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Original Article

Relationship of Superstitious Beliefs and Self Efficacy with the Role of Education and Socio-Economic Status; A study at Garrison University Lahore Pakistan

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ABSTRACT

Objective: To determine the relationship between superstitious beliefs and self-efficacy among participants and explore self-efficacy, age, education, gender and socioeconomic status as the significant predictors of superstitious beliefs among participants.

Study Design: Cross-sectional study.

Place and Duration of Study: Garrison University, Lahore Pakistan, from May to Nov 2020.

Methodology: Total number of 200 study participants, age ranged of 18 to 50 years, were selected. The questionnaires; (1) a measure to superstitions scale and (2) general self-efficacy scale, were used to analyze the relationship between superstitious beliefs and self-efficacy with the role of ageing, education and socioeconomic status among participants.

Result: Out of 200 male and female participants, study results reveal that superstitions belief and self-efficacy were correlated positively in a very small to moderate direction. Moreover, the study result showed that age (β=0.10), gender (β=0.05), socioeconomic status (β=0.91), and self-efficacy (β=0.24) were positively predicting superstitious beliefs while education (β=-0.09) was negatively predicting the superstitious beliefs among participants.

Conclusion: The results of the study showed the positive correlation between superstitious beliefs and self-efficacy among participants. Furthermore, the study concluded that participants' age, gender, socioeconomic status and self-efficacy were positive predictors of superstitious belief.

Keyword: Age, Education, Superstitious beliefs, Self-efficacy, Socioeconomic status.

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INTRODUCTION

Superstition refers to any belief or rehearsal based on faith in luck or other illogical or supernatural forces.[1] It is reported that nearly one billion people in the United States and worldwide are superstitious. 70 of United States students rely on good luck charms for better.[2] Research studies reported that personal control, coping mechanisms and control stra-tegies were predictors of negative and positive super-stitious beliefs.[3]

Pakistani societies and cultures reported super-stitious beliefs in various contexts. According to previous research, some factors developed the super-stitious belief in Pakistani society, such as education, socioeconomic status, gender, family tensions, religion and sect.[4]

More recently, Lasikiwicz *et al.* (2018) experi-mentally verified that activating good luck-related superstitions through a lucky charm improved perfor-mances. Changes influenced these performances in perceived self-efficacy: thus, activating good-luck-related superstitions enhanced an individual' scoping with stressors which consecutively improved the performance.[5]

It is observed that various factors are needed to explore in Pakistan regarding the superstitious belief.[6,7] The present study will help determine the relationship between superstitious beliefs and self-efficacy with the role of education and socioeconomic status among university students. The study was focused on the relationship between superstitious beliefs and self-efficacy among male and female participants.

METHODOLOGY

This cross-sectional study was conducted at the Garrison University, Lahore Pakistan, from May 2020 to November 2020.

Inclusion Criteria: University students of BS and MS classes, aged 18 to 50 years of either gender were included in the study.

Exclusion Criteria: Students with any psychological illness, from different cultural backgrounds, partici-pants with any chronic illness, and illiterate parti-cipants.

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A sample of 200 male and female university students of BS and M. classes, out of the study population of 415, was calculated using a Raosoft sample size calculator with the 95 confidence level and 5 margin of error.[8] The questionnaires; a measure to superstitions scale and general self-efficacy scale, were used to analyze the relationship between superstitious beliefs and self-efficacy, with the role of ageing, education and socioeconomic status. Ethical approval was taken from the university.

A scale to measure superstition belief was used to investigate the superstitious beliefs among participants. The scale consists of 20 items.[9,10] The general self-efficacy scale was used for assessing the self-efficacy among participants. The scale consisted of ten items.[11,12] The participants were approached in the classroom, and researchers took informed consent and gave detailed explanation of the significance of the study and were requested to fulfil the questionnaires.

Statistical package for the social sciences (SPSS) version 20.00 was used to analyze data. The Pearson correlation coefficient was used to assess the relationship between superstitious beliefs and self-efficacy; multiple linear regression analysis was used to analyze the self-efficacy, education, gender, and age were predictor variables of superstitious beliefs among participants.

RESULTS

The study included 75 (37.1) male participants and 125 (61.9) female participants, among them 30 (14.9) from lower socioeconomic status, 92 (45.5) from middle socioeconomic status and 78 (38.6) from upper socioeconomic status, having education level was 160 (79.2) graduated and 19.8 master participants (Table-I).

