

SELF-EFFICACY

Self-efficacy is a concept proposed by the psychologist Albert Bandura. Self-efficacy is your belief in your capacity to execute required behaviors to produce specific performance achievements. Self-efficacy affects every area of your performance.

The key characteristics of people with self-efficacy:

- Know what their capabilities, talents and skills are
- Progressively sharpen their required skills to achieve specific results
- Constantly improve their performance and achievement intelligence
- Able to exert control over their motivation both intrinsic and extrinsic
- Able to refine their behaviour accurately
- Able to sense the environment and exercise self-control
- Able to do cognitive self-evaluation
- Able to assess self-beliefs and reconstruct their personality script
- Promotes personal accomplishments and wellbeing
- Views challenges as things to excel/master new skills
- May fear failure but will never surrender
- Able to assess risks and mitigate them with well-defined strategies
- Knows own strengths and weaknesses when performing a task
- Know how to turn their opportunities into achievements
- Experience eustress and deal effectively with their anxieties
- Perceive the personal, chance and people control in life well
- Able to control own performance outcomes
- Are pragmatic in nature and believe they can prove they are worthy
- Face adversities with confidence and develop their perseverance
- Put trust in self for performance and in the universe for its results
- Able to set progressive goals
- May procrastinate but respect deadlines
- Confidently model other successful persons
- Protect from self-sabotage or self-deception
- Have a stronger sense of commitment and dedication to the chosen task
- Able to do focused hard work which leads to a high-quality outcome



KEY WORDS EXPLAINED:

Self-efficacy: The trust you have in your abilities and skills to achieve a specific level of performance.

High self-efficacy = low stress and chances of depression

Low self-efficacy = high level of stress and chances of depression

Pragmatism: It is your ability to turn what you believe into realism.



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