**Confidence, Efficacy and Esteem**



**What’s the difference?**

**Self Confidence** – is the belief that one is competent and can do whatever needs to be done (stable and general) / ability to cope with demands.

**Self Efficacy** – is situation specific self confidence, the perception of one’s ability to perform a task in a specific situation (unstable)

**Self Esteem** – is a person’s overall sense of self worth or personal value.

## Predictions of Self efficacy Theory – Bandura 1977, 1986

* If someone has skills and motivation, self-efficacy is a major determinant of performance.
* Self-efficacy affects choice of activities, effort and persistence
* Individuals with low self efficacy will give up sooner and **attribute** failure internally (to themselves).
* If we are to encourage participation, maintain interest and improve performance, self efficacy must be developed.

**How is self-efficacy developed?**

Bandura identified four sources of information that would influence our self efficacy

Performance Accomplishments

Verbal Persuasion

Emotional Arousal

Vicarious Experience

**Efficacy Expectations**

such as:

Choice of event

Effort

Persistence

**Performance**

# **Performance Accomplishments**

This has the most powerful effect on self-efficacy

Successful performance raises expectations for future success. This success can be results, “remember how we beat this team at home” or it can be achieving success in practice, “you have spotted your back somersault really well for weeks now.”

**Verbal Persuasion**

**(includes self-talk)**

Depends on:

* Credibility, prestige and trustworthiness of the persuader
* It must be realistic

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**Emotional Arousal (physiological state)**

Depends on:

* Perception of arousal – positive, “I am ready and psyched for this game” or negative, “look how sweaty I am, I’m pooing myself!”
* Correct level of arousal

# **Vicarious Experience**

Watching someone else perform a skill

Depends on:

* Similarity of the model
* Highest degree of model similarity is achieved through self modelling e.g. video taping yourself

How does it help self-efficacy? Provides information about the actions to be performed and perception if they can do it, so can I!!

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