

ANALYSIS OF FACTORS RELATED TO SELF-EFFICACY AMONG PATIENTS UNDERGOING HEMODIALYSIS BASED ON BANDURA'S THEORY AT NGUDI WALUYO WLINGI REGIONAL HOSPITAL

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ABSTRACT

Introduction: Hemodialysis patients encounter various physical and emotional challenges. Self-efficacy plays a crucial role in determining treatment success because it relates to an individual's confidence in managing therapeutic demands. Low self-efficacy may result in poorer disease management and lower adherence to treatment. **Methods:** This study employed a quantitative method with a cross-sectional design and utilized the Spearman Rank correlation for bivariate analysis. A total of 100 respondents were selected using purposive sampling. **Results:** The analysis showed a significant relationship between personal mastery experience and self-efficacy, with a p-value of 0.000 and a correlation coefficient of 0.701. The factor of observing others also demonstrated a significant relationship with self-efficacy, with a p-value of 0.000 and a correlation coefficient of 0.661. Verbal persuasion showed a significant association with self-efficacy, with a p-value of 0.000 and a correlation coefficient of 0.683. Emotional and physical conditions were significantly associated with self-efficacy, with a p-value of 0.000 and a correlation coefficient of 0.689. **Discussion:** The factor of personal mastery experience is the strongest determinant because it has the most fundamental influence by producing concrete empirical learning, rather than merely relying on observation or persuasion from others. When individuals successfully complete tasks or face challenges through their own efforts, a belief is formed that they possess the ability to overcome such challenges. The success experienced also generates positive feelings, satisfaction, and the conviction that the achievement is the result of the efforts that have been made.

Keywords: Self-efficacy, Chronic Kidney Disease, Hemodialysis