

FAMILY SELF-EFFICACY AS CAREGIVERS IN CARING FOR DEMENTIA PATIENTS

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ABSTRACT

Caring for dementia patients is a demanding task requiring physical, emotional, and psychological resilience. Family caregivers' ability to provide optimal care is significantly influenced by their level of self-efficacy. Higher self-efficacy is associated with better caregiving capabilities and lower stress levels. This study aimed to analyze the relationship between self-efficacy and the ability of family caregivers to provide care for dementia patients. Using a quantitative, cross-sectional design, data were collected through the Caregiver Self-Efficacy Scale (CaSES) and caregiving ability from 50 family caregivers. Data analysis involved descriptive statistics and Gamma correlation. The results showed that 50% of caregivers had high self-efficacy, and 48% demonstrated good caregiving abilities. Statistical tests revealed a significant positive relationship between caregiver self-efficacy and caregiving ability ($p = 0.006$, $r = 0.453$). Caregivers with higher self-efficacy demonstrated better caregiving skills.

Keywords: Self-efficacy; Caregiver; Dementia

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INTRODUCTION

Dementia or senility is a term that refers to a collection of symptoms that affect brain function. Dementia is a syndrome characterized by a progressive decline in intellectual abilities, leading to cognitive deterioration, which results in difficulties in carrying out daily activities and maintaining relationships with others (Abdillah, 2019). Additionally, individuals with dementia lose their ability to solve problems and control emotions, which can lead to personality and behavioral changes, such as irritability and hallucinations. Individuals with dementia often experience behavioral and emotional disturbances such as irritability and hallucinations. Dementia ranked as the seventh leading cause of death globally in 2019, with approximately 55 million people affected worldwide (World Health Organization, 2021). In Indonesia, an estimated 2.2 million people were living with dementia in 2020 (Fleming, R., Zeisel, J., & Bennett, 2020).

The number of dementia patients continues to rise each year. In 2019, an estimated 50 million cases of dementia were recorded worldwide (Alzheimer's Disease International, 2020). Indonesia ranked fourth, with an estimated 2.2 million people suffering from dementia in 2019. Meanwhile, in East Java Province, the total number of people with dementia was 506,028 (Dinas Kesehatan Provinsi Jawa Timur, 2021). A study by Pratiwi, N. K., Sativa, S. O. S., &

Kusuma (2019) indicated that dementia status is one of the primary factors influencing functional ability. Functional ability refers to an individual's capacity to carry out daily activities normally and independently. It reflects the extent to which a person can manage daily life activities such as eating, drinking, personal hygiene, bathing, walking, climbing stairs, dressing, and controlling bowel and bladder functions without relying on others.

Dementia symptoms can appear at any stage of the disease, although their prevalence tends to increase as the condition progresses. In such situations, support from various parties becomes crucial, especially from caregivers who provide care and fulfill the basic needs of dementia patients. A caregiver is an individual responsible for taking care of people suffering from illness, disability, or cognitive impairments, particularly the elderly. Interestingly, around 80% of caregivers for dementia patients are their own family members. The severity of dementia and the behavioral and psychological changes in patients can reduce caregivers' self-efficacy in managing patient behavior (Fadhli, N., & Sari, 2022).

Family caregivers play a vital role in supporting dementia patients, often without formal training, leading to stress and emotional exhaustion. The Family-Centered Care Theory emphasizes that families are the primary units of caregiving (Lee, K. Y., Chien, W. T., & Tai, 2020). Self-efficacy, defined as an individual's belief in their ability to perform tasks, is crucial for effective caregiving. Studies show that high caregiver self-efficacy enhances emotional support, caregiving competence, and patient outcomes (Jannah, R., Haryanto, J., & Kartini, 2020).

Good caregiver self-efficacy enables them to provide stable emotional support and motivate dementia patients to adhere to the recommended care programs provided by healthcare professionals. Caregivers with high self-efficacy are more capable of offering constructive and emotional support, which contributes to an improved quality of life for dementia patients, as they become more responsive in managing the health of their family members with dementia. Given the increasing number of dementia cases and the significant role of family caregivers, understanding the relationship between caregiver self-efficacy and caregiving ability is crucial. Therefore, this study investigates the association between family caregivers' self-efficacy and their ability to care for dementia patients in Boyolangu Village.

METHODS

Study Design

This study employs a correlational analytic design with a cross-sectional approach. This approach allows for the simultaneous evaluation of the relationship between dependent and independent variables without follow-up or repeated observations (Polit, D. F., & Beck, 2020)

Setting

The study was conducted in Boyolangu Village in August 2024.

