



UNIVERSITI PUTRA MALAYSIA

***RELATIONSHIP BETWEEN UNIVERSITY CLIMATE AND SELF-EFFICACY
OF COUNSELING STUDENTS IN SELECTED MALAYSIAN UNIVERSITIES***

ELHAM BAGHERI

FPP 2012 41

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By

ELHAM BAGHERI

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia, in
Fulfilment of the Requirement for degree of Master of Science**

March 2012

DEDICATION

This thesis is dedicated to my family whose support has carried me here. To my mother and father whose have shown unconditional love and were my first and most inspiration to further my studies and also to all my siblings.



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Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment of the requirement for degree of Master of Science

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Faculty : Educational Studies

Self-efficacy of counsellors has been one of the main focuses of counselling research due to the influential impact of counsellors' perceptions towards their counselling abilities and subsequently their counselling effectiveness. Hence, developing counselling self-efficacy among university counselling students as prospective counsellors have attracted researchers' attention based on the assumption that counselling self-efficacy can be developed and improved through counsellor education and training programs. The main purpose of the study is to determine whether there is a relationship between university climate and counselling students' self-efficacy.

This study employed a correlation and descriptive research design. The sample consists of one hundred and nine final year undergraduate counselling students who were undergoing their counselling programs from University Putra Malaysia (UPM),

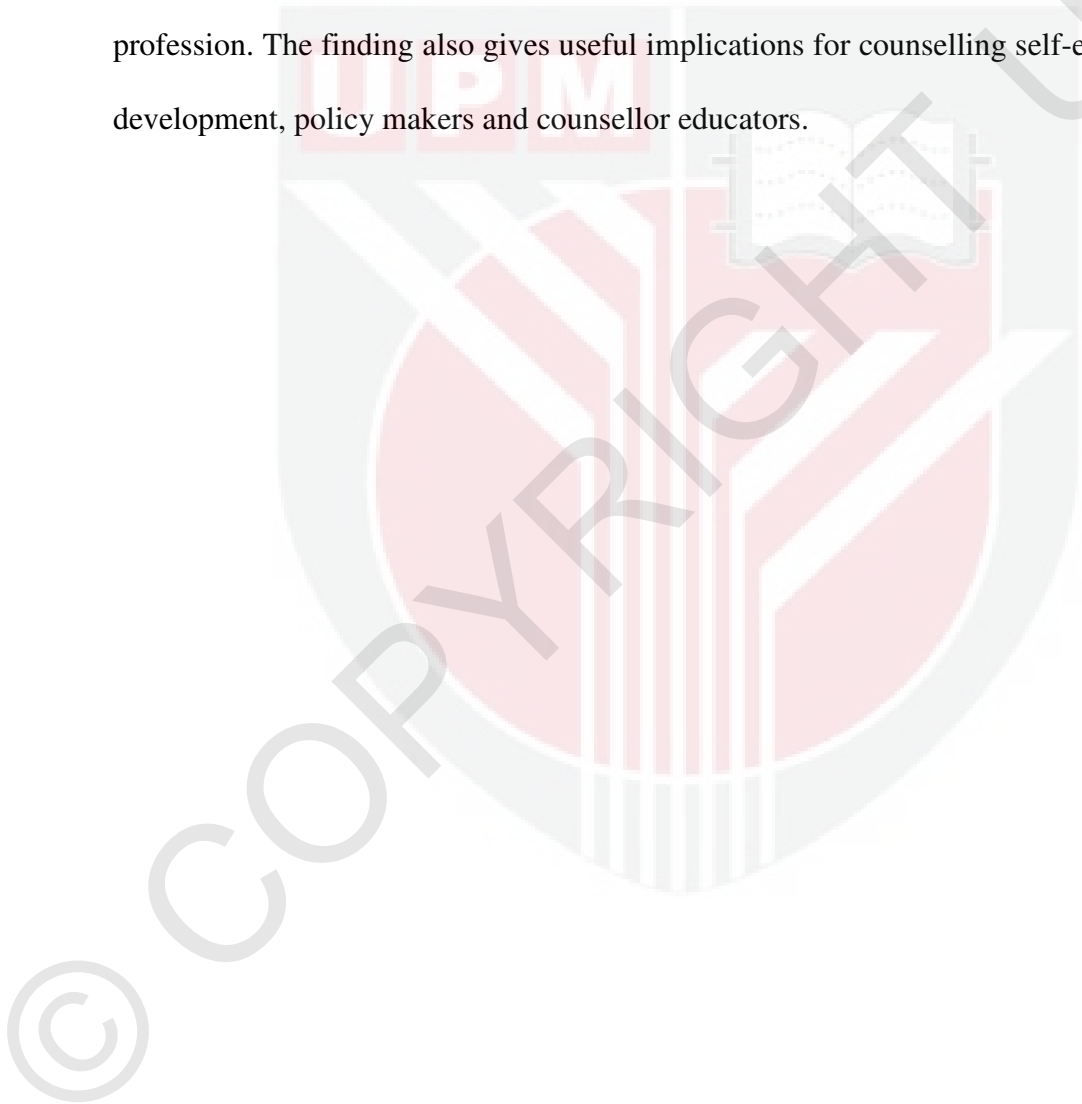
University of Malaya (UM), and Islamic Science University Malaysia (USIM) were randomly selected.

