IMPROVING SELF-EFFICACY OF HEALTHY LIVING BEHAVIOR IN NURSING STUDENTS AT UNIVERSITAS JENDERAL SOEDIRMAN THROUGH NEUROLINGUISTIC PROGRAMMING

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ABSTRACT

Objectives: This study aimed to analyze the effect of NLP on self-efficacy of healthy living behavior in nursing students of Jenderal Soedirman University.

Methods: This study used a pretest-posttest quasi experiment design with control group design. Respondents in this study were 34 people consisting of 19 people as the intervention group and 15 people as the control group. Data was collected using a questionnaire. Data analysis used pair test, Wilcoxon and Mann Whitney statistical tests.

Results: The results of the bivariate test showed that there was increased of average of self-efficacy after intervention by NLP, and there was a difference in the average self-efficacy before and after intervention between the intervention group and the control group, (p = 0.00).

Conclusion: NLP effectively increases the self-efficacy of healthy living behavior in nursing students at Universitas Jenderal Soedirman.

Keywords: self-efficacy; student of nursing; healthy living behavior


INTRODUCTION

Non-communicable diseases (PTM) have become one of the public health problems faced in all parts of the world. Deaths from PTM are expected to continue to increase throughout the world. In total, in 2030 it is predicted that there will be 52 million deaths per year due to non-communicable diseases¹. PTM that continues to increase has an impact on increasing the burden of health financing, especially if PTM develops into chronic and various complications arise². Basically, most PTM can be prevented in an easy way. One effort to prevent various PTMs is by health promotion. According to the Center of Disease Control, health promotion is the main strategy for promoting health and preventing disease³. Pender et al also revealed that health promotion is an important determinant of individual health status carried out by individuals to achieve their own health⁴. Disease prevention and health promotion are the responsibility of health workers, one of whom is a nurse. Nurses are expected to be role models in seeking to improve the level of public health. A health worker who can apply a healthy lifestyle during his life, he will be able to improve the quality of care provided to the community or his clients⁵. Nursing students as the next generation of nurses will become "health promoters", also have the same potential to be exposed to various PTM because of the risk factors they have. However, according to a study conducted by Blake et al about the lifestyle of nursing students, information was obtained that there were still many nursing students who were obese, smokers, lacking physical activity, poor diet and...
consuming alcohol more than recommended\(^6\). The study of "developing healthier students" conducted by Wills at London South Bank University also showed that as many as 47% of nursing students were obese, 18% were active smokers, 78% were alcoholics, 24% were reported rarely or never exercised at least 30 minutes\(^7\). Healthy life style (health behavior) or health promoting life style according to Pender et al is an important determinant of individual health status carried out by individuals to achieve their own health. Health promotes life style (Behavior to improve health) is directed to achieve a higher level of welfare, fulfillment of personal needs and self-actualization\(^4\). Efforts to achieve healthy behavior are influenced by various factors, one of which is self efficacy. Self-efficacy is a person's belief that he is able to carry out healthy behaviors. If one's self-efficacy is high, then behavior change will be easier than someone who has low efficacy\(^8\). The results of previous studies conducted showed that the healthy behavior of Nursing Department students at Jenderal Soedirman University in all domains was at a median value of 2.58 with a minimum value of 1.69 and a maximum of 3.54. Achieving healthy behaviors is in the moderate category (2.50-3.49). The results of the study also show that the level of self-efficacy is still in the moderate category. The results of the correlation analysis show that self-efficacy is positively and strongly correlated with healthy living behavior (\(r = 0.674\)). The multivariate test results also showed that the variables of self-efficacy had the highest \(\beta\) coefficient of 0.642, which implies that self-efficacy is the most important determinant that influences healthy living behavior of unsure Nursing students\(^9\). One's self-efficacy is strongly influenced by various factors. The first factor is the success that one often gets, this factor will increase one's self-efficacy, and vice versa. Next is the factor of experience of others who have similarities to the individual in doing the task will improve one's self-efficacy. Next is the physiological and emotional state. The last factor is social persuasion. This factor is information about the ability that is conveyed verbally by someone who is influential, usually used to convince someone that he is capable enough to do a task \(^{10}\). Self-efficacy can be improved by various approaches. One approach that is possible to improve student self-efficacy in healthy living behavior is to do social persuasion efforts. The form of therapy modality that may be effective in increasing self-efficacy is Neuro Linguistic Programming (NLP). NLP is a programming technique in the human mind using language. This technique was discovered by Richard Bandler in 1970. NLP began to develop in Indonesia since 1998\(^{11}\). Based on the various problems above, researchers were interested in conducting a study of the effect of NLP on improving self-efficacy in healthy life behaviors of FIKes Nursing Department students at Jenderal Sudirman University. Providing programs to the brain with the NLP technique on students is expected to be able to improve students' self-efficacy towards their healthy lifestyle.