Research Subject

Participants were selected using purposive sampling, with inclusion criteria being family caregivers who had provided care for dementia patients for at least six months and consented to participate.

Instruments

Caregiver self-efficacy was measured using the Caregiver Self-Efficacy Scale (CaSES) developed by Steffen et al. (2002), consisting of 21 items on a 5-point Likert scale. After translation and cultural adaptation, validity and reliability tests were conducted (Cronbach's alpha = 0.87). Caregiving ability was measured using a self-developed questionnaire based on caregiving competencies, validated by experts and tested for reliability (Cronbach's alpha = 0.81).

Data Analysis

Data were collected via self-administered questionnaires. Analysis was performed using SPSS software. Univariate analysis described the demographic characteristics. Bivariate analysis used the Gamma correlation test to examine the relationship between caregiver self-efficacy and caregiving ability with a significance level of $\alpha = 0.05$.

Ethical Consideration

Procedure's research in this study complied with the institutional/national research committee ethical standards. Before data collection, the respondents were informed of the purpose and procedures of the study. They also signed an informed consent letter for their participation. This study received approval from the Research Ethics Committee of STIKES Hutama Abdi Husada Tulungagung with a reference number of 59/K-STIKesHAH/ EC/VIII/2024 on August 20th 2024.

RESULTS

A. General Data

Table 1. Family Relationships with the Elderly

No	Relationship with the Elderly	Amount	%
1	Child	39	78
2	Wife	6	12
3	Husband	1	2
4	Other family members	4	8
	Amount	50	100

From the data above, it can be seen that the majority of caregivers are children of dementia patients, namely 78%. The rest are wives (12%), other family members (8%), and husbands (2%).

Table 2. Family Age

No	Family age	Amount	%
1	18-25 years	3	6
2	26-45 years	29	58
3	46-65 years	18	36
	Amount	50	100

Most caregivers are aged 26-45 years (58%), followed by 46-65 years (36%) and 18-25 years (6%).

Table 3. Gender

No	Gender	Amount	%
1	Male	12	24
2	Female	38	76
	Amount	50	100

The gender of caregivers is predominantly female (76%), while only 24% are male.

B. Special Data

Table 4. Family Self Efficacy as caregivers

No	Family Self Efficacy as caregivers	Amount	%
1	Tinggi	25	50
2	Sedang	20	40
3	Rendah	5	10

Amount	50	100
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From these data, it was found that 50% (25 people) had high self-efficacy, indicating that they felt quite confident in providing care.

Table 5. Ability to Care

No	Ability to Care	Amount	%
1	Good	24	48
2	Enough	22	44
3	Not enough	4	8
Amount		50	100

From these data, it was found that 48% (24 people) had good caregiving skills, indicating that almost half of the caregivers felt capable of handling patients well.

Table 6. Cross Tabulation of Family Self Efficacy as Caregivers with the ability to care

No	Family Self Efficacy as Caregivers	Ability to Care							r	P-Value
		Good		Enough		Not Enough		Amount		
		F	%	F	%	F	%			
1	High	14	56%	11	44%	0	0%	25	0,453	0,006
2	Currently	10	50%	8	40%	2	10%	20		
3	Low	0	0%	3	60%	2	40%	5		
	Amount	24	1,06	22	1,44	4	0,5			

Of the 25 caregivers with high self-efficacy, 56% (14 people) had good caregiving skills, while 44% (11 people) had sufficient skills. None had poor skills.

Then, after conducting a statistical test using Gamma correlation test, the p value was obtained as 0.006 with α 0.05, because $p < \alpha$, then H_0 was rejected and H_1 was accepted, so that there was a Relationship between Family Self-efficacy as Caregivers and the Ability to Care for Dementia Patients in the Boyolangu Village.

DISCUSSION

The results of this study indicate that the majority of caregivers of dementia patients in Boyolangu Village are the children of the patients (78%), followed by wives (12%), other family members (8%), and husbands (2%). This shows that children are still the main party in caring for the elderly with dementia. This finding is consistent with previous studies which state that the responsibility for caring for the elderly is generally borne by the closest family members, especially children and spouses (Lethin, C., Gyllensten, H., Häggström, M., & Rahm Hallberg, 2021). Elderly people with dementia experience increased assistance in meeting their daily needs and activities. In this case, the role of the family is very important because the family is the greatest source of support that is useful for meeting the needs of the elderly. In terms of age, the majority of caregivers are in the productive age group, namely 26-45 years (58%) and 46-65 years (36%), while only 6% are aged 18-25 years. This shows that the role of caregiver is generally held by family members who are still actively working or have other responsibilities, so that it can affect their stress levels and psychological burden. In addition, 76% of caregivers are women, while only 24% are men. This is in line with research stating that women are more often caregivers due to cultural factors and gender roles in the family.

