personality.

In this case study assumed strategies were implemented to see the effects. Initially for one month 'case' was associated with a neighboring child who is his classmate too. Then after he was given the sessions of loud reading at home by his parents continuously for one month . Along with these

treatments he was switched from watching cartoon channels to Hindi movie watching. In school, teachers were requested to promote him in co-curricular activities. After one month positive effects were witnessed. Then after he was given treatment for two more months and finally analyzed that these strategies worked for the betterment of 'case. Now days he is being given same treatment and parents are feeling satisfied.Priyanshu is now a freer creature than ever. Now he has changed his writing style and his hand writing is clear and attractive. He is now participating in cultural activities without any hesitation. To get such kinds of results from such kind of child, through this study, researcher wants to appeal to all the concerned persons to help the children like Priyanshu for their better future as well as of country.

IV. METHODOLOGY

Type of study- Single participant case study

Techniques used- Qualitative techniques

Sources of data- Semi structural interviews, participant observation, observations of teachers, observations of parents, diaries and records such as report cards, teachers' notes.

V. THEORETICAL PERSPECTIVES: THE ROLE OF SELF-EFFICACY

The subject of self-efficacy has become one of the most studied topics in psychology since the publication of Bandura's seminal 1977 paper, "Self-Efficacy": Toward a unifying theory of behavioral change, among the psychologists and educators. Bandura and others have found that an individual's self-efficacy plays a major role in how goals, tasks and challenges are approached. The people with a strong sense of self-efficacy view challenging problems as tasks to be mastered and they develop interest in the activities in which they participate. This type of persons shows strong commitment to their interest and activities. They have very strong recovery system to get recovered from the setbacks and disappointments. On the other hand people with a weak sense of self-efficacy avoid challenges and difficult tasks because they develop thinking that their capabilities are not enough to handle these situations resulting in losing the confidence.

VI. SOURCES OF SELF-EFFICACY

It is very important to know the sources of self-efficacy development from the viewpoint of identification of the reasons that foster the development of self-efficacy in any person. These beliefs begin to form in early childhood as children deal with different kinds of experiences, tasks and situations but growth of self-efficacy continues to evolve throughout life as people acquire new skills, experiences and understanding.

According to Bandura, there are four major sources of self-efficacy-

1. Mastery Experiences

Bandura explained that performing a task successfully strengthens our sense of self-efficacy. However, failing to

adequately deal with a task or challenge can undermine and weaken self-efficacy.

2. Social Modeling

According to Bandura, "Seeing people similar to one succeed by sustained effort raises observers' beliefs that they too possess the capabilities to master comparable activities to succeed."

3. Social Persuasion

Bandura also asserted that people could be persuaded to believe that they have the skills and capabilities to succeed. Consider a time when someone said something positive and encouraging that helped you achieve a goal. Getting verbal encouragement from others helps people overcome self-doubt and instead focus on giving their best effort to the task at hand.

According to Bandura, the theory of self-efficacy lies at the center of social cognitive theory which emphasizes the role of observational learning and social experience in the development of personality. Social cognitive theory believes that an individual's actions and reactions, including social behaviors and cognitive processes, in almost every situation are influenced by the actions that individual has observed in others. Social learning depends on how individuals either succeed or fail at dynamic interactions within groups, and promotes the development of individual emotional and practical skills as well as accurate perception of self and acceptance of others. Successes and failures are closely related to the ways in which people have learned to view themselves and their relationships with others. This theory describes self-concept as learned (i.e., not present at birth); organized (in the way it is applied to the self); and dynamic (i.e., ever-changing, and not fixed at a certain age). High self-efficacy can affect motivation in both positive and negative ways. In general, people with high self-efficacy are more likely to make efforts to complete a task, and to persist longer in those efforts, than those with low self-efficacy.

Self-efficacy has several effects on thought patterns and responses:

1. Low self-efficacy can lead people to believe tasks to be harder than they actually are. It results in poor task planning as well as increased stress.

2. Persons with low self-efficacy become erratic and unpredictable when engaged in a task in which they are low having low self-efficacy.

3. Persons having high self-efficacy see the tasks in a broader way to determine the best plan.

4. A person with high self-efficacy will make external factors responsible for any failure but a person with low self-efficacy will blame his/her own ability.

5. A person with low self-efficacy shows high level of stress as they see the problems as lack of their abilities resulting into the worst level of success making them more stressful.

In the present study above mentioned theoretical knowledge helped researcher to identify the "subject" as a case of low self-efficacy.

VII. GENERAL INFORMATION OF "CASE"

Background Information:

Name-	Priyanshu
Age-	12 yrs
Gender-	Male
Health status-	Average
Family-	Mother-Housewife, Father -Teacher educator
Social Relationship-	One friend
Personality-	Introvert, Shy
Psychological Status-	Poor Mental Health and High Level of Stress

Description of the presented problem

MAJOR PROBLEMS-

Low-confidence, Low concentration level, Spelling mistakes ,Slow-writer, Poor writing, less social engagements, Low participation level in co-curricular activities, High stress level and problem of self- discipline.

