
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>	
Cognitive Functioning	212	Organizational Functioning	422
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
Health Functioning	259	Collective Organizational Efficacy	468
Biological Effects of Perceived Self-Efficacy	262	<i>Chapter 11</i>	
Perceived Self-Efficacy in Health Promoting Behavior	279	Collective Efficacy	477
Prognostic Judgments and Perceived Self-Efficacy	313	Gauging Collective Efficacy	478
<i>Chapter 8</i>		Political Efficacy	482
Clinical Functioning	319	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	References	526
Alcohol and Drug Abuse	357	Name Index	575
<i>Chapter 9</i>		Subject Index	591
Athletic Functioning	369		
Development of Athletic Skills	370		