

THEORETICAL FUNDAMENTALS OF INVESTIGATION OF SELF-EFFICACY AS A PSYCHOLOGICAL PHENOMENON

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Key words: self-efficacy, productivity, rationalization of activity, motivation, self-realization, competence, conviction, belief in success.

The article is devoted to analysis of the traditional approaches to the problem of self-efficacy in both native and foreign psychology. The importance of researching the problem for the systematic study of the phenomenon of productive personality's self-realization is stated. A theoretical overview of some modern concepts of self-efficacy is presented, various definitive positions on its psychological interpretation are considered. The constructs, isolated within the framework of other psychological theories and similar substantively to the phenomenon of self-efficacy, are analyzed. The psychological essence of self-efficacy is revealed in connection with feelings of confidence in achieving a significant result. The specificity of self-efficacy as a personality-cognitive construct is shown which demonstrates its ability in the centralized organization of internal and external resources of an individual for productive life. The possibility of self-efficacy to act as a conscious mechanism of self-regulation of activity and behavior is noted. The systematic organization of self-efficacy, its inter-deterministic connection with rational, emotional-sensual, motivational-valuable and behavioral components of person's self-consciousness are also noted. An attempt to identify some of the functional features of the phenomenon, emphasizing its adaptive, reflexive, emotional-estimate, meaning-forming and regulatory character is made. The connection of self-efficacy with the corresponding personal qualities is emphasized: perseverance, courage, activity, optimism, ability to overcome difficulties, etc. Aspects for further scientific research are outlined. The need to create a coherent theoretical model for the study of the phenomenon and the development of practical tools for improving the need for personal self-efficacy is emphasized.

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