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HOW THE SELF-EFFICACY OF PATIENTS RECOVERING COVID IN HEALTHY BEHAVIOR ? : CROSS-SECTIONAL STUDY

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ABSTRACT

The World Health Organization (WHO) declared COVID-19 to be a world health crisis because it spread very quickly. The number of confirmed positive cases continues to increase every day, but there is also a high recovery rate for Covid 19 cases. Prevention efforts are carried out to minimize the spread of the virus with healthy behavior. One very important factor in implementing healthy behavior is self-efficacy. Because of this, the factors that influence self-efficacy are vicarious experience and verbal persuasion. The aim of this research is to determine the relationship between vicarious experience and verbal persuasion and the self-efficacy of patients recovering from COVID-19 in healthy behavior. This research is a quantitative study with a cross-sectional approach with a sample of 101 people obtained from purposive sampling. Data were analyzed using the Spearman Rho Correlation Test with a significance level of 5% ($\alpha = 0.05$). The results of the research show that vicarious experience with self-efficacy gets a p-value = 0.000 ($p < 0.05$) and verbal persuasion with self-efficacy gets a p-value = 0.000 ($p < 0.05$). Conclusion It can be concluded that there is a relationship between vicarious experience and verbal persuasion with the self-efficacy of patients recovering from COVID-19 in healthy behavior.

I. INTRODUCTION

Coronavirus (covid-19) is a disease caused by severe acute respiratory syndrome coronavirus-2 (SAR-CSAR-CoV-2). This virus can be transmitted from human to human and has spread widely in China and more than 190 countries. This disease has become a world health crisis because of its rapid spread. The prevalence of Covid 19 is increasing every day, based on data from the COVID-19 Task Force from February to September 3, 2021, reaching 4,116,890 cases confirmed positive for Covid 19 (Task Force, 2021). From the confirmed positive data, there are also many recovery rates for patients with a prevalence in Indonesia showing 3,813,643, East Java 348,092, and Pamekasan 2,156 who recovered. Based on the recovery rate of COVID-19 patients, it is still unknown how many people pay attention to health protocols.

In a preliminary study conducted in Pamekasan of 10 respondents, it was found that 4 respondents said that after recovering from Covid 19, they would maintain healthy behavior by following health protocols, while 6 respondents still ignored the Covid 19 prevention protocols set by the government. From the results of interviews with 6 respondents who ignored health protocols, they said they were less confident in preventing COVID-19 due to a lack of knowledge and often seeing and hearing other people who failed to implement healthy behavior in preventing COVID-19. According to Setiyawati (2020), changing people's behavior is not easy. , each person will change their behavior if it is by the perception they believe. The government has often provided education about preventing Covid-19 but has not been able to increase people's confidence in behaving healthily amid the Covid-19 pandemic. However, with the existing conditions, healthy behavior is needed to prevent the transmission of Covid-19. A person's healthy behavior will include deliberate activities aimed at protecting or improving his or her health (He et al., 2016).

Healthy behavior is behavior to prevent disease before symptoms appear (Notoatmodjo, 2014). Healthy behavior that can prevent exposure to COVID-19 is by implementing health protocols. Health protocols that can be implemented include: staying at home, using a mask when in public places, maintaining distance from other people, cleaning certain items and body parts using disinfectant, washing hands thoroughly using soap or hand sanitizer, and avoiding contact with anyone who showing symptoms (Choiriyah et al., 2021).

Apart from prevention strategies, self-efficacy refers to self-confidence in the ability to carry out actions/behaviors to prevent Covid 19 (Harahap et al., 2021). According to Bandura (1998), self-efficacy is a person's belief in his ability to carry out certain behaviors in various situations, and beliefs (self-efficacy). Bandura's self-efficacy theory is vicarious experience and verbal persuasion.