The research questionnaire consists of six main sections. The first section is about demographic information; the second section consists of Counsellor Activity Self-Efficacy Scales to measure students' counselling self-efficacy (CASES, Lent et al., 2003); the third section consist of university climate questionnaire, which contained fourteen items of university environment (University Environment, Gloria et al., 1996), nineteen items of university facilities (University Facility, Poh & Anion et al., 2006), seventeen items of friends social support (Gloria et al., 1999), and the last five items were Mentoring Scale developed by Gloria (1993) to measure supervision.

The data was analyzed using the Pearson Product Moment Correlation Coefficient and the Multiple Linear Regression. The result showed that there was a significant relationship between university environment and counselling student's self-efficacy, $r = .92(p < 0.05)$. Furthermore, there was a significant relationship between friends social support and counselling student's self-efficacy, $r = .85, p < 0.05$. The finding also revealed a significant relationship between supervision and counselling student's self-efficacy, $r = .85, p < 0.05$. The significant relationship was found between university facilities and counselling student's self-efficacy, $r = .90, p < 0.05$. The multiple linear regression analysis showed that counselling students' self-efficacy is explained 93% by the component of university climate, $R^2 = 0.93, F(1,108) = 375.68, p < 0.05$. These results

indicated that overall students' self-efficacy can be predicted by the proposed multiple regression model.

The findings indicate that university climate is a significant contributing factor in developing university student's counselling self-efficacy. This is where attention should be given in order to improve the possibility of students' success in the counselling profession. The finding also gives useful implications for counselling self-efficacy theory development, policy makers and counsellor educators.



Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Master Sains

**HUBUNGAN DI ANTARA IKLIM UNIVERSITI DAN EFIKASI SWADIRI
PELAJAR KAUNSELING DALAM UNIVERSITI MALAYSIA TERPILIH**

Oleh

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Efikasi swadiri kaunselor merupakan salah satu tumpuan penyelidikan kaunseling kerana ia memberi kesan kepada persepsi kaunselor terhadap kebolehan dan keberkesanan kaunseling mereka. Oleh itu, pembangunan efikasi swadiri kaunseling di kalangan pelajar kaunseling universiti sebagai bakal kaunselor menarik perhatian penyelidik berdasarkan andaian bahawa efikasi swadiri kaunseling boleh dibina dan ditingkatkan dengan penglibatan dalam pendidikan kaunselor dan program-program latihan. Tujuan utama kajian ini ialah untuk mengenal pasti sama ada terdapat hubungan di antara iklim universiti dengan efikasi swadiri pelajar kaunseling.

