

Anxiety, Depression, Stress, General Self-Efficacy and Specific Self-Efficacy: Comparison among Science and Social Science Students

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Abstract: *Most of the time, anxiety, stress, and depression are all interconnected and dependent on one another. The issues of anxiety, stress and depression are getting worse day-by-day. An individual's self-efficacy relates to his or her confidence in their ability to carry out the behaviour required to create particular performance outcomes. The tendency to live a happy life free of stress, anxiety, and sadness increases with self-efficacy. The present work deals with a correlational study on the Dichotomous variables: Social Science students and Science students, while Independent Variables are Anxiety, Depression. Stress, General Self-efficacy, Specific Self-efficacy using the DASS-21 and Self-Efficacy Scale on the post-graduate students. The findings of the study reveals that all the aforesaid variables are related.*

Keywords: Anxiety, Depression, Stress, General Self-Efficacy, Specific Self-Efficacy, Correlation

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