

## **Participatory Action Research to Develop a Programme for Enhancing the Self-efficacy Beliefs of Parents of Adolescents**

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**ABSTRACT** This paper reports on the development of a programme by means of participatory action research to enhance the self-efficacy beliefs of parents of adolescents. Self-efficacy theory was used as conceptual framework. During the first cycle of the project, a draft programme was developed. During the second cycle of the project the programme was further developed with 21 parents over a period of six weeks. Three groups were formed according to family structure. This paper reports on an evaluation of the programme during the second cycle of the project. Data was collected by means of continuous parental feedback and observation during six sessions, and from focus groups after programme implementation. The research identified programme content and presentation style that seemed to enhance parental self-efficacy. The study is significant for illustrating how participatory action research and a consideration of relevant learning theories can be used to develop programmes of this nature.