DIAGNOSIS OF THE PROBLEM

This case was diagnosed of low self -efficacy on the basis of observations made by teachers and parents and researcher. Following sources were used for the diagnosis:

1. Interactions with teachers

2. Interactions with parents

3. Information given by child

VIII. DIAGNOSIS REPORT

OBSERVATION BY TEACHERS	OBSERVATION BY PARENTS	PERCEPTION OF 'CASE'
Low confidence	Cartoon savvy	Teachers are not co-operative
Low academic performance	No interest in studies	Teachers don't explain in proper way
Low memory	Less Talkative	Teachers are biased
Less sports activity	Less food eater	Parents are caring
Low social engagements	No reading at home	He is not good at intelligence
Average drawing work	Work hard during exams and tests only	Unable to concentrate
Does not answers in class	Forgets quickly	There is no use of studies
Does not initiate	Spelling mistakes	Teachers are not caring
Does not participate voluntarily	Writing slow and untidy	Home –Works are boring and irritating
Class work-untidy and poor	Writing speed –slow	Classroom notes put me in trouble
Hand writing-Poor, slow-speed with errors	Doesn't like movie watching	Wtritten work should not be there
Reading-slow with errors	Love to play video games	I am unable to concentrate
Home work completion-Do not completes in time, completes with the help of parents	Stress Level -High	

IX. REASONS FOR CHOOSING THE 'CASE'

Children are sent to schools for developing their personality to adjust in society but when a student finds himself miserable to adjust in school environment, he cannot expected to be adjusted in future. This child was reported and observed that his performance is low even on every front. His mother is concerned with his academic performance and she wants him to perform better. His father says he needs constant praise and prodding .He is capable but lacks the thrills of success, achievement and self-discipline.

Researcher went through his report cards and other documents like diaries and teachers' notes. After getting the basic information researcher assure him to help him out in the concerned areas.

He is not a special case as many cases may be there in schools, but through this case study researcher wants to make aware all those parents and teachers who are responsible for the future of children. Children are always taken as the future investment for any country, but they can be made useful only when such kinds of students are studied minutely and thoroughly. Through this case study researcher wants to appeal all teachers to conduct case studies to find out the actual reasons to implement precious theories and principles of related fields.

X. INTERVENTIONS

1. Reading, writing and spelling mistakes
2. Concentration level
3. Social circle
4. Life skills
5. Participation in co-curricular activities

STRATEGIES FOLLOWED

1. Loud reading sessions at home
2. Suggested him to watch movies and historical and epic episodes
3. Association with a child having high self-efficacy
4. Promotion and encouragements for participation in co-curricular activities in school by teachers

Parents were given counseling sessions for conducting above mentioned a practice at home. He was associated with a neighboring child who was also his class mate. He is a smart boy with good academic records and good social engagements. Priyanshu's parents were suggested to ensure daily loud reading sessions and Hindi movie watching as per the suggestions.

Evaluation

Effects on self- efficacy were observed as mentioned in the following table:

AREAS	BEFORE INTERVENTION	AFTER INTERVENTION	EFFECTS
HESITATION	05	02	DECREASED
FRIENDSHIP ORIENTATION	05	01	DECREASED
SOCIAL INVOLVEMENT	00	02	INCREASED
PRIZES	NONE	01	FIRST PRIZE*
READING HABIT	01	03	INCREASED
SELF-CONFIDENCE	00	03	INCREASED
WRITING SPEED	01	02	INCREASED
CONCENTRATION LEVEL	01	02	INCREASED
SPELLING MISTAKES	03	02	DECREASED
SELF-DISCIPLINE	01	03	INCREASED
LIFE-SKILLS ACQUISITION	01	04	INCREASED
STRESS	05	01	DECREASED
PARTICIPATION LEVEL IN CO-CURRICULAR ACTIVITIES	00	03	INCRAESED

*First Prize in "Best Out Of Waste" during the treatment

Table: Improvements and effects seen after and before the treatment (assumed strategies) given (SCALE-01-05)

Table shows the positive effects of assumed strategies implemented in the daily routine of child. The case got benefits out of these implemented strategies.

Pictorial Presentation Of The Effects Observed
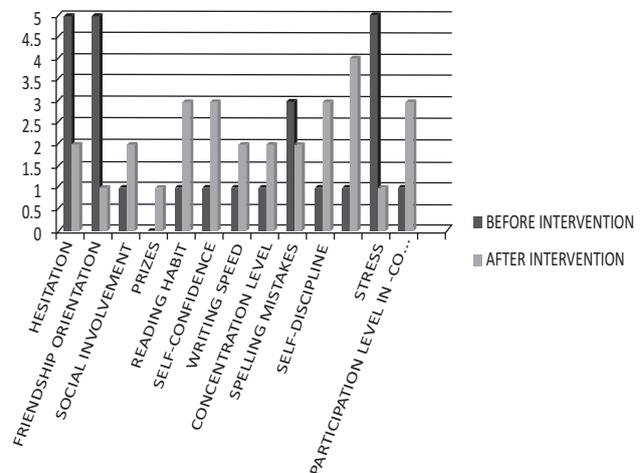
(After And Before The Intervention)

Chart: Comparison of pre-intervention and post-interventions areas

Positive effects seen were:

1. Spelling mistakes were minimized to low
2. Reading speed was increased
3. Writing speed was improved
4. Writing was neater
5. Concentration level improved
6. Interest in studies was increased
7. Social engagements-improved
8. Self-discipline-improved
9. Life-skills-improved

XI. CONCLUSION

Self-Efficacacy can be increased if children are given constant support with the help of parents as well as teachers. Loud reading session, as well as movie watching is very much useful in developing self-efficacy among the children. Of course selection of movies is very important. Along with the loud reading and movie watching friendship also affects a lot in this matter; Friends can play a very vital role in developing self-efficacy among the children. So it is concluded from the present case study that movie watching, loud reading by children and friendship is very much useful in the development of self-efficacy among those children having low self-efficacy.

SUGGESTION FOR FURTHER RESEARCH- a case study can suggest the future directions for future researches. Researches can be done in the areas having more samples enabling to see the effects of these strategies in raising the self-efficacy in more systematic way.

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