

## **Chapter 5**

### **Summary, Findings and Suggestions**

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#### **5.1 Introduction**

The investigator arrives at this stage after a rigorous exercise of analyzing the data and putting insight to make objectives more high-yielding and significant. The writing of research findings is usually the concluding task of a research endeavor. Research is directed towards the goal of discovering new knowledge which can add its contribute to the expansion of the ocean of knowledge.

#### **5.2 Summary of the Study**

Students are known for the building of the nation and in the progress of society majorly depends on their shoulders. As society is progressing it is getting involved in the rat race, academic achievement has become a major determinant in deciding the success of the students. Earlier academic achievement was primarily associated with intelligence only (Williams et al., 2002). Researches have proved that intelligence is not the single criterion that affects academic achievement but there are various associated factors also that directly or indirectly affect academic achievement (Naderi et al., 2010; Alves et al., 2017). To study the relationship between academic achievement and self-efficacy the correlation and mean scores were calculated.

#### **5.3 Findings of the Present Study**

The main findings that came out of the study are listed below

1. A positive significant relationship is found between academic achievement and self-efficacy.
2. A positive relationship is found between academic achievement of male students and self-efficacy scores is seen but there is no significant relationship between these two.
3. A positive significant relationship is found between female academic achievement and self-efficacy.
4. Female secondary students were found to have a high mean score of Self-Efficacy compared to their male counterparts.
5. Female secondary students were found to have a high mean score of academic achievement compared to their male counterparts.

6. The study discovered that self-efficacy is a significant contributor to the prediction of academic achievement for the sample of secondary students.

#### **5.4 Educational Implications of the Study**

Teachers and parents are a major driving force in the students' performance and in helping the students to channelize their energy in the best possible direction. They should understand the kind of pressure the secondary school students go through at this age. Hence both should act as a facilitator and guide so that students can deal with problematic situations comfortably.

In light of the results of the present study, the investigator proposes some educational implications that can be implemented in schools and homes for improving students' academic achievement.

1. The result of the present study revealed that a small strength of correlation was found between self-efficacy and academic achievement of secondary school students.

For enhancing the level of self-efficacy among secondary school students some initiatives will be taken by the teachers. A teacher should never discriminate among students and avoid showing a negative attitude towards any student circumstances come what may. Teachers should shower his/her warmth and care on all students equally, as every student wants to be felt valued and important. A pessimist attitude discourages and lowers the intrinsic motivation of the secondary school students thereby, lowering their self-efficacy.

2. The finding of the present study showed that a significant main effect of self-efficacy was found on the academic achievement of secondary school students.

Teachers should not label students with certain kinds of tags as it creates an inferiority complex among them and students. Teachers should always be curious in knowing about the underlying reasons for a particular action and try to deal with that particular behavior. Teachers should give due respect to the opinion of the students and should not make fun of students. Individuality of every learner should be considered important during the teaching-learning process. Teacher should take account of individual needs and abilities of secondary students. It results in enhancing the level of self-efficacy of

secondary school students and ultimately, bettering their academic achievement.

3. The finding of the present study revealed that a significant main effect of self-efficacy was found on academic achievement of secondary school students.

So, parents should create a democratic environment in the home where a child freely expresses his feelings and thoughts. Parents should provide love, understanding, and acceptance to their children. This encourages students to discuss all issues in detail with their parents and family. When children feel that they are heard and understood by their parents, they feel secure and confident, thus it boosts their level of self-efficacy.

4. Based on the findings of the present study, the investigator suggests that parents should relate with their children and help them in identifying their own emotions and let them learn to displace negative emotions constructively. Positive emotions make children more resilient towards anxiety, overcoming challenges and setbacks to get quickly on track. They should teach their children to enjoy each and every day. It will help in facilitating the level of emotional maturity of children.
5. The result of the present study discovered that small strength of correlation existed between self-efficacy and academic achievement of secondary school students.

When parents compare their child with other children for being different, it may undermine a child's ability and produce a negative effect on them. It creates an inferiority complex and self-doubt in his/her abilities. Child may start to believe that he/she is incapable of doing and achieving certain things and this will lower the level of self-efficacy.

Parents should be realistic about their child's abilities and potential. They should not pressurize their children to perform best in academics beyond their abilities as this will make them susceptible to low confidence. If a child fails to achieve the set goal, they start to feel like a failure and develop a fear of eventually failing in everything. Therefore, parents must not rob the joy out of their child's life and allow him/her to grow at his/her own pace. It will help in enhancing their level of self-efficacy among them.

### **5.5 Suggestions for Further Study**

The investigator while conducting research work observed that many aspects were left untouched. Some of the further study that can be carried are as follows :

1. In the present study, only gender is taken as a demographic variable. For more reliability and validity some more demographic variables like income, locale, religion and caste can be taken up.
2. The present study is confined only to grade IX secondary school students. A similar study may be conducted on other grades and at primary, senior secondary level and college levels.
3. As data collection for the present study is limited to government and private secondary school students, therefore it is recommended that a similar study may be conducted on other kinds of schools like aided, non-aided, army schools, etc.
4. The present study is confined only to East Delhi region. A similar study may be conducted in other districts of New Delhi to get a more broader picture and better generalization.
5. The nature of the present study is quantitative. Therefore, it is suggested that the replication of the study may be done by employing a mix of both methods for better results.