
The Relationship of Self-Efficacy with Healthy Life Behavior in Stroke Patients at the Bina Bhakti Nursing Home in the Pandemic Period in 2021

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ABSTRACT

BackgroundIn maintaining immunity in the pandemic era, people with non-communicable diseases such as stroke should maintain a healthy lifestyle by maintaining immunity and body resistance. In carrying out a healthy lifestyle, there are several factors that influence, one of which is Self Efficacy. in carrying out a good lifestyle. The purpose of this study was to determine the relationship between Self Efficacy and healthy living behavior in stroke patients at the Bina Bhakti Nursing Home during the pandemic. The research method used in this research design is quantitative with a cross sectional design. The sampling technique uses saturated sampling with a total sample of 25 respondents, data collection using the Self Efficacy questionnaire and Health Promoting Lifestyle Profile II Questionnaire. The results of the study found that there was no significant relationship between self-efficacy and healthy living behavior in stroke patients at Panti Werdha Bina Bhakti during the pandemic with a p value of $1000 > (0.05)$, low knowledge and many restrictions on activities, as well as lack of support and support. Visits during the pandemic caused the low healthy behavior of stroke patients at the Bina Bhakti Nursing Home. **Conclusion** The results of the bivariate test showed that the self-efficacy variable did not affect the healthy behavior of stroke patients at the Bina Bhakti Nursing Home in the Pandemic Period.

Keywords: Self-Efficacy, Healthy Lifestyle, Pandemic Period

PRELIMINARY

The impact of the COVID-19 pandemic on the health care system as well as on the current service is experiencing disruption, existing health resources are diverted to treat COVID-19 sufferers, sometimes at the expense of other patients,(Stein et al., 2021).

Non-communicable diseases such as stroke in this pandemic era become a high risk of being infected and even worse when exposed to Covid-19. This is related to body immunity because their condition is much different and more vulnerable, during this pandemic, people with stroke should be able to better maintain their immune health. body by changing his lifestyle, with regular health checks,

maintaining body mass index, consuming balanced nutritious food (Widiawan, 2020).

Data (world stroke organization) shows that there are about 13.7 million new cases of stroke each year, about 5.5 million deaths due to stroke are reported.(Ministry of Health RI, 2018), in Indonesia in 2018 the prevalence (per mile) of stroke based on a doctor's diagnosis in the population aged over 15 years by province, riskesdas 2018 the stroke rate in Banten province with a percentage (11.0??) with 33,587 cases (Basic Health Research, 2018).

Therefore, in maintaining immunity in the pandemic era, people with non-communicable diseases such as stroke should maintain a healthy lifestyle in maintaining immunity and body resistance such as routine health checks, maintaining body mass index, consuming

balanced nutritional foods, and continuing to exercise, in an effort to improve health. and prevention of stroke severity.

In achieving good healthy living behavior in stroke patients, self-efficacy is needed, self-efficacy is a person's belief to exercise control over himself how one feels, thinks, motivates, and behaves. (Jones & Riazi, nd). High self-efficacy in a person makes him feel able to carry out the recommendations given in carrying out his healthy life behavior.

while the low self-efficacy in a person makes him feel unsure and feels burdened with the given task so that he tends to have behavior in lifestyle modification that is not good, which is still lacking in discipline in controlling his lifestyle.

Based on the description above, the researcher is interested in conducting research on "The Relationship of Self-Efficacy With Healthy Life Behavior in Stroke Patients at the Bina Bhakti Nursing Home in the Pandemic Period in 2021".

RESEARCH DESIGN

This type of research is a quantitative study using a cross sectional study design. This research was carried out at the Bina Bhakti Nursing Home, Setu District. The number of samples in this study were 25 respondents. The technique used for sampling in this study is saturated sampling. The instruments used in this study are the Self Efficacy Questionnaire, and the Health Promoting Lifestyle Profile 2, with the statistical test used in this study is the Chi Square Test.

RESULTS AND DISCUSSION

Univariate Analysis

Table 1
Characteristics of Stroke Patients at Bina Bhakti Nursing Home in 2021

Characteristics	F	%
Age		
60 ?? 70	11	44%
71-80	11	44%
81-90	3	12%
Gender		
Man	10	40%
Woman	15	60%
Education		
SD	9	36%
junior high school	7	28%

senior High School	8	32%
Etc	1	4%
Stroke duration		
<1 Year	8	32%
1-5 Years	12	48%
>5 Years	5	20%
Stroke Type		
Hemilpegia	12	48%
Paraplegia	13	52%
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Total	25	100%

Table 2
Frequency Distribution of Healthy Lifestyle of Stroke Patients at Bina Bhakti Nursing Home

Healthy Life Behavior	F	%
Low	18	72%
Tall	7	28%
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Total	25	100%

Table 3
Frequency Distribution of Self-Efficacy of Stroke Patients at Bina Bhakti Nursing Homes

Self Efficacy	F	%
Low	4	16%
Tall	21	84%
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Total	25	100%

Bivariate Analysis

Table 4
Relationship of Self-Efficacy with Healthy Lifestyle of Stroke Patients at Bina Bhakti Nursing Home

