

Subject: Self efficacy

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NEWSLETTER ARTICLE

Self-efficacy

Self-efficacy is the degree to which a person believes that they can attain a goal. With a high level of self-efficacy a persons is able to succeed in accomplishing whatever they set their mind to.

“Self-efficacy is a person’s belief in his or her ability to succeed in a particular situation. An individual’s self-efficacy plays a major role in how goals, tasks, and challenges are approached.”

Definition from: http://psychology.about.com/od/theoriesofpersonality/a/self_efficacy.htm

Self-efficacy is different to self-esteem. A person can feel secure in themselves and their abilities (self-esteem) but not attempt something they have never or had little exposure to (self-efficacy). E.g. Daniel was an athlete who competed regularly in track and field events. He was equally as competent in the 50m as the 800m. His coach suggested he compete in the local marathon next month but Daniel, although he wanted to and knew he could run was not sure he would have the endurance so he declined. If Daniel possessed self-efficacy he would have been able to say yes I will compete as I have a month to work on my endurance.

People with a strong sense of self-efficacy usually approach challenging tasks or situations as things to be challenged, strive to develop deep understanding of activities they participate in and in doing so form a stronger commitment to activities, and recover quickly from negative outcomes or setbacks.

People with a weak sense of self efficacy usually avoid difficult or challenging tasks and situations believing that such things are beyond their capabilities, focus on negative outcomes and are quick to lose confidence in their own abilities.

