



Self-Efficacy in Changing Societies

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Adolescents' beliefs in their personal control affects their psychological well-being and the direction their lives take. Self-Efficacy in Changing Societies analyzes the diverse ways in which beliefs of personal efficacy operate within a network of sociocultural influences to shape life paths. The chapters, by internationally known experts, cover such concepts as infancy and personal agency, competency through the life span, the role of family, and cross-cultural factors.

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