Political Efficacy and Civic Engagement among Politically Active Male and Female Youth

Dissertation submitted in partial fulfillment of the requirements for the award of

Bachelor of Science in Psychology

By

Faiza Yoosuf

Register No: SB22PSY014

Under the guidance of

Ms. Ann Joseph

Assistant Professor

Department of Psychology
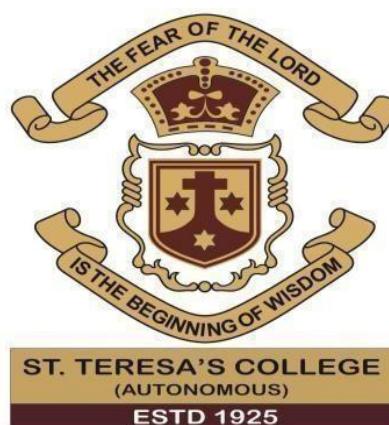
ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

Nationally Re-accredited at 'A++' level (4th cycle)

Affiliated to: Mahatma Gandhi University

MARCH 2025

CERTIFICATE

This is to certify that the dissertation entitled, "Political Efficacy and Civic Engagement among Politically Active Male and Female Youth", is a bonafide record submitted by Faiza Yoosuf, Reg.no. SB22PSY014, of St. Teresa's College, Ernakulam under the supervision and guidance of Ms. Ann Joseph, and that it has not been submitted to any other university or institution for the award of any degree or diploma, fellowship, title or recognition before.

Date:
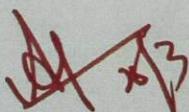
Ms. Ann Joseph

Head of the Department

Department of Psychology

St. Teresa's College, Ernakulum
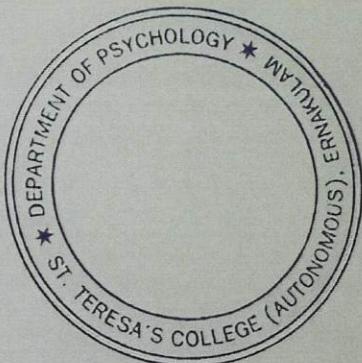
External Examiner 1: ....
25/04/2025

External Examiner 2: ....

Internal Examiner: ....

DECLARATION

I, FAIZA YOOSUF**,** hereby declare that the study presented in the dissertation, which is submitted to the Department of Psychology, St. Teresa's College, Ernakulum is a Bonafide record of the research work carried out by me, under the supervision and guidance of Ms. Amm Joseph, Assistant Professor of the Department of Psychology, St. Teresa's College, Ernakulum, in partial fulfillment of the requirements for the degree of Bachelor of Science in Psychology and has not previously formed the basis for the award of any degree, diploma, fellowship, title or recognition before.

Place: Ernakulum   Faiza Yoosuf

Date:

ACKNOWLEDGEMENT

It is not possible to prepare an internship report without the assistance and encouragement of other people. This one is certainly no exception. I would like to express my deep heartfelt gratitude to the Department of Psychology, St. Teresa's College, Ernakulum for providing me with the opportunity to undertake the research.

I acknowledge my indebtedness and deep sense of gratitude to my research guide, Ms. Ann Joseph, Assistant Professor, Psychology, for encouraging and guiding me throughout all the phases of my research.

I extend my sincere thanks to my parents, teachers, and my friends who all have supported me throughout the time. I am grateful to each and every one who has given me guidance, encouragement, suggestions, and constructive criticisms which has contributed immensely to this project.

Above all, I thank God Almighty for blessing me in all stages of the project and for helping me complete the project successfully.

Thanking You

Faiza Yoosuf

Abstract

In our country, politics is crucial for ensuring proper governance and policymaking for the people's well-being. Youth is the nation's most valuable resource and plays a pivotal role in the positive changes in our country. Youth's belief in their ability and their belief in the responsiveness of government refers to political efficacy, it plays a crucial role in the individuals' need to participate in politics. When youth have political efficacy through education, awareness, and socialization, it leads to the youth engaging in voting, and civic and political activities, are referred to as civic engagement. The data is collected from 207 politically active male & female participants with the help of Google Forms. The study found that there is a positive relationship between political efficacy and civic engagement. Additionally, males exhibited higher levels of political efficacy & civic engagement than females. This study can be used to understand an individual's level of democratic participation. It helps us better understand the need to promote gender equality, political awareness, education, and leadership programs among youth.

Keywords: political efficacy, civic engagement, youth, voting, government and gender equality.

TABLE OF CONTENTS

LIST OF TABLES

Chapter I

Introduction

Background of the Study

India has the biggest democracy in the world and is in a unique situation right now. The country is facing many challenges, and the role of young people in the future of governance is more important than ever. The youth of a nation are its most valuable and dynamic resource, holding the key to a brighter future. As the torchbearers of tomorrow, the youth play a pivotal role in resolving issues and making positive changes that can better the country (Pahuja, 2023). Youth is the time between childhood and adulthood. Youth is the period of constructing self-concept and it is influenced by variables such as peers, lifestyle, gender, and culture. It is a time of a person's life when their choices are most likely to affect their future. Late adolescence and young adulthood are critical developmental periods for the formation of sociopolitical orientations, the impressionable years (Mannheim, 1952). At this age, youths are engaged in maturing their identity and their relationship with society (Atkins & Hart, 2003; Yates & Youniss, 1998; Youniss et al., 2002). The formative experiences during these periods continue to influence civic and political attitudes and habits throughout adult life (Sears & Levy, 2003; Sherrod et al., 2010; Wilkenfeld et al., 2010). The rapid change and increased complexity of late modern society have shaped how young people think about and experience democracy (Collin, 2015; Farthing, 2010). Since the publication of the United Nations Convention on the Rights of the Child (UNCRC, 1990) there has been an increasing policy focus on the participation of young people in civic and political life, driven by beliefs regarding the fundamental right to such participation and concerns regarding declining levels of political and civic engagement across society in general and among younger generations in particular (Flanagan and Christens, 2011; Flanagan and Levine, 2010; Henn and Foard, 2014; Shaw et al., 2014). Studies indicate growing disparities in youth civic knowledge and political efficacy based on socioeconomic status, parental educational attainment, and race (Padilla et al. 2020). Youth participation in