Based on research conducted by Baringbing et al (2020), it was concluded that there is a relationship between self-efficacy and Covid-19 prevention behavior. The results of the research state that individuals who have high self-efficacy tend to have higher levels of Covid-19 prevention behavior, and vice versa. Individuals who have low self-efficacy are more likely to have low prevention behavior. Based on the description above, this research aims to determine the relationship between vicarious experience and verbal persuasion on self-efficacy in patients recovering from COVID-19 in healthy behavior.

II. METHOD

This type of research is quantitative, using a descriptive-analytical research design with a cross-sectional approach (Suhron, 2024). The population in this study was 1311 recovered COVID-19 patients in Pamekasan Regency obtained from Health Office data from September 2020 to December 2021.

Sampling was carried out using a purposive sampling technique with the inclusion criteria being age ≥ 20 , having access to a smartphone and internet, and being willing to take part in the research by filling out a questionnaire.

Data collection was carried out using the questionnaire link from Google Forms. The questionnaire to measure performance accomplishment and self-efficacy was prepared by researchers and has been tested for validity and reliability. Validity and reliability tests were carried out on 28 patients who recovered from Covid 19. The results of the validity test showed that all question items were valid with a range of relationship coefficient (r) values for vicarious experience from 0.656-0.783 and verbal persuasion from 0.396-0.828. The reliability test results for vicarious experience, verbal persuasion, and self-efficacy were 0.777, 0.780, and 0.791 with Cronbach's Alpha value > 0.6 so that the research instrument was declared reliable.

III. RESULTS

Patient data generally shows that the 20-30-year age group has the highest percentage compared to other age groups, namely 55.4%. Gender characteristics show that female respondents have a higher frequency, namely 53.5%, while male respondents are 46.5%. The majority of respondents had a tertiary education, either a Diploma, Bachelor or Postgraduate degree with a percentage of 45.5%. Apart from that, patient data is also supported by special data as in the following table:

Table 1.

Correlation between Vicarious Experience and Self-Efficacy of Covid-Recovered Patients in Healthy Behavior

No	<i>Vicarious Experience</i>	<i>Self Efficacy</i>			
		High		Low	
		N	%	N	%
1	Less	0	0	4	12,5
2	Enough	9	13,0	24	75,0
3	Good	60	87,0	4	12,0
Total		69	100	32	100
<i>Spearman's Rho</i>		P = 0,000		r = -0,727	

The research results based on the Spearman Rho correlation test with a significance level of $\alpha < 0.05$ obtained a significant value (p) of 0.000, which means that there is a significant relationship between vicarious experiences and self-efficacy.

Table 2.
Correlation between Verbal Persuasion and Self-Efficacy of Patients Recovering from Covid in Healthy Behavior

No	Vicarious Experience	Self Efficacy			
		High		Low	
		N	%	N	%
1	Less	0	0	2	2,0
2	Enough	3	4,3	22	24,8
3	Good	66	95,7	8	73,3
Total		69	100	32	100
Spearman's Rho		P = 0,000		r = -0,727	

The research results based on the Spearman Rho correlation test with a significance level of $\alpha < 0.05$ obtained a significant value (p) of 0.000, which means that there is a significant relationship between verbal persuasion and self-efficacy.

IV. DISCUSSION

The Relationship between Vicarious Experience and the Self-Efficacy of Patients Recovering from Covid in Healthy Behavior

Based on the research results in Table 1 above, almost all respondents have high self-efficacy with high vicarious experiences as many as 60 (87.0%) respondents. Meanwhile, the majority of respondents who had low self-efficacy had moderate vicarious experiences as many as 24 (75.0%) respondents, and a small number with low and high vicarious experiences as many as 4 (12.5%) respondents. The results of this research are by previous research conducted by Erni (2015), which showed that 57% of all respondents knew that other people's successful experiences could influence the beliefs held by respondents (Herawati & Purwanti, 2018). According to Bandura, increasing individual self-efficacy can increase motivation to achieve an achievement. The stronger self-efficacy is felt and instilled, the greater the individual is motivated to change and maintain the efforts needed to adopt, maintain, and improve healthy behavior (Hendiarto, 2014). This increase in self-efficacy will be more effective if the subjects who become models have many similarities in the level of task difficulty, similar situations, and conditions, as well as the diversity achieved by the model (Pajares & Urdan, 2006).

