A COMPARATIVE STUDY ON SELF-EFFICACY   AMONG CONVENTIONAL AND DISTANCE EDUCATION STUDENTS

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Abstract
 The aim of education is to train mind to think , not just giving a carrier. The purpose of the present research is to compare Conventional and Distance Education Students on self-efficacy.Self-efficacy is the belief in ones capability to organize and execute the sources of action required to manage prospective situation. Words of wisdom by Gautama Buddha "it is better to conquer yourself than to win a thousand battle , then the victory is yours . It can't be taken from you , not by angels, by demons, heaven or hell". 21st century progress comes with its own cost monotonous life, boredom, stress, work load, insecurity, but deep pressure only sharpens diamond, person with self-efficacy will say to life try me not why me, will not wait for storm to pass, but will learn to dance in storm. If we think we can then we probably can, if we think we can't, that self-limiting and self-fulfilling belief might stop. Illiterate people in 21st century is not who can't read or write, but who can't learn, unlearn relearn from life. After reviewing the importance of self-efficacy, researcher planned to work on it.Being a distance mode authority researcher is very much familiar with the quality of distance mode students. Regular mode has always been more welcomed than distance learning. But the results of this study are, indicative towards that distance learning is playing its role in betterment , sowing seed in terms of value in students and fruits will be reaped, It is not important where you come from it is more important where you are going .So, there is significant difference found among Conventional(mean=28.40) and Distance Education (mean=34.13)Students on self-efficacy.

Education
Education in its general sense is a form of learning in which the knowledge, skills, and habits of a group of people are transferred from one generation to the next through teaching, training, or research. Education frequently takes place under the guidance of others, but may also be autodidactic. Any experience that has a formative effect on the way one thinks, feels, or acts may be considered educational. Education is commonly divided into stages such as preschool, primary school, secondary school and then college, university or apprenticeship.

Conventional Education
Conventional learning, normally delivered by trained teachers in a systematic intentional way within a school, academy/college/institute or university, is one of three forms of learning, the others being informal learning, which typically takes place naturally as part of some other activity, and non-formal learning, which includes everything else, such as sports instruction provided by non-trained educators without a formal curriculum. Conventional education occurs in a structured environment whose explicit purpose is teaching students. Usually formal education takes place in a school environment, with classrooms of multiple students learning together with a trained teacher.

Distance Education
Distance education or distance learning is a mode of delivering education and instruction, often on an individual basis, to students who are not physically present in a traditional setting such as a classroom. Distance learning provides "access to learning when the source of information and the learners are separated by time and distance, or both." Distance education courses that require a physical on-site presence for any reason (including taking examinations) have been referred to as hybrid or blended courses of study. Massive open online courses (MOOCs), aimed at large-scale interactive participation and open access via the web or other network technologies, are a recent development in distance education.

Advantages of Distance Learning
- **It's Flexible:** Learner can earn and study at the same time! Flexibility is the biggest advantage of distance learning courses. This stands true especially if learner is a working professional. Not everyone has the luxury of taking their own time to finish their studies. For those who had to take a break from studies to start working, such courses are a boon and provide the opportunity to pursue higher education.
- **Saves Time & Energy**: Learner save up a lot of time and energy on commuting. For example learner can stay in lucknow and pursue a course that is available in Delhi. Learner might be based out of a remote village or town which does not have enough options for higher studies. Distance learning courses eliminate these obstacles.
- **Study at your own Pace:** Not everyone has the same pace of learning. Some students pick up things fast, others need time to grasp a concept. One of the biggest advantages of distance learning is that you can study at a pace that is comfortable for you.
- **Saves Money:** These courses are almost always cheaper as compared to their conventional system counter-parts.

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- **Convenient:** Learner can submit his/her assignment with the click of a button or simply drop it off at a post-office! It's sometimes as simple as that!
- **24X7 Access to Study Material & fellow Students:** This is the best way to study if Learner is comfortable with internet and technology. Learner can access his/her study material online whenever they want and also clear doubts, exchange views and discuss with your virtual class-mates!

