

**UNIVERSITI TEKNOLOGI MARA**

**SELF-EFFICACY AND HEALTH PROMOTING  
BEHAVIOUR AMONG OLDER ADULT WITH  
CHRONIC ILLNESS**

**MAZNAH BINTI IBRAHIM  
NUR FARZANA BINTI DAMANHURI  
PUTERI NURFARAH HANAN BINTI RAZAK**

**Project submitted in fulfilment of the requirements for the degree  
of**

**Bachelor of Nursing (Hons.)  
Faculty of Health Sciences**

**JULY 2018**

## **AUTHOR'S DECLARATION**

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student : Maznah binti Ibrahim

Student I.D. No. : 2014445672

Programme : Bachelor of Nursing (Hons) Program – HS240

Faculty : Health and Sciences

Thesis : A Study Of Self-Efficacy And Health Promoting  
Behaviour Among Older Adult With Chronic Illness

Signature of Students :

Date : July 2018

## **ACKNOWLEDGEMENT**

Assalamualaikum W.B.T. Firstly, we are feeling grateful to Allah S.W.T the Almighty, the author of knowledge and wisdom, for prayers, for giving strength, health and wealth through completing this project.

Most importantly, we would like to give a deepest appreciation and respect to our supervisor, Miss Norfidah binti Mohamad. It is our privilege where tremendous amount of assistance, format and knowledge were given to us toward the project. We also dedicated our appreciation to Centre for Nursing studies, Faculty of Health & Science, UiTM. Also to Assistant Vice Chansellor, Chairman of UiTM Research Ethic Committee, Professor Dr. Hadariah Bahron for giving an ethical approval for us to continue our research. The same goes to Deputy Dean of Medical Specialist Centre UiTM, Dr. Ahmad Zuanuddin Ismail, Matron and sister of wards and clinics for giving permission for us to collect data from the patients there. The study also cannot be completed without the participation from the patients for giving us their time and tolerance to answer the questionnaire.

Next, determination from each member was really outstanding and appreciated to the fullest extent. This project could not be finish without a full involvement and cooperation between each other. We also would like to express our eternity of gratitude to our parents, sibling and friends for their support and encouragement. We not have been finished this final year project without helps and guidance from everyone as a significant phrase that Helen Keller once said, “Alone we can do so little; together we can do so much.”

Thank you.

## ABSTRACT

Chronic illness is the largest cause of death worldwide. Number of chronic illness increase along with the increasing number of older adult. Approximately 85 percent of older adults have at least one chronic illness. Recently, self-efficacy has been recognized as an important element that has contribute to the improving health promoting behaviour among older adult with chronic illness. Self-efficacy was an individual belief to do certain task or behaviour. The aim of this study were to identify level of self-efficacy and level of health-promoting behaviour also the relationship to the demographic data. Subsequent to this, relationship between self-efficacy and health promoting behaviour was investigated. A cross-sectional study has been conducted using a questionnaire which consists of demographic data, General self-efficacy scale (GSES) and health promoting lifestyle profile (HPLP II) that were distributed to the 218 participant at UiTM Medical Specialist Centre. The participants were older adult age 60 and above that has at least 1 chronic illness. The results showed high level of self-efficacy (mean=30.6) and moderate level of health promoting behavior (mean=149.07). Subscale interpersonal relationship has the highest level among participants which (mean=27.91). Surprisingly, subscale physical activity was the lowest (mean=18.41) indicated that older adult do not have motivation to exercises due to chronic illness. Based on the findings, both self-efficacy and health promoting behaviour do not correlate with demographic data. Relationship between self-efficacy and health promoting behaviour was analyzed using spearman correlation revealed that there was a correlation between self-efficacy and health promoting behaviour at ( $\rho = 0.28$ ,  $p = 0.001$ ). This study indicated that level of self-efficacy will greatly influence the health promoting behaviour of older adult. It is hoped that this research can benefits health practitioner in managing and treating chronic illness patients. Future research is recommended to identify factor that increase self-efficacy because self-efficacy plays an important role in behaviour change in ourselves.

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