

Life effectiveness and attitude towards the psy4life programme

Abstract

This study examines differences across gender in eight components of life effectiveness in pre- and post-studies. This study also measures differences in rural youths' attitudes toward positive youth development (Psy4life) programme across three demographic factors (gender, educational level, and past involvement in youth programmes). We predicted that there would be differences between male and female in life effectiveness and its components and that there would be differences in youths' attitudes toward Psy4life programme according to the three demographic factors. Twenty rural youths participated in Psy4Life programme (9 male, 45%; 11 female, 55%; mean age: 15.3, SD=1.81). In the post-study, Mann-Whitney U Test results showed significant differences between males and females in life effectiveness and three of its components (achievement motivation, intellectual flexibility, and leadership). In the pre-study, only intellectual flexibility was associated with significant gender differences. There were no significant differences in attitudes toward Psy4life programme across gender, education level, and past involvement in youth programmes. We assumed that female participants might be more motivated, open to new ideas, and capable of leading a group than male youth. Attitudes towards youth programmes might differ based on other factors, such as extrinsic and intrinsic motives, which need to be examined in the future.