



The Impact of Social Exclusion on Self-efficacy: A Barrier to Confidence and Growth

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DESCRIPTION

Social exclusion, the experience of being marginalized or rejected by a group, has a profound impact on an individual's psychological well-being. One of the areas where this effect is most pronounced is self-efficacy, or the belief in one's ability to accomplish tasks and achieve goals. Self-efficacy is a critical factor in motivation, resilience, and overall mental health, but when individuals are socially excluded; their belief in their own capabilities often diminishes. The experience of being excluded can shake an individual's confidence, leading to reduced self-efficacy and, over time, limiting their ability to pursue personal and professional growth. The relationship between social exclusion and self-efficacy is complex. Humans are inherently social beings, and much of an individual's self-concept is formed and reinforced through social interactions. When people are accepted by a group, they receive validation, support, and encouragement, all of which help strengthen their sense of competence. On the other hand, when individuals experience exclusion or rejection, they are denied these crucial social reinforcements. As a result, their belief in their ability to succeed in various tasks may falter. This diminished self-efficacy can affect everything from performance in academic or work-related tasks to the pursuit of personal goals and relationships. One of the primary ways in which social exclusion undermines self-efficacy is through its impact on self-esteem. Social rejection often triggers feelings of worthlessness or inadequacy, causing individuals to question their value and competence. These negative emotions feed into a cycle of self-doubt, making it difficult for individuals to maintain confidence in their abilities. When a person feels unworthy or unimportant in the eyes of others, they may begin to internalize these feelings, believing that they are

not capable of achieving success or overcoming challenges. Over time, this erosion of self-esteem can lead to a persistent decrease in self-efficacy, as the individual loses trust in their own abilities. In addition to its effects on self-esteem, social exclusion can also impair motivation, which is closely linked to self-efficacy. People with high self-efficacy are more likely to take on challenging tasks, persist in the face of difficulties, and recover from setbacks. However, social exclusion often diminishes motivation because it creates a sense of futility or helplessness. Individuals who are excluded may feel that no matter how hard they try, their efforts will not be recognized or rewarded by others. This lack of external validation can lead to a sense of hopelessness, causing individuals to withdraw from activities or challenges where they once felt confident. Without the motivation to engage in goal-directed behaviour, self-efficacy continues to decline, creating a vicious cycle of withdrawal and self-doubt. The effects of social exclusion on self-efficacy can be particularly damaging in contexts where group belonging is essential, such as in academic or workplace environments. In these settings, social interactions play a key role in providing feedback, support, and collaboration, all of which contribute to a person's sense of competence. When individuals are excluded from these interactions, they miss out on opportunities for learning and growth, which can further erode their self-efficacy.

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CONFLICT OF INTEREST

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