



Effectiveness of Positive Affirmation on Self-Efficacy among Dialysis Patient

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ABSTRACT

The most frequent kind of treatment for people with chronic renal disease is hemodialysis, and because it is so widely available, it has helped patients live longer. Knowledge, confidence, and abilities are necessary for people with CKD to actively self-manage their health. The process of patient activation is known as Self-efficacy. Self-efficacy is a system of beliefs rather than a personality feature. Patients must therefore have greater self-efficacy and believe they can control their disease condition if they want to better self-management of disease processes. You can believe in yourself and what you can accomplish by saying positive affirmations each day. It aids in boosting self-esteem and putting an end to negative thinking. To evaluate effectiveness of self-efficacy among dialysis patient. A quantitative research approach & pre-experimental research design was used. Researcher selected 30 dialysis patients from Parul Sevashram hospital through convenient sampling technique method. CKD self-efficacy scale was utilized to evaluate positive affirmation technique. Findings of the study revealed that In Pretest result indicate there is very poor self-efficacy score, 2 (6.7%) participants had no self-efficacy, majority 18 (60%) participants had mild self-efficacy, and remaining 10 (33.3%) respondents had complete self-efficacy. & post-test self-efficacy score drastically improved. It is evidently reflected in results with no respondents falling in score less than 25 & again effect can be seen with 29 respondents reported improved self-efficacy score. There is also evaluate the section wise self-efficacy score in that there are very low-level shows in problem solving and high score seen in autonomy section. Chi square was used for identifying the association there was an association between Such as educational status ($\chi^2 = 12.600, P = 0.013^*(S)$). From the findings of the study, it is considered that majority of dialysis patients have mild self-efficacy. After that according to section wise analysis results indicate that there is majority of patient having higher score in autonomy and majority of patient having lower self-efficacy score in problem solving area. comparison of pre-test result with post-test that indicate that there is significantly improved self-efficacy score by using positive affirmation.

Keywords: Self-Efficacy, Positive Affirmation, Dialysis Patient.

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INTRODUCTION

Chronic kidney disease, also referred to as chronic kidney failure, is defined by a progressive loss of renal function. Your kidneys filter the blood of wastes and surplus fluid, which is subsequently expelled through urine. If you have advanced chronic renal illness, your body could assemble potentially dangerous levels of fluid, electrolytes, and wastes. According to the United States Centers for Disease Control and Prevention (also known as the CDC), 15% of adults, approximately 37 million people, suffer persistent kidney disease (CKD) [1]. Notably, 1 in 2 patients with very low kidney function who are not on dialysis and 90% of those with chronic kidney disease (CKD) are ignorant of their conditions. Based to the Centers for Disease Control and Prevention (CDC), one in five individuals with high blood pressure and one in three adults with diabetes might also have chronic kidney disease (CKD) [2]. The patient undergoing dialysis must adjust to a number of lifestyle modification and potential setbacks. In the early stages of a disease, a patient may only need to rest and make dietary adjustments; however, as the disease advances, the patient may become physically unable to perform his job duties and may need to take time off work to be hospitalized, which may jeopardize his employment and worsen the financial situation of the family. All of these physical and psychological pressures have potential side effects, including delirium, sadness, anxiety, suicidal ideation, oppositional behavior, sexual dysfunction, and psychosis & low self-efficacy [3]. Self-efficacy is the conviction that one can carry out a task or reach a goal on their own. Albert Bandura was the one who first put out the idea. According to Bandura, the two factors that affect whether a person would engage in a given conduct are self-efficacy and outcome expectation [4]. Through education, nurses can help patients develop their coping, self-management, and self-efficacy skills. Despite their chronic illnesses, patients should be

able to lead satisfying lives and maintain or enhance their physical and mental health. Self-efficacy can be raised via a variety of strategies, including creating SMART objectives and venturing outside of your comfort zone. Third encouraging statement Positive affirmations or brief statements can be used to offset negative ruminations and thoughts. It has been demonstrated that defining and achieving goals increase self-efficacy across a range of domains.

