

General Self-Efficacy Scale

Instrument Name: General Self-Efficacy Scale

Scale/Subscale Name: General Self-Efficacy Scale

Developers: Schwarzer, R., & Jerusalem, M

Year: 1995

Target Audience(s): Adolescents, Adults

Language other than English available: 30 languages

Type: Attitude

Data collected: Quantitative

Data collection format: Self report - Pre/post

Reading Level: Flesch-Kincaid Grade level 7.5

Existence of test/technical manuals, user guides, supplemental materials: Full survey and development information downloadable <http://userpage.fu-berlin.de/~health/>

Level of training necessary for administration/scoring/interpretation: None necessary.

Widespread Use/Professional Endorsements: German version developed in 1979 by Matthias Jerusalem and Ralf Schwarzer, and later revised and adapted to 26 other languages by various co-authors. Use successfully internationally for two decades.

Cost of Use: No costs associated with use of this instrument.

Description:

- The 10 item scale was created to assess a general sense of perceived self-efficacy.

Psychometrics:

Information on reliability and validity are provided below. If information on a particular psychometric was not found, it is indicated as “no information provided.” It should be noted that this is not necessarily an indication of a lack of reliability or validity within a particular scale/instrument, but rather a lack of rigorous testing, for various reasons, by the developers or other researchers.

Reliability: *A correlation of at least .80 is suggested for at least one type of reliability as evidence; however, standards range from .5 to .9 depending on the intended use and context for the instrument*

Test-Retest: No information provided.

Internal Consistency: .76 to .90, with the majority in the high .80s

Inter-rater reliability: No information provided

Validity: *The extent a measure captures what it is intended to measure.*

Content/Face Validity: No information provided

Criterion Validity: No information provided

Construct Validity: No information provided

Construct: Self Esteem

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Rating Scale:

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

Items:

1. I can always manage to solve difficult problems if I try hard enough.
2. If someone opposes me, I can find the means and ways to get what I want.
3. It is easy for me to stick to my aims and accomplish my goals.
4. I am confident that I could deal efficiently with unexpected events.
5. Thanks to my resourcefulness, I know how to handle unforeseen situations.
6. I can solve most problems if I invest the necessary effort.
7. I can remain calm when facing difficulties because I can rely on my coping abilities.
8. When I am confronted with a problem, I can usually find several solutions.
9. If I am in trouble, I can usually think of a solution.
10. I can usually handle whatever comes my way.

Scoring:

- Add up all responses to a sum score. The range is from 10 to 40 points.