

Levels of Self-Efficiency and Participation Restrictions in Individuals Y and Z Generations

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Abstract : It is aimed to examine the self-efficacy and participation restrictions of the generations of Y and Z in the study. The participants were assessed with the Self-Efficacy Scale and the Participation Scale. There were 23 female and 17 male with a mean age of $29,17 \pm 4,14$ on the Y generation and 15 female and 25 male with a mean age of $13 \pm 3,78$ on the Z generation. The mean self-efficacy scores of the Y generation was 63.65 ± 11.01 ; and 65.80 ± 9.12 in the Z generation. There was no statistically significant difference between self-efficacy averages of Y and Z individuals ($p > 0,05$). The mean score indicating the participation limitations of the individuals on the Y generation was 11.28 ± 10.55 ; and $53,70 \pm 18,05$ in participants with Z generation. It was determined that there was a statistically significant difference between the participation restriction of Y and Z individuals ($p < 0,001$). The high level of participation restrictions on the Z generation suggests that these individuals are influenced by the situations such as family (financial resources, get permission) and school environment (exams, friends, adolescence period). This is reason it is believed that the planning and development of occupational therapy interventions would be beneficial to increase the participation of individuals in this population.

Keywords : environment, participation restriction, self efficiency, Y and Z generations

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