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UNIT 1 CONCEPT AND BASIC ISSUES

been explained by Fritz Heider’s attribution theory, Bandura’s work on self-efficacy, and Ryan and Deci’s cognitive evaluation theory. Students are likely to be intrinsically motivated if they: 1) attribute their educational results to internal factors that ...

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Velicer, 1994; Prochaska, Velicer, et al., 1994), and self-efficacy (i.e., confidence in one’s ability to change; Bandura,1977; DiClemente, Prochaska, & Gibertini, 1985)—all of which have demonstrated reliability and consistency in describing and predicting movement through the stages (Prochaska & Velicer, 1997).

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www.effectiveness.org 655 156th Avenue S.E., Suite 260 Bellevue WA 98007 (425) 283-0384 Page 3 OUTCOME DOMAINS SKILLS AND DISPOSITIONS Motivation & Engagement Future Orientation Goal management: Setting short- and long-term goals and monitoring progress toward their achievement
control over their thoughts, feelings, and actions. Among the beliefs with which an individual evaluates the control over his/her actions and environment, self-efficacy beliefs are the most influential predictor of human behavior. The level and strength of self-efficacy will determine:

**Detailed Overview of the Transtheoretical Model**

The Self-efficacy construct represents the situation specific confidence that people have that they can cope with high-risk situations without relapsing to their unhealthy or high-risk habit. This construct was adapted from Bandura's self-efficacy theory (Bandura, 1977, 1982). This construct is represented either by a Temptation measure or a ...

**HUBUNGAN ANTARA EFIKASI DIRI DENGAN KECEMASAN ...**