

Abstracts:

Working women should be optimistic, able to adapt and cope up while facing any adversity or daily problems at workplace. Putting a plan into action is not so simple for working women, especially married working women as they shoulder dual responsibilities. Self Efficacy plays an important role in making her think about herself, her abilities and make her aware whether she will be able to do a particular task assigned to her at her workplace. The study has used The Generalized Self Efficacy Scale to measure and compare the self efficacy level of 50 Married Working Women and 50 unmarried Working Women in Indore City. The marriage duration was between 5-35 years and minimum age was 25 years(for both).Data Analysis shows the generalized self efficacy of women having both the status(married or unmarried) and how Self-efficacy development is closely entwined with one's abilities, experiences, skills, competencies, and developmental tasks in different domains at different stages in life. The study provides useful insights to working women having low self efficacy regarding strategies enhancing the same at their workplace and proposals to future direction.

Keywords:

Self Efficacy, General versus Specific Self Efficacy, Low versus High Self Efficacy, Sources of Self Efficacy.