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# AN ASSESSMENT OF STUDENT'S USE OF LIBRARY RESOURCES AND SELF-EFFICACY IN COLLEGE LIBRARY OF FEDERAL COLLEGE OF EDUCATION ZARIA

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#### ABSTRACT:

The research is carried out to review an evaluation of the use of the library resource and the self efficacy of student in Federal College of Education Zaria library of colleges. The study has formed three research objectives which will; determine the most used library resources by the students, explore the FACE in terms of difficulties seen by the students when accessing and using library resources and recommend effective strategies of raising the self-efficacy of students and encouraging better usage of library facilities in Federal College of Education, Zaria. After coming up with 5, 125 as population of the students, a simple random sampling technique was used to form 371 students as a sample size. As a data collection tool a questionnaire was utilized. Statistical tools such as standard deviation and mean were used to present and analyze the data used to conduct the study. It was found out that, the kind of library materials that student make use of the most in the college library were; textbooks and references materials. The research showed that having problems in the usage of library resources included the fact that there is lack of awareness because the students had not been well oriented or taught skills in the use of library resources or lack of foundational or basic information and communication technology (ICT) skills, uneven or delayed internet service within the library and lack of librarian or other trained staff to assist students on how to use library resources search and usage has often left such students bewildered. The identified findings were that they ensure the regular orientation activities, workshops, and training on using the library catalog, searching databases, and finding both the print and digital library resources and that librarians are friendly and accessible to receiving individual assistance by using reference desks, chat services, or appointment systems made students more willing to consult and access resources effectively the strategies to improve self-efficacy of students and effective use of the library resources. The study recommended that college library should ensure the continuous availability and timely update of frequently used resources such as textbooks, lecture notes, and past question papers and also, comprehensive orientation sessions should be conducted at the beginning of each academic year to educate students on how to access and utilize both print and electronic resources effectively in Federal College of Education, Zaria.

Keywords: Academic libraries, Library self-efficacy, Library services, Library usage patterns, Student use of library resources

#### Introduction

Higher education has engaged in the establishment of academic libraries because academic libraries play a dominant role in achieving the education mission of, institutions because academic libraries act as knowledge acquisition centers, information disseminating institution, and research support institutions. These libraries offer an extensive supply of resources such as books, journals, electronic databases, and internet facilities through which, the students learn and carry out their current performance in academics. Nevertheless, with all these, there is a showing that numerous students do not get the best library resources, especially on a developing continent such as Africa (Nigeria) (Shikali & Muneja, 2024; Popoola & Adedokun, 2023; Afokewhre & Mesagan, 2024). Among the reasons, there is a weak level of awareness, insufficient orientation, absence of motivation, and digital illiteracy (Ajisebutu et al., 2024; Ebijuwa & Mabawonku, 2023; Sui, Yen & Chang, 2023).

Self-efficacy, which is a belief that one can do certain tasks or can attain some achievement is one of the critical psychological issues that affect the engagement of students with library resources. Applying to the usage of libraries, a high level of self-efficacy will make a student venture into libraries and use them successfully, whereas a student with low self-confidence might resort to using these types of services in general (Bandura, 2025; Olugbefko & Lana, 2023; Awodoyin & Okiki, 2022). The studies have shown a positive correlation of self-efficacy to the academic behavior of seeking information, using digital resources, and critical thinking (Ajisebutu et al., 2024; Dou et al., 2022; Ezechukwu & Anunobi, 2025).

Furthermore, the students that demonstrate higher computer or information literacy self-efficacy more often than other students decide to use digital library resources, which, in turn, are more productive (Popoola & Adedokun, 2023; Prabowo et al., 2024; Ebijuwa & Mabawonku, 2023). Research on Library and Information Science postgraduate students has indicated that the more they have in terms of research self-efficacy, the more equipped they are against accessing scholarly databases and scholarly tasks (Awodoyin, Olutoki, and Osoba, 2024; Osoba and Adebayo, 2025). The connection between self-efficacy and academic achievement is also established in terms of both Nigerian and international educational contexts (Olutoki & Osoba, 2024; Sui, Yen & Chang, 2023).