Table-I: Demographic Characteristics Of Study Sample(n=200)

Study Parameters	Frequency (%)
Age (Years)	
18-25	151 (74.8)
26-30	28 (13.9)
31-50	21 (10.4)
Gender	
Male	75 (37.1)
Female	125 (61.9)
Education	
Graduation	160 (79.2)
Masters	40 (19.8)
Socioeconomic Status	
Lower	30 (14.9)
Middle	92 (45.5)
Upper	78 (38.6)

The Table-II indicated that among participants, superstitious belief and self-efficacy were related in a positive direction SE=0.256**, SSB=0.1, and SSB= 0.256**. The result showed a very small to moderate correlation between superstitious belief and self-efficacy among participants. This showed that self-efficacy increases the superstitious belief was not affected; superstitious belief remains consistent in life; an increased self-confidence did not impact it.

Table-II: Pearson Correlation Coefficient Analysis of Supersti-Tious Beliefs, Self-Efficacy (n=200)

	Self Efficacy	Supersti-Tious Belief
Pearson correlation coefficient	0.256**	0.256**

Multivariate regression analysis was computed with age, gender, education and socioeconomic status as predictor variables and superstitious belief as the outcome variable. The results in the Table-III showed that age (β=0.10), gender (β=0.05), and socioeconomic status (β=0.91) were positively predicting superstitious beliefs while education (β=-0.09) was negatively predicting superstitious beliefs. In addition, self-efficacy showsed (β=0.24) positively predict the superstitious beliefs among participants.

DISCUSSION

Our study sample comprised 200 males and females, to see the relationship between superstitious beliefs and self-efficacy, with the role of ageing, education and socioeconomic status among participants. Brashier *et al*. (2017) study found that young adults have firmer superstitious beliefs than older adults.[13] Of the graduated participants, 91.6 have firm superstitious beliefs. This study contradicts a previous study by Song *et al*. which suggested that tribal varsity people are highly superstitious due to a lack of awareness.[14]

Participants had a relationship between self-efficacy and superstitious beliefs from the first objective. The Pearson correlational analysis showed superstitious beliefs have a statistically significant positive correlation with self-efficacy. Pearson correlation shows that BSS=0.1, SE=0.256* and SE=0.1, SSB= 0.256** which showed that correlation was significant at the 0.01 level. The correlation at 0.256** was considered a very weak and moderate correlation. This showed that between superstitious belief and self-efficacy, there was very little to moderate correlation between the variables.

Table-III: Multiple Linear Regressions Predicting Superstitious Belief Among Participants from Age, Gender Education, and Socio-Economic Status (n=200)

Variables	Unit of measurement	Un-standardized Coefficient		Standardized Coefficient	t	*p*-values
Superstitious Belief		B	Std.Error	β	t	*p*
Constant		48.66	9.43	-	5.16	0.001
Age	Number	1.68	1.46	0.087	1.15	0.250
Gender	(1=F, 2=M)	1.69	1.89	0.064	0.893	0.373
Education	(1=Intermediate, 2=Graduation, 3= Master)	-3.25	3.307	-0.069	-0.983	0.327
Socio-economic Status	(1=low, 2=middle, 3=upper)	-3.252	1.41	0.01	0.108	0.914
Self Efficacy		0.562	0.157	0.248	3.58	0.001

Our results indicate that superstitious beliefs and self-efficacy among participants were related in a very small to moderate positive direction. That means when self-efficacy increases, the superstitious belief was not affected. However, there was evidence that some little relationship exists between the variables and superstitious belief remained consistent in life it was not highly influenced by an increasing level of self-confidence. The result of our study is in line with previous research by Tobacyk *et al*.[7] (1991) suggested that participants had high superstitious beliefs sho-wing low self-efficacy. Moreover, another study also found that lower socioeconomic status will strengthen the superstitious beliefs among participants.[15]

Our results indicated that self-efficacy posi-tively significant predicted the superstitious beliefs among participants. A significant regression equation was found, F 5 (194) = 3.49, *p*=0.005, with an R2=0.08. This showed individuals with firm superstitious beliefs have high self-efficacy.[16] The results of the study were in line with previous research and suggested that socioeconomic status has an important impact on superstitious beliefs. Baker *et al*. (2008) found that socioeconomic status impacts superstitious beliefs.[17] Graeupner *et al*. findings revealed that young adults have firmer superstitious beliefs than older adults.[18]

Moreover, researchers concluded that young adults show superstitious beliefs, which may not persist with the period of ageing; their life span experiences play a vital role in making such kinds of beliefs. Following social exclusion, people endorse more superstitious beliefs, a relationship fully media-ted by the search for meaning.[13,18]

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CONCLUSION

Our finding suggests that superstition and self-efficacy were correlated positively in a very small to moderate direction. When self-efficacy increases, it does not mean to influence superstitions beliefs highly but to some extent. Furthermore, this study found that self-efficacy and socioeconomic status significantly affect superstitious beliefs among participants.

Conflict of Interest: None.

Author's Contribution

NR: Direct contribution, HS:, SK:, MTA:, SM:,MT: Intellectual contribution.

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