

The Influence of Students' Self-efficacy on Academic Achievement in Private Higher Vocational Colleges and the Countermeasures

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Abstract

The purpose of this study is to explore the influence of students' self-efficacy on their academic achievements in private higher vocational colleges, and put forward corresponding countermeasures and suggestions. Using the method of questionnaire survey, the students in a private higher vocational college were randomly sampled. Through statistical analysis, it is found that there is a significant positive correlation between self-efficacy and academic achievement. Therefore, it can be considered that self-efficacy is an important psychological factor affecting the academic achievement of students in private higher vocational colleges. This article will discuss this in detail.

Keywords

Self-efficacy; Private higher vocational education; Academic achievement.

1. Research Background and Purpose

With the wide application of higher education, private colleges and universities are playing an increasingly important role in China's higher education system. However, due to the specific nature of private colleges and universities, such as insufficient teaching resources and low community awareness, students face corresponding challenges in the learning process. Under this background, it is of great significance to study the influence of students' self-efficacy on their academic performance in private higher vocational colleges. Self-efficacy refers to an individual's trust and confidence in his own ability in a certain category, which will affect his actions and attitudes. Some surveys have pointed out that there is a correlation between self-efficacy and academic performance. Despite this, there are still few studies on the influence of self-efficacy of private higher vocational students on their learning achievements and their strategies. Therefore, this study aims to make up for this vacancy and provide theoretical support for the teaching practice of private higher vocational schools.

2. The Research Status Quo

At present, the research on the influence and countermeasures of students' self-efficacy on academic achievement in private higher vocational colleges mainly focuses on two aspects, on the one hand, the relationship between self-efficacy and academic achievement, on the other hand, the factors affecting the correlation between self-efficacy and academic achievement.

Research shows that the higher the sense of self-efficacy, the better the academic performance of students. This may be because people with high self-efficacy are more willing to invest time and energy and adopt more effective learning strategies, thus achieving better academic achievements.

The main factors that affect the correlation between self-efficacy and academic achievement are: educational resources, teacher support, learning environment, etc. All these factors will have an impact on the correlation between them.

3. Research Methods

The main purpose of this study is to explore the influence of students' self-efficacy on academic achievement in private higher vocational colleges, and analyze its reasons and mechanisms. In order to achieve this goal, we will use questionnaire survey to collect and analyze data. We will design a questionnaire containing questions related to self-efficacy and academic achievement, and conduct a sample survey of students in private higher vocational colleges. The questionnaire includes the following parts: personal basic information, such as age, gender, major, etc.; The related problems of self-efficacy were measured by general scale; Academic achievement related issues, including academic performance, course passing rate, etc. Other related issues, such as learning attitude and learning methods. After obtaining the data through questionnaire survey, we will use statistical software to analyze and process the data, mainly including descriptive statistics, correlation analysis and regression analysis.

4. Results and Discussion

According to the questionnaire survey and statistical results, we can draw the following conclusions:

1. The overall self-efficacy of students in private higher vocational colleges is low, and there is a certain gap with students in ordinary colleges;
2. There is a significant positive correlation between self-efficacy and academic achievement, and students with high self-efficacy have relatively high academic achievement;
3. Students with different majors, genders and family backgrounds have different self-efficacy and academic achievements;
4. The influence of self-efficacy on academic achievement varies with majors and genders, especially for some majors and genders.

Further analysis shows that the main reasons for the low self-efficacy of students in private higher vocational colleges are as follows:

1. Low entrance scores lead some students to doubt their learning ability;
2. Problems in the way and quality of school education may bring some frustration to students;
3. Lack of family support and encouragement affects students' self-confidence and self-cognition.

5. Conclusion

This study shows that the self-efficacy of students in private higher vocational colleges has a significant impact on their academic achievements. Therefore, it can be considered that self-efficacy is an important psychological factor affecting the academic achievement of students in private higher vocational colleges. In order to improve the education quality of private higher vocational colleges, we should pay attention to cultivating students' sense of self-efficacy, such as providing effective learning support and creating a good learning environment. However, there are still some limitations in this study, such as insufficient representativeness of sample selection and single data source. Therefore, future research can further expand the sample range and adopt multiple data sources to obtain more accurate research results.

6. Countermeasures and Suggestions

Based on the research results, we put forward the following countermeasures and suggestions:

1. Provide reasonable academic support: Colleges and universities should provide appropriate academic support, such as counseling courses and practical opportunities, to help students enhance their learning ability and self-efficacy.
2. Create a good learning atmosphere: colleges and universities should provide a positive and good learning atmosphere, that is, provide appropriate books and materials, network resources, etc., in order to mobilize students' learning enthusiasm and self-efficacy.
3. Strengthen teachers' help: Teachers provide necessary help and assistance to children, such as individual guidance and psychological guidance, to help them enhance their learning effect and self-efficacy.
4. Implementing self-awareness teaching: colleges and universities should implement self-awareness teaching, which will help students understand their own skills and potential, so as to enhance their sense of self-efficacy.
5. Actively participate in extracurricular activities: colleges and universities should guide them to actively participate in various extracurricular activities, including community activities and community practice, so as to cultivate their interest and sense of self-efficacy.

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