自我效能(Self-efficacy) 的描述

|  |  |
| --- | --- |
| 功能 | 促進求職，就業，生活滿意度，自我保健 |
| 關聯 | 能力，自我調節，社會規範 |
| 對象 | 保障 |
| 回應者 | 受助人 |
| 特色 | 8 項5分評分項目 |
| 信度 | .736 |
| 參考 | Tang, Kwong-leung, and **Chau-kiu Cheung.** 2008. *Evaluation of the Special Training and Enhancement Programme (My STEP) and District Employment Assistance Trial (DEAT)*. Hong Kong, China: Hong Kong Employment Development Service.  Cast, Alicia D., and Peter J. Burke. 2002. “A Theory of Self-esteem.” *Social Forces* 80(3):1041-1068.  Magaletta, Philip R., and J.M. Oliver. 1999. “The Hope Construct, Will, and Ways: Their Relations with Self-efficacy, Optimism, and General Well-being.” *Journal of Clinical Psychology* 55(5):539-551.  Shek, D.T.L., Siu, A.M.H., & Lee, T.Y. 2007. The Chinese positive youth development scale: A validation study. *Research on Social Work Practice, 17*(3), 380-391. |

自我效能的計分

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 回應 | 沒有 | 頗少 | 一般 | 頗多 | 很多 |
| 項目1 – 4的分數 | 0 | 25 | 50 | 75 | 100 |
| 項目5 – 8的分數 (反向題) | 100 | 75 | 50 | 25 | 0 |

|  |  |
| --- | --- |
| 量表得分：項目分數的平均 | 行動 |
| 70-100 | 讚賞 |
| 30-70 | 需要稍作推動 |
| 0-30 | 需要積極推動 |