Rekabentuk kajian ini merupakan kajian korelasi dan deskriptif. Sampel kajian terdiri daripada seratus sembilan orang pelajar ijazah tahun akhir yang sedang mengikuti program kaunseling di Universiti Putra Malaysia (UPM), Universiti Malaya (UM) dan Universiti Sains Islam Malaysia (USIM) yang dipilih secara rawak.

Soal selidik penyelidikan terdiri daripada enam bahagian utama. Bahagian pertama berkenaan dengan maklumat demografi; bahagian kedua terdiri daripada *Counsellor Activity Self-Efficacy Scales* (CASES, Lent et al., 2003) untuk mengukur efikasi swadiri pelajar kaunseling; bahagian yang ketiga terdiri daripada soal selidik yang berkaitan dengan iklim universiti yang mengandungi empat belas item berkenaan dengan persekitaran universiti (University Environment, Gloria et al., 1996), sembilan belas item berkenaan dengan kemudahan universiti (University Facility, Poh Ju Peng et al., 2006), tujuh belas item terdiri daripada sokongan sosial rakan (Gloria et al., 1999), dan lima item terakhir terdiri daripada *Mentoring Scale* yang dibangunkan oleh Gloria (1993) untuk mengukur penyeliaan.

Data dianalisis menggunakan ujian *Pearson Product Moment Correlation Coefficient* dan *Multiple Linear Regression*. Hasil kajian menunjukkan terdapat hubungan yang signifikan di antara persekitaran universiti dan efikasi swadiri pelajar kaunseling, $r = .92$, ($p < 0.05$). Seterusnya, hasil kajian juga menunjukkan terdapat hubungan yang signifikan di antara sokongan sosial rakan dan efikasi swadiri pelajar kaunseling, $r = .85$, $p < 0.05$. Hasil kajian juga mendapati bahawa terdapat hubungan yang signifikan di antara penyeliaan dan efikasi swadiri pelajar kaunseling, $r = .85$, $p < 0.05$. Dapatan kajian menunjukkan terdapat hubungan yang signifikan di antara kemudahan universiti dan efikasi swadiri pelajar kaunseling, $r = .90$, $p < 0.05$. Analisis *Multiple Linear Regression* menunjukkan bahawa 93% efikasi swadiri pelajar kaunseling diramalkan oleh komponen iklim universiti, $R^2 = 0.93$, $F(1,108) = 375.68$, $p < 0.05$. Dapatan kajian ini menunjukkan

bahawa efikasi swadiri pelajar keseluruhannya boleh diramalkan oleh model *Multiple Regression* yang dicadangkan.

Dapatan kajian menunjukkan bahawa iklim universiti merupakan faktor yang signifikan yang menyumbang kepada perkembangan efikasi swadiri kaunseling dalam kalangan pelajar kaunseling di universiti. Di sinilah perhatian perlu diberikan dalam meningkatkan kebarangkalian kejayaan pelajar dalam profesion kaunseling. Dapatan kajian juga memberikan implikasi yang berguna untuk perkembangan teori efikasi swadiri kaunseling, pembuat polisi dan pendidik kaunselor.

ACKNOWLEDGEMENTS

This project would have been an impossible task without the help and support I received from so many quarters. First and foremost I give thanks to God for keeping me focused to the end. I would never have made it this far if it was not for the sustained encouragement and confidence expressed by my advisors that I could do it. In this, I sincerely appreciate Dr. Wan Marzuki whose patience and constant feedback has been inspirational in finalizing this study and my co-members Dr. Maznah Baba whose invaluable contributions and suggestions made this study possible. I thank you most sincerely.

