

## RELATIONSHIP SELF EFFICACY WITH COPING MECHANISM AMONG STUDENTS OF PANTI WALUYO INSTITUTE OF HEALTH SCIENCE IN FACING STUDY FROM HOME DURING COVID-19 PANDEMIC

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### ABSTRACT

**Background:** Change among students occurred during Covid-19 pandemic certainly give impact to the student's psychology. Anxiety arises when people face danger or stressors. Anxiety and stress are normal human reactions to worrying situations. Not all students will be anxious about this change, it all depends on the student's coping mechanism. Coping mechanism is one of ways used to solve a problem, overcome a change that occurs, and a threatening situation both cognitive and behavioral. The better (adapted) a person's coping mechanism may be less likely to experience stress, but on the other hand, the worst (maladaptive) a person's coping mechanism may be more likely a person become stressed and may even become depressed. The purpose of this study is to understand the relationship between self efficacy and coping mechanism among students of Panti Waluyo Institute of Health Science in facing study from home during Covid-19 pandemic. **Objective:** Understanding the relationship between self efficacy and coping mechanism among students of Panti Waluyo Institute of Health Science in facing study from home during Covid-19 pandemic. **Methods:** The research design used in this research is quantitative with a descriptive correlative design. **Results:** Based on ANOVA test showed that the value of  $p = 0.000$  which smaller than  $p < 0.05$  means that there is a significant relationship between self-efficacy and the coping mechanism of Panti Waluya Malang Institute of Health Science students in facing study from home during the Covid-19 pandemic. **Conclusion:** There is a significant relationship between self-efficacy and the coping mechanism of Panti Waluya Malang Institute of Health Science students in facing study from home during the Covid-19 pandemic.

**KEYWORDS:** Self Efficacy, Students Coping Mechanism, Study From Home.

### INTRODUCTION

The Coronavirus outbreak has arisen in the world recently. Coronavirus is a large family of viruses that cause illness ranging from mild to severe symptoms. There are at least two types of coronavirus that are known causing illnesses with serious symptoms. Coronavirus disease 2019 (COVID-19) is a new type of disease that has never been previously identified in humans. Common signs and symptoms of COVID-19 infection include acute respiratory distress such as fever, cough, and shortness of breath. The average incubation period is 5- 6 days with the longest incubation period of 14 days. The responses needed, such as social isolation, confined citizen to remain at home, quarantine of entire communities, and closed of education institution has abruptly changed everyday life. Students as one of the most numerous individuals in educational institutions have certainly felt the impact of the Covid-19 epidemic,

where the learning system that is usually carried out face-to-face both on campus and in practice fields has converted online. The changes that have occurred in students due to Covid-19 certainly have an impact on students' psychology. Anxiety or anxiety arises when people face danger or stressors. Stress and anxiety, part of human life, are normal symptoms. Not all students will be anxious about this change, it all depends on the student's coping mechanism. The coping mechanism is one way that a person used in solving a problem, overcoming a change that occurs, and a threatening situation, both cognitive and behavioral. The better (adaptive) a person's coping mechanism, the less likely a person is to experience stress, but on the other hand, the worse (maladaptive) a person's coping mechanism more likely a person become stressed and may even become depressed.

## METHODS

### Study design

The research design used in this research is quantitative with a descriptive correlative design. This study was to determine the relationship between self-efficacy and the coping mechanisms used by students in dealing with Study From Home during the Covid-19 pandemic.

### Research subject

The participants of this study were all active students of Panti Waluya Malang Institute of Health Science, and willing to become research respondents

### Instrument

The instrument in this used survey method, using questionnaire. Self Efficacy was measured using the General Self Efficacy Scale 15 questionnaire sheet. The coping mechanism was measured using the Jalowiec Coping Scale (JCS) made by Jalowice and friends in 1979. The JCS consists of 15 items of problem-oriented control strategies (problem oriented = P) and 25 items of attitude-oriented control (affective oriented = A). Subjects were asked to rate each item on a 5-point scale (1 = never, 2 = sometimes, 3 = most often, 4 = often, 5 = almost always). Of the 25 affective-oriented items there are 15 negative questions, namely numbers 1, 2, 5, 7, 8, 9, 12, 22, 23, 24, 27, 28, 29, 34. For this negative question the score is reversed in sequence, namely scores or scores 1, 2, 3, 4, 5 are scored with 5, 4, 3, 2, 1. The total coping score has a range between 40 to 200, where scores 40 - 120 = maladaptive coping, scores 121 - 200 = adaptive coping.

### Data collection

Data were collected directly from respondents using a General Self Efficacy Scale 15 questionnaire sheet and using the Jalowiec Coping Scale (JCS).

