

## Social Self-Efficacy

### *Definition*

Social self-efficacy is the belief or confidence one has in their abilities to engage in the social interactions that are necessary to initiate and maintain interpersonal relationships in social life (Anderson & Betz, 2001). Having a perception of social self-efficacy has been shown to be positively related to higher levels of self-esteem, life satisfaction, and optimism (Caprara & Steca, 2005).

### *Special Note*

It should be noted that this scale is not an indication of whether the respondent has engaged in the scenarios in each question, but rather their own *belief* to do so.

### *Related Indicators*

- Self-Concept
- Individual Self-Esteem
- Collective Self-Esteem
- Social Competence
- Academic Self-Efficacy
- Emotional Self-Efficacy
- Resilience

***Self-Efficacy Questionnaire for Children (SEQ-C)***

Please circle the answer that best shows how well you can do each of the following on the continuum from:

*1 = Not at All to 5 = Very Well:*

1.	How well can you express your opinions when your classmates disagree with you?	Not At All 1	2	3	4	Very Well 5
2.	How well can you become friends with other children?	Not At All 1	2	3	4	Very Well 5
3.	How well can you have a chat with an unfamiliar person?	Not At All 1	2	3	4	Very Well 5
4.	How well can you work in harmony with your classmates?	Not At All 1	2	3	4	Very Well 5
5.	How well can you tell other youth that they are doing something that you don't like?	Not At All 1	2	3	4	Very Well 5
6.	How well can you tell a funny event to a group of children?	Not At All 1	2	3	4	Very Well 5
7.	How well do you succeed in staying friends with other children?	Not At All 1	2	3	4	Very Well 5
8.	How well do you succeed in preventing quarrels with other children?	Not At All 1	2	3	4	Very Well 5

Source: Muris, 2001.