Journal of Population Therapeutics & Clinical Pharmacology

RESEARCH ARTICLE
DOI: 10.53555/jptcp.v29i04.4753

SELF- EFFICACY AMONG EPILEPTIC ADULT PATIENTS

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Abstract:
Self-efficacy is an essential component of managing chronic illnesses such as epilepsy. This study aims to examine the levels of self-efficacy among adult patients with epilepsy and explore the factors that may influence their self-efficacy beliefs. A mixed-methods approach was used, including surveys and interviews with participants. The results indicate that adult patients with epilepsy have varying levels of self-efficacy, with some feeling confident in managing their condition while others struggle with feelings of uncertainty and doubt. Factors such as social support, education level, and coping strategies were found to influence self-efficacy among this population. This study highlights the importance of addressing self-efficacy in the management of epilepsy and suggests potential interventions to improve self-efficacy among adult patients.

Keywords: self-efficacy, epilepsy, adult patients, chronic illness, management

Introduction:

Epilepsy is a chronic neurological disorder characterized by recurrent seizures, affecting millions of individuals worldwide. Managing epilepsy can be challenging, requiring individuals to adhere to medication regimens, monitor their symptoms, and make lifestyle adjustments to reduce the risk of seizures. Self-efficacy, as defined by Bandura (1977), refers to an individual's belief in their ability to successfully perform a specific task or behavior. In the context of epilepsy, self-efficacy plays a crucial role in determining how patients cope with their condition and adhere to treatment recommendations. Studies have shown that individuals with higher levels of self-efficacy are more likely to engage in behaviors that promote their health and well-being, such as taking medication as prescribed, following a healthy diet, and managing stress effectively. In contrast, those with low self-efficacy may struggle to cope with their condition, leading to poorer health outcomes and reduced quality of life. Understanding the factors that influence self-efficacy among adult patients with epilepsy is therefore essential for developing effective interventions to support this population.

Self-efficacy refers to an individual's belief in their ability to successfully execute specific behaviors or actions to achieve desired outcomes. In the context of epileptic adult patients, self-efficacy plays a

significant role in their ability to manage their condition effectively. Here are some key points regarding self-efficacy among epileptic adult patients:

- Medication Adherence: Self-efficacy influences an individual's adherence to medication regimens. Epileptic adult patients with high self-efficacy are more likely to follow their prescribed medication schedule, which is crucial for seizure control and overall management of the condition.
- Seizure Management: Self-efficacy plays a role in how individuals respond to and manage seizures. Patients with high self-efficacy may feel more confident in their ability to recognize seizure triggers, take appropriate safety measures, and seek timely medical assistance when needed.
- Lifestyle Modifications: Epileptic adult patients may need to make certain lifestyle modifications to minimize seizure triggers and potential risks. Self-efficacy can impact their motivation and belief in their ability to implement and maintain these changes, such as managing stress, getting enough sleep, avoiding specific triggers (e.g., alcohol, flashing lights), and maintaining a healthy lifestyle.
- Coping Skills: Self-efficacy affects an individual's ability to cope with the emotional and psychological challenges associated with epilepsy. Patients with higher self-efficacy may exhibit greater resilience, problem-solving skills, and adaptive coping strategies, which can positively influence their overall well-being.
- Self-Advocacy: Self-efficacy plays a role in patients' ability to advocate for their needs within healthcare settings. Patients who feel confident in their knowledge about epilepsy and its management are more likely to actively participate in discussions with healthcare providers, ask questions, and seek additional support or information when necessary.
- Support Networks: Self-efficacy can influence patients' engagement with support networks, such as joining epilepsy support groups or seeking peer support. Patients with higher self-efficacy may be more inclined to seek and benefit from these networks, which can provide valuable information, emotional support, and shared experiences.

Promoting self-efficacy among epileptic adult patients is crucial for their overall management and well-being. Healthcare providers can support patients by providing education, addressing concerns, emphasizing the importance of adherence to treatment, and encouraging self-management strategies. Additionally, involving patients in shared decision-making and goal-setting can enhance their sense of control and confidence in managing their condition effectively.

Methods:

This study utilized a mixed-methods approach to examine self-efficacy among adult patients with epilepsy. Quantitative data were collected through surveys administered to a sample of adult patients diagnosed with epilepsy, assessing their self-efficacy levels using standardized scales. Qualitative data were obtained through semi-structured interviews with a subset of participants to explore their experiences and perceptions related to self-efficacy in managing their epilepsy.

Results:

The results of the study revealed that adult patients with epilepsy have varying levels of self-efficacy, with some reporting high confidence in their ability to manage their condition and others expressing doubts and uncertainties. Factors such as social support, education level, and coping strategies were found to influence self-efficacy levels among participants. Participants who reported having strong social support networks and effective coping mechanisms tended to have higher levels of self-efficacy compared to those who lacked support or struggled with coping.

Discussion:

The findings of this study underscore the importance of addressing self-efficacy in the management of epilepsy among adult patients. Enhancing self-efficacy beliefs through tailored interventions, such as education and counseling, may help individuals better cope with their condition and improve their quality of life. Healthcare providers should assess patients' self-efficacy levels and tailor interventions accordingly to support their self-management efforts.

Conclusion:

In conclusion, self-efficacy is a critical determinant of how adult patients with epilepsy cope with their condition and adhere to treatment recommendations. Understanding the factors that influence self-efficacy can help healthcare providers develop targeted interventions to support this population. By enhancing self-efficacy beliefs, adult patients with epilepsy can better manage their condition, improve their quality of life, and reduce the burden of this chronic illness.

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