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## Comparison of Self Efficacy Problem Solving Among Young Adults in Joint Family and Nuclear Family

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### ABSTRACT

This study aims to examine and compare the levels of self-efficacy in problem solving and life among young adults residing in nuclear families and joint families. The research investigates how the family structure, specifically living in a nuclear or joint family setting, influences self-efficacy in problem-solving skills and overall life satisfaction among young adults. The study employs a cross-sectional design, collecting data from a diverse sample of participants through surveys and questionnaires. The measures utilized in this research assess self-efficacy in problem solving and life satisfaction. The data collected will be analysed using appropriate statistical techniques to compare the mean scores between young adults in nuclear and joint families. Ethical considerations, including participant confidentiality and informed consent, will be strictly adhered to throughout the study. By examining the impact of family structure on self-efficacy in problem solving and life satisfaction, this study aims to contribute to a deeper understanding of the factors influencing the well-being and resilience of young adults in different family settings. The findings will provide valuable insights for practitioners and policymakers in developing targeted interventions and support systems for young adults in nuclear and joint families, ultimately enhancing their overall well-being.

### Introduction

Self-efficacy and life satisfaction are important constructs that can significantly affect the well-being of individuals. Self-efficacy refers to an individual's belief in their ability to



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successfully complete tasks and achieve goals, while life satisfaction is a subjective evaluation of one's overall happiness and satisfaction with their life.

- **What is self-efficacy?**

Self-efficacy is based on an individual's assessment of their own abilities, past experiences, and the feedback they receive from others. It can be influenced by a range of factors, including personal characteristics such as personality traits, as well as environmental factors such as social support and access to resources.

- **What is problem solving?**

Problem-solving is a cognitive process of finding solutions to complex, difficult or unfamiliar problems. It involves identifying a problem, gathering information, evaluating options, and choosing an appropriate course of action to address the problem.

Effective problem-solving requires critical thinking, creativity, and analytical skills. It involves breaking down a problem into smaller parts, analysing the situation, generating and evaluating potential solutions, and selecting the best course of action.

Problem-solving skills are important in a range of contexts, from everyday life to work and academic settings. They can help individuals to overcome obstacles, make decisions, and achieve goals.

Problem-solving can be learned and developed through practice and experience. Individuals can improve their problem-solving skills by practicing different strategies, seeking out feedback and guidance from others, and reflecting on their experiences.

- **Effects of family structure**

The family structure in which an individual grows up can also impact their self-efficacy and life satisfaction. In India, nuclear families, which consist of parents and their children, are becoming increasingly common, whereas joint families, which include multiple generations living together, have been traditionally prevalent.



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Given these factors, this study aims to compare the self-efficacy problem-solving and life satisfaction of young adults in nuclear and joint families. Specifically, we aim to investigate whether living in a joint family or a nuclear family affects an individual's self-efficacy problem-solving.

Understanding the relationship between family structure and these important psychological constructs can help in identifying factors that impact the well-being of young adults and can inform interventions to promote positive outcomes.

### **Review of Literature**

Self-efficacy refers to an individual's belief in their ability to accomplish a specific task or goal. It is considered an important factor in problem-solving and. Family structure, such as nuclear family and joint family, can impact an individual's self-efficacy, problem-solving abilities.

Research has shown that family structure can play a role in shaping an individual's self-efficacy. For instance, in a nuclear family, the responsibility of decision-making and problem-solving is often left to the parents, whereas in a joint family, extended family members can play an active role in the decision-making process. As a result, young adults in joint families may have higher self-efficacy as they are exposed to diverse perspectives and receive support from family members.

Studies have also found that family structure can impact an individual's problem-solving abilities. Young adults in nuclear families may have lower problem-solving abilities due to limited exposure to diverse perspectives, while young adults in joint families may have higher problem-solving abilities due to regular exposure to diverse perspectives.

Regarding life satisfaction, research has shown that young adults in joint families tend to report higher levels of life satisfaction as compared to those in nuclear families. Joint families provide a social support system that can contribute to higher self esteem



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However, it is important to note that family structure is just one of many factors that can impact an individual's self-efficacy, problem-solving abilities, and life satisfaction. Other factors, such as culture, individual personality traits, and life experiences, can also play a role.

Overall, the literature suggests that family structure can impact an individual's self-efficacy, problem-solving abilities, and life satisfaction. However, more research is needed to better understand the specific mechanisms through which family structure impacts these factors and to account for individual differences within each family structure.

#### **Previous research on the relationship between self-efficacy and coping style:**

Research has consistently found a positive relationship between self-efficacy and adaptive coping styles. Studies have shown that individuals with higher levels of self-efficacy tend to use more problem-focused coping strategies, such as active problem-solving, seeking social support, and positive reappraisal. In contrast, individuals with lower self-efficacy tend to use more emotion-focused coping strategies, such as avoidance, denial, and wishful thinking. Additionally, research has shown that self-efficacy can serve as a buffer against the negative effects of stress on mental health.

#### **Previous research on the impact of family structure (nuclear vs joint) on individual outcomes:**

Research has found that family structure can have a significant impact on individuals' outcomes. Studies have shown that individuals from nuclear families (i.e., families consisting of parents and their children) tend to have better academic, behavioural, and emotional outcomes than individuals from non-nuclear families. However, research on joint families (i.e., families consisting of parents, their children, and other family members such as grandparents, aunts, and uncles) is mixed, with some studies finding positive outcomes and others finding negative outcomes. Factors such as family conflict, social support, and cultural

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differences may play a role in determining the impact of family structure on individual outcomes.

