## Contents

Preface vii		Chapter 3	
Chapter 1		Sources of Self-Efficacy	79
Theoretical Perspectives	1	Enactive Mastery Experience	80
The Nature of Human Agency	3	Vicarious Experience Verbal Persuasion	86 101
Human Agency in Triadic	_	Physiological and Affective States	101
Reciprocal Causation  Determinism and the Exercise of	5	Integration of Efficacy Information	113
Self-Influence	7	Chapter 4	
Related Views of Personal Efficacy	10	Mediating Processes	116
Chapter 2		Cognitive Processes	116
The Nature and Structure		Motivational Processes	122
of Self-Efficacy	36	Affective Processes	137
Perceived Self-Efficacy as a		Selection Processes	160
Generative Capability Active Producers versus Passive	36	Chapter 5	
Foretellers of Performances	38	Developmental Analysis	
The Self-Efficacy Approach to		of Self-Efficacy	162
Personal Causation	39	Origins of a Sense of Personal Agency	164
Multidimensionality of		Familial Sources of Self-Efficacy	168
Self-Efficacy Belief Systems	42	Peers and the Broadening and	
Self-Efficacy Causality	54	Validation of Self-Efficacy	173
Sources of Discordance Between Efficacy Judgment and Action	61	School as an Agency for Cultivating Self-Efficacy	174

Growth of Self-Efficacy through Transitional Experiences of		Self-Regulation of Athletic Performance	383
Adolescence	177	Collective Team Efficacy	402
Self-Efficacy Concerns of Adulthood Reappraisals of Self-Efficacy with	184 198	Psychobiological Effects of Physical Exercise	407
Advancing Age	170		
Chapter 6 Cognitive Functioning Students' Cognitive Self-Efficacy Teachers' Perceived Efficacy Collective School Efficacy  Chapter 7 Health Functioning	212 214 240 243	Chapter 10 Organizational Functioning Career Development and Pursuits Mastery of Occupational Roles Self-Efficacy in Organizational Decision Making Self-Efficacy in Enactment of Occupational Roles Collective Organizational Efficacy	422 439 450 460 468
Biological Effects of Perceived Self-Efficacy Perceived Self-Efficacy in Health Promoting Behavior Prognostic Judgments and Perceived Self-Efficacy	<ul><li>262</li><li>279</li><li>313</li></ul>	Chapter 11 Collective Efficacy Gauging Collective Efficacy Political Efficacy	477 478 482
Chapter 8 Clinical Functioning Anxiety and Phobic Dysfunctions Depression Eating Disorders Alcohol and Drug Abuse	319 319 343 349 357	Enablement by Media Modes of Influence Enablement for Sociocultural Change Underminers of Collective Efficacy  References	504 511 520 <b>526</b>
Chapter 9	0.50	Name Index	575
Athletic Functioning  Development of Athletic Skills	3 <b>69</b> 370	Subject Index	591