Even the obstacles like library anxiety and the absence of orientation tend to lower the self-esteem and effective use of library services among students. Anxiety in libraries comes out in the form of fear, confusion or helplessness in an effort to work through library systems (Carlile, 2007; Wikipedia, 2025). Such fear is heightened by poor user education and lack of interaction between the librarians and students, particularly in the college environment in Nigeria where training on digital literacy is minimal (Afokewhre & Mesagan, 2024; Mills, 2025). Nevertheless, anxiety and self-efficacy can be lowered by interventions such as formal orientation, or tutorial sessions in the library (Ajisebutu et al., 2024).

In the Nigerian colleges of education among the colleges of education in the Federal College of Education, Zaria, the issue of library usage among students is of concern. Even though the Nigerian Library Association (NLA) continues to encourage the development of digital skills in librarians and students, several issues still exist, including inadequate internet connection, irrelevant materials, and poor library management solutions (NLA, 2024; Ebijuwa & Mabawonku, 2023). Besides, students, as the researchers note, are not usually provided with the basic training on how to benefit from online resources and digital catalogs, and it directly influences the confidence of their library usage (Awodoyin & Okiki, 2022; Shikali & Muneja, 2024).

As much as some research works have been done on the library resource usage and self-efficacy among college students, more so in universities, there is lack of research on students in colleges of education. Specifically, not much has been empirically done with regards to the effect of self-efficacy on library resource usage at the Federal College of Education, Zaria. This paper sets out to cover that gap by evaluating the connection existing between the self-efficacy of students and how they use the library to make recommendations to the best approaches possible to facilitating information literacy, minimizing barriers as well as maximizing the utilization of the college library.

#### Statement of the Problem

The intellectual growth and the academic performance of any student on a college campus rely heavily on academic libraries in regard to available print and electronic resources accessible towards advancing learning, research and knowledge assimilating functions. The library at Federal College of Education, Zaria is the hub in accomplishing the mandate of this institution, which is training of good teachers. Nevertheless, increasing concerns have been raised with regard to insufficient use of library by the students notwithstanding the presence of a wide variety of materials and services. Some students do not use the library well or fail to get extensive use of facilities like textbooks, journals, electronic databases and internet services.

Self-efficacy among the students is one of the reasons that may lead to this underutilization. Self-efficacy, a perception of an individual on their ability to do certain tasks, is a major determinant in library service usage and perception of students. High self-efficient students feel the power to efficiently find, analyze, and use the information, and low ones feel overwhelmed or frightened by the library ambiance. This insecurity may result in low usage of libraries hence interfering with academic performance and learning in general.

Moreover, such barriers as the lack of proper orientation on how to access the materials available at the library, low information literacy abilities, lack of motivation, library anxiety, among others, enhance the unwillingness of students to ferry into library materials. What the institution has done is to offer user education in order to reduce the gap between the availability of the resource and realize its use as well as to upgrade library infrastructure, but these efforts do not seem to be adequate in closing the gap. Moreover, there are very few empirical data about the role of self-efficacy in determining the utilisation of library facilities by students in the Federal College of Education, Zaria.

It is thus imperative that this research has to be conducted to determine what degree to which students employ library resources, what is the degree of self-efficacy that students have in accessing and utilizing said resources, and what is the relationship between the two procedures. The study attempts to offer some recommendations on how to improve library services and improve the effective usage of the available resources among students by identifying the root cause of the poor usage of library and the associated factors of self-efficacy.

#### Research Questions

- 1. What types of library resources do students utilize most in the college library of Federal College of Education, Zaria?
- 2. What challenges do students face in accessing and using the library resources?
- 3. What strategies can be adopted to improve students' self-efficacy and increase their use of library resources?

#### Research Objectives

- 1. To identify the types of library resources most utilized by students.
- 2. To investigate the challenges students encounter in accessing and using library resources.
- 3. To propose strategies for enhancing students' self-efficacy and promoting effective utilization of library resources.

#### Literature Review

There are diverse types of information materials that comprise library resources and assist in academic learning and research. These are resources which are both physical, which include textbook resources, journal sources, reference material, newspapers, and government publications, and the electronic resources and these include online databases, electronic books and digital repositories and internet services (Prabowo et al., 2024; Shikali & Muneja, 2024). The libraries of academic institutions are supposed to offer a variety of current information so that any student and staff can acquire some information. Nevertheless, research findings indicate that students in Nigerian institutions of higher learning have done very little about utilizing some available resources because of low awareness and orientation (Afokewhre & Mesagan, 2023; Ebijuwa & Mabawonku, 2023).

