Abstract

This article gives a review of a core concept of the Social Cognitive Theory: self efficacy, its development, its determinants and its influence on human functioning. Self efficacy is the belief in one’s abilities to perform well on the task that one undertakes and is considered the corner stone of achievement, accomplishment and motivation. The motivation to accomplish and achieve in spite of difficulties lies in the belief about the productivity of one’s actions. Empirically proven, self-efficacy can be attributed to various aspects of people’s lives such as susceptibility to stress and depression, optimistic or pessimistic thought patterns, life choices, and the like.

2. The relationship between self efficacy, motivation, performance and achievement

Bandura stated, “People’s level of motivation, affective states, and actions are based more on what they believe than on what is objectively true”. This means that one’s self-