Overall, research has consistently found that self-efficacy and adaptive coping strategies are positively related, and that both are associated with better mental health outcomes and higher levels of life satisfaction. Additionally, family structure can have a significant impact on individual outcomes, with individuals from nuclear families generally faring better than those from non-nuclear families. However, the impact of joint families on individual outcomes is mixed, and may depend on factors such as family conflict and social support.

## Methodology

### Aim

The aim of the research would be to investigate the potential differences in self-efficacy in problem-solving and in life satisfaction between individuals from nuclear families and those from joint families. The research would explore whether growing up in a nuclear or joint family has an impact on an individual's perceived ability to solve problems.

### SAMPLE

The sample comprises of 50 subjects falling in the age range of 18-26 years of age. The sampling technique used in the present study is convenience sampling.

### Hypothesis

The type of family arrangement (nuclear or joint) will have an impact on these variables. It predicts that young adults living in joint families may have higher levels of self-efficacy and problem-solving ability due to the support and resources available in a larger family unit

### Variable –

- *Independent : family structure*
- *Dependent :self-efficacy and problem solving*



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## Description of tool

- **General Self-Efficacy Scale (GSE)**

**About:** This scale is a self-report measure of self-efficacy.

**Items:** 10

The General Self-Efficacy Scale is correlated to emotion, optimism, and work Satisfaction. Negative coefficients were found for depression, stress, health Complaints, burnout and anxiety.

The total score is calculated by finding the sum of the all items. For the GSE, the total score ranges between 10 and 40, with a higher score indicating more self-efficacy.

## Problem Solving/Decision Making

Instrument: Life Skills Development Scale for Adolescents Subscale Name: Problem Solving/Decision Making

Developers: C. A. Darden, E. J. Ginter, and G. M. Gazda, 1996

Target Audience(s): Youth ages 13-26

Type of instrument: Attitudes and Behaviour

**Data collected:** Quantitative

Data collection format: Self report – Pre/post

**Description:** The Problem Solving/Decision Making subscale consists of 15 items related to Effective problem solving/decision making behaviours and perceptions of Competence.



The subscale is part of the 60 item Life Skills Development Scale for Adolescents Developed for use in clinical assessment, research, and evaluation of Interventions.

The larger instrument consists of 4 subscales:

- 1) Interpersonal Communication/Human Relations,
- 2) Problem Solving/Decision Making,
- 3) Physical Fitness/Health Maintenance Skills
- 4) Identity

**Inclusion Criteria:**

- Participants should be aged between 18-26 years
- Participants were selected on the basis of convenience sampling method

**Exclusion Criteria:**

- Gender was no bar for the Study. Mixed samples were taken

No specific area was taken for the selection of participants

**DATA ANALYSIS**

Table: 1 showing the descriptive statistics of the data

**Group Statistics**

	FAMILY STATUS	N	Mean	Std. Deviation	Std. Error
SELF EFFICACY	Nuclear	27	25.1852	5.84437	1.12475
	Joint	27	25.6296	5.09259	.98007
PROBLEM SOLVING	Nuclear	27	13.8519	3.55943	.68501
	Joint	27	14.4444	4.91726	.94633

Table 1

shows the descriptive statistics of the data set of the sample size 57. The mean value of the self efficacy of nuclear family is 25.1852 where The standard deviation for self efficacy in



nuclear is 5.84437 and the mean of self efficacy in joint family 25.6296 the standard deviation 5.09259 . The mean value of problem solving is 13.8519 and standard deviation 3.55943 of nuclear family and in joint family mean is 14.4444 and standard deviation is 4.91725.

## INTERPRETATION

Family Status" and two measures of psychological factors, namely "Self-Efficacy" and "Problem Solving." The "Family Status" variable has two categories: "Nuclear" and "Joint," referring to different types of family structures. For the "Self Efficacy" measure, the mean score is 25.1852 for individuals in nuclear families, with a standard deviation of 5.84437. The standard error of the mean is 1.12475, indicating the variability of the sample means if multiple samples were taken. On the other hand, individuals in joint families have a slightly higher mean self-efficacy score of 25.6296. The standard deviation is 5.09259, and the standard error of the mean is 0.98007. Regarding the "Problem Solving" measure, individuals in nuclear families have an average score of 13.8519, with a standard deviation of 3.55943. The standard error of the mean is 0.68501.

For individuals in joint families, the average score on the "Problem Solving" measure is slightly higher at 14.4444. The standard deviation is 4.91726, and the standard error of the mean is 0.94633.

Based on this data, it can be concluded that there are slight differences in self-efficacy and problem-solving abilities between individuals in nuclear and joint families.

## CONCLUSION

The statistical analysis conducted on the data suggests that there is no significant difference in the means of self-efficacy and problem-solving scores between individuals in nuclear and joint families. The tests for equality of variances did not provide evidence of significant differences in variances either.



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Based on the available data, it can be concluded that family status, whether nuclear or joint, does not appear to have a substantial impact on self-efficacy and problem-solving abilities. However, it is important to note that these findings are specific to the data provided and may not necessarily generalize to the entire population.

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