

Title	教育現場におけるペイフォワードの利用による自己効力感の向上——都内女子学園A校における事例研究——
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## Enhancing self-efficacy through the use of 'Pay Forward' in educational settings

### A Case Study of a girls' highschool in Tokyo

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The purpose of this study is to investigate how the introduction of the 'Pay Forward' to 'Period for Inquiry-Based Cross-Disciplinary Study' at a girls' high school in Tokyo affects the self-efficacy of the students.

According to a previous survey on the attitudes of high school students (international comparison), Japanese high school students' self-esteem is lower than that of other countries. For example, compared to other countries, Japanese students have a low level of "I am as capable as others" and a high level of "I sometimes think I am a bad person". We thought it was necessary to raise the self-efficacy of students in order for them to have a positive outlook on their future lives and ways of being.

The research was conducted in two stages: first, we identified the issues that need to be addressed in order for pay-forwarding to occur smoothly. Second, we examined the impact of introducing 'Pay Forward' in the class on self-efficacy.

When introducing an existing 'Pay Forward' structure to a class, 'Pay Forward' action should be done with a message and 'Pay Forward' environment should be set regularly.

Introducing 'Pay Forward' to a class improved the self-efficacy of students who voluntarily utilize the 'Pay Forward' structure. This study also showed that the students with increased self-efficacy had a strong characteristic for negative words such as "give up" and "anxiety" and were highly evaluated by mentors as having grown up during class.