

General Self-Efficacy- Schwarzer (GSES)

by James Lani

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The **General Self-Efficacy Scale – Schwarzer** (GSES, sometimes seen GSE), designed for ages 12 and up, was created to assess perceived self-efficacy regarding coping and adaptation abilities in both daily activities and isolated stressful events. It has been well known instrument internationally for two decades. The scale is unidimensional.

Authors

Matthias Jerusalem & Ralf Schwarzer, 1992

Reliability and Validity

Cronbach's alphas ranging from .76 to .90

Obtaining the GSES

The scale is available in 30 languages [here](#).

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