APPENDIX – III

The General Self-Efficacy Scale (GSE)

Kindly read the questions/statement that follow carefully. See how often they are applicable to you and indicate your response. None of the responses are right or wrong. Please do not leave any question unanswered. Your responses will be kept strictly confidential. Thus, feel free to give honest responses to the questions. Your co-operation in this connection would be highly appreciated.

1. I can always manage to solve difficult problems if I try hard enough.
   not at all true □ hardly true □ moderately true □ exactly true □

2. If someone opposes me, I can find the means and ways to get what I want.
   not at all true □ hardly true □ moderately true □ exactly true □

3. It is easy for me to stick to my aims and accomplish my goals.
   not at all true □ hardly true □ moderately true □ exactly true □

4. I am confident that I could deal efficaciously with unexpected events.
   not at all true □ hardly true □ moderately true □ exactly true □

5. Thanks to my resourcefulness, I know how to handle unforeseen situations.
   not at all true □ hardly true □ moderately true □ exactly true □

6. I can solve most problems if I invest the necessary effort.
   not at all true □ hardly true □ moderately true □ exactly true □

7. I can remain calm when facing difficulties because I can rely on my coping abilities.
   not at all true □ hardly true □ moderately true □ exactly true □

8. When I am confronted with a problem, I can usually find several solutions.
   not at all true □ hardly true □ moderately true □ exactly true □

9. If I am in trouble, I can usually think of a solution.
   not at all true □ hardly true □ moderately true □ exactly true □

10. I can usually handle whatever comes my way.
    not at all true □ hardly true □ moderately true □ exactly true □