



# University of the Incarnate Word

## Self-Efficacy Differences in Physical Therapists

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### Measures

- General Self-Efficacy Scale (Schwarzer & Jerusalem, 1995)

- I can always manage to solve difficult problems if I try hard enough.
- If someone opposes me, I can find the means and ways to get what I want.
- It is easy for me to stick to my aims and accomplish my goals.
- I am confident that I could deal efficiently with unexpected events.
- Thanks to my resourcefulness, I know how to handle unforeseen situations.
- I can solve most problems if I invest the necessary effort.
- I can remain calm when facing difficulties because I can rely on my coping abilities.
- When I am confronted with a problem, I can usually find several solutions.
- If I am in trouble, I can usually think of a solution.
- I can usually handle whatever comes my way.

Response Format 1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

### Method

This study was a single-sample design and data was collected in 7 different physical therapy clinics. Sample size was n=20 and data was collected using the General Self-Efficacy Scale (Schwarzer and Jerusalem, 1995). Physical Therapists were also asked about their gender, age, years of experience in the field, subject of undergraduate degree and PT specialization. Each participant gave informed consent and then completed the survey of 10 questions on their own time. The surveys were later gathered from each clinic.

### Purpose

The purpose of this study is to see if certain characteristics of a physical therapist affect whether or not they believe they can control their job and can do their job well and are confident in themselves and their career and practice. The main question of this study is "How are different characteristics and self-efficacy related to demographics of physical therapists?" The hypothesis is that physical therapists will have high self-efficacy in general, but that certain characteristics including age and years of experience will cause those physical therapists to have higher self efficacy.

### Rationale and Significance

This study is being completed because I am entering physical therapy school in the Fall, and this study will help me to gather more information in general about physical therapists and to see if any patterns are related to how well they can complete their job. This study is important because there are psychological factor advantages related to doing one's job well, not just pure training and knowledge of the profession. Learning about these factors, more specifically, self-efficacy, can show whether physical therapists have those psychological factor advantages, and this helps with the validation of my career choice.

### Results

Internal Consistency	Average Self-Efficacy Score	Gender T-test t = 2.279 p < .05	Years of Experience x SE Pearson r
Cronbach Alpha r = .78	M= 36.20 S= 2.56 Possible Range= 10-40	Males M=37.17  Females M=34.75	r= .22  ns

### Findings/Conclusions

The Cronbach Alpha measured what it was expected to measure and suggests high internal consistency of the measure. The gender t-test showed that males have higher self-efficacy than females. The Pearson r analysis showed that having more years of experience does not necessarily increase self-efficacy within physical therapists.

### Participants (n=20)

Years Of Experience	Gender	Age	UG Degree	Specialization
M=11.18	Male n=12	M=36.70	Biology n= 6	Orthopedic n=13
S=10.78	Female n=8	S=10.41	Pre-Physical Therapy n=3	Other n=7
Range= 1-44 years		Range= 25-69 years	Other n=11	

UIW Honors Program  
2013 Honors Project  
Symposium  
San Antonio, Texas