

AN OVERVIEW OF SELF-EFFICACY IN INDIVIDUALS WITH POSTNATAL PHYSICAL DISABILITIES

Harum Amarrissa Harsojoh¹ & Meiske Yunithree Suparman²

¹Faculty of Psychology, Universitas Tarumanagara, Jakarta, Indonesia
Email: harum.705210081@stu.untar.ac.id

²Faculty of Psychology, Universitas Tarumanagara, Jakarta, Indonesia
Email: meiskey@fpsi.untar.ac.id

Enter : 13-09-2024, revision: 17-10-2024, accepted for publication : 11-11-2024

ABSTRACT

Self-efficacy is an individual's belief in their ability to face challenges and achieve goals. For individuals with physical disabilities acquired after birth, self-efficacy is important to support adaptation to major changes, influencing daily activities and social interactions. This study aims to describe self-efficacy in individuals with physical disabilities acquired after birth and the supporting factors. The research uses a descriptive qualitative method through in-depth interviews with five participants aged over 20 years who have been living with disabilities for at least one year and remain active in daily activities, both social and productive. Data analysis focuses on the dimensions of self-efficacy introduced by Albert Bandura, namely magnitude, generality, and strength, as well as supporting factors such as social support, personal motivation, and past experiences. The results show that the magnitude dimension is the most dominant, with participants being able to complete tasks independently. The strength dimension is observed in participants who transform negative experiences into motivation, while the generality dimension is less evenly distributed. Social support and personal motivation are the main factors in building self-efficacy. This study highlights the importance of self-efficacy in supporting the independence of individuals with physical disabilities acquired after birth and can serve as a basis for developing more effective interventions.

Keywords: self-efficacy, physical disabilities, postnatal

1. PREFACE

Physical disabilities acquired after birth often present significant challenges in various aspects of an individual's life, including physical, psychological, and social well-being. Unlike congenital disabilities, which individuals experience from birth and gradually adapt to, postnatal physical disabilities result from accidents, illnesses, or medical conditions that alter an individual's physical capabilities, often abruptly. These sudden changes require individuals to modify their

lifestyle, relearn certain skills, and develop new strategies to navigate daily life. The adjustment process is rarely straightforward and can be accompanied by psychological and emotional struggles, such as frustration, grief, and a sense of loss over previous physical abilities (Damayanti et al., 2021). As individuals transition into this new reality, they must find ways to cope with the limitations imposed by their condition while striving to maintain their independence and quality of life.

The process of adaptation can be particularly challenging, as individuals with postnatal disabilities often face a dramatic shift in their daily functioning. Unlike individuals with congenital disabilities who have the opportunity to develop coping mechanisms from an early age, those with postnatal disabilities must often adjust within a relatively short period. This abrupt transition may lead to feelings of helplessness, anxiety, and decreased self-confidence, as they may perceive their disability as an obstacle to their former routines and aspirations (Agustina & Valentina, 2023). Furthermore, the social implications of disability, including

stigma and reduced accessibility, can contribute to feelings of isolation and frustration, further complicating the psychological adjustment process.

A crucial factor in this adaptation process is self-efficacy, a concept introduced by Albert Bandura in 1997. Self-efficacy refers to an individual's belief in their ability to succeed in specific situations, influencing how they approach challenges, set goals, and persevere in the face of difficulties. Individuals with higher self-efficacy are more likely to engage in adaptive behaviors, seek out solutions to their problems, and persist despite setbacks. Research has shown that strong self-efficacy is associated with increased motivation, better emotional regulation, and reduced psychological distress (Bandura, 1997). For individuals with postnatal disabilities, self-efficacy plays a fundamental role in determining how well they adjust to their condition, whether they actively engage in rehabilitation, and how they perceive their own capabilities in managing daily life. Although much research has demonstrated the importance of self-efficacy in adapting to disability, there remains a gap in understanding how self-efficacy is formed and maintained in individuals with postnatal physical disabilities. The sudden nature of postnatal disabilities adds an additional layer of complexity to the development of self-efficacy, making it crucial to explore the specific factors that influence it in this population.