### Ethical considerations

The researcher highly values the dignity of the participants by maintaining the confidentiality of the participant's identity, confidentiality of data, respecting privacy, dignity, and respecting the respondent autonomy. The researcher also pays attention to the welfare of participants by taking into the benefits (beneficence) and minimize the risk (non-maleficence) of the research process by paying attention to freedom from danger (free from harm), exploitation (free for exploitation), and discomfort (free from discomfort). In this research, the researcher keeps the principle of justice for all participants. The researcher received informed consent from all participants after the researcher explained the purpose of the research, the research procedure, the time of the participant's involvement, the participant's rights, and the participation form in the research process.

### Data analysis

Data analysis in this study includes univariate and bivariate analysis using SPSS 21 for Windows.

Univariate analysis aims to describe the frequency distribution of the variables under study. Bivariate analysis was performed on 2 variables which were suspected to be related or correlated. The analysis in this study used 95% degree of confidence so that if the p value  $<0.05$ , it means significant. The test used was the Kendall Tau test.

### Trustworthiness

Researcher conducted peer checking to preserve high credibility, which is can be done with panel discussions with experts to re-analyze obtained data from this study.

## RESULTS

| Tests of Between-Subjects Effects               |                         |     |             |          |      |
|---|-------------------------|-----|-------------|----------|------|
| Dependent Variable: MEKANISME KOPING            |                         |     |             |          |      |
| Source  | Type III Sum of Squares | df  | Mean Square | F        | Sig. |
| Corrected Model                                 | 8385.873 <sup>a</sup>   | 21  | 399.327     | 3.204    | .000 |
| Intercept                                       | 1108217.195             | 1   | 1108217.195 | 8893.091 | .000 |
| Self_Efficacy                                   | 8385.873                | 21  | 399.327     | 3.204    | .000 |
| Error   | 12336.937               | 99  | 124.616     |          |      |
| Total   | 2491621.000             | 121 |             |          |      |
| Corrected Total                                 | 20722.810               | 120 |             |          |      |
| a. R Squared = .405 (Adjusted R Squared = .278) |                         |     |             |          |      |

Based on ANOVA test, the result showed that the value of  $p = 0.000$  which smaller than  $p < 0.05$  means there is a significant relationship between self-efficacy and the coping mechanism among student of Panti Waluyo Institute of Health Science in facing study from home during the Covid-19 pandemic.

## DISCUSSIONS

The result based on ANOVA test showed that p value = 0,000 has smaller than  $p < 0,05$  which means there is a significant relationship between self-efficacy and the coping mechanism among students of Panti Waluya Malang in facing study from home during the Covid-19 pandemic. The hypothesis is accepted.

Bandura (in Miller, 2009) states that individuals with high self-efficacy show the ability solving problems and make good decisions. Individuals with good self-efficacy will also be able to maintain their social relationships with other people and will rarely feel lonely (Jeong & Kim, 2011).

Individuals with high self-efficacy also tend to show good preventive behavior, such as using condoms during intercourse (Bogale, Boer, & Seydel, 2010).

Bandura (1995) then explains that self-efficacy affects human function through four processes including cognitive, motivational, affective, and selection process.

Self-efficacy has an important role in self-motivation regulation.

There are 3 types of cognitive motivators, self-efficacy has a role in these three types of motivators. First is causal attributions (in attribution theory), individuals with high self-efficacy will attribute the cause of their failure to their lack of energy or because of unsupportive situations, then individuals with low self-efficacy will blame their low abilities.

Second is the outcome expectancies (in expectancy-value theory) explained that individuals with high self-efficacy will believe in their own abilities achieving their expectations, can produce the outcome accordance with their values, which more motivated them to do a job. Third is cognized goals (in goal theory), individuals with high efficacy beliefs will prepare themselves better so that they are able to face the challenges to achieve goals.

Taylor (2009) mentioned that there are two factors that influence individuals in implementing coping strategies. These two factors are divided into internal and external factors. Internal factors are factors come from within the individual, such as the characteristics of personality traits and the coping methods employed. Meanwhile, external factors come from outside the individual, such as time, money, education, quality of life, family and social support and the absence of other stressors. Maryam (2009) describes that hope of self-efficacy is one of factors influencing individual success in coping mechanism. Self-efficacy is about expectations of our ability to overcome the challenges, expectations of our ability to display skillful behavior, and expectations of one's ability to produce positive changes.

## CONCLUSIONS

From the results of the analysis, it can be concluded that, in the ANOVA test, it can be seen that the value of  $p = 0.000$ , which smaller than  $p < 0.05$  so that there is a significant relationship between self-efficacy and the coping mechanism among students of Panti Waluya Malang Institute of Health Science in facing study from home during the Covid-19 pandemic.

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