politics encourages democratic engagement and accountability. The civic attitudes, beliefs, and skills formed during adolescence and young adulthood have been found to influence ongoing civic participation across the life course (Finlay, Wray-Lake, & Flanagan, 2010). When young people actively participate in elections, debates, and policymaking, they help strengthen democracy by holding leaders accountable and demanding transparency. Youth should be given adequate opportunities to identify issues and priorities, deliberate and advocate for addressing societal problems, and contribute to the common good (Chaskin, McGregor, & Brady, 2018a). Their engagement also challenges outdated political structures, bringing in progressive and inclusive governance that represents all sections of society. Many of the political parties in India consist of the older generation, which decreases the level of development and broader perspective of ideas that could be brought to the country. Youth participation can increase the government's ability to modify rules, rights, policies, or plans that could help the people. In addition, the political involvement of youth can reduce political apathy and promote civic responsibility. When young people lead, they motivate other people to participate in democratic processes, either by voting, activism, or community involvement. Gender differences in opportunities and experiences of participation during this time would have a lasting impact, socializing youths to the possible expressions of citizenship that are available to them (Ricci, 2021). Young men and women's divergent preferences toward different forms of engagement are likely caused by gendered socialization (Albanesi et al., 2012; Cicognani et al., 2012; Hooghe & Stolle, 2004; Portney et al., 2009). Political participation is a central component of democracy as well as a means for achieving greater equality, gender inequalities in political participation may both reflect and further reify gender stratification throughout society (Lister 2007; Verba et al. 1997; Young 2004). Political efficacy plays a fundamental role in the learning process of youth rights from their childhood and it also helps them to become active citizens in the future (Schulz, 2005).

Political efficacy was described as a feeling that political and social change is possible, and that the individual citizen can play a part in bringing about this change (Campbell et al., 1954). Political efficacy is viewed as a pre-condition for political engagement and is considered a vital social characteristic within democratic societies (Karv et al., 2022). Political Efficacy is the belief in citizens' ability to understand, influence, and participate effectively in political processes, encompassing personal competence and perceived responsiveness to political systems. It plays a crucial role in fostering political participation and democratic engagement. There are two types of Political Efficacy, internal political efficacy and external political efficacy. Internal efficacy is the belief that one can understand politics and therefore participate in politics by voting or advocacy and External efficacy refers to how the government will respond to one's demands (Balch, 1974). Both forms can be used as indicators of potential voter turnout, as well as prevailing attitudes toward the government and the popularity of anti-establishment movements where those with lower political efficacy tend to be more likely to support reform candidates, though they may not vote as they feel that their actions do not affect the political process while individual's with higher efficacy tends to indicate those who will likely vote because they believe they affect the government, and may support the incumbent since they likely feel the government is already effectively representing them (Pedraza, 2016). Political efficacy was found to polarize policy preferences. People with relatively high efficacy were found to express policy preferences that are more in line with their ideological orientation and more extreme; and people with low efficacy tend to express more moderate policy preferences. These results were in both experimental and observational studies (Raanan et al., 2013). Efficacy usually increases with age (Glenn and Grimes, 1968). A significant advantage of political efficacy is its ability to reduce political apathy. When people feel their voices matter, they are less likely to be disappointed in the system or democratic processes. This is especially crucial in young

people, as active engagement ensures that new ideas and perspectives are brought to politics. A society with high political efficacy encourages individuals' dialogue, critical thinking, and civic responsibility, ultimately leading to stronger institutions and more responsive leadership (Norris, 2011). Young people are more likely to become civically engaged when they are in settings such as schools, workplaces, and community organizations where they are asked to meaningfully participate, because their friends are participating, or because they learn about issues that concern them (Flanagan, 2013; Flanagan and Levine, 2010). Students should be allowed to experience and practice political skills and participate in political settings are useful means of attaining greater political efficacy and political equality (Beaumont, 2011). Political efficacy plays a vital role in fostering civic engagement by empowering individuals to believe in their ability to influence political and social outcomes.

Civic engagement is a process in which people take collective action to address issues of public concern and is known to be instrumental to democracy (Checkoway and Aldana, 2013). Civic Engagement refers to how citizens participate in the community to improve the conditions for others or to help shape the community's future. A study published by the Centre for Information & Research on Civic Learning & Engagement at Tufts University categorized civic engagement into three categories: civic, electoral, and political voice (Keeter et al., 2002). Civic Engagement helps to strengthen democracy, foster social cohesion, and enhance individuals to contribute to positive societal changes. It creates a more fair and impartial society and allows individuals to have a voice in shaping the future of their community or country. Civic engagement can be defined as community service, collective action, political involvement and social change (Adler, Goggin, & Civic Ventures, 2005). Civic engagement can take many forms through individual volunteerism, community engagement efforts, organizational involvement, and electoral participation and these engagements may include directly addressing a problem through personal work, community-

based, or work through the institutions of representative democracy (Ekman et al., 2012).
Civic engagement is crucial for strengthening democracy, social cohesion, increased
representation, problem-solving, civic pride & volunteerism, accountability & transparency,
and empowerment & education. It empowers individuals and ensures that government
reflects the collective will of the people. Civic engagement also faces challenges such as the
risk of political polarization, misinformation & manipulation, burnout, emotional fatigue,
exclusion & representation gaps, time & resource constraints, and government resistance &
repression. For civic engagement to be at its best, it should be informed, inclusive, and
balanced to ensure that it remains a force for positive change rather than conflict or
instability. The strategies used in youth engagement efforts include youth work, deliberative
forums, volunteerism, arts, sports and media, non-formal education, and technology and
social media (Chaskin et al., 2020). The challenges associated with youth civic and political
engagement include youth alienation from their communities and institutions, capacity and
resource limitations, ritual rather than real engagement, and challenges of inclusion (Brady et
al., 2020).

Scope of the Study

This study explores the relationship between political efficacy and civic engagement among Kerala's politically active male and female youth. It examines gender-based differences in political confidence and participation, focusing on how perceptions of influence and involvement shape democratic engagement in a socially and politically vibrant Indian state.

This study is relevant due to the state's dynamic socio-political landscape. Kerala is renowned for its high literacy rate, political awareness, and robust democratic participation, making it a unique case for studying youth engagement. Understanding the factors that influence political efficacy can help identify how young people perceive their ability to participate in and influence political processes. Additionally, examining civic engagement provides insights into their involvement in community-oriented activities, which are critical for fostering a vibrant civil society. The study will help in identifying obstacles, such as gender bias, lack of platforms or political disillusionment, and opportunities like digital media and youth organizations and policies, which shape the involvement of young men and women differently. This study will provide a better understanding for policymakers, educators, and civil society to encourage more active participation from the youth.

