

Bus week dis

Literature, Russian Literature



Self-esteem and self-efficacy are two phases often mistaken with each other, different but closely related. As defined by Webster Dictionary, self-efficacy is defined as how confident a person is in his or her own abilities, either in general or directed toward a specific task or activity. Self-esteem is more a person's idea of his or her own self-worth, which can be related or unrelated to his or her abilities. The key word that separates the two is idea. In self-efficacy a person knows his or her ability, Aback dated, " The expectation that you will succeed evolves over a series of years.

Where as with self-esteem it is all in their head, high self-esteem or low self-esteem. Example of self-efficacy; Game 6 of the NAB finals, 4th quart game tied with 4. 2 seconds remaining , without thinking about it, Lebanon James shoots a three pointer with two defenders in his face to win the game. A shot he had be making all series. Same scenario, Lebanon James hesitates and thinks about shooting the three pointer, a decision based on his self-worth as to how he has performed throughout the series.

The dynamics of how self-esteem affects self-efficacy is, self-efficacy reflects a person's belief about his or her ability to successfully complete a task (Aback, 2012). Well in Odder for this to work that persons self-esteem has to be high. There is no correlation between low self-esteem and self-efficacy. A person with high self-esteem welcomes the challenge to exhibit their ability to succeed and with a proven track record that fuels their self-efficacy to get the task completed. My friends are external forces the impact my self-efficacy.

For example, I have been singing since I first learn to talk. Every time I open my mouth to sing they continue to boost my confidence by say you have an amazing voice which in turn has developed me a high self esteem.

References " Self esteem. " Merriam-Webster Online Dictionary copyright