



PATIENT'S SELF-EFFICACY: A RODGERS' EVOLUTIONARY CONCEPT ANALYSIS

¹Choiria Firdatul Ulfah, ²Nurfika Asmaningrum, ³Tantut Susanto

¹ Magister Of Nursing, University Of Jember

² Magister Of Nursing, University Of Jember

³ Magister Of Nursing, University Of Jember

Choiria Firdatul Ulfah; Magister Of Nursing, University of Jember; 242320102006@mail.unej.a.c.id
telephone ; 082139274676

ABSTRACT

Background: Patient self-efficacy is a critical factor in the successful management of illness, particularly in chronic conditions that require active engagement and long-term adherence. Although widely studied, the definition and application of this concept in nursing remain inconsistent, limiting its use in guiding theory-based interventions. **Objective:** This study aims to construct a more structured and contextual understanding of patient self-efficacy to support the development of nursing interventions that foster patient empowerment and autonomy in managing their health. **Methods:** This study employed Rodgers' Evolutionary Concept Analysis. A comprehensive literature search was conducted across four databases (PubMed, Scopus, ProQuest, and ScienceDirect) using the keywords: "self-efficacy," "patient," "attributes," "antecedents," "consequences," "nursing," and "health behavior." English-language articles published between 2019 and 2024 were selected based on defined inclusion and exclusion criteria. **Results:** A total of 21 articles were analyzed. Three core attributes of patient self-efficacy were identified: cognitive-affective processes, motivation, and self-appraisal. Four antecedents emerged: mastery experiences, vicarious experiences, verbal persuasion, and physiological-emotional states. The findings revealed a stronger emphasis compared to previous studies on emotional regulation and reflective self-appraisal as central determinants of health behavior. This expands the conceptual focus beyond the commonly highlighted domains of past experience and social support. **Conclusion:** This analysis refines the conceptual structure of patient self-efficacy by incorporating deeper internal psychological dimensions, particularly relevant to chronic disease management. The results offer a practical foundation for developing nursing interventions that are not only educational but also responsive to patients' emotional and cognitive readiness for self-care.

Keywords: Self-Efficacy, Patient, Concept Analysis, Rodger

Introduction

Patient self-efficacy refers to an individual's belief in their ability to manage and influence their health, particularly in the face of medical challenges (Wang et al., 2021a). It is considered a central factor in behavioral change and long-term condition

management, as it influences patients' behaviors in following medical instructions, managing symptoms, and participating in care-related decision-making. This concept plays a vital role in the patient care process, as the level of self-efficacy can influence patients' behaviors in following medical instructions, managing symptoms, and



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participating in care-related decision-making (Aydogdu & Unalan, 2023). In healthcare, patients with high levels of self-efficacy tend to be more proactive in managing their conditions, demonstrate greater adherence to treatment regimens, and can better overcome obstacles or challenges during their care (Pakaya et al., 2021). Self-efficacy also shapes patients' perceptions of their competence when interacting with healthcare professionals, understanding medical information, and making informed health decisions (Davies et al., 2023) & (Li et al., 2023). As a result, self-efficacy is closely associated with patients' emotional well-being, treatment outcomes, and overall quality of life.

Numerous studies have consistently shown the positive impact of self-efficacy on managing chronic conditions such as diabetes, hypertension, and kidney disease (Wang et al., 2021a), (Li et al., 2023) & (Ouyang et al., 2023). Patients with strong self-efficacy adopt healthier lifestyles, maintain motivation, and demonstrate resilience in facing long-term care demands. Conversely, low self-efficacy has been linked to increased anxiety, poor self-management, and reduced treatment adherence. Despite these findings, conceptual inconsistencies and fragmented definitions across the literature suggest that the full potential of self-efficacy in nursing has not been fully explored. In particular, there is a lack of clarity regarding which attributes, antecedents, and consequences define patient self-efficacy in diverse care settings, making it difficult to design standardized interventions.

To address this conceptual gap, this study aims to systematically clarify the defining characteristics of patient self-efficacy using Rodgers' Evolutionary Concept Analysis. This approach was selected because it captures how concepts evolve over time, emphasizes their contextual use, and allows for the integration of empirical data—unlike static methods such as Walker and Avant's, which are more suited to fixed or established concepts. By identifying recurring patterns and contextual dimensions, this study is expected to contribute to a more precise and applicable understanding of patient self-efficacy in nursing.

