Background: According to Bandura, the sense of self-efficacy has a great impact on how people think, feel, behave and motivate themselves to accomplish certain behaviors (Maibach & Murphy, 1995). Self-efficacy has been used widely in health research, however its implication in health promotion related interventions and practices is limited.

Purpose: Concepts analysis plays a significant role in knowledge and theory development of any science. This paper will demonstrate an in-depth analysis for the concept self-efficacy used in the health care. Also, determine its implications in health promotion interventions.

Methods: An in-depth review of the concept of self-efficacy using Wilson (1963) approach. Wilson’s approach utilizes the following steps: defining the concept, acknowledge its significance, explore concept attributes, identify surrogate terms, describe related concepts, identify the antecedents, explain concept consequences, discuss a model case of the concept, highlight empirical referent, explain its implications for nursing practice.

Results: Analysis of the concepts revealed that self-efficacy is a multifaceted concept, that is dynamic and can change based on previous experiences and the task its associate with. Literature suggest that self-efficacy is a strong predictor of behavior change that should have adequate attention on any health-promotion related interventions. Health promotion of healthy behaviors is the fundamental nursing role to improve the quality of health and to eliminate the burden of diseases experienced by under served populations. In nursing practice, self-efficacy can be used as a key to encourage patients for learning health promotion and disease prevention behaviors. Learning a new behavior is facilitated mostly by combination of different strategies such as observing a role model, practicing the skill till confidence gained and by getting positive feedback.

Conclusion: It was vibrant in this analysis how the self-efficacy is an imperative concept to acquire as it has significant influences on people’s thinking, feeling, motivation and performance. The future nursing researchers should be focused on examining efficacy of health education interventions that enhance perceived self-efficacy for the desired healthy behavior.
References:


Abstract Summary:
Self-efficacy has been used widely in health research, however its implication in health-promotion related interventions and practices is limited. The main aim of this paper is to demonstrate an in-depth analysis for the concept self-efficacy used in the health care. Also, determine its implications in health promotion interventions.

Content Outline:
Introduction

Concepts analysis plays a significant role in knowledge and theory development of any science. This paper will demonstrate an in-depth analysis for the concept self-efficacy used in the health care. Also, determine its implications in health promotion interventions. An in-depth review of the concept of self-efficacy has been done using Wilson (1963) approach for concept analysis. Wilson’s approach utilizes the following steps: defining the concept, acknowledge its significance, explore concept attributes, identify surrogate terms, describe related concepts, identify the antecedents, explain concept consequences, explain its implications for nursing practice.

Body

Defining concept

1. In the Oxford Dictionaries (n.d.) efficacy defined as “the ability to produce a desired or intended result”.

2. The history of self-efficacy begins in 1977 with Bandura’s social cognitive theory. Bandura defines self-efficacy as “beliefs one holds in one’s capabilities to organize and execute the courses of actions required to produce given attainments” (Montigny & Lacharite, 2004).

Significance of Concept

1. According to Bandura, the sense of self-efficacy has a great impact on how people think, feel, behave, and motivate themselves to accomplish certain behaviors (Maibach & Murphy, 1995).

Attributes of Self-Efficacy

1. The literature review revealed that the defining characteristics of individuals who have high level of self-efficacy are (a) having a strong personal belief to master certain activity, (b) having perceived capability or confidence to perform the required behavior for goal achievement; and (c) having sustained efforts and able to cope successfully with stress or environmental stimuli.

Surrogate Terms of Self-Efficacy

1. Perceived self-efficacy is one of the terms that have been interchangeably used in the literature to represent self-efficacy (Maibach & Murphy, 1995). Perceives is a word that means to achieve understanding of something or to become conscious of through senses (Zulkosky, 2009).

Related Concepts to Self-Efficacy

1. In the literature review, it was found that the self-esteem, self-confidence, locus of control and generalized self-efficacy are the most common concepts that have relation to the self-efficacy (Maibach, & Murphy, 1995).

Antecedents of Self-Efficacy

Bandura identified the major sources of information for self-efficacy that are: vicarious experience, enactive attainment, verbal persuasion and physiological state (Bandura, 1982).

Consequences of Self-Efficacy
The consequences of self-efficacy are reliant on one’s perceptions of the event, behavior desired, and judgment of his abilities of performing the required behavior.

**Implications of Self-Efficacy in Nursing Practice**

Self-efficacy has many implications for nursing practice. In nursing practice, self-efficacy can be used as a key to encourage patients for learning health promotion and disease prevention behaviors. Learning a new behavior is facilitated mostly by combination of different strategies such as observing a role model, practicing the skill till confidence gained and by getting positive feedback.

**Conclusion**

Analysis of the concepts revealed that self-efficacy is a multifaceted concept, that is dynamic and can change based on previous experiences and the task its associate with. In research studies, self-efficacy has been identified as a crucial indicator of successful adherence to healthy behaviors. Therefore, this concept is expected to play a vital role in developing advanced nursing practice since promotion of healthy lifestyle and risk reduction is the major role of advanced practice nurses. The future nursing researchers should be focused on examining efficacy of health education interventions that enhance perceived self-efficacy for the desired healthy behavior.

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