What is self-efficacy, why does it matter, and how can we improve it?

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What is self-efficacy, why does it matter, and how can we improve it?

Bryce Daniels
PhD Candidate
Health, Human Performance and Recreation
University of Arkansas, Fayetteville
June 4th, 2021
Reminder: Attend the personalized coaching sessions!

- Behavior change coaching
  - Mondays 12:00 – 1:00 pm
  - Danielle Higuera

- Nutrition coaching
  - Tuesdays 12:00 – 1:00 pm
  - Jamie McDermott, MS, RDN/LD

- Physical activity and exercise coaching
  - Thursdays 12:00 – 1:00 pm
  - Bryce Daniels

3 weeks left!!!
**WEEK #16 CHALLENGE**

Try one strategy to improve your self-efficacy to achieve your goals. Comment on the Facebook challenge post what strategy you tried or email it to dfend@uada.edu or dfend.uofa@gmail.com

Register for Zoom calls: http://bit.ly/DFEND3-Zoom
Facebook: https://www.facebook.com/groups/dfend
Website: https://aaes.uark.edu/dfend3
Youtube: https://bit.ly/3aOOMsG
This week’s demos

• Check our YouTube channel for demos - https://www.youtube.com/channel/UC1COt-uvHEf5XZhwLswYkXw/featured

• Check out our website for Fast Facts - https://aaes.uark.edu/centers-and-programs/nutrition/dfend-3/

• Challenge: Try one strategy to improve your self-efficacy to achieve your goal

• Cooking demo: Quick, healthy and easy 5 ingredient recipes

• Physical Activity: 5 components of fitness #1: Aerobic
Today’s Speaker: Bryce Daniels

What is self-efficacy, why does it matter, and how can we improve it?

Department of Health, Human Performance and Recreation
University of Arkansas, Fayetteville
Self-Efficacy

Bryce Daniels
What is Self-Efficacy

• Self-Efficacy – the confidence one has to perform a *specific* behavior (Bandura, 1977)

• What goes into this confidence?
  – Knowledge, Skills, Personal Beliefs (Bandura, 1987)
  – Environment (Bandura, 1987)

• Brushing Teeth Example
Why is it Important?

• **Self-Efficacy** shows to *directly influence behavior performance* specifically health behaviors:
  – Healthy Eating  *(Fitzgerald et al., 2013)*
  – Exercise  *(Bauman, 2012)*

• **Self-Efficacy and behavior theories**
How to Improve Self-Efficacy

- Mastery Experience
- Vicarious Experience
- Social Persuasion (verbal persuasion)
- Physiologic (somatic) and affective (emotional) states
Mastery Experience

• Success directly influences perception of a behavior.
• SMART-C Goals
• Objective measures of success
  – Logging servings of fruits/veggies
Vicarious Experience

- Role Model
- Peer Support
- Both can help overcome barriers
Social Persuasion (verbal persuasion)

- Receiving positive feedback
- Self-Talk
Physiologic and affective states

• How do you feel physically, mentally, and emotionally before and after the behavior?
• Reflection (i.e. with a peer, role model, yourself)
• Over time these can change too
Grit

- **Grit**- passion and perseverance for long term goals (think years) (Duckworth, 2007)
- **Two components** (Duckworth, 2007)
  - **Consistency of Interest**
  - **Perseverance of Effort**
- Perseverance of effort may be more important facet of grit (Crede, 2012)
- Self-efficacy shows to mediate the relationship between grit and academic performance (Alhadabi, 2018)
## Grit and Physical Activity

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<thead>
<tr>
<th></th>
<th>Grit</th>
<th>Consistency of Interest</th>
<th>Perseverance of Effort</th>
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<tbody>
<tr>
<td>Total MET·min·wk⁻¹</td>
<td>1009.99 (200.76)</td>
<td>307.81 (154.74) p = .047*</td>
<td>756.95 (180.93) p &lt; .001**</td>
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<td>(n = 875)</td>
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<tr>
<td>Vigorous MET·min·wk⁻¹</td>
<td>470.09 (93.78) p &lt; .001**</td>
<td>169.40 (72.32) p = .019*</td>
<td>318.87 (84.56) p &lt; .001**</td>
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<td>(n = 875)</td>
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<tr>
<td>Moderate MET·min·wk⁻¹</td>
<td>306.94 (96.11) p = .001*</td>
<td>121.04 (74.19) p = .103</td>
<td>194.91 (86.74) p = .025*</td>
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<td>(n = 874)</td>
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<tr>
<td>Walk MET·min·wk⁻¹</td>
<td>232.96 (98.11) p = .018*</td>
<td>17.33 (75.62) p = 0.819</td>
<td>243.17 (88.41) p = .006*</td>
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<td>(n = 874)</td>
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