This study is conducted on politically active youth males & females in Kerala, where the data is collected from individuals between 18-29, and they are also required to have active involvement in political parties. There are two questionnaires with a total of 27 items.

The scope of this research is comprehensive, encompassing the psychological, social, and political factors that influence youth participation in politics in Kerala, with a specific focus on political efficacy and its role in fostering civic engagement.

Chapter II

Review of Literature

Review of Literature

Punksungka et al. (2024) conducted a study that aimed to explore the relationship between external political efficacy and digital skills in U.S. adults. The data was collected from the 2017 Program for International Assessment of Adult Competencies (PIAAC). The sample size consisted of 2,749 U.S adult participants. The study examined the associations between digital problem-solving skills and the three levels (low, neutral, high) of external political efficacy in the U.S. adult population and used multinomial logistic regression sampling method and found a positive association between digital problem-solving skills and external political efficacy.

Ahmad (2023) conducted a study that aimed to explore the relative importance of religion and gender in predicting the likelihood of citizenship norms, political efficacy and civic engagement. The data was collected from a sample of 355 Nigerian undergraduates from two different universities. t-test analysis and ANOVA were used for data analysis. The result showed that civic engagement was not equivalent among young contemporaries because of religious proclivity.

Harff and Schmuck (2023) conducted a study that aimed to examine the impact of political influencers on young people's internal political efficacy and political participation. The data is collected through a two-wave panel survey with late adolescents and young adults aged 16 to 25 years in Germany. The first wave consisted of 1007 participants and second wave conducted later had only 496 participants from the first wave. Path analysis was used to study the relationship and multiple regression analysis was used to investigate the interaction. In this study, the findings showed that the young people who follow the influencers who discuss political issues, participate more in politics over time.

Yaakub et al. (2023) conducted a study that aimed to investigate both individual and systemic factors shaping young people's engagement in political activities, ranging from voting and campaigning to activism. The data was collected from 343 youth participants in Malaysia. The findings from multiple linear regression demonstrate that the influence of social environment and the influence of mass media have a substantial influence on political participation.

Stefani et al. (2021) conducted a study that aimed to investigate gender differences among youth in different forms of participation, using a sample of Italian adolescents and young adults. The data was collected from 1792 young people in Italy. The findings showed that the male participants scored higher for political & activist participation while the females scored higher for civic participation.

John and Kennedy (2019) conducted a study that aimed to measure the level of social media use of college students in Kerala and the relationship between social media use and the civic engagement level of students. The data was collected from college students under Kannur University, Kerala, a survey method was used with 50 participants from each college, the Civic Engagement scale was used to measure the level of civic engagement. The study used a Correlation analysis method. In this study, social media is seen to be facilitating civic engagement, especially in male students, and social media must be promoted among the young for better political participation.

Maurissen (2018) conducted a study that aimed to examine whether political efficacy and political interest are mediators of expected political participation, using the data of the Belgian sample of the ICCS 2016 study. The study was on the Flemish community of Belgium and the data were collected from the Belgian adolescents. The results indicate that three educational strategies are positively associated with expected political participation in a

distinct way. The findings of this study call for a broad approach to citizenship education for the development of political attitudes, as well as behaviour.

Grönfeldt (2016) conducted a study that aimed to examine whether self-efficacy is a possible casual factor for young people to engage in politics and social media revolutions (SMR). The data was collected through an online survey emailed to university students in Iceland. The sample consisted of 459 participants of ages between 18 to 31 and self-efficacy and political efficacy scale was used. Mediation analysis showed that the relationship between general self-efficacy and political participation was mediated through political efficacy and Logistic regression analysis showed that political efficacy predicted SMR-participation, but not in general self-efficacy.

Park et al. (2015) conducted a study that aimed to examine the relationship between civic engagement and internal political efficacy (IPE) among South Korean youth. The data was collected from Korean students aged between 18 to 29 years, the survey method was used on a sample of approximately 1,200 participants using the Civic Engagement Scale and the Internal Political Efficacy Scale. Stratified random sampling was used. In this study, the findings showed that the relationship between civic engagement & IPE is mediated by education and access to social networks, and youth actively participating in civic activities have a higher level of confidence in their ability to understand & influence the political processes.

Hope (2015) conducted a study that aimed to determine the relationship between youth social responsibility and civic outcomes varies by level of political efficacy among Black early adolescents in the Midwest United States. The sample of the study consisted of 118 Black middle school students, ages 10-15. Demographic information form, Youth Social Responsibility Scale, Internal Political Efficacy, and Youth Involvement Inventory were used

as data collection tools for the study. ANOVA, correlation analysis and regression analysis through GLM were used for the analysis of the obtained data. The results showed most youth in this study participated in helping, and community actions, with moderate participation in political actions, and less youth reporting activism experience.

Kim (2015) conducted a study that aimed to explore the relationship between the internal/external political efficacy and online civic/political activities and understand the multidimensional relations, such as the level of trust, extroversion, and community collective efficacy were examined. The data was from household telephone surveys of citizens living in the towns of Blacksburg, Virginia. There were two surveys, in the first one (2005) there were samples of 1795. After elimination, there was a total of 717 telephone interviews and in the second one (2006), 430 interviews were completed. In 2012, an online survey was conducted with a total of 222 respondents. This study used a Hierarchical Regression model to determine the independent variables. There were two dependent variables – offline civic activities & online civic activities. The conclusion was that the internal political efficacy is more likely to be related to online civic and political activities than external political efficacy, and it is significantly different from the results of previous studies.

Tufail et al. (2015) conducted a study that aimed to investigate the impact of social media on political efficacy and vote intention. The data was collected from the 320 students at the University of Gujarat, who were using any social network site. In this study, purposive sampling technique, Pearson correlation, and Kendall's tau b-c were the tests used for analysis. The findings show that males have more political efficacy as compared to females. upon the political efficacy and vote casting but there is no or very little impact of the family system on the participants.

Hope and Jagers (2014) conducted a study that aimed to investigate the factors influencing civic engagement among Black adolescents. The data is from survey data from a nationally representative sample to examine how sociopolitical attitudes, such as political cynicism, perceptions of institutional discrimination, and political efficacy, along with civic education, relate to civic engagement among 593 Black youth, ages 15–25. The study used a convenience sampling method. The present findings contribute to our understanding of how acknowledging systemic inequity promotes civic engagement among Black youth.

