

The Self

Psychology

Self-concept, self-esteem and self-efficacy — three different things.

Frequently conflated, empirically distinct.

Concept	Is	Predicts
Self-concept	Beliefs about who you are	Identity, choices
Self-esteem	Global evaluation of self-worth	Less than assumed
Self-efficacy	Belief you can do a specific task	Behaviour, persistence
Locus of control	Where you attribute outcomes	Coping, achievement

Self-esteem programmes have produced disappointing results.
Self-efficacy — built through mastery experience — has better