



A REVIEW ON SELF-EFFICACY AMONG PATIENTS WITH SCHIZOPHRENIA

Elizabeth Lalchandami

Msc. Nursing Student, Department of Psychiatric Nursing, St. John's College of Nursing, Bengaluru

Nisha C. K

Associate Professor & Head of Department in Psychiatric Nursing, St. John's College of Nursing, Bengaluru

ABSTRACT

Self-efficacy plays a vital role in patients with Schizophrenia to overcome the problems that arise related to illness. Self-efficacy is the belief of an individual that he or she can perform a task to reach a goal. High social self-efficacy in daily life has a significant relationship with the quality of life of Schizophrenic patients where low self-efficacy can result in maladaptive coping. The success of the treatment is also largely decided by the level of self-efficacy. Evidence shows that the patient needs good self-efficacy to be able to control their behavior that will support in healing process. The purpose of this article is to discuss self-efficacy among patients with Schizophrenia and how it affects one's life as well as the steps to be taken to empower self-efficacy on patients with Schizophrenia.

KEYWORDS : Self-efficacy, Schizophrenia.

INTRODUCTION

Self-efficacy is an individual's belief in his capacity to conduct a specific task¹ and it is a self-mastery to achieve success in determining individuals involved in certain behaviors². It is the belief of an individual that he or she can perform tasks to attain goal³. Self-efficacy is an individual's feeling of and belief about his or her ability to act and to cope with various environmental challenges⁴. It is defined as an individual's confidence as to how skillfully he or she can perform behaviors needed to give rise to certain results, and a certain level of self-efficacy is needed to carry out actions. People nurture it themselves and it is developed from four sources: performance accomplishment, vicarious experience, verbal persuasion, and emotional arousal. There are two types of self-efficacy: general self-efficacy, which refers to confidence in one's general capacity to manage tasks, and specific self-efficacy, which refers to beliefs about one's ability to perform specific tasks⁵.

The ability to change behavior to achieve a set of goals is a part of self-efficacy; it can sometimes be confusing with optimism and ability. Self-efficacy, however, emphasizes the belief in being able to shape the future by one's own personal efforts. Self-efficacy is equivalent to mere ability, as an individual might think that he or she is incapable of achieving certain outcomes, even though they might not perform as badly as they think⁶. Therefore, self-efficacy is an essential prerequisite for behavior because it acts as an independent part of the individual's basic skills⁷.

Self-efficacy is the general, comparatively stable sense of competence or confidence that people show in handling difficulties in a variety of settings. The better a person's self-efficacy is, the more active his or her social life and the wider his or her social support. A higher level of self-efficacy can make individuals more effectively perceive the positive components of self-personality and adopt a positive perspective in the face of disease and able to make adequate judgment and planning⁸. Whereas low self-efficacy will also lead to negative emotions⁹ and tend to stress out easily and doubt their own potentials compared to those with high self-efficacy level⁹. Therefore, self-efficacy is of particular importance because lack thereof might be associated with social isolation which is a major risk factor for morbidity and mortality¹⁰.

Self-efficacy Affects Human Functions In Many Ways Such As:

- 1. Behavior Choice-** People avoid tasks where self-efficacy is low but undertake tasks where self-efficacy is high. When self-efficacy is significantly beyond actual ability, it leads to an overestimation of the ability to complete tasks. On the other hand, when self-efficacy is significantly lower than actual ability, it discourages growth and skill development.
- 2. Motivation-** People with high self-efficacy like to show efforts in completing a task and show consistency in their efforts. Whereas those who have low self-efficacy get an opportunity to gain experience about a new task or might show learned helplessness as a negative effect of low self-efficacy.
- 3. Work Performance-** When the instructions provided for the task are concise and clear it hence affects the self-efficacy and work

performance of an individual.

4. Thought Pattern- People with low self-efficacy will have demanding time completing a task which will develop negative thoughts for themselves and their work further creating self-doubt. While a person with high self-efficacy will take a wider look at the situation hence make it easier to complete any task.

5. Health Behavior- Self-efficacy influences how high a person can set a goal for healthy behavior. Example- to get the desired weight.

6. Locus of Control- An individual with high self-efficacy is likely to attribute failure to some external factor. Whereas those with low self-efficacy are likely to blame themselves³.

There Are Three Theoretical Approaches In Self-efficacy:

I. Social Cognitive Theory: There are four cognitive processes in social cognitive theory which are dependent on each other. To achieve a goal, an individual goes through these cognitive processes such as self-evaluation, self-observation, self-reaction, and self-efficacy. Self-evaluation is a process in which a person compares their performance cognitively to a desired performance to achieve their goals. It can help improve self-efficacy by helping learners focus on specific aspects of their performance. Self-observation is a process in which people observe and monitor themselves to work towards their goal as well as observing others succeed at a task can increase a person's belief in their own ability to succeed at that task. Self-reaction is a process in which a person modifies their behavior based on their progress towards the goal which helps in improving physical and emotional well-being. When a person has high self-efficacy, they view challenges as things that are supposed to be mastered rather than threats to avoid. In contrast, people with a low sense of self-efficacy view difficult tasks as personal threats and shy away from them. Difficult tasks lead them to look at the skills they lack rather than the ones they have. It is easy for them to lose faith in their own abilities after a failure.