Levy (2013) conducted a study that aimed to investigate the various factors influencing adolescents' political efficacy and how personal, social and educational variables contribute to shaping adolescents' confidence in their ability to understand and participate in political processes. The data was collected from adolescents aged 13 to 18 years through interviews from 32 high school students and questionnaire responses from 142 undergraduates. Political Efficacy Scale and civic education & media use were used to collect data. In this study, the findings showed the importance of fostering civic education in schools and encouraging political discussions at home and among peers.

Hayes (2009) conducted a study that aimed to explore how social networking sites (SNS) influence political engagement and learning. The data was collected from college students at Midwestern college, the survey method was used on a sample of 358 using the Political Learning Efficacy Scale (PLE). Correlational Study. In this study, findings show that SNS enhances political engagement by engaging in political content online, which increases the individual's confidence in their ability to seek out and process political information.

Masami et al. (2005) conducted a study aimed to analyze how expectations of community and political efficacy, attitudes regarding citizen control of government, and attitudes toward diversity relate to the students' civic engagement behaviors. The data was

from 435 students aged between 18 and 68. The Civic Capacity Initiative Survey is a tool that includes attitude towards government efficacy, sense of citizen control, social and cultural diversity and related behaviors and uses the Structural equation modelling (SEM) technique. The results suggest that positive attitudes toward government efficacy, citizen control, and diversity and social justice are associated with higher levels of civic engagement.

Rationale of the Study

This study is conducted to show its potential to shape the future of democratic participation and governance in the region. It is to understand how young people perceive their ability to influence political systems & engage in civic activities. It is also to understand how gender affects political efficacy & the extent of civic engagement among youth, which identifies the strategies required to bridge gender gaps and encourage equal participation from both the gender groups. Research has shown that early civic engagement predicts lasting civic involvement, and that early adolescence is a critical period for establishing civic habits that help sustain long-term civic participation. There is a growing importance of investigating civic engagement to understand the civic skills that impact long-term civic participation. This study identifies the people's belief in themselves and the government and the level of civic involvement, which helps in coming up with solutions to enhance the participation of the people. This study plays a crucial role, especially because India is a democratic country, and the ruling party is appointed based on the people's voting & protests. Carrie Chapman Catt, a key leader of the American women's suffrage movement, told that everybody counts while applying democracy and that there will never be a true democracy until every responsible and law-abiding adult in it, without regard to race, sex, color or creed has his or her own inalienable and unpurchasable voice in government.

Current Study

The research titled Political Efficacy and Civic Engagement among Politically Active Male and Female Youth in Kerala aims to examine the relationship between political efficacy and civic engagement, as well as the gender differences in these variables. This study employs a correlational design to analyze how political efficacy influences civic engagement and a comparative approach to assess the extent of gender-based differences.

A quantitative research methodology is adopted, utilizing structured questionnaires to collect data from politically active youth in Kerala. The target population consists of individuals aged 18 to 29 who are actively involved in political organizations, protests, and community development initiatives. A minimum sample size of 200 participants is considered, with an equal division between male and female politically active youth. Convenience sampling is employed as the sampling technique.

For data collection, the study utilizes the Civic Engagement Scale and the Political Efficacy Short Scale as assessment tools. Spearman's correlation method is applied to examine the relationship between political efficacy and civic engagement, while the Mann-Whitney U test is used to compare gender differences in these variables. The findings of this study are expected to contribute to a deeper understanding of the role of political efficacy in shaping civic engagement and the extent to which gender influences political participation.

Chapter III

Methodology

Problem Statement

Whether a relationship exists between Political Efficacy and Civic Engagement among politically active male and female youth?

Aim

To check the relationship between Political Efficacy and Civic Engagement among the politically active male & female youth in Kerala.

Objectives

- To study the relationship between Political Efficacy and Civic Engagement in politically active youth.

- To study the difference in Political Efficacy and Civic Engagement among politically active males and females.

Hypothesis

H1. There is a positive relationship between Political Efficacy and Civic Engagement among politically active youth.

H2. There is a significant difference in males and females in political efficacy among politically active male and female youth.

H3. There is a significant difference in males and females in civic engagement among politically active male and female youth.

Operational Definition

Political Efficacy is operationally defined as the sum of total of scores assessed in the 4-item political efficacy short scale developed by Groskurth et al., (2014). There are two dimensions, such as Internal & External Political Efficacy. Internal political efficacy is an

individual's beliefs about the impact they may have on the political process as a result of their skills and confidence, while External efficacy is the belief that political institutions will be responsive to a citizen's action in the political process (Sullivan and Riedel, 2001).

Civic Engagement is operationally defined as the sum of total of scores assessed in the 14-item civic engagement scale developed by Doolittle and Faul (2013).

Research Design

Correlational analysis is used to assess the objectives of the study. The correlational study aims to study the relationship between political efficacy and its influence on civic engagement. The comparative study aims to understand the level of gender differences in both variables. The design uses structured questionnaires to collect data from politically active youth.

Sampling

The participants were selected with the help of Convenient sampling. The data was collected via a Google form, which was circulated to the politically active male & female individuals. The sample for this study consists of 207 politically active youth, in which 105 are male and 102 are female, aged 18-29.

Inclusion Criteria

- Individuals aged between 18-29

- Individuals who identify as politically active.

- Residing in Kerala.

Exclusion Criteria

- Students who cannot read or write English.

- Individuals residing outside of Kerala.

- Individuals who are of age less than 18 years and more than 29 years.

Measures

1) ***Socio-demographic Sheet***

The researcher developed the socio-demographic data sheet to collect details such as age, gender, email ID, educational qualification, and occupation.

2) ***Civic Engagement Scale (Doolittle and Faul, 2013)***

The Civic Engagement Scale (Doolittle and Faul, 2013). It is used to measure individuals' involvement in civic and community activities. It focuses on assessing behaviours, attitudes, and values that contribute to active participation in societal development. It has two dimensions: Attitudes & Behaviour. It has 14 items, and the scale typically uses a 5-point Likert scale (1 = Strongly Disagree to 5 = Strongly Agree). Reliability: High (Cronbach's alpha = .80 - .91) and it has construct and content validity.

