

The self-efficiency module

Psychology



Self efficacy Self efficacy refers to the measure of an individual's ability to accomplish goals and complete tasks in a given period of time under specific situations. Self efficacy has been studied by psychologists from different perspectives noting the different paths in its development (Nevid & Rathus, 2013). It affects a large area of human endeavors through determination of beliefs that a person may hold in relation to different situations. Such effects are apparent and equally compelling in relation to the behaviors that affect health. Self efficacy can be viewed from a number of theoretical approaches (Albert, 2006). They include;

Social cognitive theory

This refers to one's belief in the ability to prosper or succeeded in given situations. According to the theory, ones sense of self efficacy is crucial in determining how one approaches goals and challenges. The vital concept in social cognitive theory is that individuals' actions in any given situation are highly influenced by what he or she has observed in others (Nevid & Rathus, 2013).

Social learning theory

It describes the acquisition of relevant skills that are primarily developed within a group. This theory seeks to argue that self efficacy is a skill that can be acquired from a group setting. It also argues that self efficacy is directly influenced by how an individual may succeed in dynamic interactions as well as accurate interpretation of self acceptance to other people's interests (Marcia et al, 2008).

The self concept theory

This is also a vital theory that seeks to define self efficacy and its components. It seeks to explain why an individual may perceive and

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interpret his or her own existence from a variety of clues that they receive from the environment or external sources.

The theory states that just like self efficacy, successes and failures are interrelated with the way people learn to view themselves (Bandura, 2007).

A review of previous successes can positively influence the aspect of self efficacy.

References

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