Self-efficacy is a psychological concept developed by Bandura which is an individual optimism that he can complete tasks or achieve outcomes successfully (Bandura, 2025). Academically, it has effects on the learning behavior and student motivation and interaction with facilities like libraries (Dou et al., 2022; Olugbefko & Lana, 2023). Highly self-efficacious students tend to independently browse information, seek help when required and continue to resolve challenges associated with information search (Sui, Yen & Chang, 2023).

The proper utilization of the library resources relates to better performance at studies, critical thinking, and life-long learning skills. Olutoki and Osoba (2024) reveal that frequent visitors of the library will have improved research and study habits. Nonetheless, Popoola and Adedokun (2023) study revealed that almost half of the undergraduates rarely use digital sources due to a weak level of digital competence and library anxiety. Equally, Ajisebutu et al. (2024) indicated the necessity to launch special library orientation to enhance the awareness and usage patterns among students.

It is becoming more evident that the self-efficacy of students relates to their efficient utilisation of the library resources. Awodoyin and Okiki (2022) discovered that students with beliefs that they can identify and exploit the library resources illustrate an increased academic independence. On the same note, Awodoyin, Olutoki, and Osoba (2024), conducted a study through which they found a strong correlation between research self-efficacy and usage of scholarly databases within LIS postgraduate students. This, however, does not mean that self-confidence among college of education students during exposure to digital library systems is high (Ezechukwu & Anunobi, 2025).

There are few obstacles that deteriorate efficient use of library resources by students. All these comprise of limited digital aptitude, orientation, limited internet existence, obsolete resources, and psychological trouble like library-anxiety (Wikipedia, 2025). Students may become afraid to use the library without any particular reason and afraid of going there despite the close presence of resources (DiPrince et al., 2016). Poor training and user assistance have been held as a major issue in the Nigerian colleges (Afokewhre & Mesagan, 2023; NLA, 2024).

#### Methodology

In the study, the type of design that was used was descriptive survey. Nworgu (2015) further says that descriptive survey refers to the type of research design whose main purpose is to obtain data on a given phenomenon and a description of the obtained data in some ordered way to learn about the nature, characteristics, or facts about a specified population. This sort of research is not interested in testing relationship between the independent and dependent variables. It is based on the foregoing that descriptive survey was found to be appropriate in the present study as it principle objective is to collect, describe and summarize empirical data on the assessment of student use of library resources and effects of self-efficacy in college library of Federal College Of Education Zaria. The study will only focus on the students enrolled in the Federal College of Education, Zaria in different departments and different academic levels making the total of five thousand one hundred and twenty five (5, 125) (Source: MIS, FCE, Zaria 2025). The population of students was then sampled out by choosing 371 students using simple random sampling technique. The researcher worked out the figure on Slovene formula. The questionnaire was addressing which kind of library resources are most extensively utilized by the students, what are the barriers that cause problems to students when they are trying to utilize the library resources and how can the self-efficacy of the students improve and motivate them to use the library resources successfully. Among students of NCE of Federal College of Education, Zaria, 371 of the 500 distributed questionnaires were returned thereby giving a recovery percentage of 350 (94.3). Nevertheless the linked scale would be 4 level response linkert scale that includes strongly agree (SA), Agree (A), Disagree (D), Strongly disagree (SD). LIS validated the instrument using two experts. Research questions were answered by analyzing data collected during the study by use of means and standard deviations.

# Results

Research Question 1: What types of library resources do students utilize most in the college library of Federal College of Education, Zaria?

S/N	Resource type	MU	U	RU	NU	Mean	StD
1	Textbooks and Course Reserves	206	125	12	7	3.5143	3.0454
2	Internet and Computer Access	54	78	86	132	2.1543	1.9183
3.	Online Databases and E-journals	62	88	96	104	2.3086	2.0452
4.	Print Journals and Magazines	176	113	40	21	3.2686	2.8636
5.	Audio-Visual Materials	58	92	94	106	2.2914	2.0256
6.	Reference Materials	181	108	36	25	3.2714	2.8745
	Cumulative mean					2.8014	2.4621

Mostly utilized (MU), Utilized (U) Rarely utilized (RU), Not utilized (NU)

