

POSITIVE ORIENTATION AND GENERALIZED SELF-EFFICACY

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Abstract: The beliefs that people hold about themselves, their life and future are important and mutually related constituents of psychological functioning and well-being. In this paper, we investigated the relationship between positive orientation and generalized self-efficacy. The sample consisted of 672 participants aged 15-72 years (274 males). The results confirmed the first hypothesis that positive orientation and generalized self-efficacy constitute two distinct but correlated constructs. The results were confirmed across the three age groups and, contrary to the second hypothesis, age was not confirmed as a moderator of the relationship between positive orientation and self-efficacy.

Key words: positive orientation, self-esteem, life satisfaction, optimism, generalized self-efficacy

Interest in the positive beliefs and positive features of individual functioning has been attracting an increasing amount of attention over the last decade. The promotion of health rests upon a broad appreciation of the potentials and strengths that enable people to recognize their talents, to act fruitfully, to cope effectively, and to pursue ambitious goals (Lyubomirsky, King, Diener, 2005; Sheldon, 2009).

Positive orientation is the name given to what life satisfaction, self-esteem, and optimism have in common. It is a pervasive mode of facing reality, reflecting upon experience, framing events, and processing experiences (Caprara et al., 2009). This study addresses the question of whether generalized self-efficacy beliefs (Schwarzer, 1992) can be included in the aforementioned triad, as an in-

dicator of positive orientation. The aim of this article is twofold. The first is to check whether self-efficacy beliefs belong to the broader construct of positive orientation; the second is to check whether the relationships between positive orientation and self-efficacy are moderated by age.

Positive Orientation as a Personality Dimension

Recently, a significant body of research has focused on human strengths and optimal functioning (Csikszentmihalyi, 2009; Sheldon, 2009; Sollárová, Sollár, 2010). Self-esteem (Kernis, 2003), life satisfaction (Diener, 1984) and dispositional optimism (Carver, Scheier, 2002) are treated as associated with well-being and success and con-