

# Self Efficacy among Diabetic Patients

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**Abstract:** *Self-efficacy plays a major part in determining our chances for success; in fact some psychologists rate self-efficacy above talent in the recipe for success. We need to pay special attention to self-efficacy when setting goals to make sure that our efficacy beliefs are in line with our aims and not working against them. The aim of the present study was to find out the difference between male and female in urban and rural area. Diabetic Patients on Self-efficacy. For the present study 120 samples selected from Aurangabad taluka by purposive sampling method data were collected by General Self-Efficacy Scale. Result indicates that there is significant difference with respect to gender and area in self efficacy of diabetic patients. So it can be concluded that male diabetic patients has more self efficacy than female diabetic patient and urban diabetic patients has high self efficacy than rural diabetic patients..*

**Keywords:** Self-efficacy and Diabetic Patients

## 1. Introduction

Self-efficacy, or confidence as it is commonly known, is one of the most enabling psychology models to have been adopted into positive psychology. It is the optimistic self-belief in our competence or chances of effectively accomplishes a task and producing a favorable outcome.

Self-efficacy plays a major part in determining our chances for success; in fact some psychologists rate self-efficacy above capacity in the recipe for success. We need to pay special attention to self-efficacy when setting goals to make sure that our efficacy beliefs are in line with our aims and not working alongside them.

Self-efficacy is a belief of individuals in their abilities to carry out a successful practice and is a theory in itself, as well as a structure of the social cognitive theory. The self-efficacy theory argues that people will take action when they believe they are able to do it and will avoid an action when they believe they may fail. Self-efficacy is the condition of a behaviour and should be considered as an independent part of basic skills. In total, Bandura believes that self-efficacy is the main construction in predicting individual's behaviour change and typically the ones that show a high level of behavioral changes have higher efficiency.

Diabetes both Type 1 or type 2 has equally strong genetic and environmental risk factors, an interaction of which leads to the clinical expression of the disease. Possibility of some aspects of diet and viral infections triggering an autoimmune exposure causing specific destruction of the Beta cells of pancreas has been proposed.

Type 2 diabetes has a more complex etiopathology. Though it has a strong genetic basis, as shown by its Hereditary nature the major vulnerability genes have not yet been recognized. Racial tendency as seen in Asian population is also ordinary. The environmental factors showing from connection with diabetes are growing age, family history of diabetes, obesity, unhealthy diet, physical inactivity, insulin resistance, adverse intrauterine environment and stress factors.

## 2. Methodology

### Objectives

- 1) To Compare Self Efficacy amongst Male and Female Diabetic Patients
- 2) To measure self Efficacy among rural and urban Diabetic Patients

### Hypotheses

- 1) Self Efficacy would be high in Male Diabetic Patients than Female Diabetic Patients.
- 2) There will be significant difference between rural and urban Diabetic Patients

### Sample

This was a hospital based study conducted in Aurangabad taluka, Maharashtra. Study conducted at Dr. Hedagewar hospital Aurangabad. Dr. Hedagewar is a multi specialty hospital. A known case of diabetic patient who came to a physician to seek medical care constituted the study population. A diabetic patient in between 18-60 yr included in study population. A total of 120 patients were included in the study. in which 60 were male & 60 were female from rural and urban area. Patients coming out from medicine, psychiatric, nutritionist OPD were selected by purposive sampling method.

### Variable

#### Independent Variable:-

Diabetic Patient

- 1) Gender: (A)
  - a) Male
  - b) Female
- 2) Area
  - a) Urban
  - b) Rural

#### Dependent Variable

Self efficacy

**Tools****General Self-Efficacy Scale (GSE)**

This scale is a self-report measure of self-efficacy. It has 10 Items. Internal reliability for GSE = Cronbach's alphas between .76 and .90 Validity. The General Self-Efficacy Scale is associated to emotion, optimism, work satisfaction. Negative coefficients were found for depression, stress, health complaints, burnout, and anxiety. Scoring: Not at all true; Hardly true; Moderately true; Exactly true. All questions 1 2 3 4. The total score is planned by finding the sum of the all items. For the GSE, the total score ranges between 10 and 40, with a higher score representative more self-efficacy.

**Statistical Analysis**

The data were analyzed with the help of descriptive statistics i.e., Means & SDs of diabetic patient.

**3. Result and Discussion**

**Table 1:** Mean and S.D. of Self efficacy of diabetic patient (gender wise)

Gender	N	Mean	SD	F	Sig.level
Male	60	24.78	5.12	56.19	0.05
Female	60	19.38	4.16		

**Table 2:** Mean and S.D. of Self efficacy of diabetic patient (area wise)

Area	N	Mean	SD	F	Sig.level
Rural	60	19.15	4.34	69.87	0.05
Urban	60	25.016	5.10		

Table number 1 shows gender wise mean different among diabetic patient on self efficacy male mean if 24.78 and S.D. is 5.12 female mean is 19.38 and S.D. is 4.16 and F value is 56.19 which is significant on 0.05 that means there is significant different between male and female diabetic patient on self efficacy there for hypothesis number 1 is accepted.

Table number 2 shows area wise mean different among diabetic patient on self efficacy rural mean if 19.15 and S.D. is 4.34 urban mean is 25.016 and S.D. is 5.10 and F value is 69.872 which is significant on 0.05 that mean there is significant different between Rural and urban area diabetic patient on self efficacy there for hypothesis number 2 is accepted.

**4. Conclusion**

The aim of the present was to find out self efficacy among Diabetic Patients our result indicates that there is significant difference with respect to gender and area in self efficacy of diabetic patients. So it can be concluded that male diabetic patients has more self efficacy than female diabetic patient and urban diabetic patients has high self efficacy than rural diabetic patients.

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