Table 1 explains types of library resources used by the students most in the college library of federal college of education, Zaria. The highest mean response was 3.5143, which is that Textbooks and Course Reserves is the type of library resources students use most in college library. Response details regarding response against this opinion were that the 206 of the respondents chiefly used it, the other 125 others used as compared to those other 12 who hardly used it and all the other 7 individuals did not use it with this opinion. Similarly, the most used library resources by the student in the college library were of the type known as the Reference Materials. This view had the second mean response on the respondent with figures indicating that 181 respondents tend to use it, 108 others with 36 tending to use little and the rest 25 not using at all. The data collected and analysed on the types

of library resources mostly used by students in Federal College of Education, Zaria, in the library depicts the summative mean of 2.8014 that is higher than index score of 2.50 utilized, which reveals the fact that students utilized more traditional print format rather than digital formats. The most consulted materials are the textbooks, lecture notes, and past examination question papers largely because of relevance to the on-going course and examination preparation (Onuoha & Bolarinwa, 2023). There is also the demand of the references materials which could be advised by lecturers. Although the world is moving towards learning using computers, still quite a number of students like the hard copy of the books and the main reason is that of being familiar and easily accessed.

Research Question 2: What challenges do students face in accessing and using the library resources?

S/N	Statements	SA	A	D	SD	Mean	Std
1	lack of awareness is often due to inadequate orientation or user education sessions, especially for new students	205	125	8	12	3.4943	3.0359
2	Lack basic information and communication technology (ICT) skills struggle to access electronic databases, e-books, and online journals effectively	178	113	21	38	3.2314	2.8566
3.	Inconsistent or slow internet access within the library can hinder the use of online databases, catalog systems, and digital learning platforms	173	128	15	34	3.2571	2.8656
4.	Overcrowding, limited seating, outdated infrastructure, or insufficient study spaces can discourage students from regularly using the library	165	125	17	43	3.1771	2.8102
5.	The absence of librarians or trained personnel to guide students in resource search and usage often leaves students confused about how to find the materials they need	188	132	6	24	3.3829	2.9568
6.	Some students, especially those from non-English backgrounds or with poor reading skills, find it difficult to use academic texts and research materials effectively.	182	134	12	22	3.3600	2.9336
	Cumulative mean					3.3171	2.9098

Table 2 shows us the difficulties that students have to encounter with regard to access and use of the library resources. The maximum mean response of 3.4771 was of the statement that lack of awareness is usually caused by poor orientation or user training sessions particularly to new students which may be the hurdle which the students face in use and access of the library resources. The response details on this opinion revealed an indication that 205 of the respondents strongly agreed, 125 others agreed whereas 8 disagreed and the other 12 strongly disagreed with this opinion. On the same note, "The lack of librarians or trained minds to assist students on search and usage of resources may find the students in a perplexed state of how to locate the materials they require" may well be one of the challenges that students actually experience in accessing and utilizing the resources the library has. This view had the second most mean responses of 3.3829 with specifics being that 188 strongly agreed, 132 other agreed and 6 disagreed and 24 strongly disagreed. The cumulative mean of 3.3171 and standard deviation of 2.9098 obtained in analysis of the data collected on the challenges students do face in accessing and using the library resources is above 2.50 index score of agree meaning that the respondents agreed with the researcher in his opinion that the students do face challenges in accessing and using the library resources. This disclosure concurs with the perception of (Okoro & James, 2022) who emphasized that a lot of students have no adequate orientation or training on how to use libraries, which means that they would hardly be able to use catalogs, databases, or online search tools. Moreover, students cannot use digital resources due to the low level of internet connection and the lack of modern ICT tools as well (Yahaya & Danjuma, 2023).

Research Question 3: What strategies can be adopted to improve students' self-efficacy and increase their use of library resources?

S/N	Statements	SA	A	D	SD	Mean	Std
1	Provision of regular orientation sessions, workshops, and training on how	232	86	18	14	3.5314	3.0873
	to navigate the library catalog, search databases, and locate print and						
	digital resources can significantly improve students' confidence and						
	ability to use library resources						
2	Improving digital infrastructure, such as online catalogs, mobile apps, and	124	140	32	54	2.9543	2.6143
	remote access to e-resources, allows students to use the library more						
	independently and flexibly, which promotes greater self-confidence						
3.	Creating peer-led library assistance programs where trained student	162	106	47	35	3.1286	2.7641
	volunteers support their colleagues in navigating the library fosters a						
	collaborative environment that increases comfort and competence.						
4.	Ensuring that librarians are approachable and available for personalized	208	94	35	13	3.4200	2.9905
	assistance through reference desks, chat services, or appointment systems						
	makes students more likely to seek help and use resources effectively						
5.	Organizing competitions, reward systems, or "library champion"	183	102	38	26	3.2571	2.8705
	programs that recognize frequent and effective users can motivate others						

	to engage with the library more actively.						
6.	Using flyers, social media, campus events, and newsletters to publicize	143	171	22	14	3.2657	2.8214
	available library resources and services increases visibility and encourages						
	more students to explore and use them.						
	Cumulative mean					3.2595	2.8580