Self -Efficacy
When facing a challenge, do you feel like you can rise up and accomplish your goal or do you give up in defeat? Are you like the famous little train engine from the classic children's book ("I think I can, I think I can!), or do you doubt your own abilities to rise up and overcome the difficulties that life throws your way? Self-efficacy, or your belief in your own abilities to deal with various situations, can play a role in not only how you feel about yourself, but whether or not you successfully achieve your goals in life. According to Albert Bandura, **self-efficacy** is "the belief in one's capabilities to organize and execute the courses of action required to manage prospective situations." In other words, self-efficacy is a person's belief in his or her ability to succeed in a particular situation. Bandura described these beliefs as determinants of how people think, behave, and feel.

People with a **strong sense of self-efficacy**
- View challenging problems as tasks to be mastered
- Develop deeper interest in the activities in which they participate
- Form a stronger sense of commitment to their interests and activities
- Recover quickly from setbacks and disappointments

People with a **weak sense of self-efficacy:**
- Avoid challenging tasks
- Believe that difficult tasks and situations are beyond their capabilities
- Focus on personal failings and negative outcomes
- Quickly lose confidence in personal abilities

Objective-To compare Conventional and Distance Education Students on Self- Efficacy.

Hypothesis-There will be a significant difference between Conventional and Distance Education Students on Self-Efficacy.

Sample-The sample for the present study was a total of 30 students lying in between the ages 18yrs. - 30 yrs., i.e. Early Adulthood. The sample included 15 students pursuing Conventional Education and the other 15 pursuing Distance Education.

Tool-General Self-Efficacy Scale, Schwarger, R., & Jerusalem, M.,1995: The scale was created to assess a general sense of perceived self-efficacy. Ten items are designed to tap this construct. Each item refers to successful coping and implies an internal stable attribution to success.

Results
Table 1**:** Showing t-test between Conventional and Distance Education Students on Self-Efficacy

Sample	Mean	df	t-value
Conventional Education Students	28.40	28	3.95
Distance Education Students	34.13	28	

Inference: 3.95 > 2.05 (0.05) & 2.76 (0.01)"Significant Difference"

Interpretation-The objective of the study is to compare the conventional and distance education students on self-efficacy.Self -Efficacy is a person's judgment about being able to perform a particular activity. Perceived self-efficacy is defined as people's beliefs about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives. Self-efficacy beliefs determine how people feel, think, motivate themselves and behave. The construct of perceived self-efficacy reflects an optimistic self-belief .This is the belief that one can perform a novel or difficult task, or cope with adversity in various domains of human functioning. Perceived self-efficacy facilitates goal setting, effort investment, persistence in face of barriers and recovery from setbacks. It can be regarded as a positive resistance resource factor.

After the completion of the conduction procedure, the scoring is done to give us the total scores of all 30 students for self-efficacy. Based on the scores obtained, t-testing is applied, to compare the conventional and distance education students on self-efficacy. Table no.1 shows the means of and t-test scores between conventional and distance education students on self-efficacy. The value for t obtained in case of self-efficacy is 3.95, which is more than the table values 2.05 at 0.05 and 2.76 at 0.01for the df 28 thus, indicating a significant difference in self-efficacy among conventional and distance education students. The mean obtained in case of conventional education students is 28.40, while in case of distance education students the mean of the self-efficacy scores is 34.13, showing a comparatively high self-efficacy among distance education students. This may be so because usually those pursuing distance courses are ones who are also working or doing a job to carry out their responsibilities along with their studies and so their situations, life demands and experiences make them more efficient and independent overtime as compared to those simply pursuing some formal education course and thus, increasing their self-efficacy and self-worth beliefs. Overall, the results above indicate that there is a significant difference found in the self-efficacy among the two groups, hence, accepting the hypothesis that there is a significant difference between conventional and distance education students on self-efficacy. Hereby, self-efficacy is seen to be higher among distance education students.

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