Experience in observing other people who are successful in carrying out a task will increase the individual's belief that they can carry out the task and have the same abilities as their role model (Bandura, 1997). How big or small the influence of role-mode on a person's self-efficacy depends on how similar the person feels to the model they imitate and then compares it with themselves (how many similarities there are). Individuals do not rely on their own experiences of failure and success as a source of self-efficacy. Self-efficacy is also influenced by the experiences of other individuals (Ferianto & Rini, 2016).

Observing the success of others can increase the belief that they can also achieve success through persistence and effort (Artino, 2012). Seeing the success of other individuals who are successful in going through a particular experience can influence efficacy in an action. For example, when smokers see their friends succeed in smoking with a certain action, smokers can believe that they will also be successful when they do the same thing (Elshatarat et al., 2016). This is also expected from the process of controlling the transmission of COVID-19. When individuals see the success of several countries in preventing the transmission of COVID-19 and being able to return to normal activities, society will pay attention to what actions are needed to achieve the same success, and then put them into practice by adhering to COVID-19 prevention protocol practices.

The Relationship between Verbal Persuasion and the Self-Efficacy of Patients Recovering from Covid in Healthy Behavior

Based on the research results in Table 2, it was found that almost all respondents had high self-efficacy with high verbal persuasion as many as 66 (95.7%) respondents. Meanwhile, the majority of respondents who had low self-efficacy had moderate verbal persuasion as many as 22 (68.8%) respondents, and a small number with low verbal persuasion as many as 2 (6.3%) respondents. These results are in line with research that compared the compliance of people from 3 different countries (Kuwait, Saudi Arabia, and South Korea) with the COVID-19 prevention protocols set by the government. From the results of this research, it is known that compliance decisions are influenced by the information available to the individual, where individuals are influenced by sources of information originating from friends, family, and social sources rather than relying on sources originating from outside their scope such as newspapers or television (Al -Hasan et al., 2020). Health-promoting behavior is one of the main criteria for determining health, which is considered a factor underlying the prevention of various diseases (Mohebi et al., 2018).

Verbal persuasion is a way to change individual behavior by providing information about their ability to master the expected behavior. Verbal persuasion in the form of health promotion will be effective when given by authorities who have special knowledge, and also those closest to the individual whose behavior is to be changed. Verbal persuasion has been proven to be effective in improving recovery from chronic diseases, improving health promotion, and influencing changes in behavior that are detrimental to society (Elshatarat et al., 2016).

Verbal persuasion is also information that is deliberately given to people who need to change their self-efficacy, by encouraging that the problems they face can be resolved (Rustika., 2016). The more people believe in the ability of the information provider, the stronger their belief in being able to change their self-efficacy. Trusted sources of information and media are an important factor during the COVID-19 pandemic because they are associated with the level of compliance with pandemic response measures. People with perceived disinformation, namely deceptive and intentionally false information about COVID-19, are generally less willing to comply with protocols and tend to actively avoid the latest news about the coronavirus. Perception of misinformation can stimulate skepticism behavior (Hameleers et al., 2020). People who use formal information sources from the government and mass media show increased self-protection behavior which ultimately reduces the spread of the virus. Trusted sources of information influence the decision to utilize each source of information provided. This directs individuals to protective behavior in the form of personal hygiene and personal safety (Mukhlis et al., 2022).

V. CONCLUSION

From the research results, it was concluded that there was a relationship between vicarious experience and verbal persuasion and the self-efficacy of patients recovering from COVID-19 in healthy behavior.

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