# DIFFERENCES IN SELF-EFFICACY BEFORE AND AFTER HEALTH EDUCATION BASED ON THE HEALTH BELIEF MODEL REGARDING WOUND CARE IN POST-LAPAROTOMY PATIENTS AT IHC LAVALETTE HOSPITAL MALANG

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## ABSTRACT

Self-efficacy is one of the important psychological aspects that influences patients' ability to perform independent wound care after surgery. Patients with low self-efficacy tend to experience difficulties in wound care, which increases the risk of delayed wound healing and complications. The objective of this study was to determine the differences in self-efficacy levels before and after the provision of health education based on the Health Belief Model (HBM) among post-laparotomy patients at IHC Lavalette Hospital, Malang. This study used a pre-experimental design with a one-group pre-test and post-test approach. The sample consisted of 31 respondents selected using purposive sampling techniques. Self-efficacy was measured using a modified General Self-Efficacy Scale (GSES) instrument. The results of the study, analyzed using the Wilcoxon Signed Rank Test, showed a p-value of $< 0.001$, indicating that the H1 hypothesis was accepted. There was a significant difference in self-efficacy levels before and after the provision of wound care education. HBM-based education can improve patients self-efficacy in post-laparotomy wound care, therefore, it is expected that this educational approach can be routinely implemented for post-operative patients.

**Keywords:** Self-efficacy, Health Education, Health Belief Model, Laparotomy, Wound Care