3) ***Political Efficacy Short Scale (Groskurth et al., 2014)***

PESS (Groskurth et al., 2014). It is used to measure individuals' political efficacy in both their internal and external perceptions of influence within the political domain. It has two dimensions: Internal & external political efficacy. Internal political efficacy is an individual's beliefs about the impact they may have on the political process as a result of their skills and confidence, while External efficacy is the belief that political institutions will be responsive to a citizen's action in the political process (Sullivan and Riedel, 2001). It has 4 items, and the scale typically uses a 5-point Likert scale (1 = does not apply at all to 5 = applies completely). Reliability: High (Cronbach's Alpha = > .80) and it has construct and convergent validity.

Table 1

Civic Engagement and Political Efficacy Short Scale reliability statistics

Scale	Cronbach's α
Civic Engagement	0.890
Political Efficacy	0.780

To assess the reliability of the Civic Engagement Scale and Political Efficacy Scale, Cronbach's Alpha was used to check the reliability of the scale. The scales Civic Engagement and Political Efficacy have high and moderate reliability with Cronbach's Alpha of 0.890 and 0.780 respectively.

Procedure

The data for the study was collected using Google Forms. The population of youth from 18 to 29 years of age was taken from Kerala based on the inclusion and exclusion criteria. The sample is selected on the basis on convenient selection. The informed consent was obtained from all the individuals. The Google form consisted of three parts, first is the socio-demographic data, second part is the civic engagement scale, and third part is the political efficacy scale. Data collected was used for research and publication purposes. The data was saved & protected with a password and maintained with the first investigator. Confidentiality was assured for the data.

Ethical Considerations

While conducting the research, ethical considerations were highly prioritized throughout the research to ensure the participants' well-being and protection. At the beginning of the research, informed consent was obtained from the participants before data collection. The participants were informed about the maintenance of confidentiality and anonymity of their data collected. Participants were also informed about their right to withdraw from the study at any time without any consequences for their actions and the provided data can be completely removed from the study. While conducting the study, psychological and physiological harm to participants was avoided at all costs. The data collected was protected by using a password and cannot be accessed by unauthorized people.

Data Analysis

Data analysis was done with the help of Jamovi. Descriptive statistics was calculated for the data. The data analysis was focused on assessing the gender difference between politically active male & female students in political efficacy and civic engagement by conducting a Mann-Whitney U test. It also calculated the mean, median, and standard deviation (SD). The data also assesses the correlation between political efficacy and civic engagement in politically active students by conducting Spearman's rank correlation coefficient. The sample size for this analysis was 207 participants consisting of 205 males and 202 females.

Table 2

Result of Shapiro-Wilk test of normality of Civic Engagement and Political Efficacy

	Shapiro-Wilk	
	W	p
Civic Engagement	0.0457	<.001
Political Efficacy	0.0474	<.001

To check whether the data is normally distributed, Shapiro-Wilk's test was conducted. It provides the nature of the data. Upon assessing the normality, it can be concluded whether to use a parametric or non-parametric test for the variables. Table 2 shows the Shapiro-Wilk coefficient for the data of both Civic engagement and political Efficacy with their significant levels ($p = < 0.001$ and $p = < 0.001$ respectively). It indicates that the data is not normally distributed; hence, a non-parametric test will be used.

Chapter IV

Results and Discussion

Result

The results section includes the descriptive statistics, including the mean and standard deviation. The Spearman's Rank Coefficient was used for studying the correlation between political efficacy and civic engagement, and the Mann-Whitney's Comparative U-test was used for studying the gender difference between the politically active male & female participants.

Table 3

Result of Mean and Standard Deviation of Politically Active Males and Females of Civic Engagement and Political Efficacy

	Gender	N	Mean	SD
Civic Engagement	Female	102	79.9	10.03
	Male	105	84.4	6.31
Political Efficacy	Female	102	14.8	2.91
	Male	105	16.5	1.95

Table 3 shows the descriptive statistics of the variables of Civic Engagement and Political Efficacy. The mean and standard deviation were calculated. The test findings revealed that the mean and standard deviation of CE in females are 79.9 and 10.03, while in males they are 84.4 and 6.31, respectively. The mean and standard deviation of PESS in females are 14.8 and 2.91, while in males they are 16.5 and 1.95, respectively.

H1: There is a positive relationship between Political Efficacy and Civic Engagement among politically active youth.

Table 4

Result of Spearman's Correlation Analysis of Political Efficacy and Civic Engagement

	Civic Engagement
Political Efficacy	0.716***

***p<.001

To assess the correlation between civic engagement and political efficacy, Spearman's Correlation Coefficient was measured. The correlation between Civic Engagement and Political Efficacy is 0.716. Since the value is closer to 1, this indicates a strong positive correlation between the two variables, and the p-value shows < 0.001, which means the correlation is statistically highly significant. The hypothesis, there is a positive relationship between Political Efficacy and Civic Engagement among politically active youth (H1) is accepted.

H2: There is a significant difference in males and females in political efficacy among politically active male and female youth.

Table 5

Result of Mann-Whitney's U-test between Males and Females in Political Efficacy

Group	N	Mean	SD	Mean difference	U	p	F	p
Female	102	14.8	2.91	-1.72	3440	<.001	18.4	<.001
Male	105	16.5	1.95	-2.00				

To assess the comparison between males and females in political efficacy in politically active male & female participants, Mann-Whitney's U-test was conducted. The results indicated that there is a significant difference between males and females in political efficacy. Based on the Mean (m = 16.5, p = 0.001, p < .001), it can be understood that males have comparatively higher political efficacy than females. The hypothesis, there is a significant difference in males and females in political efficacy among politically active male and female youth (H2) is accepted.

H3: There is a significant difference in males and females in civic engagement among politically active male and female youth.

Table 6

Result of Mann-Whitney's U-test between Males and Females in Civic Engagement

Group	N	Mean	SD	Mean difference	U	p	F	p
Female	102	79.9	10.03	-4.55	3758	<.001	16.6	<.001
Male	105	84.4	6.31	-4.00				

To assess the comparison between males and females in civic engagement in politically active male & female participants, Mann-Whitney's U-test was conducted. The results indicated that there is a significant difference between males and females in civic engagement. Based on the Mean (m = 84.4, p = 0.001, p < .001), it can be understood that males have comparatively higher civic engagement than females. The hypothesis, there is a significant difference in males and females in civic engagement among politically active male and female youth (H3) is accepted.

