

Self-efficacy is the concept of a person's confidence in achieving goals and activating effectiveness and strength. Understanding how the stages of group develop is essential to ensuring successful teamwork in various fields, whether in the work environment or volunteer activities. The world is full of difficult challenges that must be faced, and the ability to solve problems and find effective solutions enhances success and excellence in various fields. One of the ways to develop problem solving skills is to acquire the skill of research and analysis, try different methods to solve problems, develop creativity and innovative thinking, and finally acquire flexibility and adaptation, such as accepting change and reconsidering solutions when necessary. Bruce Tuckman presented a famous model that illustrates these stages: Forming , Storming, Norming, Performing, and Adjourning