

ORIGINAL ARTICLE

SELF-EFFICACY OF STROKE PATIENTS AT THE INPATIENT INSTALLATION ROOM OF SURABAYA HAJI GENERAL HOSPITAL

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Abstract

Stroke is a nerve function disorders that impact on the quality of life. This study aimed to describe the level of self-efficacy among stroke patients at the Inpatient Installation room of Surabaya Haji Hospital. A descriptive survey study was applied in this study. Seventy samples were selected by using a consecutive sampling technique. The investigation started from February 20 to March 20, 2019. Data were analyzed using descriptive statistics. The results reported that most of the patients were low self-efficacy (70,0%), while 30% of patients were moderate self-efficacy (30,0%). In conclusion, it showed that the majority of patients were low self-efficacy and need to be considered by healthcare providers before designing the nursing intervention.

Keywords: self-efficacy, stroke patients

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Introduction

Stroke is a neurological condition characterized by psychological, cognitive, physical, and social consequences (1). In Indonesia, the prevalence of stroke has remained as a crucial problem. Health personnel report estimated that 1,236,825 people had been living with stroke. In West Java Province, number of sufferers were 238,001 people (7.4%) and 533,895 people (16.6%), East Java Province has a middle position having an estimated number of sufferers namely 190,449 people (6.6%) and 302,989 people (10.5%) and West Papua Province had the least number of sufferers, namely 2,007 (3.6%) and 2,955 people (5.3%) (2).

A previous study showed that stroke condition could affect on immobilization, ROM limitations, and joint stiffness, muscle atrophy, muscle spasm, patients had knee flexion contractures, toe and finger curling (3). The disability influenced the patients' active daily and decreased quality of life.

Management of stroke needs to carry out among healthcare providers. Self-efficacy is an influential factor for successful stroke management. Self-efficacy is an individuals' belief to

achieve something as expected. This belief was greatly affected by medication adherence among stroke patients (4-5).

The preliminary study at Haji General Hospital Surabaya showed that the incidence of stroke was higher year by year from 276 cases in 2016 to be 304 2017. From those numbers, most of them were difficult to recover due to low self-confidence. Therefore, all activities must be accompanied by their family members. Even though self-efficacy had been proved to decrease the quality of life among stroke patients, limited study to describe the real context of self-efficacy level in that hospital. Therefore, this study would like to express the level of self-efficacy among stroke patients at Haji General Hospital Surabaya to obtain the real context of self-efficacy. This data was a baseline to design a suitable intervention for stroke patients

Objectives

This study aimed to describe the level of self-efficacy among stroke patients at Haji General Hospital Surabaya

Methods

A descriptive study was conducted to describe the level of self-efficacy among stroke patients at Marwah Hajj General Hospital in Surabaya. Seventy samples were recruited by using a consecutive sampling technique. The inclusion criteria of this study as follows: 1) patients who experienced muscle weakness, 2) education level at least high school or equivalent, 3) able to communicate the Indonesian language verbally. Stroke Self-efficacy Questionnaire (6) was used to measure the level of self-efficacy among all participants.

The descriptive data using percentage was used to describe each variable. Before The stage of research ethics test by getting passed the research ethics from the Health conducting the study, ethically, approval has been obtained from the ethics research Committee of the Surabaya Haji Hospital with the number. 073/08/KOM.ETIK /2019, which was published on February 7, 2019.

Results

Characteristic of respondents

Table 1 showed the characteristic of respondents. The majority of participants were a man (62.9%) aged more than 50 years old. More than half of them were graduated from junior high school (62.9%), followed by high school (44.3%). Most of the patients had been working as an entrepreneur (62.9%), and some of them were a housewife (22.9%). A detailed explanation was summarized in table 1.

Table 1. The characteristic distribution of respondents

Characteristics	Total	%
Age		
36-45 years	4	5,7
46-55 years	13	18,6
56-65 years	27	38,6
65 – years and above	26	37,1
Gender		
Man	44	62,9
Women	26	37,1
Last education		
Junior high school	36	51,4
Senior High School	31	44,3
Bachelor	3	4,3
Work		
entrepreneur	44	62,9
Housewife	16	22,9
Retired employees	10	14,3
Stroke		
First attack	54	77,1
Second attack or more	16	22,9
Total	70	100

Level of self-efficacy

Table 2 explained the level of self-efficacy among stroke patients. The findings showed that most patients have low self-efficacy (70,0%). While 30% of stroke patients were a moderate level of self-efficacy.

Table 2 frequency of self-efficacy among stroke patients

Self-efficacy	Total	%
Low Self-efficacy (1-17)	49	70,0
Moderate Self-efficacy (18-34)	21	30,0
Total	70	100

Discussion

In this study, we described the level of self-efficacy among stroke patients. Self-efficacy was the ability to perform some form by own self and events in the environment. The self-efficacy comprised of three mains components as follows: 1) experience of mastering (mastery experiences), 2) social modeling (vicarious experiences), 3) social persuasion, and physical and emotional conditions (7).