Discussion

The research aims to check the relationship between Political Efficacy and Civic Engagement among the politically active male & female youth in Kerala. The sample for this study consists of 207 politically active youth, in which 105 are male and 102 are female, aged 18-29. The Objectives of this study are (1) To study the relationship between Political Efficacy and Civic Engagement in politically active youth and (2) To study the difference in Political Efficacy and Civic Engagement among politically active males and females.

In our country, politics is crucial for ensuring proper governance and policymaking for the people's well-being. Based on the hypothesis, there is a positive relationship between Political Efficacy and Civic Engagement, the findings revealed that there is a positive relationship between Civic Engagement and Political Efficacy. This shows that when political efficacy increases, civic engagement also increases. Political Efficacy plays a crucial role in fostering political participation and democratic engagement. The findings of this study are consistent with the previous studies (Park et al., 2015; Levy 2013; Masami 2005), which suggested that there is a positive correlation between civic engagement and political efficacy and fostering civic education and political discussions while growing up and having a positive attitude to the government and community can increase political efficacy, which in turn leads to an increase in civic engagement in individuals. Political Efficacy is high in individuals who have an interest, motivation, general knowledge of the subject, cognitive & analytical skills regarding the political matters in the community, and this allows them to know what is relevant and what is not necessary (Marks, 2012). It is also high in individuals who believe in the idea that their voices matter and are more motivated to engage in political activities. Engaging with the policymakers and legislative processes can also increase the individuals' civic understanding/knowledge. Several studies have shown that internal political efficacy plays an essential role in endorsing a variety of forms of political participation (Finkel, 1985; Kenski, 2004; Madsen, 1987; Morrell, 2003; Caprara et al. 2009). Hence, to increase the level of Political Efficacy & Participation in Youth, youth-related programs such as political education, awareness campaigns, leadership opportunities, and various platforms for the youth can be set up to make them feel that their voice and opinions are heard by the community & government, which leads to the strengthening of the democratic spirit in individuals.

Gender equality in political participation remains a crucial component of real and effective democratic participation (Galston, 2001; Inglehart & Norris, 2003; Lijphart, 1997). Based on the hypothesis, there is a significant difference between males and females in political efficacy in politically active male and female youth, the findings revealed that politically active males have higher Political Efficacy than females. The findings of this study are consistent with the previous studies (Tufail et al. 2015; Hope and Jagers 2014), which found that males have more political efficacy as compared to females, but there is no or very little impact of the family system on the participants and acknowledging systemic inequity promotes civic engagement in youth. Political efficacy may be higher in males due to internalized gender role expectations concerning their political agency that influence the levels of different forms of citizen action (Stefani et al., 2021), and also men have a greater propensity toward all the activities that could influence decision-making such as affiliation to a political party, contact with representatives, and expression of political opinions (Schlozman et al., 1994). The existing research has shown that women tend to have less ambition to run for political office and seldom decide to take up a political career (Albanesi et al., 2021). Women also tend to see themselves as less qualified to compete for political roles, and when they do participate, they feel that they must achieve higher educational levels than men (Fox & Lawless, 2014; Fulton et al., 2006; Lawless & Fox, 2005; Paxton et al., 2007; Ondercin & Jones-White, 2011). Women might view themselves as less qualified to compete in politics due to gender socialization especially in politics, because it is a male-dominated field, females are less encouraged to pursue political activities. It could also be due to them underestimating their abilities or because the females feel they are more suitable for civic/community activities.

Based on the hypothesis, there is a significant difference in males and females in Civic Engagement in politically active male and female youth, the findings revealed that the

politically active males have higher Civic Engagement than females. The findings of this study are consistent with the previous study conducted by Stefani et al. (2021), which found that the male participants scored higher for political & activist participation while the females scored higher for civic & online participation. The greater involvement of young men in both conventional political activities and activist participation may be linked to the social importance of assuming male-type behaviors characterized by autonomy, leadership, self-affirmation, and dominance, as contemplated by Social Role Theory (Eagly, 1987; Eagly et al., 2000). Females' participation in informal political efforts and organizations (Bourque and Grossholtz 1998; Sarvasy and Siim 1994; Siim 2000) suggests non-formal engagement may be easier for women, as well as corresponding more strongly to their definitions of good citizenship engagement (Harrison and Munn 2007). Females not only participate less in politics, but many studies show they are also less engaged, less interested, and demonstrate less political knowledge than men (Fortin-Rittberger, 2016; Ihme & Tausendpfund, 2018; Karpowitz et al., 2012; Mendez & Osborn, 2010; Ondercin & Jones-White, 2011). Lower levels of female political participation could be attributed to the lower likelihood of holding resources like income or education and to larger burdens with housework and family caregiving (Prati et al. 2021). It has been speculated, however, that greater gender uniformity should be expected among younger people who are not fully established in family life and the labor force since the crucial resources would be more equally distributed in comparison to older adults (Portney et al., 2009).

Chapter V

Conclusion

Key Findings

- There is a positive relationship between Political Efficacy and Civic Engagement in politically active male & female participants.

- There is a significant difference in males and females in Political Efficacy among politically active male and female youth.

- There is a significant difference in males and females in Civic Engagement among politically active male and female youth.

Implications

This study can be used to understand an individual's level of democratic participation. It helps us better understand the need to promote gender equality, political awareness, education, and leadership programs among youth. It also shows the necessity of introducing programs to increase the political participation of women in political activities. This could be achieved by introducing role models and encouraging them to voice their opinions and ideas about democratic matters.

Limitations

The study is focused solely on Kerala. The sample size doesn't cover a large part of the youth. The study conducted on a small population of young people cannot be considered completely accurate as only 200 participants are involved in the research. It can lead to self-reporting bias as people might exaggerate their responses due to social desirability. The study only focuses on politically active youth and not on politically inactive youth.

Recommendations for Future Research

Social media can also be used as a variable on the youth and understand its impact on the young people's participation and opinions. Studies can be conducted that involves youth from all parts of India from any background & culture.

Conclusion

The study reveals the findings on the relationship between Political Efficacy and Civic Engagement, including the gender differences in the two variables in Kerala. There is a significant positive correlation between Political Efficacy and Civic Engagement in which males are higher than females in the two variables. When political efficacy increases, it also increases civic engagement. This provides a better understanding of the importance and engagement of youth in political activities. This also helps to understand the gender disparities in both gender groups and the need for youth-related programs, role models, and a supportive & secure environment for the youth of any gender group.