II. Social Learning Theory. It describes skills that are learned and developed within the social group. According to this theory, people can learn by modelling, imitation or observation. Self-efficacy tells you the skills which can be offered by a person in a group.

III. Attribution Theory. It focuses on how an individual attributes an event and how is it like to impact their self-perception and self-efficacy. If it is internal locus of control then there will be enhancement of self-efficacy and self-esteem whereas on facing any failure the same will be effected negatively³.

Self-efficacy Among Patients With Schizophrenia

Schizophrenia is a combination of disturbances of thought, perception, behavior, mood, and ability to socialize. It results in frequent relapses and are lifelong². Schizophrenia is one of the most burdensome mental disorders in terms of human suffering and societal expenditure. It is considered as one of the costliest disorders, being among the top ten global causes of disability¹¹. Schizophrenia leads to severe cognitive impairments that affect a patient's ability to cope with stress, lower resilience, and life satisfaction. It results in severe functional and psychosocial impairments, challenges in community living and often disabling illness¹².

Individuals with Schizophrenia usually have lower levels of self-efficacy that tend to experience self-doubt and anxiety when they encounter environmental demands, and often shy away from such inconvenient situations in maintaining a relationship with the person¹³. Low self-efficacy is also associated with worse psychosocial functioning and subjective wellbeing while, high self-efficacy is correlated with better coping of symptoms and interpersonal behaviors⁵.

Improving the self-efficacy of a Schizophrenic patient is also important to the patient's family. The families of Schizophrenic patients are exposed to unpredictable stressors that impose a tremendous psychological burden on them. In addition to the costs of disability, treatment, and hospitalization, this includes other economic and social costs indirectly due to inadequacy and disruption of the family and social system to which the patient belongs⁷.

The concept of self-efficacy in Schizophrenic patients is related to efficacy in negative symptoms, efficacy in social interactions, and efficacy in positive symptoms. Efficacy in negative symptoms is the patient's belief in being able to control cryptic symptoms that appear in Schizophrenics, including withdrawing from the environment, flat affect, and having no will. Self-efficacy is closely related to the ability of Schizophrenic patients to function properly in everyday life². A cross-sectional survey conducted in China reported that self-efficacy would help to improve the resilience of patients with Schizophrenia and the mean self-efficacy score was 2.02 ± 0.6^4 .

People with Schizophrenia were reported to have a high level of loneliness which is represented by some negative conviction or cognitive processes, increased alertness for social threats, expectations of negative social interactions as a result of feelings of stress, enmity, pessimism, and inferiority¹⁴. A study conducted in Israel examine the contribution of self-efficacy on loneliness in patient with Schizophrenia showed that patient with lower self-efficacy is more likely to experience higher level of loneliness and the mean score of self-efficacy was 24.25 ± 6^{15} .

Studies have found that patients with negative symptoms had lower self-efficacy. Low self-efficacy makes the patient deal stress with wrong coping strategies in an avoidant and inefficient manner which again contributes to relapse⁸. Stressful life events will also significantly increase the risk of psychotic relapses and exacerbation of depression in Schizophrenia. Therefore, Schizophrenic patients need good self-efficacy to be able to see difficult problems as challenges and not as threats. Patients with high levels of efficacy can produce good behavior and performance to support their recovery¹.

Ways To Improve Self-efficacy In Patients With Schizophrenia:

- Self-help strategies: Changing diet, relieving stress, and seeking social support help in improving self-efficacy.
- Exercise: Exercise can increase brain cell connections, which can help enhance brain function and memory. It can also release endorphins, which can ease Schizophrenic symptoms.
- Training problem-solving skills: Training skills for increasingly complex problem-solving tasks can significantly improve success in solving problems.
- Treatment adherence: Stick to the treatment plan and stay focused on the treatment goals.
- Know your warning signs: Be aware of the warning signs.
- Relaxation and stress management: Incorporate relaxation and stress management techniques.
- Set achievable goals: Start with small, attainable goals and gradually increase the difficulty to gain confidence.
- Break tasks into smaller steps: When facing a challenging task, divide it into smaller, manageable steps. This approach can make the task feel less overwhelming and help to build confidence as individuals complete each step.
- Positive self-talk: Replace self-doubt and negative thoughts with positive and encouraging self-talk. Challenge self-limiting beliefs and replace them with more empowering statements.
- Surround yourself with supportive people: Build a network of supportive individuals who encourage and believe in the capabilities. Positive social support can boost self-confidence and motivation¹⁶.

