

Appendix-3.A.7

THE GENERAL SELF EFFICACY SCALE (GSE)

(General self-efficacy scale (GSE) by Ralf Schwarzer and Matthias Jerusalem, 1993)

Name..... Age.....
Class..... Name of school
Section..... Date

Sr. No.	Items	Not at all true	Moderately true	Hardly true
1	I can always manage to solve difficult problems if i try hard enough			
2	If someone opposes me, I can find the means and ways to get what I want			
3	It is easy for me to stick to my aims and accomplish and goals			
4	I am confident that i could deal efficiently with unexpected events			
5	Thanks to my resourcefulness, I know how to handle unforeseen situation			
6	I can solve most problems if i invest the necessary effort			
7	I can remain calm when facing difficulties because i can rely on my coping abilities			
8	When I am confronted with a problem, I can usually find several solutions			
9	If I am in trouble, I can usually think of a solution			
10	I can usually handle whatever comes my way `			