

### Self Efficacy Toward A Unifying Theory Of Behavioral Change | pdfacourieri Font size 11 format

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Self-efficacy is, according to psychologist Albert Bandura who originally proposed the concept, a personal judgment of "how well one can execute courses of action required to deal with prospective situations".. Self-efficacy affects every area of human endeavor. By determining the beliefs a person holds regarding their power to affect situations, it strongly influences both the power a person ...

[ALBERT BANDURA Self Efficacy | Psychologist | Social ...](#)

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