



SELF-EFFICACY THEORY

ROLE IN DEVELOPING PERSONALITY

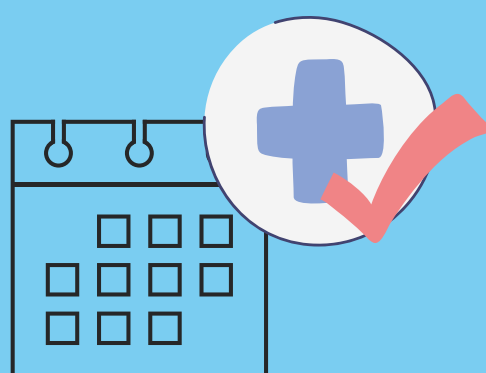
What is self-Efficacy?

Self-efficacy means believing one's abilities or capacities to achieve goals. Self-efficacy plays a crucial role in shaping one's personality. It affects the behavior. For example, A person will prefer an English course to others if he feels confident about writing.



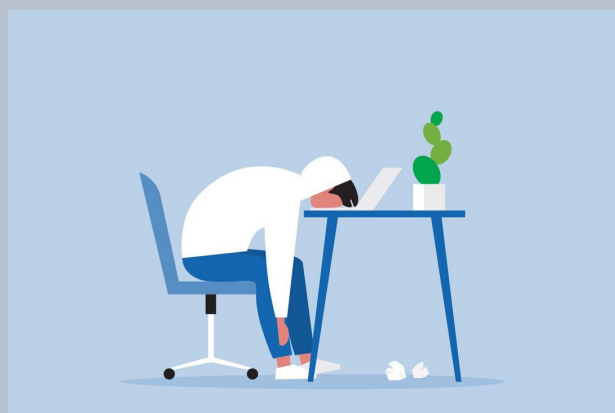
A PERSON WITH HIGH SELF-EFFICACY

1. Accept challenges and feel confident.
2. Set goals and work hard to achieve them
3. Less stressed and always have high motivation
4. Always ready to do any task.



A PERSON WITH LOW SELF-EFFICACY

1. Avoid challenges and feel demotivate.
2. Find everything difficult
3. No believes in their abilities.
4. High stress level when face any task.



HOW TO DEVELOP SELF-EFFICACY

1. Observational Learning: It is a necessary learning process that shapes our personality by observing the behaviour of others.
2. Self-efficacy also develops when we get praise from others. For instance, at the workplace, we do better when our boss praises us for doing good.
3. Learning Strategies: In academic settings, learning strategies like time management develop self-efficacy.



BENEFITS OF SELF-EFFICACY

1. It improves academic performance. A person can do better in any course when he gains self-efficacy.
2. See success in every challenge and always feel confident.
3. It is related to a personality trait. A more conscientious person has high self-efficacy knows how to organize everything.



SELF-EFFICACY SHAPES INDIVIDUAL PERSONALITY. A PERSON WITH HIGH SELF-EFFICACY SPREAD POSITIVITY AND MOTIVATES OTHERS. THUS, LED A HEALTHY AND HAPPY LIFE.