

Self-Efficacy Scale, General (GSE)

The General Self-Efficacy Scale is designed to assess the belief in one's ability to perform successfully.

Directions: The below statements are comments frequently made on the estimate of one's overall ability to perform successfully in a wide variety of achievement situations, or to how confident one is that she or he can perform effectively across different tasks and situations. Please indicate how much you agree with these statements by marking a number representing your response to each statement using the following choices:

Strongly Disagree = 1; Disagree = 2; are Neutral = 3; Agree = 4; Strongly Agree = 5.

1. I will be able to achieve most of the goals that I have set for myself.
2. When facing difficult tasks, I am certain that I will accomplish them.
3. In general, I think that I can obtain outcomes that are important to me.
4. I believe I can succeed at most any endeavor to which I set my mind.
5. I will be able to successfully overcome many challenges.
6. I am confident that I can perform effectively on many different tasks.
7. Compared to other people, I can do most tasks very well.
8. Even when things are tough, I can perform quite well.

Scoring:

Calculate the mean of the scores.

Source:

Chen, G., Gully, S. M., & Eden, D. (2001). Validation of a new general self-efficacy scale. *Organizational research methods*, 4(1), 62-83.

Schwarzer, R., & Jerusalem, M. (1995). General self-efficacy scale. *Applied Psychology: An International Review*.