

I'm not robot!

### The Hierarchical Structure of the Physical Self: An Idiographic and Cross-Correlational Analysis

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#### Abstract

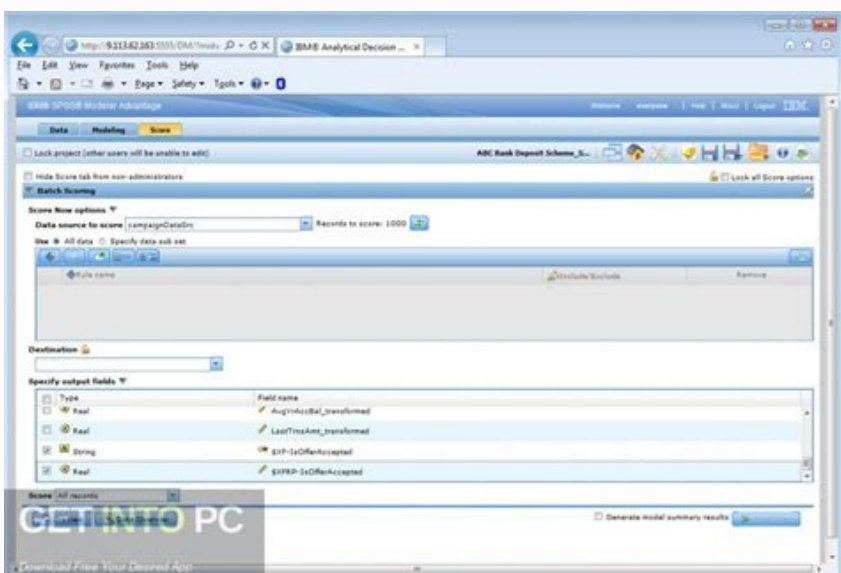
This study investigated the hierarchical structure of global self-esteem and physical self over time by focusing on intra-individual dynamics. Although the hierarchical model has been studied and validated from a nomothetic point of view, validation from an idiographic approach is important as well to demonstrate its maintenance within individuals, since its functioning depends on individual and dynamic processes. Eleven participants (mean age: 33.9 years ± 15.0) completed a short version of the Physical Self Inventory on home computers twice a day (between 7:00 and 9:00 and 19:00 and 21:00) over a three-month period. This inventory included six scales: global self-esteem, physical self-worth, physical condition, sport competence, physical strength, and attractive body. Cross-correlational and partial cross-correlational analyses were performed at the individual level for the collected time series. The results validated the hierarchical structure of the physical self in most participants and thus confirmed the nomothetic validation procedures. This study showed that global self-esteem and physical self-worth present individual hierarchical structure over time. It further demonstrated that an idiographic approach provides a potent means to better understand the functioning of psychological constructs such as physical self.

Keywords: Global self-esteem, physical self-perceptions, dynamics, time-series analysis

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#### Computer Anxiety, Self-Efficacy, and Attitudes towards the Internet among Cagayan State University Students

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#### Abstract

The study investigated the computer anxiety, self-efficacy levels and attitudes towards the Internet of the students of the Cagayan State University (CSU), Apurri, Cagayan, Philippines, and their relationships and differences based on sex and college. Descriptive-correlational research design was used to investigate the perceived self-efficacy, anxiety, and attitude towards Internet using a 4-part survey-questionnaire to obtain the responses of the 300 students selected randomly using a stratified sample. Findings revealed that regardless of courses, CSU students possess a highly confident self-efficacy levels in the use of computers and a positive attitude towards the utilization of the Internet especially among younger males, and a lower anxiety level on the use of and implications on the challenges of the computers. Further, the lower anxiety in the use of computers they have, the more positive attitudes are conveyed towards their use of the Internet. It is concluded that students of CSU are technically competent in the use of computers and Internet in school, work and at home and are ready to take the challenge of the ASEAN integration. It is recommended that teachers be gender-based in the utilization of computers and the Internet in teaching and learning at the early school years.

Keywords: anxiety, attitudes towards Internet, computers, self-efficacy, Cagayan State University, Apurri

#### 1. INTRODUCTION

The challenges of the ASEAN Integration has posed the need of every member economies to embark on advancing its manpower and technology towards internationalization. The Philippines as a third world country has been doing its part towards this integration by way of rationalizing and standardizing policies in order to be competitive in all aspects. Outcome-based education implementation has challenged HEIs to provide competent, self-sustaining and university-adopt graduates. It is an opportunity to maximize the multi-sectoral means of diversifying and advancing the role of educators and of all stakeholders. Towards this goal is achieving a high level of information technology literacy which has become the core of skilled literacy and workforce readiness. Workforce readiness includes skills in communication, skills in emerging technologies, and critical thinking skills. Given the certainty of technological change, far more desirable than competencies in a limited number of specific applications are broad flexible skills, transferable skills and the related confidence to adapt to new applications and environments (Smith, 1998). In 2005, Sam, Othman, & Norazah, cited that higher education will continue to expand academic computing resources not only for their pedagogical well-being but also because it will be seen to be the duty of education to use such systems in order to prepare its graduates for the realities of a workplace where they will be obliged to use them.

Computer anxiety is considered as an effective response, an emotional fear of potential negative outcomes such as damaging the computer equipment or looking crazy. Maimunah Mohd Shukh (2012) reported that younger adults experienced higher computer anxiety than middle-age adults. From an information processing perspectives, researchers declared that the negative feelings associated with high anxiety reduces cognitive resources from task performance. Hence, the performance of a person with higher computer anxiety might be poorer than those with little or no computer anxiety. Although we are living in a technological world, there are still indications that Filipino college students felt confused and experience loss of personal control when they encountered such technology like computer use within the computer laboratory.

Computer self-efficacy is the confidence of one's competence to use the computer and those with no or little confidence in their ability to use computers might do more poorly on computer-related tasks. Maimunah Mohd Shukh (2012) explained that employees with high attitude towards computers experienced high computer knowledge but low computer anxiety. Computer self-efficacy was found to be associated with attitudes toward computer technologies. Females usually have more negative attitudes toward computers and greater computer anxiety than males. Several studies have investigated female students' choice of course and careers and self-efficacy has turned out to be a critical predictor. Female students have significantly lower self-efficacy than male students regarding math-related and traditionally male-dominated subjects, including computer courses.

#### Applied Descriptive Geometry

## ENCYCLOPEDIA OF COUNSELING

Master Review and Tutorial for the National Counselor Examination, State Counseling Exams, and the Counselor Preparation Comprehensive Examination

The Authentic Purple Book

HOWARD ROSENTHAL

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