



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Introduction to Self Efficacy Theory (Bandura, 1986; 1997)

Dylan Blain

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



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Outline

- Introduction to Self Efficacy Theory
- Sources of Self Efficacy
- Empirical Evidence
- Practical Applications
- Suggested Reading

Social Cognitive Theory

- Concerns social-cognitive influences on behaviour
- Feelings of Self-efficacy or confidence to undertake certain behaviours

Bandura

Self-efficacy

“beliefs in one’s capabilities to organize and execute the courses of action required to produce given attainments”

(Bandura, 1997, p. 3).

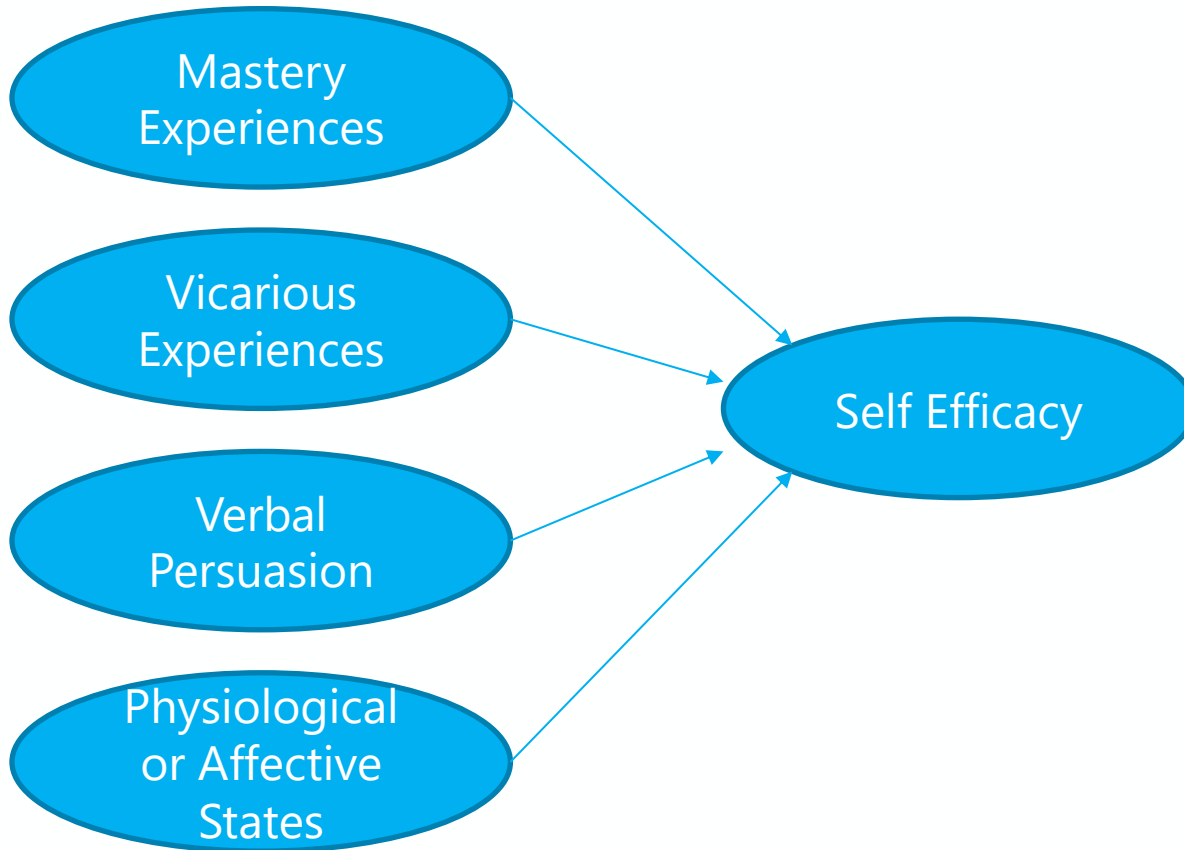
Self-efficacy

- Situation specific construct
- Fluctuates with:
 - Demands of task
 - Individual perceptions of their ability to produce desired behaviours or achieve a specific level of proficiency

Example

- As a person learns how to use a new piece of equipment in the gym, the person's efficacy for working out using that specific piece of equipment increases.

Sources of Self-Efficacy



Mastery Experiences

- Past success
- Most influential
- Changes in SE result from cognitive processing of a performance – conveys information about capabilities
- Significant during early trials
- Failure undermines SE, highly resistant SE requires overcoming obstacles using persistence and effort

(Gilson & Feltz, 2012)

Vicarious Experiences

- Comparing personal capabilities to that of others
- Modelling
- Provides model of how to best accomplish a skill or task – can strengthen beliefs
- Self-modelling – imagining oneself or others behaving successfully (cognitive process)

Verbal Persuasion

- Direct statements (including self statements)
- Social persuasion
- Expressing faith in one's capabilities
- Care needed
- What factors will influence the effect of verbal persuasion?

Physiological/Affective States

- How perceive physiological/affective states (e.g., sweaty hands, fatigue)

Empirical Evidence

- Williams & French (2011) – changes in self-efficacy strongly associated with changes in physical activity
- Biddle et al. (2011) – self-efficacy correlate of physical activity in young people
- Lubans et al. (2008) – self-efficacy mediator of change in PA behaviour in young people

Practical Applications

- How can a coach, teacher, instructor use knowledge of the sources of SE in practice?
 - Mastery Based Strategies
 - Vicarious Based Strategies
 - Persuasion based Strategies
 - Physiological Based Strategies

Self-efficacy related constructs

- Discussion task:
 - Based on what we have learned so far, what do you consider are the constructs related to self-efficacy?
 - Consider
 - Similarities
 - Differences

Critiques

- Self-efficacy as motivation (Williams & Rhodes, 2016)

Suggested Reading

Chapter 10

Biddle, S. J. H., Mutrie, N. & Gorley, T. (2015).
The Psychology of Physical Activity:
Determinants, well-being and interventions.
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References

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Weinberg, R. S. and Gould, D. (2015) *Foundations of Sport and Exercise Psychology, Sixth Edition*, Champaign, IL: Human Kinetics

Williams, D. M., & Rhodes, R. E. (2016). The confounded self-efficacy construct: Conceptual analysis and recommendations for future research. *Health Psychology Review*. [Advance online publication] doi:10.1080/17437199.17432014. 17941998

Williams, S.L. & French, D.P. (2011). What are the most effective intervention techniques for changing physical activity self-efficacy and physical activity behaviour – and are they the same? *Health Education Research*, 26(2), 308-322.