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**Self Efficacy of Senior High School Students  
Of JBLFMU-MOLO**

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In Partial Fulfilment of the Requirements

For

Practical Research 2

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### APPROVAL SHEET

This research paper entitled "Self Efficacy of Senior High School of JBLFMU-  
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## **Dedication**

We would like to dedicate this work to our beloved parents, who have been our source of inspiration and gave us advice of all the hard work and who continually provide their moral and financial support.

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## ABSTRACT

Self-efficacy is the belief we have in our own abilities, specifically our ability to meet the challenges ahead of us and complete a task successfully (Akhtar, 2008). General self-efficacy refers to our overall belief in our ability to succeed, but there are many more specific forms of self-efficacy as well (e.g., academic, parenting, sports).

Although self-efficacy is related to our sense of self-worth or value as a human being, there is at least one important distinction.

Self-esteem is conceptualized as a sort of general or overall feeling of one's worth or value (Neill, 2005). While **self-esteem** is focused more on "being" (e.g., feeling that you are perfectly acceptable as you are), self-efficacy is more focused on "doing" (e.g., feeling that you are up to a challenge).

High self-worth can improve one's sense of self-efficacy, just as high self-efficacy can contribute to one's sense of overall value or worth, but the two stand as separate constructs. Similarly, although self-efficacy and motivation are deeply entwined, they are also two separate constructs. Self-efficacy is based on an individual's belief in their own capacity to achieve, while **motivation** is based on the individual's desire to achieve. Those with high self-efficacy often have high motivation and vice versa, but it is not a foregone conclusion.

Still, it is true that when an individual gain or maintains self-efficacy through the experience of success—however small—they generally get a boost in motivation to

continue learning and making progress (Mayer, 2010). The relationship can also work in the other direction to create a sort of success cycle; when an individual is highly motivated to learn and succeed, they are more likely to achieve their goals, giving them an experience that contributes to their overall self-efficacy.



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