

**Effects of Emotions Management and Self-efficacy Training  
in Cultivating Resilience Among Agriculture Students**

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## **Abstract**

This study aimed at determining the effects of emotions management and self-efficacy training in cultivating resilience among agriculture students. In this study, a quasi-experimental research method employing a pre-test and post-test control group design was adopted. The respondents of this study were agriculture students in a vocational and technical college in China during the academic year, 2023-2024. The instruments used in this study included a program of emotional management training and self-efficacy training, as well as assessment tests that determined students' pretest and posttest scores to indicate their level of resilience. The assessment test used to determine students' resilience level was a standardized resilience test scale developed by Hu and Gan. Various statistical analyses were performed on the collected data that included frequency count, percentage analysis, mean values, standard deviations, *t*-test for correlated samples, *t*-test for independent samples, and One-Way Analysis of Variance. The students who received emotions management and self-efficacy trainings had a low level of resilience in pretest but had high level of resilience in posttest. The findings of this study showed that before the emotional management and self-efficacy training, there were no significant differences in the level of resilience between the control group and the experimental group. The students who received emotions management and self-efficacy trainings had a low level of resilience in pretest but had high level of resilience in posttest. There were significant differences in the pretest and

posttest performance between the control group and the experimental group.

Furthermore, there was a significant difference in the mean gains among the three groups. The mean gains of the two experimental groups (emotions management training group and self-efficacy training group), were significantly higher than the control group. It is therefore, concluded that the two trainings are effective in cultivating resilience among the participants.

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