

## Self-Efficacy and Intrinsic Motivation

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In today's technology driven society, instant gratification is commonplace, which makes it difficult to hold students' attention for extended periods of time. Intrinsic motivation drives our students to engage in activities simply because they want to. Developing the intrinsic motivation within students becomes extremely important when it comes to success in both the classroom and co-curricular activities. Along with teachers, parents play an important role in helping to provide their children with an understanding into the importance of self-efficacy (a person's belief about his/her ability to successfully complete a task), which can provide a basis for intrinsic motivation.

According to Bong (2008), self-efficacy consistently predicts academic achievement because students who demonstrate this trait are more adept at putting forth the necessary effort and persist longer when challenged academically (Schunk & Zimmerman, 2006). Studies have shown that children perceive a greater sense of competency when their parents were more involved in their education, were more involved in school functions, and had higher values for their children's education (Grolnick & Slowiaczek, 1994; Marchant et al., 2001). Fan & Williams (2010) illustrate that parents' participation in co-curricular activities with their children is positively linked to students' sense of self-efficacy in the academic arena.

Additional research indicates that positive parent-school communication regarding academic programming and future educational plans can provide resourceful and useful information for parents to help their children be successful (Domina, 2005). This information can help to benefit students' perceived competence and intrinsic motivation.

Based on the research, it is clear that parents have an important responsibility when it comes to helping their children develop a sense of self-efficacy and intrinsic motivation. The efforts of parents, along with the dedication of teachers and staff in the Belleville School District, can help to motivate our students and plant the seeds of success for every facet of life.

## References

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