

Effect of General Self- Efficacy on Health Behavior

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Abstract

The present study attempted to examine the effect of general self-efficacy on health behavior. A sample of 100 subjects was selected on the basis of incidental sampling from Rohtak. General Self-efficacy scale (Hindi) by Sud et al. (1998) and Lifestyle check assessment developed by Hall and Ches in 2001 were administered to measure Self-efficacy and health behavior. All the participants were divided in two groups (High self-efficacy and Low self-efficacy) on the basis of their scores on self-efficacy scores. Data were analyzed using t test. Result indicates that adolescent having higher self-efficacy lead to more health promoting behavior as compared to those having low self-efficacy.

Keywords: General self-efficacy, health behavior.

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