The strategies on how to increase the self-efficacy levels of students as well as effective use of library resources are indicated in table 3 above. These can be improved considerably by having regular orientation sessions, workshops, and training of the students on how to use the library catalog, databases, locating print and online resources, and so on. This opinion drew the highest mean and deviation of 3.5314 and 3.0873 respectively as it was revealed that 232 were strongly agreed with 86 just agreed with 18 disagreeing and the other 14 strongly disagreed. Similarly, having available librarians that can provide personalised help and are friendly may help in ensuring students are more willing to accept help and when it comes to utilising resources. The respondent had the second highest mean and standard deviation of 3.4200 and 2.9905 of this opinion with details showing that 208 strongly agreed, 94 others agreed and 35 disagreed and the rest 13 strongly disagreed. Examination of the data recorded on the strategies to improve the self-efficacy of students and the effective use of library resources indicate that the cumulative mean and standard deviation of 3.2595 and 2.8580 exceeds an index score of 2.50, implying that the majority of the respondents agree in view of opinion of the researcher on the strategies to improve self-efficacy of students and effective use of library resources given in the options. This concurs with the views of Uche & Ibrahim, (2024) who emphasized that Library orientation programs and most specifically the ones that are adopted at the very onset of every academic session have been observed to increase the confidence of students and their level of knowledge concerning library systems in a very significant manner.

#### Conclusion

Based on the research, the results give essential information on the way students at the Federal College of Education in Zaria use library facilities. It is clear that the conventional print products, specifically textbooks, lecture notes, and previous question papers are the most frequently availed materials because they are directly related with academic requirement of students. The trend is that electronic resources are yet to take off but also they are constrained by infrastructural and technical constraints.

Also, the research identifies many barriers to the effective usage of the library. Poor Internet connection, digital illiteracy, inadequate facilities and inability to access libraries at convenient hours greatly limit the capacity of students to utilize available resources to the maximum. These obstacles do not only influence the academic achievement of students but they also undermine their self-worth and motivation to learn how to use the library on their own.

Nonetheless, the results also stipulate potential solutions that can be used to boost the self-efficacy of the students and encourage the use of library resources. These are conducting regular orientation program in libraries, incorporation of library use in the curriculum, enhancing the ICT infrastructure and responsive and student centered services, which are important in the empowerment of students. When such strategies are properly implemented, culture of independent learning may be developed, and academic outcomes may be improved that is why the library will become the more active and supportive part of the learning experience of students.

### Recommendations

Textbooks, lecture notes, and past question papers are the most common resources that the college library should maintain their constant availability as well as keep them up-to-date. Also, money ought to be invested in digital materials, such as electronic databases, e-books, and other sources of information to supplement the conventional materials and cater to wider academic requirements.

The college administration should make attempts to refurbish library services, increase the number of seats, good lighting, and ventilation. Well-built internet connection and electricity should also be ensured so to enable access to e-resources and other ICT tools.

Perceptive training must be carried out at the onset of every academic year to orientate the students to work and resource on the print and the electronic resources in an effective manner. It should also introduce periodic training workshop on information literacy and research skills.

General studies or foundation courses should be imbued with library and information skills. Such formal incorporation will increase the knowledge about the worth of library services and building the self efficacy of the academic research and lifelong learning among the students.

The college ought to be examined at what could be done to increase the library sessions during examination times or even offering services over the weekend in case of students who have limited time. Moreover online access points and mobile library services can be provided to extend reach and ease.

To raise the awareness of students about resources and services availed by the library, the library should employ notice boards, emails, social media, and academic forums. The librarians are also supposed to be more active in striking departmental contact in encouraging the resources about the subjects.

The students should be allowed to give their feedbacks and views in the library by instituting feedback forms, suggestion boxes, and periodical user surveys. The representatives or the committees of students should also be engaged in the planning and refining of the libraries.

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