This study also shows that self-efficacy is related to the ability to care for dementia patients. As many as 50% of caregivers have high self-efficacy, 40% moderate, and 10% low. Meanwhile, 48% of caregivers have good caregiving abilities, 44% sufficient, and 8% lacking. These results indicate that caregivers with higher self-efficacy tend to have better caregiving

abilities. Physical services provided by caregivers include assisting in patient self-care, accompanying and assisting patients in making decisions about care, and accompanying patients in their daily activities. The considerable needs of dementia patients make caregivers have to work extra hard to provide physical services for patients. This is in line with research by Jannah, R., Haryanto, J., & Kartini (2020) which states that a high level of self-efficacy can increase the effectiveness of care, reduce stress, and improve caregiver well-being. Good self-efficacy allows caregivers to be more confident in handling dementia patients, understanding their needs, and implementing adaptive coping strategies.

In contrast, caregivers with low self-efficacy tend to have limitations in caring for dementia patients. They are more susceptible to stress, anxiety, and emotional exhaustion, which negatively impact the quality of care. This is in line with findings that high levels of burden on caregivers can lead to burnout, increase the risk of errors in care, and worsen the patient's condition (Alzheimer's Disease International, 2020). Family caregivers also play a very important role in providing emotional support. The results of this study indicate that family caregivers have quite good emotional ties with the people they care for. A family that shares a residence or is close to each other has emotional ties, as well as a sense of mutual love and belonging (Hamid, A., Utami, 2019). The results of the study also show that the majority of caregivers are women, so it can affect the closeness of emotional ties with the elderly with dementia.

The results of the study show that caregivers with high self-efficacy tend to have better caregiving abilities. This is in line with the theory that social support, especially from family, can increase a person's self-confidence in facing challenges. When caregivers feel supported, they are better able to manage stress and face caregiving tasks with greater optimism. In addition, strong emotional ties within the family also contribute to the quality of life of the elderly with dementia. Previous studies have shown that a supportive environment and harmonious family relationships can help reduce stress levels in patients, which can ultimately reduce morbidity and mortality (Kurniasih, U., Wahyuni, N. T., Aeni, H. F., Giri, S. I., & Fuadah, 2021). Elderly people with dementia who are surrounded by caring and loving families tend to have better mental well-being, thereby slowing the progression of their disease. Therefore, interventions aimed at improving caregiver self-efficacy should not only focus on enhancing technical caregiving skills but also emphasize the strengthening of social and emotional support systems within families. Educational programs, peer support groups, and family therapy have been shown to be effective strategies in creating a more supportive environment for both caregivers and dementia patients (Zhang, Y., Xu, Y., Nie, H., & Zhu, 2022).

From the results of this study, it can be seen that caregivers with high self-efficacy tend to have better caregiving abilities, as shown in the cross-tabulation table. This indicates that they are better able to control stress, stay focused in difficult situations, and do not give up easily in facing the challenges of caring for dementia patients. According to Kurniasih, U., Wahyuni, N. T., Aeni, H. F., Giri, S. I., & Fuadah (2021), high self-efficacy makes someone more optimistic in carrying out tasks, more persistent in facing obstacles, and more able to develop adaptive coping strategies. In the context of this study, caregivers who have high self-confidence are more likely to. Conversely, caregivers with low self-efficacy are more prone to stress, frustration, and even excessive fatigue. They may feel inadequate in dealing with difficult situations and are more likely to withdraw psychologically, which can ultimately impact the quality of care they provide to patients.

CONCLUSION

There is a significant positive relationship between caregiver self-efficacy and caregiving ability. Strengthening caregiver self-efficacy is essential to improve caregiving competence and patient outcomes, highlighting its importance in nursing interventions.

SUGGESTIONS

For further researchers, they should conduct more comprehensive research, especially in increasing references or additional references for further research and it is suggested to use a larger number of respondents in order to obtain more valid research results.

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DECLARATION OF INTEREST

The authors declare that they have no conflict of interests

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AUTHOR CONTRIBUTION

All authors have made sufficient contributions to all stages of the research. The authors also had many opportunities to discuss the entire research process with the research team, so that this research obtained more varied considerations in producing valid and concrete research data.

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