References

Adler, R., Goggin, J., & Civic Ventures. (2005). What do we mean by "Civic engagement"? In
Journal of Transformative Education (Vols. 3–3, pp. 236–253). Sage Publications.
https://doi.org/10.1177/1541344605276792

Ahmad, T. S. (2023). Role of Demographic Variables in Predicting Citizenship Norms,
Political Efficacy and Civic Engagement among Public University Students. Global
Journal of Humanities and Social Sciences Research, 2(2), 38–55.
https://doi.org/10.59129/gjhssr.v2.i2.2023.19

Brady, B., Chaskin, R. J., & McGregor, C. (2020). Promoting civic and political engagement
among marginalized urban youth in three cities: Strategies and challenges. *Children
and Youth Services Review*, *116*, 105184.
https://doi.org/10.1016/j.childyouth.2020.105184

Balch, G. I. (1974). Multiple indicators in survey research: The concept "Sense of Political
efficacy." *Political Methodology*, *1*(2), 1–43. https://www.jstor.org/stable/25791375

Coffé, H., & Bolzendahl, C. (2010). Same Game, Different Rules? Gender Differences in
Political Participation. *Sex roles*, *62*(5-6), 318–333. https://doi.org/10.1007/s11199-
009-9729-y

Doolittle, A., PhD, MSSW, LCSW, & Faul, A. (2013). Civic engagement scale. In SAGE
Open (pp. 1–7) [Report]. https://youthrex.com/wp-content/uploads/2019/10/Civic-
Engagement-Scale.pdf

Flanagan, C. (2003). Developmental roots of political engagement. PS: Political Science and
Politics, 36(2), 257–261. doi:10.1017/ S104909650300218X

Fox, R. L., & Lawless, J. L. (2014). Uncovering the origins of the gender gap in political
ambition. American Political Science Review, 108(3), 499-519.
https://doi.org/10.1017/S0003055414000227

Fortin-Rittberger, J. (2016). Cross-national gender gaps in political knowledge. Political

    Research Quarterly, 69(3), 391-402. https://doi.org/10.1177/1065912916642867

Groskurth, K., Nießen, D., Rammstedt, B., & Lechner, C. M. (2021). An English-language

    adaptation and validation of the Political Efficacy Short Scale (PESS). Measurement

    Instruments for the Social Sciences, 3(1). https://doi.org/10.1186/s42409-020-00018-z

Glenn, Norval D.; Grimes, Michael (1968). "Aging, Voting, and Political Interest". American

    Sociological Review. 33 (4): 563–575. doi:10.2307/2092441. ISSN 0003-

    1224. JSTOR 2092441

Galston, W. A. (2001). Political knowledge, political engagement, and civic education.

    Annual Review of Political Science, 4(1), 217-234.

    https://doi.org/10.1146/annurev.polisci.4.1.217

Hope, E. C. (2015). Preparing to participate: The role of youth social responsibility and

    political efficacy on civic engagement for Black early Adolescents. Child Indicators

    Research, 9(3), 609–630. https://doi.org/10.1007/s12187-015-9331-5

Harff, D., & Schmuck, D. (2023). Influencers as Empowering Agents? Following Political

    Influencers, Internal Political Efficacy and Participation among Youth. Political

    Communication, 40, 147 - 172. https://doi.org/10.1080/10584609.2023.2166631

Hope, E. C., & Jagers, R. J. (2014). The role of sociopolitical attitudes and civic education in

    the civic engagement of Black youth. Journal of Research on Adolescence, 24(3),

    460–470. https://doi.org/10.1111/jora.12117

Inglehart, R., & Norris, P. (2003). Rising tide: Gender equality and cultural change around the

    world. New York, NY, USA: Cambridge University Press.

    https://doi.org/10.1017/cbo9780511550362

Ihme, T. A., & Tausendpfund, M. (2018). Gender differences in political knowledge: Bringing situation back in. Journal of Experimental Political Science, 5(1), 39-55. https://doi.org/10.1017/XPS.2017.21

John, B., & Kennedy, J. J. (2019). Social Media, Civic Engagement and Political Participation. Asian Review of Social Sciences, 8(S1), 20–25. https://doi.org/10.51983/arss-2019.8.S1.1500

Kim, B. J. (2014). Political efficacy, community collective efficacy, trust and extroversion in the information society: Differences between online and offline civic/political activities. Government Information Quarterly, 32(1), 43–51. https://doi.org/10.1016/j.giq.2014.09.006

Karv, T., Lindell, M., & Rapeli, L. (2021). How context matters: the significance of political homogeneity and language for political efficacy. *Scandinavian Political Studies*, *45*(1), 46–67. https://doi.org/10.1111/1467-9477.12215

Karpowitz, C. F., Mendelberg, T., & Shaker, L. (2012). Gender inequality in deliberative participation. American Political Science Review, 106(3), 533-547. https://doi.org/10.1017/S0003055412000329

Levy, B. (2013). An empirical exploration of factors related to adolescents' political efficacy. Educational Psychology, 33, 357 - 390. https://doi.org/10.1080/01443410.2013.772774.

Maurissen, L. (2018). Political efficacy and interest as mediators of expected political participation among Belgian adolescents. Applied Developmental Science, 24(4), 339–353. https://doi.org/10.1080/10888691.2018.1507744

Mendez, J. M., & Osborn, T. (2010). Gender and the perception of knowledge in political discussion. Political Research Quarterly, 63(2), 269-279. https://doi.org/10.1177/1065912908328860

Nishishiba, M., Nelson, H. T., & Shinn, C. W. (2005). Explicating Factors That Foster Civic

    Engagement among Students. Journal of Public Affairs Education, 11(4), 269–285.

    https://doi.org/10.1080/15236803.2005.12001402

Ondercin, H. L., & Jones-White, D. (2011). Gender jeopardy: What is the impact of gender

    differences in political knowledge on political participation? Social Science Quarterly,

    92(3), 675-694. https://doi.org/10.1111/j.1540-6237.2011.00787.x

Pahuja, S. (2023, August 3). Building a Stronger Nation: The role of youth in India's progress.