Search Strategy

The literature search was conducted through several international databases, including PubMed, Scopus, ProQuest, and ScienceDirect. The search utilized keywords relevant to the concept of patient self-efficacy. Articles were limited to those published within the last 5 years. They were retrieved using Boolean operators: ("Self Efficacy" OR "self efficacy") AND ("patient" OR "Patients") AND "attributes" AND "Antecedents" AND "Consequences".

Selection Criteria

Inclusion criteria for the literature were: (1) the study population consisted of patients receiving treatment or managing a health condition; (2) articles were written in English; and (3) published within the past 5 years. Exclusion criteria included: (1) full-text articles were not available; (2) duplicate reports; and (3) literature not written in English.



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Literature Screening

Publications identified through the database search were imported into EndNote 20.0 software for duplication removal. Literature selection was carried out independently, based on the predefined inclusion and exclusion criteria. Following the selection process, articles meeting the requirements were further analyzed to identify the attributes, antecedents, and consequences of the concept of patient self-efficacy.

Data Analysis

In line with Rodgers' recommendations, each article was read in full and examined in detail, focusing on the concept context, surrogate and related terms, attributes,

antecedents, consequences, and any examples provided. Each article was read multiple times, emphasizing the descriptions and specific definitions. According to Rodgers, identifying attributes is the core achievement of concept analysis. Attributes provide a substantive definition distinguishing the concept from nominal or dictionary definitions. In this study, the researchers focused on explicit definitions to identify the characteristics of patient self-efficacy. However, given that some authors did not provide direct definitions, greater attention was given to statements implying the meaning or application of self-efficacy in the context of patient care.

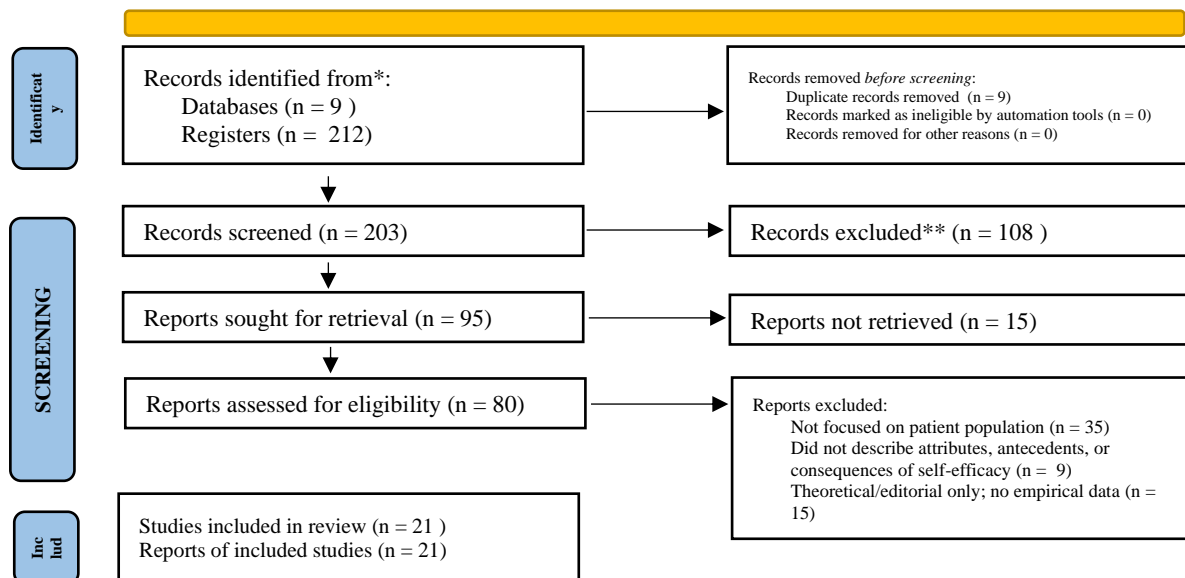


Figure 1. Flow Diagram of Analysis of Literature

Results

1. The Conceptual Evolution of Patients' Self-Efficacy

Patient self-efficacy originates from Albert Bandura's theory, which emphasizes individuals' belief in their capacity to face challenges. Initially, self-efficacy was

associated with a patient's ability to manage acute medical conditions and adhere to treatment plans (Pakaya et al., 2021). Over time, this understanding has evolved, particularly through research (Ode et al., 2021), which highlighted the role of self-efficacy in the autonomous management of chronic illnesses.



