IndiKit

IMPROVED SELF-EFFICACY

Indicator Phrasing

English: # and % of survivors who show improved self-efficacy scores after receiving support from the project

What is its purpose?

This indicator measures if survivors improve their self-efficacy scores after receiving support from the project. Self-Efficacy is a useful proxy indicator for self-confidence and resilience; high levels of self-efficacy often predict success in achieving goals. Self-Efficacy is also fairly easy to measure (see some recommended tools attached below).

How to Collect and Analyse the Required Data

Calculation Method:

- Numerator: Number of survivors surveyed who improved their self-efficacy test scores [after a specified time period].
- Denominator: Total number of survivors surveyed.

Percentage = (Numerator/ Denominator) × 100

Data Collection:

1. Prior to the project's support, conduct a self-efficacy test with survivors. Use one of the suggested tools below, if applicable.
2. Record the score of each individual.
3. At the end of the project support, conduct the same self-efficacy test.
4. Compare the score before and after the project's support.
5. Count the number of those who have improved their self-efficacy score and calculate this number to a percentage.

Disaggregate by

- Gender
- Age Group
- Type of Services Received

Note: You can choose any number of ways to disaggregate data if useful for your project, for example GESI-related disaggregation (disability, ethnicity, etc.).

Important Comments

<u>Definitions:</u>

Self-Efficacy is a person's belief that they can be successful when carrying out a particular task or objective.

Perceived Self-Efficacy refers to people's beliefs about their capabilities to exercise control over their own activities". *Source:* Cambridge Dictionary

Access Additional Guidance

- Self-efficacy Test

- Panc, Mihalcea, Panc (2012) Self-Efficacy Survey: a new assessment tool