

Self-Esteem, Self-Efficacy and Psychological Distress among the High School Teachers in Afghanistan

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Abstract : The purpose of the research was to study the relationship between self-esteem, self-Efficacy with psychological distress in the high school teachers. A total of 245 teachers (92 male and 153 female) in the high school of Kabul and Mazar-e-Sharif from Afghanistan completed inventories General Self-Efficacy, Rosenberg Self-Esteem Scale, and General Health Questionnaire-12 and that assessed their Self-Efficacy, self-esteem with psychological distress. Correlational analysis showed that self-efficacy and self-esteem were significantly and positively correlated with each other. The results of the study indicated that psychological distress is negatively related to self-esteem, and self-efficacy. However, the findings suggest that self-esteem, and self-efficacy could influence on mental health.

Keywords : high school teachers, self-esteem, self-efficacy, psychological distress

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