Self efficacy	Healthy Life Behavior		Total	P. Value
	Low	high		
	n	%	N	%
Self Efficacy	4	16	0	0
Self Efficacy	14	56	7	28
Total	18	72	7	28

The results of the analysis in table 1 above can be concluded that the majority of stroke sufferers are in the age range of 60-70 totaling 11 respondents (44.0%), with the sex of the stroke patient being the most female 15 respondents (60.0%), in education there are 9 respondents (36.0%) with elementary school education, there are 12 respondents (48.0) who suffer a stroke for a maximum of 1-5 years, the type of stroke that suffers the most is paraplegia totaling 13 respondents (52.0%)

The results of the analysis of table 2 above can be concluded that the stroke patients at the Bina Bhakti Nursing Home with low healthy behavior are 18 people with a percentage of 72% and those who have a high healthy lifestyle are 7 people with a percentage of 28%.

The results of the analysis of table 3 above can be concluded that high self-efficacy is 21 people with a percentage of 84% and low sufferers 4 people with a percentage of 16%

The results of the test of the relationship between bivariate analysis table 4, it can be seen that respondents who have high self-efficacy and low healthy living behavior are 14 people (56%) while respondents with high self-efficacy and high healthy behavior are 7 people (28%). P value $1 > (0.05)$ means that there is no significant relationship between self-efficacy and healthy living behavior of stroke patients at the Bin Bhakti Nursing Home.

DISCUSSION

Quality of Life for Stroke Patients at Bina Bhakti Nursing Home

Based on table 2 above, it can be seen that of the 25 respondents (72.0%) who have low healthy behavior, the factors that can cause a person to behave in a healthy life are good and are not influenced by the education level of some of the respondents in the Bina Bhakti Nursing Home with low education, and the age factor and the lack of patient knowledge about the triggering factors that can cause recurrent strokes can lead to low healthy living behaviors, this is in line with Wahyuni & Dewi's research (2018). The results show that self-efficacy in stroke patients is influenced by several factors including: age, education, duration of illness, type of stroke and family support. In stroke patients it is necessary to maintain a good lifestyle, so as not to experience complications or recurrent strokes.

Self-Efficacy of Stroke Patients at Bina Bhakti Nursing Home

Table 4 shows the majority (84%) of respondents have high self-efficacy, of the 4 good self-efficacy parameters shown in the aspect of selective self-efficacy, where there are (72%) respondents who have high selective self-efficacy. (Bandura et al., 1998) Someone who has good self-efficacy will be better able to deal with the problems they face effectively in dealing with problems or obstacles.

Research conducted by (astuti, 2019) shows that someone who has high self-efficacy is able to motivate in self-control, good coping mechanisms during illness can increase individual self-confidence in carrying out activities and fulfilling health. Factors that can affect the self-efficacy of Bina Bhakti Nursing Home patients besides age and education, other factors are family support, the absence of guest and family visits in the pandemic era makes patients feel they do not receive attention and support to recover. so that most patients with low self-efficacy can only accept the situation. patients do not take actions that can support the healing.

According to (Maulani, 2017) Lack of information and counseling from health workers from relevant agencies contributes to the decrease in self-efficacy of post-stroke

patients to get healing, therefore things can be done to overcome these problems by providing support from family, closest friends, nurses and assisting in carrying out daily activities will increase self-confidence, self-efficacy and the patient's spirit to recover.

The Relationship of Self-Efficacy with Healthy Life Behavior in Stroke Patients at Bina Bhakti Nursing Homes

Self efficacy refers to an individual's belief that he or she is able to do a task, achieve a goal, or overcome an obstacle (Baron & Byrne, 2004) someone who has high self-efficacy believes that they will be able to cope with events and situations effectively, high self-efficacy increases aspirations, increases According to Bandura, people who have high self-efficacy will have higher enthusiasm in carrying out a certain task than people who have low self-efficacy. (Bandura, 1998).

Research conducted by (Putriani, 2018) regarding self-efficacy by modifying healthy lifestyle behavior of stroke patients where more than some (71%) respondents with high self-efficacy showed good healthy behavior and more than half (60%) respondents with low self-efficacy showed unhealthy behavior in lifestyle modification that was not good. Based on the results of statistical analysis, p value = 0.03, meaning that there is a significant relationship between self-efficacy and healthy behavior in lifestyle modification of recurrent stroke patients and OR = 3.667, meaning that respondents with high self-efficacy have 4 times the opportunity to show healthy behavior in lifestyle modification is good when compared to respondents who show low self-efficacy. Self-efficacy serves to improve cognitive function, motivation, affective function and selective function, (Bandura, 1994).

In a study conducted by (Amalia 2016) stroke which suggests high self-efficacy can improve self-care abilities and manage disease conditions. According to theory (Jones & Riazi, nd) and pertamita (2017) Individuals who have high self-efficacy will have the ability to motivate themselves to take an action well, this is an important factor to help patients overcome

problems found in their daily lives, Self-efficacy will affect the strength of motivation, drive how individuals think and behave. The results of this study from the results of statistical tests obtained p value $0.294 > (0.05)$ meaning H_0 is accepted, namely there is no relationship between overall self-efficacy and healthy living behavior.