Previous studies on self-efficacy in individuals with disabilities have largely focused on those with congenital disabilities or adolescents (Zahri & Imanti, 2022). These studies have emphasized the role of social support, mastery experiences, and positive reinforcement in enhancing self-efficacy. However, the challenges faced by individuals with postnatal disabilities differ significantly from those with congenital conditions, as they must navigate the emotional impact of losing previously held physical abilities and reestablishing their sense of independence. Unlike those who have had a lifetime to develop coping mechanisms, individuals with postnatal disabilities are often forced to adapt within a short time frame, which may influence how they perceive their abilities and their capacity to regain autonomy (Sumarno et al., 2020). Understanding these differences is critical for developing targeted interventions that address the unique struggles of this population.

In addition to physical adaptation, psychological and emotional adjustment plays a crucial role in shaping self-efficacy (Purwanti, 2015). Factors such as the availability of social support, exposure to stigma, personal resilience, and access to rehabilitation services can either hinder or facilitate the development of self-efficacy. Social stigma surrounding disability can lead to discrimination and marginalization, affecting an individual's confidence and self-worth. Conversely, strong support networks, whether from family, friends, or peer groups, can serve as a protective factor, encouraging individuals to remain engaged in their rehabilitation and social activities. Research by Schwarzer & Fuchs (1996) has demonstrated that self-efficacy is closely linked to positive health behaviors, reduced stress, and overall well-being. This suggests that fostering self-efficacy not only improves psychological resilience but also enhances an individual's ability to engage in daily activities and maintain their independence. However, there remains a lack of research that specifically examines how these factors influence self-efficacy in adults with postnatal disabilities. Addressing this gap is essential for developing effective

interventions that empower individuals to rebuild their confidence and sense of control over their lives.

This study aims to explore how self-efficacy develops in individuals with postnatal physical disabilities, focusing on the role of social support, personal motivation, and previous successes in fostering self-belief. By examining the interactions between these factors, the research seeks to provide a comprehensive understanding of how individuals navigate the challenges associated with their disability and the mechanisms that contribute to their psychological resilience. The findings are expected to contribute valuable insights that can inform the development of targeted interventions designed to enhance self-efficacy in this population. Additionally, by identifying the specific challenges faced by individuals with postnatal disabilities, this study aims to provide practical recommendations for healthcare providers, rehabilitation specialists, and policymakers to promote greater independence and psychological well-being. Strengthening self-efficacy not only improves the quality of life for individuals with postnatal disabilities but also encourages a more inclusive society where they can fully participate in various aspects of life without undue limitations.

2. RESEARCH METHOD

Samples

This study involved five male participants aged between 29 and 52 years, all residing in a social institution in Jakarta. The selection of participants was based on two primary criteria: first, they had to be individuals with physical disabilities acquired after birth, ensuring that they had experienced a significant transition in their physical condition and had undergone the process of adapting to their new circumstances. Second, they needed to have lived with their disability for at least one year and be over the age of 20. This criterion was set to ensure that participants had sufficient time to develop coping mechanisms and to reflect on their experiences regarding self-efficacy. By including individuals who had lived with their condition for at least a year, the study aimed to capture insights from participants who had moved beyond the immediate shock of their disability and had begun engaging with adaptive strategies in their daily lives.

The disabilities among participants were caused by various factors, including accidents and medical conditions such as stroke and limb amputations. These conditions significantly impacted their mobility, daily functioning, and overall quality of life. While some participants experienced a gradual decline in their physical abilities due to medical conditions, others had to adjust to a sudden and dramatic change following traumatic incidents. The diversity in the causes of disability provided a broader perspective on the different ways individuals develop self-efficacy, depending on the nature of their impairment and the circumstances surrounding its onset. Additionally, the variation in age among participants allowed for an exploration of how self-efficacy might evolve at different life stages and how external factors, such as social support and institutional assistance, influenced their adaptation process.

The researcher used a purposive sampling technique to select participants. A purposive sampling technique was employed in this study because it enables researchers to identify and include individuals who meet specific criteria that are essential for addressing the research questions (Sugiyono, 2016). Unlike random sampling, which may include individuals who lack relevant experiences, purposive sampling ensures that participants possess the characteristics necessary to provide meaningful insights into the phenomenon being studied. This method was particularly suitable for the research, as it focused on individuals who had firsthand experience with postnatal physical disabilities and could articulate their perspectives on self-efficacy.

