

## RESEARCH ABSTRACT

Effects of Self-Monitoring on Self-Efficacy affecting Work Efficiency of  
Students in a Vocational Program

by

Mr.Prateep Jinngae

The purpose of this study was two-fold. First, it aimed to investigate the relationship of perceived self-efficacy in working and work efficiency, second, to examine the effect of the self-monitoring technique to increase perceived self-efficacy on work efficiency. The subjects consisted of 230 junior vocational students in Thai-Typing 1-2 of Rajamangkala Institute of Technology, second semester of the 1995 academic year. The first period was a study of the relationship of variables and the second period was an experimental study. So in the latter period, there were 20 volunteer subjects with a lower mean score of self-efficacy and assigned work efficiency. Then they were divided into an experimental and a control group with 10 students in each. The instruments used for collecting data were a questionnaire concerning perceived self-efficacy in working and assigned work efficiency, and a work efficacy scale for the first period, whereas a self-monitoring technique was used in the second period. Data were analyzed by a Pearson-Product Moment Coefficient Correlation, ANCOVA and a t-test.

Major findings were as follows :

1. There was a significant positive correlation at .001 ( $r=0.5294$ ) between perceived self-efficacy in working and assigned work efficiency.
2. There was a significant difference at .05 among perceived self-efficacy in working and assigned work efficiency which were higher after the experiment than before.
3. Students with the self-monitoring technique got a higher score than those of the control group in perceived self-efficacy in working and assigned work efficiency at .05 level.