

## **Role of Self-efficacy and Family environment in regulating Psychological Wellbeing among adolescents and adolescent male offenders undergoing trial**

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### **Abstract**

The aim of the study was to understand the role of self-efficacy and family interactions and environment in regulating psychological wellbeing of adolescent boys and adolescent male offenders undergoing trial. Self-efficacy includes beliefs that individuals hold about their own abilities to make plans for and execute tasks within a specific domain to effectively lead to specific goals. Family plays vital role in moulding individuals' personality. Dysfunctional family settings-characterized by conflict, inadequate parental control, weak internal linkages and integration, and premature autonomy-are closely associated with building up troublesome individuals. Psychological well-being is usually conceptualised as some combination of positive affective states such as happiness and functioning with optimal effectiveness in individual and social life. Adolescents have very special and distinct needs. They have to be treated carefully which in turn helps in developing robust citizens for the country. The participants of the study consist of adolescents and Self-efficacy Scale (Manikandan, 2015), Family Environment Scale (Moos & Moos1981), and Psychological Wellbeing scale (Manikandan & Mary Antony, 2015) and Background Information Schedule was used to collect data. Result revealed that the mean scores in self-efficacy, psychological wellbeing and organization (dimension of family environment) significantly differ between adolescent boys and adolescent male offenders. There was a linear relationship between self-efficacy, family environment variables and psychological wellbeing. Self-efficacy and organization were the significant predictors of psychological wellbeing among adolescent boys and adolescent male offenders.

**Key words:** Self-efficacy, Family Environment, Psychological Well Being, Adolescents boys, Adolescent male offenders.

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