By selecting participants who had already navigated at least one year of living with a disability, the study sought to capture a more in-depth understanding of how self-efficacy develops over time. The purposive sampling approach also helped ensure that the participants could provide reflective accounts of their personal challenges, coping strategies, and the role of external factors such as social support, institutional assistance, and psychological resilience in shaping their confidence in their abilities. Furthermore, this method allowed for a more targeted exploration of the differences in self-efficacy development based on factors such as the cause of disability, duration of disability, and age-related variations in adaptation.

Through this sampling technique, the study was able to focus on individuals who could offer valuable perspectives on the challenges and triumphs associated with adjusting to postnatal physical disabilities. The findings from these participants are expected to contribute significantly to understanding the role of self-efficacy in fostering independence, psychological well-being, and overall quality of life for individuals facing similar circumstances.

Measurement

Data for this study were collected using qualitative methods, specifically through in-depth interviews and participatory observation. The in-depth interviews were semi-structured, with open-ended questions designed to explore the participants' personal experiences, perceptions, and meanings regarding their disabilities and self-efficacy. The interview questions were developed based on Bandura's (Zahri & Imanti, 2022) theory of self-efficacy, focusing on the three key dimensions: magnitude, generality, and strength. These dimensions were explored through questions about daily life challenges, social interactions, and the strategies participants used to cope with their disabilities. The semi-structured nature of the interviews allowed for flexibility in the conversation, enabling participants to share their experiences in their own words, while still ensuring that key areas related to self-efficacy were addressed. By asking participants to reflect on their lived experiences, the researcher was able to uncover how their beliefs in their abilities developed over time, particularly in relation to overcoming specific barriers linked to their disabilities.

In addition to interviews, participatory observation was conducted within the social welfare center to gain a deeper understanding of the context in which the participants lived. This approach allowed the researcher to observe the participants' interactions with their environment, caregivers, and peers, providing a richer understanding of how social support, daily routines, and the physical environment contributed to their self-efficacy. Through observation, the researcher could document the ways in which participants navigated their daily tasks, interacted with others, and managed challenges, offering a comprehensive picture of their coping strategies and resilience. Observing the participants in real-time, rather than relying solely on their retrospective accounts, provided an additional layer of insight into the real-world application of self-efficacy.

The observations were documented through field notes and supplemented with audio recordings of the interviews. This combination of qualitative methods ensured that the data collected were both comprehensive and nuanced, allowing for a thorough analysis of how self-efficacy developed in individuals with postnatal physical disabilities. The field notes served to capture the context, non-verbal communication, and environmental factors that might influence participants' self-efficacy, while the audio recordings provided verbatim accounts of the interviews, preserving the participants' own words and reflections. Together, these methods contributed to a

deeper understanding of the ways in which the participants' self-efficacy was shaped by their social and physical environments, offering valuable insights for both theory and practice in supporting individuals with postnatal disabilities.

Data Collection and Analysis

Once the data were collected, they were transcribed verbatim from the audio recordings. The transcriptions were then analyzed using a descriptive analysis approach to identify themes and patterns that emerged from the data (Sugiyono, 2016). Descriptive analysis was chosen for its ability to provide a detailed and comprehensive view of the data, enabling the researcher to capture the nuances of participants' responses. Thematic coding was applied to organize the data into meaningful categories that were related to the dimensions of self-efficacy, as described by Bandura. This involved carefully reading and rereading the transcripts to identify recurrent themes and subthemes that reflected the participants' lived experiences. By analyzing the data in this systematic manner, the researcher could ensure that the findings were grounded in the participants' actual words and reflections, rather than imposed categories.

The analysis was carried out in several stages. First, the data were grouped according to the three key dimensions of self-efficacy—magnitude, generality, and strength. This step helped to organize the data in a way that allowed for a clearer understanding of how the participants viewed their ability to handle tasks of varying difficulty (magnitude), apply their self-efficacy across different life domains (generality), and persevere through challenges (strength). Once the data were categorized, the researchers then identified the factors influencing self-efficacy, such as social support, past successes, and personal resilience. Social support, for example, emerged as a crucial factor in the development of self-efficacy, as participants often spoke about the encouragement they received from family, peers, and caregivers. Personal resilience, on the other hand, was often cited as a key factor in overcoming adversity, particularly in the face of unexpected challenges.