**METHODS**

The type of research used is Quasi experiment interprettest-posttest design with control group. The intervention group was given a pre test (O1) to determine self-efficacy before intervention, then NLP intervention was given and then underwent a post test (O2) to determine self-efficacy after intervention, while the control group was given a pre test (O3) to determine measurement self-efficacy and then underwent post-test (O4) to determine final measurement self-efficacy, without NLP (-) intervention. The difference between O2-O1 and O4-O3 is assumed to be the effect of intervention. This research was conducted for 6 months in the Nursing Department of Jenderal Soedirman University. The time of the study took place from March to July in 2018. The population in this study were all students of the 2017 grade Nursing Department. Sampling in this study was conducted by simple random sampling. The inclusion criteria in this study were students who were willing to become research respondents. Data were collected using the Specific Self-Efficacy questionnaire (Becker, et al, 1993)\(^{17}\). Data analysis was done by using a computer program for processing data. Bivariate analysis was carried out to determine the differences before and after treatment was given between the intervention and control groups using Mann Whitney. Statistical tests were carried out with a confidence level of 95% (\(\alpha = 0.05\)) (Sastroasmo, 2011)\(^{18}\).

**RESULTS**

Table 1. Results of the analysis between the intervention and control groups before and after treatment

\(^{17}\) Becker, et al, 1993

\(^{18}\) Sastroasmo, 2011
DISCUSSION

The bivariate test results showed that there were differences in self-efficacy before and after intervention between the intervention group and the control group (p = 0.00). This is in line with the results study proving that the provision of Neuro Linguistic Programming (NLP) training has an effect on increasing self-acceptance of persons with disabilities in adolescents with disabilities in the social care rehabilitation center BinaDaksa "Suryatama" BangilPasuruan\(^{(12)}\).

NLP can effectively improve the self-efficacy of nursing students in carrying out healthy life behaviors because NLP uses a social persuasion approach in the process. According to Bandura social persuasion is information about abilities that are conveyed verbally by someone who is influential, usually used to convince someone that he is capable enough to do a task\(^{(13)}\).

The form of social persuasion applied in NLP is by doing programming techniques in the human mind using language. NLP assumes that every human being already has a program in each of them that is obtained through genetic and learning processes throughout life. NLP’s activities are to adjust or change the program so that its owners are more effective as individuals. Mind becomes a focus in NLP because NLP considers that both physiological and emotional processes are a unity that influence each other with the mind as the center. Meanwhile, media language is used predominantly in NLP because the intervention process is essentially a process of communication between parts / parts within us so that it is aligned with the direction of change we want\(^{(14)}\).

According to Bandura in Salam self-efficacy has a relationship with changes in behavior (behavioral changes). The process of changing self-efficacy begins with the entry of information conveyed through the five senses. According to NLP experts, information can enter into our minds through the sensory canals, namely visual (auditory), auditory (auditory), kinesthetic), olfactory and gustatory. In the process, every information will experience deletion, generalitation or distortion\(^{(15)}\). Furthermore, the information entered then continues to be used as an internal representation and becomes an internal state, and eventually will change a person's behavior (behavior). Giving programs to the brain with the NLP technique will change someone's internal state which will eventually change their behavior\(^{(16)}\).

CONCLUSION

NLP effectively increases the self-efficacy of healthy living behavior in nursing students at JenderalSudirman University

ACKNOWLEDGMENTS

Our gratitude goes to the academics majoring in nursing at the Faculty of Health Science JenderalSudirman University and also to the Research and Service Institute of JenderalSudirman University for the support and funding of this research.

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