Therefore, the results of this study are not in line with previous research. According to the researcher's assumption, there are many factors that cause stroke patients at Panti Werdha Bina Bhakti to experience unhealthy lifestyle behaviors even though they have high self-efficacy. Age, education, knowledge, motivation and low affective. This is supported by the opinion (Wakhid, Estri & Liyanovitasari) regarding moderate + high self-efficacy but low quality of life. According to Wakhid, Estri & Liyanovitasari (in Pontangan et al. 2020) that a person even though he has good self-efficacy does not always have a good quality of life. This is in line with the research of Shoufiah & Noorhidayah (2017), which states that someone who has good self-efficacy does not always have a good quality of life, this is due to physical factors, namely changes in body shape, limitations of movement so that it affects the quality of life.

It is also supported by the results of research (Yantik, 2014) in his research with low self-efficacy, almost all of the respondents are elderly, where in the elderly there is weakness in body functions, with aging conditions, expectations for the future are decreasing, hopes and beliefs for healing are also getting worse. decreased, most of the respondents at the Bina Bhakti Werdha's home had elementary-junior high school education. The level of education will affect the ability to process information and receive advice related to stroke, such as diet. However, there are still many respondents with secondary education who sometimes still violate the eating rules suggested by the Panti.

In patients who have high self-efficacy at the Bina Bhakti Nursing Home, it is also influenced by knowledge and motivation within themselves as well as family support

that they still have, so that the patient has the motivation to recover, which can be seen from the attitude and efforts of the patient in healthy living behavior for the healing process.

This pandemic era has disrupted patient activities, before the pandemic many patients carried out activities around the orphanage to overcome boredom by taking small walks or interacting with people around the orphanage. Minimize the spread of the Covid-19 Virus. Family visits and support can be one of the patient's motivations in maintaining a healthy lifestyle in accordance with the desired goals, an encouragement to keep the spirit and pour out their feelings.

Other factors that are not asked and are not included in the questionnaire questions but can affect healthy living behavior including independence, infrastructure, and taking medicine, these can affect a person in healthy living behavior, namely the level of patient independence. The low quality of life is triggered by limited physical abilities that cause patients to think badly and have low self-confidence and even lead to despair (Ardi M, et al, 2011).

In patients at the Bina Bhakti Nursing Home, there were 13 patients who experienced impaired mobilization, causing the patient to experience difficulties in carrying out their activities independently. In line with Kusumawardana (2011), stroke can cause various functional disorders including motor function, sensory function, cranial nerve disorders, noble functions, coordination and autonomic function. This situation will cause the independence of activities in daily life to be disturbed.

Another factor is the absence of facilities at the Bina Bhakti Nursing Home in the form of a physiotherapy room which adds to the limitations of patients in doing physiotherapy independently and consistently so that many stroke patients do not carry out physiotherapy activities with adequate tools.

The limited independence of paraplegic stroke patients at bina bhakti includes difficulty in walking, moving from a wheelchair, wearing clothes and difficulty

in toileting, this causes patients who have a decreased physical condition to make it possible to depend on other people and nurses, this will allow the patient has a poor quality of life, regarding medicines the patient is quite obedient even though it is not ordered by the nurse, the patient takes the medicine that has been prescribed by the doctor every day. In patients who have good healthy living behavior supported by good activity independence, in hemiplegic stroke patients at the Bina Bhakti Nursing Home, almost some independent patients feel that they are able to carry out activities or activities independently.

CONCLUSIONS AND SUGGESTIONS

Conclusion

The results in this study based on the results of self-efficacy research with healthy living behavior in stroke patients at the Worship Bhakti Nursing Home during the 2021 pandemic, it can be concluded that. 44%), and most sufferers are dominated by female sex (60%). with the majority of primary education (36%). with a stroke duration of 1-5 years (48%). and the most common type of stroke suffered was paraplegia (52%). There are good healthy living behaviors in Bina Bhakti Nursing Home patients (28%). While the low healthy lifestyle behaviors are (72%). Good self-efficacy is found (84%). which shows high self-efficacy and (20%). show low self-efficacy.

Suggestion

For nursing homes

It is hoped that the nursing home will be able to increase the knowledge of patients who have low levels of self-efficacy, increase patient knowledge about diseases and risk factors that can aggravate stroke, and provide support for the elderly who have no family visiting and are expected to be able to assist patients in their care. perform small exercises or simple physiotherapy on stroke patients to prevent muscle stiffness. As well as disciplining the elderly who are still less obedient to food consumption in undergoing treatment, including healthy behavior efforts to reduce the risk of recurrent stroke and improve the quality of life in stroke patients.

For Patients

It is hoped that patients who do not comply can be more obedient to their healthy lifestyle, obey the taboos that have been told by the nurse, and it is hoped that patients who are obedient can increase health knowledge in improving healthy living behavior.

For Further Researchers

It is expected to conduct further research on infrastructure, activity independence and taking medication for stroke patients on self-efficacy in living a healthy lifestyle with a wider range of methods and respondents, not only for the elderly.

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