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Relationship of Academic Resilience with Self-Efficacy, and Perceived Social Support; Among Civil Service Aspirants

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Abstract

Civil services are viewed as one of the most prestigious careers in India and students aspiring for this should face the toughest competitive examination with success rate of 1%, as lakhs of candidates take this exam and only thousand-odd make it to the final list. It is also called as the “*Mother of All Exams*” and preparation for this requires a lot of motivation, enthusiasm, zeal, persistence and ability to regulate one's own learning. This system is most competitive and stressful in nature, can have positive as well as negative outcomes for adults. Also, acknowledged that preparing for civil service exam is a highly complex process that affects individuals psychically, cognitively and emotionally during their journey. The following paper seek to explore the relationship of academic resilience with self-efficacy, and perceived social support; among civil service aspirants. A sample of 100 aspirants from various civil service coaching centres in Kerala was selected through purposive sampling and data was collected with the help of Academic resilience scale (ARS-30), Multidimensional Scale of Perceived Social Support (MSPSS) and Self-efficacy scale (SES). The data was analyzed using Pearson correlation co-efficient. The results demonstrated, academic resilience having significant positive relationship with Self-Efficacy and perceived social support among civil service aspirants, which indicates that, as academic resilience increases self-efficacy and perceived social support increases or vice versa. In conclusion, timely intervention at various levels of stress can be introduced to enhance the resilience among civil aspirants. make them perform better and keep them healthy psychologically.

Key words: *Civil services, Aspirants, Academic resilience, Perceived Social Support, Self-efficacy*