MATERIAL AND METHODS

A pre-experimental (one group pre-test post-test) research study was conducted to evaluate self-efficacy. The study was conducted among dialysis patient. The sample size for the study was 30. Using convenient sampling method and based on the inclusion & exclusion criteria. Male & female age group between 20 to 60 years of dialysis patient were selected. Patients who were disoriented and subjects who refused to participate in the study were eliminated. For this study, data were collected from dialysis patient to evaluate self-efficacy. Tool used in this study was the chronic kidney disease self-efficacy (CKD-SE) Scale. *The intrinsic stability reliability of the entire scale Cronbach's alpha for the 25-item CKD-SE total scale was 0.941.* Data were collected in the dialysis unit at Parul Sevashram hospital. Collected data were analyzed by using descriptive analysis & inferential statistics.

INTERVENTION

Intervention process started by selecting the affirmations that are thought to promote greater independence in patients with chronic illnesses. A self-design affirmation card was designed and later sent for validation. The cards were paired with video which had consulted with 7 nursing experts. The video's content explained regarding what positive affirmation is, its benefits, how it works, and how to apply it in daily life. To ensure compliance, homework sheets that allow participants to share positive affirmations, discuss their feelings regarding affirmations, list a few things they can tell themselves, & express feeling for their lives were structured and distributed to ensure compliance.

On the first day researcher went to the setting for the data collection After informing the participants about the research study and obtaining their agreement, following that, an affirmation card was displayed, along with explaining how to use it and its advantages. homework sheet was distributed to fill out on their own self the next day after repeating the affirmation card and viewing the affirmation video. determine whether they are practicing or not. the entire intervention process was repeated on the third day, the homework sheet was collected, and the participants were encouraged to discuss about it after seven days conducting post-test.

RESULTS

Among the 30 dialysis patients, 23% of dialysis patient belongs to the age group between 30-40 years, 53.3% were female participants whereas majority of 75.7% were married, 66.7% participants had higher secondary education, 60% had employed and 60% participants lived in urban area, 63.3% majority of subjects had 1-3 average year of dialysis, 66.70% sample taking dialysis 3 session/ week, in view of dialysis duration maximum respondents 66.7% had more than 3 hours and 100% participants had haemodialysis. As depicted in Table 1: Pre-test, as we can see that result indicate there is very poor self-efficacy score, 2 participants had no self-efficacy, majority 18 participants had mild self-efficacy, and remaining 10 respondents had complete self-efficacy. In post-test participants self-efficacy score drastically improved. It is evidently reflected in results with no respondents falling in score less than 25 and again shift can be seen with 29 respondents reported improved self-efficacy score.

As illustrated in Table 2: Findings compare the participants' Pre-test and Post-test Self-Efficacy Scores. Participants' efficacy scores raised in the post-test after the intervention compared to the pre-test. The mean post-test score (56.6) exceeded the mean pre-test score (45.2). At 10.01 degrees of freedom and 28 degrees of freedom, the calculated 't' value is 0.05 levels of significance. This shown that positive affirmation significantly improves dialysis patients' self-efficacy scores.

As represented in Table 3: Results demonstrate the relationship between dialysis patients' sociodemographic characteristics and their level of self-efficacy. A chi square analysis was performed to determine the relationship between the post-test level of self-efficacy score among dialysis patients and their chosen socio demographic characteristics. As previously mentioned, there was a relationship between their chosen sociodemographic variables and self-efficacy score. No other variables significantly correlated with the self-efficacy score among dialysis patients who used the self-affirmation strategy, such as educational status ($\chi^2 = 12.600, P = 0.013^*(S)$). The Chi-Square test was used to confirm it.

Table 1: Comparison between the Participants' Post-Test and Pre-Test Self-Efficacy Scores.

Self-Efficacy Score	Pre-Test		Post-Test	
	Frequency	Percentage (%)	Frequency	Percentage (%)
No Self-Efficacy: <25	2	(6.7%)	0	0
Mild Self-Efficacy: 25-50	18	(60.0%)	1	(3.3%)
Complete Self- Efficacy: +50	10	(33.3%)	29	(96.7%)

Table 2: Comparison of Pre-Test and Post-Test Score To Determine the Efficacy of Positive Affirmation.

Score	Mean Score	Standard Deviation	Degree of Freedom	Calculated 't' Value	't' Table Value	Level of Significance
Pre-Test	45.2	13.894	28	10.01	3.0380	0.05*
Post-Test	56.6	16.157				

Table 3: Association of the Demographic Variables with Pre-Test Self-Efficacy Score.