I have watched my family quietly suffer as I became more and more engrossed in my studies. To my mother whose prayers have kept me going and my father who was the first inspiration for me to further my studies up to this level. I recognize how hard this past three years have been on them in particular my siblings. Thank you for your patience. This is our achievement. I would never have completed this work without the encouragement and support I received from my family. Thank you all.

I certify that a Thesis Examination Committee has met on 28 March 2012 to conduct that final examination of Elham Bagheri on her thesis entitled “Relationship between University Climate and Self-Efficacy of Counseling Students in Selected Malaysian Universities” in accordance with the Universities and University colleges Act 1971 and the constitution of the Universiti Putra Malaysia [P.U.(A) 106]15 March 1998.The committee recommends that the student be awarded the Master of science.

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DECLARATION

I declare that the thesis is my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously or concurrently submitted for any other degree at UPM or other institutions.



ELHAM BAGHERI

Date: 28 March 2012

TABLE OF CONTENTS

	Page
DEDICATION	ii
ABSTRACT	iii
ABSTRAK	vi
ACKNOWLEDGEMENT	ix
APPROVAL	x
DECLARATION	xii
LIST OF TABLES	xvi
LIST OF FIGURES	xvii
LIST OF ABBREVIATIONS	xviii
CHAPTER	
1 INTRODUCTION	
Introduction	1
Background of study	3
Problem statement	8
Theory in brief	10
Objective of the study	15
General objective	15
Specific objective	15
Research questions	16
Hypothesis	17
Significance of the study	17
Limitations of the study	18
Operational definition of terms	20
Counselling self-efficacy(CSE)	21
University climate	21
University environment	22
Social support	22
Supervision	23
University facilities	23
Summary	24
2 LITERATURE REVIEW	
Introduction	25
Social cognitive theory	26
Self-efficacy	27
Counselling self-efficacy(CSE)	31
Counselling self-efficacy of counselling student	35

	Students' counselling self-efficacy improvement through mastery experiment	38
	Students' counselling self-efficacy improvement through vicarious experiment	40
	Students' counselling self-efficacy improvement through verbal persuasion	42
	Students' counselling self-efficacy improvement through emotional arousal	43
	Measuring counselling self-efficacy	44
	University climate	47
	University climate and students' self-efficacy	51
	University environment and students' counselling self-efficacy	52
	Social support and students' counselling self-efficacy	53
	Supervision and students' counselling self-efficacy	55
	University facilities and students' counselling self-efficacy	60
	Research conceptual framework	62
	Summary	67
3	METHODOLOGY	
	Introduction	68
	Research design	69
	Population and sampling	66
	Population of the study	70
	Sampling procedure	71
	Sample size	73
	Instrumentation	76
	Pilot study	84
	Validity and reliability of instruments	87
	Research procedure	88
	Data collection and analysis	89
	Normality test of the variables	92
	Summary	100
4	RESULTS AND DISCUSSION	
	Introduction	101
	Description of the sample	101
	Respondent's gender	102
	Respondent's age	102
	Respondent's race	103

	Respondent's counselling experience	103
	Reliability	104
	Inferential statistics of instrumentation	106
	Analysis of the hypothesis	106
	Discussion of the results	107
	Discussion of hypothesis number 1	108
	Discussion of hypothesis number 2	110
	Discussion of hypothesis number 3	112
	Discussion of hypothesis number 4	114
	Discussion of hypothesis number 5	116
	Multicollinearity diagnostic	120
	Summary	129
5	SUMMARY, CONCLUSION AND RECOMMENDATIONS FOR FUTURE RESEARCH	
	Introduction	130
	Overview of this study	130
	Implication of the findings	133
	Recommendations for future research	136
	Conclusion	138
	REFERENCES	142
	APPENDICES	155
	Appendix A: Questionnaires	156
	Appendix B: Permission letters	163
	Appendix C: Content validity of the instruments	166
	BIODATA OF STUDENT	170
	LIST OF PUBLICATIONS	171