Subsequent studies expanded this concept by identifying various influencing factors such as social support, health education, and personal experiences (Zhang et al., 2021). Patients with strong support and positive experiences tend to have higher levels of self-efficacy, thus enriching the initial understanding of health condition management (Hong et al., 2023).

Additionally, with the rising prevalence of chronic diseases, self-efficacy has been recognized as having a significant impact not only on health management behaviors but also on treatment adherence, stress management, and quality of life. This understanding is crucial for healthcare professionals in designing interventions to strengthen patients' belief in their capacity to manage their health in the short and long term.

This evolving conceptualization offers practical insight for nurses, highlighting the need to address not only clinical compliance but also patients' confidence, motivation, and psychological readiness. By understanding how self-efficacy develops over time, nurses can design more responsive interventions that empower patients to manage their health effectively across diverse care settings.

2. Definition of Patient's Self-Efficacy

After conducting an in-depth review of existing literature, this study found that a complex interaction of both internal patient factors and external environmental factors influences patient self-efficacy. Through the analysis of the attributes, antecedents, and consequences of patient self-efficacy, the following definition was established.

When faced with medical or health-related challenges, patients believe in overcoming such obstacles. They proactively regulate their cognition and behaviors, utilizing personal and external resources to adapt effectively to medical care situations whether in long-term disease management, complex treatment regimens, or interactions with healthcare providers. Patients with high levels of self-efficacy can face medical conditions confidently, manage disease-related stress, and optimize positive health outcomes.

3. Attributes of Patient's Self-Efficacy

According to Rodgers' Evolutionary Concept Analysis, attributes are essential characteristics that consistently emerge across various concept uses, forming the core or defining features (Lingerfelt & Hutson, 2021). In the context of patient self-efficacy, these attributes reflect internal psychological conditions that influence the extent to which patients believe in their ability to face, manage, and overcome their health conditions. Based on literature analysis, three primary attributes of self-efficacy are identified: cognitive and affective processes, motivation, and self-appraisal.

3.1 Cognitive and Affective Processes

The first attributes found in the concept of self-efficacy are cognitive and affective processes. This attribute refers to thinking patterns (mental) and emotional reactions (affective) that contribute to forming an individual's belief in their capabilities. In patients, cognitive processes include understanding the illness, treatment strategies, and problem-solving skills



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(Sidenko, 2025). Affective processes involve emotions such as fear, anxiety, anger, or hope that influence how patients respond to health challenges (He & Wong, 2022).

Individuals with healthy cognitive and affective processes are more capable of managing medical information, understanding the importance of treatment, and remaining calm in difficult situations (Horcajo et al., 2022). For instance, cancer patients who can reason and manage their fear of chemotherapy side effects are more likely to adhere to treatment schedules (Li et al., 2023). In Rodgers' framework, this adaptive attribute evolves through experience, education, and social support.

3.2 Motivation

The second key attribute in the concept of self-efficacy is motivation. Motivation refers to the internal drive that moves individuals to act and sustain effort in achieving specific goals, including health-related ones (Núñez Cabrera et al., 2023). Within self-efficacy, motivation plays a vital role in determining the degree of effort and perseverance patients invest in therapeutic actions, particularly over the long term (Schunk & DiBenedetto, 2021). High motivation reflects a strong belief in one's ability to attain expected outcomes.

For example, a patient with a chronic condition such as diabetes who is motivated to live a healthy life for their family is likelier to maintain a healthy diet and exercise regularly (Al-Khawaldeh et al., 2022). From an evolutionary perspective, motivation is not fixed but changes depending on experience, personal

meaning of health, and environmental support.