Sr. No.	Demographic Variable	F	Self-Efficacy Score			χ^2	Df	p-value
			No	Mild	Complete			
1	Age							
	20-30 Years	5	0	1	4	11.41	8	0.180 ^{NS}
	31-40 Years	7	1	3	3			
	41-50 Years	6	0	4	2			
	51-60 Years	6	1	5	0			
>60 Years	6	0	5	1				
2	Gender					2.768	2	0.251 ^{NS}
	Male	14	2	7	5			
	Female	16	0	11	5			
	Transgender	0	0	0	0			
3	Marital Status					3.270	4	0.514 ^{NS}
	Married	53	1	14	8			
	Un-married	5	1	2	2			
	Widower/Widow	2	0	2	0			
4	Educational Status					12.600	4	0.013*
	Illiterate	8	2	6	0			
	Higher Secondary or Less	20	0	12	8			
	Graduate	2	0	0	2			
	Post Graduate							
5	Occupational Status					3.33	2	0.189 ^{NS}
	Employed	18	2	12	4			
	Un-employed	12	0	6	6			
6	Residential Area					1.481	2	0.477 ^{NS}
	Urban	18	2	10	6			
	Rural	12	0	8	4			
7	Type of Family					0.89	2	0.956 ^{NS}
	Joint Family	14	1	8	5			
	Nuclear Family	16	1	10	5			
	Extended Family	0	0	0	0			
8	Any bad habits					4.00	2	0.135 ^{NS}
	Smoking	5	0	5	0			
	Drinking Alcohol	0	0	0	0			
	Any other bad habit	0	0	0	0			

	No any bad habit	25	2	13	10			
9	Average Year of Dialysis							
	1 – 3 Year	19	2	10	7	2.200	4	0.699 ^{NS}
	3 – 5 Year	10	0	7	3			
	>5 Year	1	0	1	0			
10	Frequency of Dialysis							
	2 session / week	10	0	4	6	5.200	2	0.074 ^{NS}
	3 session / week	20	2	14	4			
	4 session / week	0	0	0	0			
11	Dialysis session duration (hours)							
	Less than 3 hours	10	1	8	1	3.700	2	0.157 ^{NS}
	More than 3 hours	20	1	10	9			
12	Type of Dialysis Therapy							
	Peritoneal Dialysis	0	0	0	0	0	0	0 ^{NS}
	Haemodialysis	30	2	18	10			

NS- Non-Significance; * Significance at $p \leq 0.05$ level

DISCUSSION

A study was carried out by Nahla Tayyib and Hayfa Almutary. Primary evidence of the perceived self-efficacy among CKD patients receiving dialysis in Saudi Arabia is provided by a study published on January 3, 2022. Patients receiving dialysis had an average self-efficacy score of 192.57 39.23, which is a 76.8% degree of self-efficacy. This moderate level of self-efficacy is consistent with earlier research done with CKD patients [6].

The findings of the present study were conducted by Christopher N. Cascio et al., 2016 Future orientation is strengthened by self-affirmation, which stimulates areas of the brain associated with self-related processing and reward. This study involved 67 participants, and the findings indicate that brain activity predicted changes in sedentary behavior that were consistent with successful affirmation in response to a different physical activity intervention. These findings emphasize the brain mechanisms involved in effective self-affirmation and further indicate that prospection may amplify certain pathways [7].

The results of the study by Shereen Ahmed Qalawa and Sheren Ibrahim Eltahry 2022 show a significant relationship between socio-demographic characteristics and chronic disease self-efficacy among Egyptian hemodialysis patients, particularly in terms of gender, age, marital status, job, and level of education ($p=0.041$, 0.001 , respectively). The study included adult males and females, and it was conducted in the renal dialysis units at Eltadamon Hospital. and among Egyptian hemodialysis patients, there was a significant association between medical history and chronic disease self-efficacy, particularly in regards to the duration of the course of treatment and the frequency of the sessions ($p=0.001$, 0.018) [8].

CONCLUSION

The findings of this investigation indicate that such psychological concepts should be given the same priority and weight as physiological parameters. Additionally, the effectiveness of psychological interventions in improving the quality of life for dialysis patients should be researched alone as well as in combination. With other, the study's findings indicate that low self-efficacy among dialysis patients can be enhanced by giving them encouraging words or positive affirmation.

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