

## PSYCHOLOGICAL WELL-BEING OF YOUTH IN RELATION TO THEIR SELF-EFFICACY

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### **ABSTRACT**

Today the world is witnessing a lot of problems among youth, it has a significant influence on their mental health. Self-efficacy refers to “trusting one’s abilities and powers for learning and performance” (Hill, 2002). It involves the feeling of self-worth affecting appraisal of competence and emotional well-being which would aid in the development of mental health. This study is conducted to investigate the relationship between self-efficacy and psychological well-being among youth in Kerala. A sample of 298 youths from Kozhikode, Kerala was selected through simple random sampling and data was collected with the help of Self-Efficacy Scale by Schwarzer & Jerusalem (1995) and Psychological well-being Scale by Sreejith Sudhakar and Kadhiraavan (2018). The results revealed a significant difference in self-efficacy among youth based on their gender. There was a significant positive correlation between self-efficacy and psychological well-being among youth. The implications are discussed in this article.

**KEYWORDS:** *Self-Efficacy, Psychological Well-Being, Youth*