SUMMARY OF THE STUDY

EFFECT OF RESILIENCE BUILDING INTERVENTION PROGRAM ON ACHIEVEMENT MOTIVATION, SELF-EFFICACY AND ACHIEVEMENT IN SCIENCE OF ELEMENTARY SCHOOL STUDENTS

The present study was undertaken to evaluate the effect of resilience building intervention program on Achievement Motivation, Self-Efficacy and Achievement in Science of class 8th students of govt. schools of Chandigarh. It was an experimental study using pre-test post-test control group design. The students of the experimental group were taught using various modules of resilience building intervention program which included formal interventions, know myself modules, gardening modules and group games. The students of the control group were taught using traditional teaching methods. On study of the results it was found that the resilience building intervention program showed a significant effect on the resilience, achievement motivation, self-efficacy and achievement in science on the students of the experimental group, when compared with the students of the control group who were taught using traditional teaching methods. The study showed that when students were provided with opportunities to explore their strengths and introspect regarding the goals and aims of their life, they were motivated to achieve. It was found that the resilience building intervention program were able to provide opportunities for students to practice skills and utilize resources in preparation for handling any inevitable adversity or challenge they may face in their life. It was seen that the schools play a very important role in designing such programs for the students which motivate the students to understand self and develop faith in their abilities.