

Does High Self Efficacy Facilitate Emotional Stroop Performance?

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Abstract

In today's competition oriented mindset, cognitive task performance becomes challenging for the students because they have to perform under cognitive as well as emotional pressure. Self efficacy is the interpretation that the individual gives to his or her own performance and achievement (Hudson, 2007). The study in hand focused on the role of Self efficacy in the performance of a conflict task. The primary interest, herein, hovered around the emotional Stroop task. Specifically, emotional and neutral Stroop task conditions were used for the purpose stated above. The sample comprising of 43 boys and 46 girls was randomly taken from the Government schools of Chandigarh in the age range of 14-18 years (mean age =15.9 years). The analysis of the data brought out tangible impact of self efficacy on the performance in focus.

Key words: Self efficacy, Task performance, Conflict

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