The Management of Psychological Capital for Excellent Academic Performance: With Reference to Undergraduates of Rajarata University of Sri Lanka

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Psychological capital is now passing its golden era and it has therefore been received global attention of academia and professionals, however, its impact on academic performance of students has not been inquired adequately yet in Sri Lanka. Thus, contribution to existing knowledge of psychological capital was the preliminary objective of the study. Accordingly, study inspected the impact of psychological capital on academic performance of undergraduates in the Rajarata University of Sri Lanka. Data were randomly collected from a sample of 300 students from all faculties of the university. A structured questionnaire was employed and few statistical tests such as correlation and regression tests were conducted to achieve the research objective. The light of the regression realized that there were statistically significant positive impacts of optimism, resilience, self-efficacy on academic performance of undergraduates. However, hope of undergraduates was not significant statistically to their academic performance. Accordingly, the swell of student's optimism, resilience, and self-efficacy may result in the higher academic performance of students. This would be achieved motivating students to organize a different kind of extracurricular and group activities during the university period. Further, students could be educated to manage and handle stressful works and studies carefully. Moreover, existing curricula and program structure should be effectively redesigned and reconfigured to uplift the knowledge, skills, attitude, and mindset of students which is essential to have a strong psychological capital.

Keywords: Academic performance; psychological capital