

---

# Contents

---

Preface vii

*Chapter 1*

**Theoretical Perspectives 1**

The Nature of Human Agency 3

Human Agency in Triadic Reciprocal Causation 5

Determinism and the Exercise of Self-Influence 7

Related Views of Personal Efficacy 10

*Chapter 2*

**The Nature and Structure of Self-Efficacy 36**

Perceived Self-Efficacy as a Generative Capability 36

Active Producers versus Passive Foretellers of Performances 38

The Self-Efficacy Approach to Personal Causation 39

Multidimensionality of Self-Efficacy Belief Systems 42

Self-Efficacy Causality 54

Sources of Discordance Between Efficacy Judgment and Action 61

*Chapter 3*

**Sources of Self-Efficacy 79**

Enactive Mastery Experience 80

Vicarious Experience 86

Verbal Persuasion 101

Physiological and Affective States 106

Integration of Efficacy Information 113

*Chapter 4*

**Mediating Processes 116**

Cognitive Processes 116

Motivational Processes 122

Affective Processes 137

Selection Processes 160

*Chapter 5*

**Developmental Analysis of Self-Efficacy 162**

Origins of a Sense of Personal Agency 164

Familial Sources of Self-Efficacy 168

Peers and the Broadening and Validation of Self-Efficacy 173

School as an Agency for Cultivating Self-Efficacy 174

Growth of Self-Efficacy through Transitional Experiences of Adolescence	177	Self-Regulation of Athletic Performance	383
Self-Efficacy Concerns of Adulthood	184	Collective Team Efficacy	402
Reappraisals of Self-Efficacy with Advancing Age	198	Psychobiological Effects of Physical Exercise	407
<i>Chapter 6</i>		<i>Chapter 10</i>	
<b>Cognitive Functioning</b>	<b>212</b>	<b>Organizational Functioning</b>	<b>422</b>
Students' Cognitive Self-Efficacy	214	Career Development and Pursuits	422
Teachers' Perceived Efficacy	240	Mastery of Occupational Roles	439
Collective School Efficacy	243	Self-Efficacy in Organizational Decision Making	450
<i>Chapter 7</i>		Self-Efficacy in Enactment of Occupational Roles	460
<b>Health Functioning</b>	<b>259</b>	Collective Organizational Efficacy	468
Biological Effects of Perceived Self-Efficacy	262	<i>Chapter 11</i>	
Perceived Self-Efficacy in Health Promoting Behavior	279	<b>Collective Efficacy</b>	<b>477</b>
Prognostic Judgments and Perceived Self-Efficacy	313	Gauging Collective Efficacy	478
<i>Chapter 8</i>		Political Efficacy	482
<b>Clinical Functioning</b>	<b>319</b>	Enablement by Media Modes of Influence	504
Anxiety and Phobic Dysfunctions	319	Enablement for Sociocultural Change	511
Depression	343	Underminers of Collective Efficacy	520
Eating Disorders	349	<b>References</b>	<b>526</b>
Alcohol and Drug Abuse	357	<b>Name Index</b>	<b>575</b>
<i>Chapter 9</i>		<b>Subject Index</b>	<b>591</b>
<b>Athletic Functioning</b>	<b>369</b>		
Development of Athletic Skills	370		