The themes that emerged from the interviews and observations were cross-checked for consistency and validity. This process of cross-checking was essential to ensure that the findings were accurate and reflected the participants' experiences authentically. By comparing the themes identified in both the interviews and observations, the researcher was able to validate the results and ensure that the conclusions drawn were not based on isolated incidents or perspectives but were consistent across different data sources. This process helped enhance the trustworthiness of the study and confirmed that the findings were truly reflective of the lived experiences of the participants.

Ethical considerations were maintained throughout the study. All participants were provided with informed consent forms, ensuring that they fully understood the purpose of the study, the procedures involved, and their rights as participants. These consent forms were designed to ensure that participants were aware of their role in the research and were informed about how their data would be used. The anonymity and confidentiality of the participants were upheld, ensuring that their personal information was protected throughout the study. Participants were also assured that they could withdraw from the study at any time without consequence (Pebrina et al., 2022). This ethical framework ensured that the study was conducted with respect for the participants' rights and well-being, aligning with established ethical standards for research involving human subjects.

3. RESULTS AND DISCUSSION

This study revealed that self-efficacy in individuals with postnatal physical disabilities is shaped by three core dimensions: magnitude, generality, and strength. These dimensions reflect how individuals perceive and respond to challenges in their daily lives, as well as their broader adaptability to new and complex situations. Most participants demonstrated a high level of confidence in managing daily tasks, such as personal care, household chores, and community activities, despite their physical limitations. This ability to perform everyday tasks and routines exemplifies their resourcefulness and adaptability. Even when faced with physical obstacles, participants employed creative and practical strategies to modify their routines and maintain their independence. This is in line with Bandura's concept of mastery experiences (Bandura, 1997), where success in completing even small, everyday tasks contributes to the enhancement of self-efficacy. The ability to successfully navigate these challenges fosters confidence and strengthens participants' belief in their own capabilities. This illustrates how overcoming seemingly routine tasks serves as a powerful tool in the development and reinforcement of self-efficacy.

The dimension of generality, or the ability to apply self-efficacy across a range of different life contexts, was also prominent in the study. Participants who received consistent support from family members, caregivers, and peers showed a greater sense of confidence in applying their self-efficacy beliefs across various areas of life, including social interactions, vocational endeavors, and the pursuit of new challenges. This highlights the critical role that social support plays in reinforcing self-belief and encouraging individuals to embrace unfamiliar or daunting situations. On the other hand, participants who encountered limited social support or experienced negative social interactions found it more difficult to generalize their self-efficacy to new contexts. These findings underscore the necessity of cultivating supportive environments in order to extend self-efficacy across a broader array of life situations. Furthermore, they suggest that social networks, including family and peer groups, can act as essential factors in mitigating the challenges faced by individuals with disabilities, ultimately helping them to develop a more adaptive and confident approach to life.

The dimension of strength, or resilience, emerged as a critical factor in maintaining and enhancing self-efficacy. Many participants shared experiences of being stigmatized because of their disabilities, which led to initial feelings of frustration and self-doubt. However, over time, many were able to reframe these negative experiences and use them as motivation to demonstrate their capabilities and continue moving forward. This ability to transform adversity into a source of motivation illustrates adaptive resilience, which is integral to the concept of self-efficacy. Emotional regulation and perseverance in the face of setbacks were key elements in helping participants maintain their self-belief. Their ability to overcome challenges and persist despite difficulties suggests that resilience plays a vital role in sustaining and strengthening self-efficacy. This aligns with Bandura's theory, which emphasizes the importance of emotional regulation in sustaining self-efficacy, particularly when individuals encounter repeated challenges or societal rejection (Bandura, 1997). The findings highlight the critical need to nurture resilience in individuals with disabilities, as it is essential to their long-term ability to cope with adversity and maintain self-efficacy.

