

SELF-EFFICACY

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Self-efficacy is a psychological construct that refers to one's belief in their ability to successfully complete a task or reach a goal (Bandura, 1977). It is a person's confidence in their capacity to influence their environment to achieve desired outcomes. Self-efficacy has been linked to higher motivation, effort, and persistence in the face of adversity (Bandura, 1997; Zimmerman, 1986). It is important to note that self-efficacy is not the same as self-esteem, which refers to a person's subjective evaluation of their overall worth or value (Rosenberg, 1979).

Self-efficacy has been studied in a wide variety of contexts, including academic performance, physical health, the workplace, social interactions, and mental health (Bandura, 1997; Pajares, 1996). In terms of academic performance, research has shown that self-efficacy is a reliable predictor of academic performance, even after controlling for other variables such as intelligence, prior achievement, and parental involvement (Bandura, 1997; Zimmerman, 1986). For example, a study of college students found that those with higher self-efficacy had higher GPAs, whereas those with lower self-efficacy had lower GPAs (Zimmerman, 1986).

In terms of physical health, research has shown that self-efficacy is a reliable predictor of health behaviors, such as exercise (Wallston & Wallston, 1978). For example, a study of college students found that those with higher self-efficacy were more likely to exercise regularly, whereas those with lower self-efficacy were less likely to do so (Wallston & Wallston, 1978).

In the workplace, self-efficacy has been linked to job satisfaction and performance (Bandura, 1997). For example, a study of workers in a manufacturing plant found that those with higher self-efficacy had higher job satisfaction and performance ratings from their supervisors, whereas those with lower self-efficacy had lower ratings (Bandura, 1997).

Finally, in terms of mental health, research has shown that self-efficacy is a reliable predictor of depression and anxiety (Gecas & Schwalbe, 1986). For example, a study of college students found that those with higher self-efficacy were less likely to report symptoms of depression and anxiety, whereas those with lower self-efficacy were more likely to do so (Gecas & Schwalbe, 1986).

In summary, self-efficacy is a reliable predictor of performance, health behaviors, job satisfaction, and mental health. It is important to note that self-efficacy is distinct from self-esteem and is not the same as ability or intelligence. Future research should explore the mechanisms by which self-efficacy influences performance and the ways in which it can be increased in order to improve performance and health outcomes.

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