3.3 Self-Appraisal

The third attribute of self-efficacy is self-appraisal. Self-appraisal refers to an individual's subjective evaluation of the extent to which they can face challenges or perform specific actions. In the context of self-efficacy, this attribute represents a reflective process in which patients assess whether they possess the competence, experience, or resources to deal with health issues (Babaii et al., 2022). Individuals with realistic and optimistic self-appraisals are more confident in making decisions and undergoing treatment.

For example, a tuberculosis patient who has completed treatment for another illness and feels they have sufficient discipline and social support may believe they can complete a prolonged TB treatment regimen (Nezenega et al., 2020). In Rodgers' analysis, self-appraisal results from a continuous process shaped by accumulated experiences, learning, and the influence of social and professional environments.

4. Antecedents of the Patient's Self-Efficacy

Antecedents are factors that precede the development of patient self-efficacy and contribute to an individual's belief in their ability to manage their health conditions (Lingerfelt & Hutson, 2021). Data analysis identified four themes as antecedents to patient self-efficacy.

The first theme is prior experience involving the patient's ability to face



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health-related challenges. In medical care, much of self-efficacy is formed when patients successfully overcome health challenges effectively. For instance, a patient's experience managing chronic conditions such as diabetes may strengthen their belief in their ability to continue managing the disease, thereby enhancing their self-efficacy (Anderson et al., 2021).

The second theme is vicarious learning. In this context, observing others successfully managing similar medical conditions reinforces patient self-efficacy (Raman & Sharma, 2023). For example, seeing a patient complete cancer treatment can instill confidence in others facing the same diagnosis that they can overcome the disease (Li et al., 2023). This reflects how the experiences of others can serve as motivating models.

The third theme is social persuasion. Verbal encouragement and positive feedback from healthcare professionals, family, or close friends can strengthen patients' beliefs in their ability to manage their health (Wang et al., 2021b). For example, reassurance from healthcare workers affirming that patients can handle their treatment can boost confidence and reduce doubt.

The fourth theme is patients' physiological and emotional states. A stable physical condition and positive emotional well-being, such as effectively managing stress and anxiety, play vital roles in building self-efficacy (Mobini et al., 2023). When patients feel physically healthy and emotionally balanced, they are more focused on treatment and committed to

their medical care, reinforcing their belief in their capabilities.

5. Consequences of Patient's Self-Efficacy

The consequences of patient self-efficacy encompass a wide range of positive impacts on health management, psychosocial well-being, and overall quality of life. Patients with high levels of self-efficacy demonstrate better decision-making regarding health behaviors, such as regulating diet, exercising regularly, and engaging in daily activities with confidence despite physical limitations (Zhang et al., 2021). Belief in one's ability also contributes to managing stress, anxiety, and other negative emotions commonly associated with chronic conditions or new diagnoses. Individuals who believe they can overcome health challenges are generally more resilient in the face of lifestyle changes and better able to adapt to unexpected situations (Mehawej et al., 2023).

Furthermore, strong self-efficacy promotes active participation in shared decision-making with healthcare providers, strengthens therapeutic communication, and enhances engagement in the care process (Allande-Cussó et al., 2022).

Another positive consequence is the increased sense of control and autonomy in dealing with illness, which supports adherence to long-term health maintenance strategies such as sustained treatment and care plans (Wu et al., 2023). Self-efficacy also fosters a proactive attitude in seeking information, building social support, and maintaining motivation for a balanced,



healthy life (Mobini et al., 2023). Thus, self-efficacy significantly contributes to improved adaptation, treatment success, patient engagement, and reduced psychological burden in managing illness.

