

# Did Nutrition Links have an effect on women's self-efficacy?

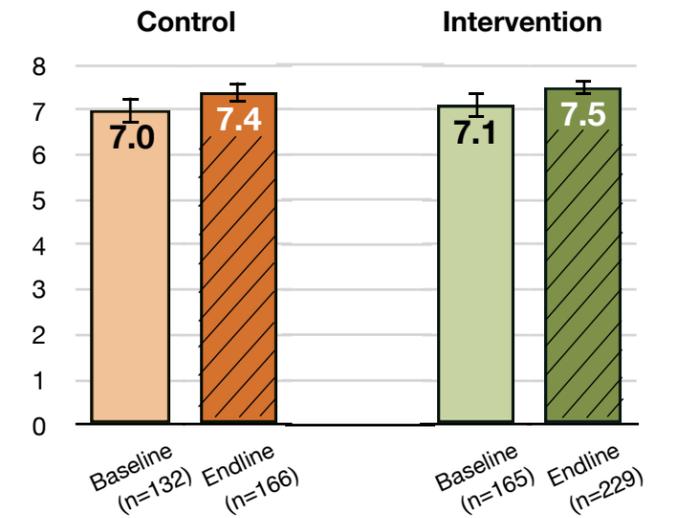
Self-efficacy is defined as the “beliefs in one’s capabilities to mobilize the motivation, cognitive resources, and courses of action needed to meet given situational demands” (Bandura, 1989) Expectations of self efficacy are the most powerful determinants of behavioural change because self-efficacy expectancies determine the initial decision to perform a behaviour, the effort expended, and persistence in the face of adversity. (Bandura, 1977)

## How was self-efficacy assessed in Nutrition Links?

The following 8 questions were asked and the affirmative responses were summed up (1 point per affirmative response):

	Control		Intervention	
	Baseline (n=133)	Endline (n=167)	Baseline(n=167)	Endline (n=229)
	Yes (%)	Yes (%)	Yes %	Yes (%)
1. I will be able to achieve most of the goals that I have set for myself	77	85	84	92
2. When facing difficult tasks, I am certain that I will accomplish them	88	93	87	95
3. In general, I think that I can obtain outcomes that are important to me	86	92	90	92
4. I believe I can succeed at most any endeavor to which I set my mind	90	95	89	97
5. I will be able to successfully overcome many challenges	90	94	90	97
6. I am confident that I can perform effectively on many different tasks	93	94	93	97
7. Compared to other people, I can do most tasks very well	87	93	88	93
8. Even when things are tough, I can perform quite well	91	96	93	93

Self efficacy score by intervention group (mean)



## Voices of women who participated in the Nutrition Links infant intervention

**W1** What man can do woman can do...

“Okay fine” this year in the month that pass myself I have put in my head in it “what man can do woman can do” [...] I have no man so they would not give me the dresses [to manipulate beehives] because there is no one to do it for me. But as I take “more vim” (the force that I have gotten to go and take the dress ) to go and I shout on them. So, they give me the dress and I wore it. As I wore it I went to take the boxes to this place. [...] So we have been harvesting it...

**W2** I can teach people now

As I know now if right now I go to see somebody who does not know I can help her [...] like how I went to learn and know when I go to see somebody that that thing I can teach her that ‘you can do it like this like that’. [...] Now that I learned it when I see somebody who is giving birth or breastfeeding the child and is not making it how they taught us I will tell her that you will do like this...

**W3** I get confidence...

At times when you wanted to give a suggestion, you may not because you’re shy and not confident. But in rearing the fowl I get confidence and I’m not shy again



## Notes