Self-Efficacy, Green Exercise, & 5th Grade Girls

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Self-Efficacy, Green Exercise, & 5th Grade Girls’ Afterschool Group

Overview:
• 8 week afterschool group
• Meets 1 time per week
• Group Objective:
  • Increasing students’ level of self-efficacy
  • Increase students’ outdoor activity

Population:
• 5th grade girls
• Perceived low self-efficacy
• Students referred by school teachers & counselors
Self-Efficacy

**What is self-efficacy?**
- Belief that you have specific skills or abilities
- Confidence in your ability
- Perceptions on the amount of success achieved
- Belief of capabilities

**Low Self-Efficacy Impacts...**
- Academic Success
- Level of Physical & Verbal Aggression
- Anger Management
- Mood – Depression
- Level of Anxiety
- Physical Health
- Ability to Set Goals
- Problem-Solving Skills
- Self-Talk
Implications of Physical Activity

Improve Academic Achievement ³
(grades & standardized test scores)

Concentration & Attention ³

Behavior ³
(conduct & attendance)

Reduces Anxiety & Stress ³

Enhances Coping Ability ³

Increases Positive Affect/Mood ³

Increased Self-Concept ¹

Increased Self-Efficacy ¹
Benefits of “Green Exercise”

“Green Exercise” can be defined as “activity in green places (in the presence of nature)”

- Increased Benefits when Exercising Outdoors Compared to Indoor Exercise
- Being in Nature PLUS Exercising equals Greater Psychological Health Benefits
- Positive Impact on Self-Esteem
- Improves Negative Moods (tension, anger, depression)
- Greater Feelings of Positive Engagement
- Increased Feelings of Revitalization
- Increased Enjoyment
- Perception of Effort of Physical Activity Decreases
- Increased Energy
- More Likely to Repeat the Activity in the Future
- “Potential to engage less active children in exercise”
8 Week After-School Girls’ Group Action Plan

Each meeting students will:

- Increase Knowledge about Self & Abilities through a 30-45 minute psychoeducational activity or discussion
- Participate in a Physical Activity for 30-45 minutes
Girls Group Action Plan

**Week 1**

- **Psychoeducational:**
  - Group Groundwork: Introduction, Rules, Pre-Test & Assessments

- **Green Exercise:**
  - Outdoor Yoga

**Week 2**

- **Psychoeducational:**
  - Discuss SMART Goals & Set SMART Goals for self

- **Green Exercise:**
  - Basketball – Horse
# Girls Group Action Plan

## Week 3

- **Psychoeducational:**
  - SMART Goal Check-In
  - Discuss Self-Talk
  - Positive Self-Talk Activity

- **Green Exercise:** Running & Races

## Week 4

- **Psychoeducational:**
  - SMART Goal Check-In
  - PAQ-C Assessment
  - Resilience Cupboard Activity

- **Green Exercise:** Tennis
Girls Group Action Plan

**Week 5**
- **Psychoeducational:**
  - SMART Goal Check-In
  - Strengths Coat of Arms
- **Green Exercise:** Soccer

**Week 6**
- **Psychoeducational:**
  - SMART Goal Check-In
  - Compliment Cards
- **Green Exercise:** Jump Ropes & Hula Hoops
**Girls Group Action Plan**

<table>
<thead>
<tr>
<th>Week 7</th>
<th>Week 8</th>
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<tbody>
<tr>
<td><strong>Psychoeducational:</strong></td>
<td><strong>Group Wrap-Up:</strong></td>
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<tr>
<td>- SMART goal review &amp; revamp</td>
<td>Post-test &amp; Assessment</td>
</tr>
<tr>
<td>- Celebrate Successes!</td>
<td>Reflect on Experience</td>
</tr>
<tr>
<td><strong>Green Exercise:</strong></td>
<td><strong>Green Exercise:</strong></td>
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<tr>
<td>Zumba</td>
<td>Field Trip: Hike or Nature Walk</td>
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Assessing the Experience

Children's Self-Efficacy in Peer Interactions

- Group members self-report using this scale that measures their perceptions of their own social interaction abilities subscales:
  - Conflict Situation subscale
  - Non-Conflict Situation subscale
- Students will complete self-report on session 1 and session 8

The Physical Activity Questionnaire for Older Children (PAQ-C)

- Group members self-report on their physical activity over the previous 7 days.
- Students will complete self-report on sessions 1, session 4, and session 8

Self-Efficacy Questionnaire for Children (SEQ-C)

- Group members will self-report using this scale that measures their level of self-efficacy in 3 areas:
  - Academic Self-Efficacy
  - Social Self-Efficacy
  - Emotional Self-Efficacy
- Students will complete self-report on session 1 and session 8

Brief Survey on Academic, Social and Emotional Self-Efficacy
Force Field Analysis

<table>
<thead>
<tr>
<th>Positive Forces</th>
<th>Negative Forces</th>
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<tr>
<td>• Students do not miss class</td>
<td>• Weather</td>
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<tr>
<td>• Students will be exposed to different physical activities</td>
<td>• Transportation</td>
</tr>
<tr>
<td>• Low or no cost</td>
<td>• Time of day may limit participants</td>
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<tr>
<td>• Provide an afterschool activity</td>
<td>• Space/Location Available</td>
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<td>• Students will gain knowledge about self</td>
<td>• Staffing</td>
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References