    Lords University. https://www.lordsuni.edu.in/blog/the-role-of-youth-in-indias-

    progress

Park, S., Chang, G., Park, S., & Chang, G. (2015, December 1). A study on civic engagement

    and internal political efficacy of young people in South Korea. Consensus.

    https://consensus.app/papers/a-study-on-civic-engagement-and-internal-political-

    park-chang/e094015d83235c43a86007982ca4610c/

Paxton, P., Kunovich, S. L., & Hughes, M. M. (2007). Gender in politics. Annual Review of

    Sociology, 33(1), 263-284. https://doi.org/10.1146/annurev.soc.33.040406.131651

Punksungka, W., Yamashita, T., Narine, D., Helsinger, A., Cummins, P. A., Kramer, J. W., &

    Karam, R. (2024). A look at external political efficacy and the role of digital skills in

    the adults U.S. population. Adult Learning.

    https://doi.org/10.1177/10451595241264752

Portney, K. E., Eichenberg, R. C., & Niemi, R. G. (2009). Gender differences in political and

    civic engagement among young people. Paper presented at the annual meeting of the

    American Political Science Association, Toronto, Canada, September 3-6, 2009.

    Retrieved from

    https://as.tufts.edu/politicalscience/sites/all/themes/asbase/assets/documents/eichenber

    g/NiemiPortneyEichenbergAug26.pdf

Stefani, S., Prati, G., Tzankova, I., Ricci, E., Albanesi, C., & Cicognani, E. (2021). Gender
differences in civic and political engagement and participation among Italian young
people. Social Psychological Bulletin, 16(1). https://doi.org/10.32872/spb.3887

Sulitzeanu-Kenan, Raanan; Halperin, Eran (2013). "Making a Difference: Political Efficacy
and Policy Preference Construction". British Journal of Political Science. 43 (2): 295–
322. doi:10.1017/S0007123412000324. S2CID 51855514.

Schlozman, K. L., Burns, N., & Verba, S. (1994). Gender and the pathways to participation:
The role of resources. The Journal of Politics, 56(4), 963-990.
https://doi.org/10.2307/2132069

Tufail, S., Baneen, U., Akram, B., & Sajid, R. (2015, June 30). Impact of social media on
political efficacy and vote intention: a case of educated youth.
https://jisrmsse.szabist.edu.pk/index.php/szabist/article/view/165

Types of civic engagement | Center for Civic Engagement | Illinois State. (2025, March 4).
https://civicengagement.illinoisstate.edu/faculty-staff/engagement-types/

Wani, S. (2024, April 29). Registered youth voters hits Decades-Low. Rediff.
https://www.rediff.com/news/report/india-votes-2024-registered-youth-voters-hits-
decades-low/20240429.html

Yaakub, M., Kamil, N., & Nordin, W. (2023). Youth and Political Participation: What Factors
Influence Them? *Jurnal Institutions and Economies*.
https://doi.org/10.22452/ijie.vol15no2.4.

Appendices

Appendix A: Consent Form

Dear Participant,

I hope this message finds you well. My name is Faiza Yoosuf, and I am a third-year B.Sc. Psychology student at St. Teresa's College (Autonomous), Ernakulam. As part of my final-year research project, I am conducting a study on "Political Efficacy and Civic Engagement among Politically Active Male & Female Youth in Kerala".

Your participation in this study would be greatly appreciated. The survey will take approximately 15-20 minutes to complete, and all responses will remain strictly anonymous and confidential. The data collected will be used solely for academic research purposes.

Participation in this study is entirely voluntary, and you may withdraw at any point without providing a reason or facing any consequences. While there are no financial or personal risks involved, your honest and thoughtful responses will significantly contribute to the success of this research.

If you have any questions or require further information, please feel free to contact me via email or phone:

- Email: faiizayoosuf@gmail.com

Thank you for considering this opportunity to support my research. Your time and input are sincerely appreciated.

Kind regards,

Faiza Yoosuf

Are you willing to participate in the study?

- o   Yes

- o   No

Appendix B: Socio-demographic details

Kindly make sure to fill all the requested information as it helps improve the accuracy of our study. Skipping any questions might affect the results. All the information you provide will be kept completely confidential.

1. Email id

2. Name (in initials)

3. Age

4. Gender

   o Male

   o Female

   o Other

5. Occupation

   o Employed

   o Unemployed

   o Student

   o Other

6. Education qualifications

7. Are you a part of any political party

   o Yes

   o No

8. If yes, how many months or years have you been a part of that political party?

9. Do you intend to do any of the following **high-profile** political activities that would make you broadly visible to the public?

   o Acting in a formal and public capacity on behalf of/for a candidate

o Publicly expressing personal views to the media or online in support of a candidate where you will be identified by name or photo

o Publicly expressing your involvement in any political activity in support of a candidate through written documents (newspaper, public notes, etc), radio, television, social media and/or other web-based information-sharing platforms)

o Recruiting volunteers for a candidate in a setting where you are broadly or prominently visible to the public

o Seeking the public's views, opinions or comments on specific issues on behalf of a candidate in a public setting (eg. at a public event))

o I do not intend to do any of these high-profile activities

Appendix C: Civic Engagement Scale

Part-A: attitude

	Disagree						Agree
1. I feel responsible for my community	1	2	3	4	5	6	7
2. I believe I should make a difference in my community	1	2	3	4	5	6	7
3. I believe that I have a responsibility to help the poor and the hungry	1	2	3	4	5	6	7
4. I am committed to serve in my community	1	2	3	4	5	6	7
5. I believe that all citizens have	1	2	3	4	5	6	7

a

responsibility

to their

community

6. I believe	1	2	3	4	5	6	7

that it is

important to

be informed

of

community

issues

7. I believe	1	2	3	4	5	6	7

that it is

important to

volunteer

8. I believe	1	2	3	4	5	6	7

that it is

important to

financially

support

charitable

organizations

Appendix D: Civic Engagement Scale

Part- B: Behaviour

	Never					Always
1. I am involved in structured volunteer position(s) in the community	1	2	3	4	5	6
2. When working with others, I make positive changes in the community	1	2	3	4	5	6
3. I help members of my community	1	2	3	4	5	6
4. I stay informed of events in my community	1	2	3	4	5	6
5. I participate in discussions that raise issues of social responsibility	1	2	3	4	5	6

6. I contribute to charitable organizations within the community	1	2	3	4	5	6

Appendix E: Political Efficacy scale

	does not apply	applies a bit	applies somewhat	applies mostly	applies completely
1. I am good at understanding and assessing important political issues.	1	2	3	4	5
2. Politicians strive to keep in close touch with the people.	1	2	3	4	5
3. I have the confidence to take active part in a discussion about political issues.	1	2	3	4	5
4. Politicians care about what ordinary people think	1	2	3	4	5