The study further emphasizes the complex interplay of personal, social, and emotional factors that shape self-efficacy in individuals with postnatal disabilities. Unlike individuals with congenital disabilities, who may have had time to develop coping strategies over a prolonged period, individuals with postnatal disabilities are often required to adjust to a sudden and sometimes traumatic change in their physical abilities. This abrupt transition presents a unique

set of challenges that necessitate a more immediate and intense process of adaptation. Therefore, interventions must address not only the physical aspects of rehabilitation but also the psychological elements, focusing on building resilience and confidence amidst rapid and significant changes in physical functioning.

When compared to previous research, including studies on self-efficacy in adolescents with congenital disabilities (Zahri & Imanti, 2022), the findings of this research highlight the additional psychological challenges faced by individuals with postnatal disabilities due to the sudden onset of their disability. While both studies emphasize the importance of social support and mastery experiences in fostering self-efficacy, individuals with postnatal disabilities must contend with the complexities of rebuilding their self-confidence after a significant life event. This study adds new dimensions to the understanding of self-efficacy by expanding the focus beyond vocational contexts, which have traditionally been the primary domain of research on disability and self-efficacy. Previous studies have largely concentrated on self-efficacy in workplace adaptation, but this study shows that self-efficacy is just as essential in other aspects of life, such as daily living, emotional regulation, and integration into the community (Sumarno et al., 2020). The findings emphasize the need for interventions that address not just vocational and physical rehabilitation but also the emotional and social aspects of life, suggesting a more holistic approach to supporting individuals with postnatal disabilities.

To conclude, this study underscores the multidimensional nature of self-efficacy, shaped by both internal factors, such as resilience, and external factors, such as social support. Participants who received consistent support and had opportunities for mastery experiences were more successful in adapting to their disabilities. In contrast, those with limited social support faced greater challenges in maintaining their self-efficacy. These findings emphasize the need to create inclusive environments that foster psychological growth, skill development, and social integration for individuals with postnatal physical disabilities. This research provides critical insights into the broader understanding of self-efficacy within the context of acquired disabilities, offering valuable implications for future research, interventions, and policy initiatives. By addressing both the psychological and physical dimensions of adaptation, future interventions can more effectively support individuals in overcoming challenges and achieving greater independence and well-being.

4. CONCLUSIONS AND RECOMMENDATIONS

Each manuscript must conclude with a section that summarizes the key findings of the research, as well as the suggestions and recommendations that emerge from the research activities. This study underscores the pivotal role of self-efficacy in individuals with postnatal physical disabilities, offering a deeper understanding of how self-efficacy develops and is influenced by specific factors. The study reveals that self-efficacy in these individuals is shaped by three primary dimensions: magnitude, generality, and strength. Participants in this study demonstrated a robust belief in their ability to handle a wide range of daily tasks, manage new challenges, and persist through setbacks, even when confronted with physical limitations and societal stigma. This highlights the resilience of individuals with postnatal disabilities, showing that despite the adversity they face, they maintain a strong sense of self-belief and the determination to overcome difficulties.

The findings emphasize the significant role of social support, personal motivation, and mastery experiences in fostering and strengthening self-efficacy. Social support, in particular, emerged as

a critical factor, facilitating the extension of self-efficacy across various life domains, such as social interactions and vocational activities. The support received from family, caregivers, and peers was identified as essential in bolstering the participants' self-confidence and reinforcing their ability to adapt to their new circumstances. The importance of providing consistent encouragement and creating environments where individuals can experience small successes cannot be overstated, as these factors were shown to significantly enhance participants' perceptions of their own abilities and resilience.

Furthermore, resilience—or strength—emerged as a key factor in enabling participants to overcome adversity and maintain their self-belief. Those who exhibited higher levels of resilience were better able to adapt to their disabilities and navigate the challenges that arose. Resilience played a crucial role not only in dealing with the immediate physical limitations but also in fostering a sense of psychological strength to confront ongoing challenges. This highlights the need for interventions that go beyond physical rehabilitation to also focus on psychological aspects of adaptation, particularly the development of resilience and the rebuilding of self-efficacy. Such interventions should emphasize fostering a mindset that encourages personal growth and self-reliance, alongside providing tangible support for overcoming physical barriers.