Self-efficacy a crucial function for individual to change individual behavior, mindset, and emotional reactions. self-efficacy is always based on successful of individual to carry out a task or specific skills. The findings of this study showed that most of patient

were elderly. Elderly age was associated with low self-efficacy due to low physical function. A previous study also confirmed that older age linked to low self-efficacy(8).

Individuals who have middle age more often experience physical and mental changes, in this case, individuals are more susceptible to experiencing pain, they have the determination to try to solve problems by achieving a desired goal, in this case in the form of Health. In the activity of achieving success in solving a problem, these individuals can improve self-efficacy that is able to maintain and improve their health. This is in accordance with Wantiyah's theory (2010), along with the development of adulthood, the increasing number of problems in the level of stressors that can affect an individual's self-efficacy (9).

Business and perseverance are a strong belief about the effectiveness of one's ability will significantly determine his efforts to try to overcome difficult situations. Consideration of efficacy also determines how much energy will be made and how long to stand in the face of challenges. The stronger the efficacy itself, the longer it will last in its efforts. How to think and emotional reactions in solving severe problems, individuals who have high efficacy tend to attribute failure to efforts that are lacking, while individuals who have low efficacy consider failure to come from their lack of ability

The results showed that as many as 49 (70,0%) respondents had low efficacy. The experience of others is to observe the behavior and experiences of others as individual learning processes (Feist & Feisth, 2010). But this decrease in self-efficacy occurs when we see our peers fail.

In a study of the self-efficacy of stroke patients in the Inpatient Installation of the Surabaya Haji Hospital, it was influenced by several factors that affect efficacy, based on age, education, and duration of illness, where the majority of respondents ranged from 65 years to over 26 people (37,1%) Growth age increases the risk of stroke. This is due to the weakening of overall body function, especially related to the flexibility of blood vessels. Because with age, the more hope for the future is decreasing.

Self-perception of the efficacy that takes place in the individual's existence as a decisive function in how individual behavior, thought patterns and emotional reactions they experience. Behavioral selection is a very important factor as a source of formation of one's self-efficacy because it is based on the reality of the success of someone who can carry out a task or specific skills will increase self-efficacy, and recurring failure will reduce self-efficacy. Business and perseverance are a strong belief about the effectiveness of one's ability will greatly determine his efforts to try to overcome difficult situations. Consideration of efficacy also determines how much effort will be made and how long to stand in the face of challenges. The stronger the efficacy itself, the longer it will last in its efforts. How to think and emotional reactions in solving difficult problems, individuals who have high efficacy tend to attribute failure to efforts that are lacking, while individuals who have low efficacy consider failure to come from their lack of ability (10).

Most of the respondents who were educated were junior high school graduates with 36 people (51,4%). The level of education generally will affect the ability to process information and receive suggestions related to stroke, such as diet. However, many respondents sometimes still violate the recommended diet. Stroke self-management programs improve self-efficacy, outcome expectations, and survivors' satisfaction with self-management behavioral performance (11).

Obtained respondents had a history of the most attack of the first attack with a total of 54 people (77,1%). This can affect patients who have not experienced managing the

disease and have poor coping. As with weaknesses in some parts of the body sometimes some respondents are lazy to do motion exercises at home and irregular to control the hospital. Based on the description of the factors above the researchers concluded that self-efficacy can be influenced by various things including marital status, type of stroke, how many stroke and family support (8).

Self-efficacy is an important part of self-care and is associated with weight management, besides self-efficacy is associated with adherence to treatment. According to the results of McAuley's research in 2006 that self-efficacy contributes to better understanding in the process of changing health behavior so that self-efficacy is very important to improve knowledge, behavior and skills. According to Hu and Arau's research in 2013, self-efficacy has been recognized as the main factor influencing self-care and management of chronic diseases. It is necessary to find a solution to protect the sufferers' self-efficacy and it takes a long time to treat this disease (12).

Patients with high self-efficacy function better in daily activities than patients with low self-efficacy (13). Families can improve functional physical recovery and, perhaps, social participation in patients with chronic stroke (14). A stroke care program can improve post-caregiver family skills that result in increased functional status and a decrease in complications among post-stroke patients (15).

The intensity of self efficacy in an individual is determined by the level of similarity and appropriateness of competencies in the model towards oneself. the more competent the intended competency, the easier it will be for an individual to reflect on the social model experience as a measure of his ability. In the attention process individuals make observations of the social models that are considered to represent themselves. The failure and success experienced by the social model are then accepted by the individual as the basis for forming self efficacy (16).

Based on the research, the need for good / positive support given by the family is able to increase the patient's self-efficacy to recover. This is indicated by the patient's motivation in attending treatments and therapy programs during the rehabilitation process. The role of the family in caring for stroke patients can affect him, so patients will feel themselves valuable by thinking and acting positively in order to support the patient's health(17).

Conclusion

In conclusion, the findings of this study most of stroke patients were low level self-efficacy to perform daily activities. Healthcare services need to consider when delivering some intervention in order to achieve the goals.

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