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ORIGINAL ARTICLE

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### The relationship between self-efficacy and self-management in post stroke patients at Home Stroke Rehabilitation Malang

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**ABSTRACT**

**Background:** Stroke is a neurological disorder characterized by blockage of blood vessels. The effects of stroke cause problems with motor, sensory and cognitive functions. These problems result in patients often complaining and feeling useless, so patients experience a decrease in self-efficacy. Low self-efficacy will cause a low level of self-acceptance and motivation that affects the patient's confidence in performing functional activities and self-management related to the healing process in stroke patients.

**Objective:** This study aimed to analyze the relationship between self-efficacy and self-management in stroke patients.

**Methods:** The research design used a cross-sectional study method conducted in December 2022 with a population of all stroke patients at Home Stroke Rehabilitation Malang who met the criteria to become participants in this study. Measurement of self-efficacy using The Stroke Self-Efficacy Questionnaire (SSEQ) and self-management using The Southampton Stroke Self-Management Questionnaire (SSMQ). Rank-Spearman was used to determine the relationship between the two variables showed that out of 49 respondents, there was a relationship between self-efficacy and self-management using the Rank-Spearman test.

**Results:** The study's result ( $p = 0.000$ ,  $r = 0.949$ ) shows a very strong correlation. It can be concluded that there is a very strong relationship between self-efficacy and self-management in stroke patients because high confidence is very influential on the actions or attitudes of patients so that patients can move and prevent recurrent strokes and carry out rehabilitation programs properly.

**Conclusions:** The higher the self-efficacy, the higher the self-management in post-stroke patients and vice versa. These two crucial components will affect the rehabilitation phase of post-stroke patients.

**Keywords:** self-efficacy, self-management, stroke.

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**INTRODUCTION**

Stroke is a neurological disorder characterized by blockage of blood vessels. Clots form in the brain and disrupt blood flow, clogging arteries and causing blood vessels to rupture, leading to bleeding. The rupture of an artery leading to the brain during a stroke causes the sudden death of brain cells due to lack of oxygen.<sup>1</sup>

The effect of stroke is that non-traumatic cerebral circulatory disorders cause impaired nerve function in stroke. These nerve disorders cause problems with motor, sensory and cognitive functions.<sup>2</sup> Motor and sensory disorders experienced by stroke patients include: muscle weakness, spasticity, paralysis, hypertonia, and increased physiological reflexes.<sup>3</sup> Cognitive disorders experienced by patients are memory, attention, language, executive function, and visuospatial.<sup>4</sup> These problems cause patients to complain often and feel useless, which indicates that patients experience decreased self-confidence. Patients dependent on fulfilling their daily needs tend to feel isolated, wasted, and a burden to their families.<sup>5</sup> Self-efficacy is one factor that influences the ability to care for themselves every day and be motivated to be independent.<sup>6</sup>

Self-efficacy is an attitude of a person who accepts and appreciates the physical condition of the existence of limitations without reproaching himself and has high self-confidence in carrying out treatment to obtain healing.<sup>7</sup> Low self-efficacy will cause a low level of self-acceptance and motivation that affects the patient's confidence in performing functional activities and self-management related to the healing process in stroke patients.<sup>8</sup> Self-management leads to an individual's ability to manage symptoms, care, physical, psychosocial, and lifestyle changes suffered in chronic conditions. Indicators in self-management of post-stroke patients are capacity, confidence in interacting, strategies, and guidance by health professionals.<sup>9</sup>

Previous research conducted by (Sumbogo et al., 2015) stated that the response to self-acceptance in stroke patients showed that patients who accepted their condition were (32.0%), patients who did not accept their condition were (54.3%), and patients who did not accept their condition were (13.0%). This shows that most stroke patients accept their condition less. Accepting the condition of post-

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