The study also contributes to a deeper understanding of self-efficacy in the context of acquired disabilities, providing a comparison to existing research that has primarily focused on individuals with congenital disabilities. This contrast underscores the unique psychological challenges faced by individuals who acquire disabilities later in life. Unlike individuals with congenital disabilities, who may have had a longer period to adapt and develop coping strategies, those with postnatal disabilities often face a more abrupt transition. They must adjust to significant physical changes and rebuild their confidence in a relatively short period. This suggests the need for tailored interventions that specifically address the psychological and emotional aspects of adapting to acquired disabilities, ensuring that individuals receive the right support at the right time to help them navigate their new reality.

In conclusion, promoting self-efficacy in individuals with postnatal physical disabilities requires a comprehensive approach that addresses both personal and environmental factors influencing self-belief. Programs aimed at fostering social support, emotional resilience, and providing opportunities for mastery experiences can significantly improve the quality of life and independence of these individuals. Additionally, interventions should incorporate strategies to help individuals rebuild their confidence and adapt to their new physical reality. This study offers valuable insights for future research and practical interventions aimed at enhancing self-efficacy, improving quality of life, and supporting the overall well-being of individuals with postnatal physical disabilities. By considering both the psychological and physical dimensions of disability, interventions can be better designed to support long-term independence and empowerment.

Acknowledgement

First and foremost, I would like to express my deepest gratitude to God, Jesus Christ, for His guidance, strength, and blessings throughout this research journey. His love and grace have been my source of inspiration and perseverance.

I would also like to extend my heartfelt thanks to the participants of this study, particularly the individuals at the social institution, for their willingness to share their personal experiences and insights. Without their valuable contributions, this research would not have been possible.

My sincere appreciation goes to my family and friends, whose unwavering support, encouragement, and understanding have been crucial in helping me stay focused and motivated. Your love and belief in me have been a constant source of strength.

REFERENCES

- Agustina, E., & Valentina, T. D. (2023). Penerimaan diri penyandang disabilitas. *PsychopreneurJournal*, 7(1), 29–45. <https://doi.org/10.37715/psy.v7i1.353>
- Bandura, A., & Wessels, S. (1997). *Self-efficacy* (pp. 4-6). Cambridge: Cambridge University Press.
- Damayanti, E., Maslihah, S., Damayanti, L. (2021). Psychological Well-Being pada Remaja Tuna Daksa. *PSIKOVITYA*, 25(1), 45-51.
- Pebrina, A. R., Najwan, J., & Alissa, E. (2022). Fungsi Penerapan Informed Consent sebagai Persetujuan pada Perjanjian Terapeutik. *Zaaken: Journal of Civil and Business Law*, 3(3), 468-486.
- Purwanti. (2015). Hubungan Antara Dukungan Sosial dengan Efikasi Diri dalam Memecahkan Masalah pada Remaja Asuh di Panti Asuhan Sinar Melati Sleman Yogyakarta. *E-Journal Bimbingan dan Konseling*, 1(5), 1-10.
- Schwarzer R., Fuchs R. (1996). *Self-efficacy and health behaviours*. In Conner M., Norman P. (Eds.), *Predicting health behaviour: Research and practice with social cognition models* (pp. 163–196. Buckingham, England: Open University Press.
- Sugiyono, (2016). *Metode penelitian pendidikan pendekatan kuantitatif, kualitatif, dan R&D*. Bandung: alfabeta.
- Sumarno, G. N., Akhyar, M., Irianto, H. (2020). Pengaruh Efikasi Diri Terhadap Adaptasi Pekerjaan Pekerja Penyandang Disabilitas Fisik di Kota Semarang. *Prosiding Senantias*, 1(1), 239-250. <https://openjournal.unpam.ac.id/index.php/Senan/article/download/8196/5276>
- Zahri, A. & Imanti, V. (2022) Gambaran Efikasi Diri Pada Penyandang Disabilitas Daksa Usia Remaja. *Academic Journal Of Psychology And Counseling*, 3(1), 25-52. <https://doi.org/10.22515/ajpc.v3i1.4689>