Introduction
- Individualized Movement and Physical Activity for Children Today (IMPACT) program has been serving children with disabilities for over 31 years to promote physical activity of children with disabilities.
- IMPACT provides undergraduate student volunteers the opportunity to create relationships with children with disabilities, while participating in physical activity through their commitment, enthusiasm, and support.
- Fichten, Cutler, and Schipper (2005) found that individuals who volunteered with children with disabilities reported a more positive attitude and increased their comfort level. Personal experiences and interactions with relevant others may influence attitudes.
- Self-efficacy is believed to be an important determinant of human behavior (Bandura, 1997). An individual with low self-efficacy is more likely to avoid tasks in which they do not perceive themselves to be competent (Bandura, 1993). Identification of factors that improve self-efficacy are important for volunteers working with individuals with disabilities because they will play a vital role in creating a more inclusive society.
- However, there is a gap in knowledge on how to improve the self-efficacy and attitudes of volunteers in campus based programs that are focused on individuals with disabilities. Therefore this study examined the factors that influence self-efficacy and attitude.

Purpose
The purpose of the project was to examine the factors that influence the self-efficacy and attitude beliefs of IMPACT volunteers.
1. What factors influence the improvement of self-efficacy?
2. What factors influence the change of attitude?

Methods
- Participants
  - 72 participants for Question #1.
  - 62 participants for Question #2.
  - Volunteers at a college program for individuals with disabilities.
- Instruments
  - Modified version of Self-Efficacy Survey developed by Taliaferro et al. (2011).
  - Modified version of the Attitude Survey developed by Taylor and Yun (2012).
- Analysis
  - Hierarchical Multiple Regressions
    - Factors influencing Self-Efficacy
      - DV: Change in Self-Efficacy
      - Level 1 IV: Mastery Experiences (ME), Vicarious Experiences (VE), Verbal Persuasion (VP), Physiological State (PS)
      - Level 2 IV: Age, Gender, Major, Number of Terms Volunteering in IMPACT (Terms)
      - Level 3 IV: Disability Related Classes (Class)
    - Factors influencing Attitude
      - DV: Change in Attitude
      - Level 1 IV: Personal Experiences (PE) and Group Leader Experiences (GLE)
      - Level 2 IV: Age, Gender, Major, Number of Terms Volunteering in IMPACT (Terms)
      - Level 3 IV: Disability Related Classes (Class)
- Procedure
  - Pre-test at the beginning of the term on attitude and self-efficacy
  - Five weekly surveys measuring potential factors affecting self-efficacy and attitude
  - Average scores of weekly measures were used to track potential factors affecting attitude and self-efficacy
  - Post-test was administered the last week of the term to measure attitude and self-efficacy of volunteer’s working with individuals with disabilities

Results
- Change in Self-Efficacy: Mean = -0.29, SD = 1.23
- Change in Attitude: Mean = 0.12, SD = 0.98
- Change in Self-Efficacy
  - Level 1 R = 0.19, R² = 0.04
  - Level 2 R = 0.35, R² = 0.12
  - Level 3 R = 0.37, R² = 0.14

Discussion
- Results indicated that the factors hypothesized did not significantly influence self-efficacy of the IMPACT volunteers.
  - One potential reason for the lack of significant findings is the ceiling effect.
  - Another potential reason for a decrease in self-efficacy may be due to realization of the level of difficulty of task.
  - Or the tool utilized for assessment may not have been relevant for this program.
- The results of this study indicated that the participant’s attitude toward individuals with disabilities was affected by the hypothesized factors with 24% of the variance explained. Also, the results indicated that daily personal experiences are a significant contributing factor for changing attitude. However, other variables did not have a significant effect.
- Based on the results of this study, it is important to create an environment to improve personal experience in order to improve the volunteer’s attitudes.

Acknowledgements
Undergraduate Research Award Program from College of Public Health & Human Sciences at Oregon State University