Nursing Implications

Nurses can play a key role by educating patients and their families about Schizophrenia, its symptoms, treatment options and coping

strategies. Understanding the condition helps patients and families feel more confident in managing their illness which will develop greater self-efficacy. Staff nurses and student nurses can also be trained in assessing self-efficacy by using tools such as General Self-efficacy Scale (GSES) which will help in providing evidence-based practice in order to improve quality of nursing care and appropriate interventions can be implemented.

CONCLUSION

Self-efficacy plays a pivotal role in the overall management and recovery of patients with Schizophrenia. Research studies consistently demonstrate that higher levels of self-efficacy are associated with better treatment adherence, improved coping strategies, and enhanced social functioning. Patients with greater self-efficacy are more likely to actively engage in their care, take responsibility for managing symptoms, and persevere through challenges posed by the illness.

REFERENCES

1. Rahmawati, A. M., Sawitri, D. R., Dwidiyanti, M., & Rahman, A. N. F. (2020). Concept analysis of self-efficacy among schizophrenia. *Jurnal Aisyah: Jurnal Ilmu Kesehatan*, 5(2), 107-113.
2. Nihayati, H. E., Isyuniarsasi, I., & Tristiana, R. D. (2020). The relationship of self-efficacy between resilience and life quality of caregivers toward schizophrenics. *Education*, 65, 30-1.
3. Mirchana K. (2021). The Relationship among Social Support, self-efficacy and resilience. *International Journal of Indian Psychology*.
4. Wang, L. Y., Li, M. Z., Jiang, X. J., Han, Y., Liu, J., Xiang, T. T., & Zhu, Z. M. (2022). Mediating effect of self-efficacy on the relationship between perceived social support and resilience in patients with recurrent schizophrenia in China. *Neuropsychiatric disease and treatment*, 18, 1299.
5. Suzuki, M., Amagai, M., Shibata, F., & Tsai, J. (2011). Factors related to self-efficacy for social participation of people with mental illness. *Archives of psychiatric nursing*, 25(5), 359-365.
6. Aagaard, K. O. (2021). Full recovery and self-efficacy in first-episode schizophrenia: The OSR cohort at 10-year follow-up (Master's thesis).
7. Vaghee, S., Abootorabi, J., Zare, M., & Behnam Vashani, H. (2019). The effect of home visits on self-efficacy in patients with schizophrenia: a clinical trial. *Journal of Fundamentals of Mental Health*, 21(5), 283-291.
8. Santosh, S., & Kundu, P. S. (2023). Cognitive self-efficacy in schizophrenia: Questionnaire construction and its relation with social functioning. *Industrial Psychiatry Journal*, 32(1), 71-77.
9. Chudzicka-Czapala, A., & Zalewska-Lunkiewicz, K. (2020). Subjective well-being, general self-efficacy and coping with stress in former psychiatric patients preparing for the peer support role: an exploratory study. *Health and quality of life outcomes*, 18, 1-10.
10. Vaskinn, A., Ventura, J., Andreassen, O. A., Melle, I., & Sundet, K. (2015). A social path to functioning in schizophrenia: From social self-efficacy through negative symptoms to social functional capacity. *Psychiatry Research*, 228(3), 803-807.
11. Dahuja, S., Singh, U., & Beniwal, R. P. (2022). Assessment of social functioning, quality of life, and social support in persons with schizophrenia: A gender difference. *Archives of Mental Health*, 23(1), 23-29.
12. Atef Mokhtar, A., Mahmoud Zaki, M., & Mohamed Abdel-Aziz, M. (2021). Relation between resilience and life satisfaction among schizophrenic patients. *Journal of Nursing Science Benha University*, 2(2), 225-240.
13. Morimoto, T., Matsuyama, K., Ichihara-Takeda, S., Murakami, R., & Ikeda, N. (2012). Influence of self-efficacy on the interpersonal behavior of schizophrenia patients undergoing rehabilitation in psychiatric day-care services. *Psychiatry and clinical neurosciences*, 66(3), 203-209.
14. Yunanto, A. D. L., Panggabean, E. C. A., Sari, S. P., Locsin, R. C., & Ito, H. Relationship between Loneliness and Self-Efficacy Among Persons with Schizophrenia in Indonesia. Gronemann, O. C. (2009). The contribution of self-efficacy, social support and participation in the community to predicting loneliness among persons with schizophrenia living in supported residences. *Israel Journal of Psychiatry*, 46(2), 120.
- 11 Ways to Improve Your Self Efficacy—Pocket Prep. (n.d.). Retrieved October 30, 2024, from <https://www.pocketprep.com/posts/11-ways-to-improve-your-self-efficacy/>