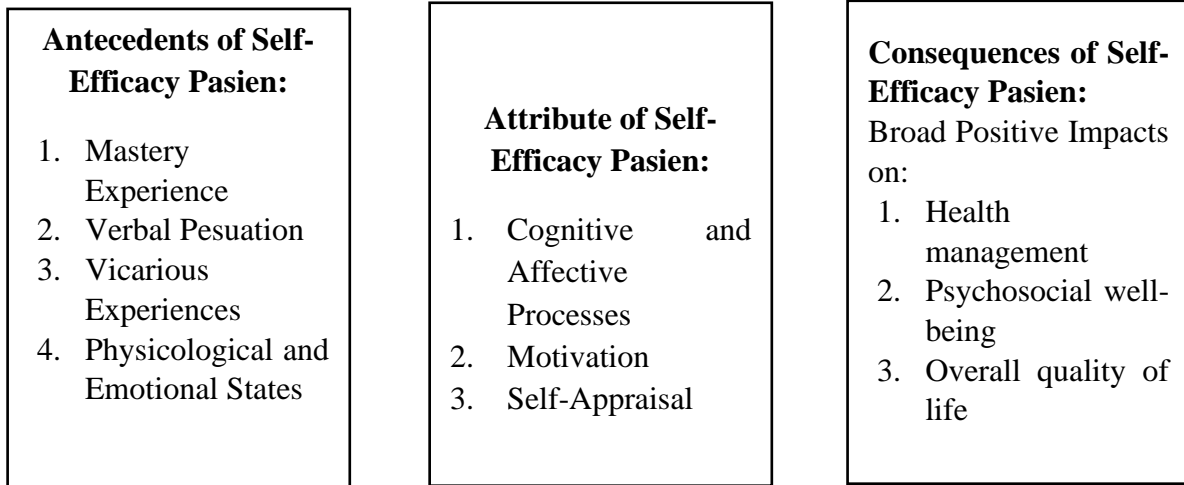


Figure 2. Patient's Self-Efficacy Using Rodgers' Evolutionary Approach

6. Related Concepts

Related concepts refer to terms that share similarities with the central concept but do not possess identical characteristics. Self-efficacy is often associated with self-confidence. Both focus on an individual's belief in their ability to succeed, yet there is a fundamental distinction. Self-confidence is more general, encompassing overall belief in oneself across various situations. In contrast, self-efficacy is more task-specific, referring to faith in one's ability to succeed in particular tasks or situations. Therefore, while both are connected to self-belief, self-efficacy is more measurable and oriented explicitly toward goal achievement.

In addition, self-regulation is closely related to self-efficacy. Self-regulation is an individual's ability to control emotions, behaviors, and thoughts to achieve specific

goals. Individuals with high levels of self-efficacy are more likely to exhibit effective self-regulation when facing obstacles, as their belief in their ability to overcome challenges supports adaptive and goal-directed behavior.

7. Case Study

After being diagnosed with active pulmonary tuberculosis, Mr. Junaidi, a 45-year-old man, was required to undergo long-term treatment for six months. As the head of the household and a daily laborer, he initially felt concerned about the impact of the illness on his productivity and his family's financial stability. However, he recalled his experience five years earlier when he successfully managed his hypertension through lifestyle changes and treatment adherence. This mastery experience served as the foundation for strengthening his belief that he could also complete TB treatment successfully.



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During the initial weeks of therapy, Mr. Junaidi regularly watched testimonial videos of recovered TB patients at the community health center's education room and often spoke with a neighbor who had experienced a similar condition. These vicarious experiences helped him envision the possibility of his recovery. Furthermore, his wife and local healthcare workers consistently provided encouragement and emotional reinforcement whenever he felt tired or discouraged, reflecting a form of sustained and empathetic social persuasion. On days when he experienced severe nausea and joint pain as medication side effects, he consciously acknowledged his physical limitations, adjusted his activities, and practiced simple relaxation techniques to maintain emotional stability (physiological and emotional states).

Over time, self-efficacy attributes became evident in how Mr. Junaidi thought and responded to his situation. He demonstrated a strong understanding of the treatment process, the risks of drug resistance, and the importance of regular sputum monitoring (cognitive processes). Despite occasional anxiety about treatment outcomes, he managed his emotions through self-reflection and family support (affective processes). He also displayed high motivation to recover, driven by his desire to return to work and serve as a role model for his children.

This motivation encouraged him to strictly adhere to his medication schedule and attend all follow-up appointments, despite economic and physical challenges. During evaluations, he often engaged in self-

appraisal, assessing his capacity to endure the process and the extent to which his efforts had yielded positive results. He believed that recovery was not just a possibility, but a reality he was gradually building.

Due to strong self-efficacy, Mr. Junaidi exhibited excellent treatment adherence, never missing a single dose since the first month. He became more open with healthcare providers, more confident in expressing his symptoms, and even began participating in community forums to share his experiences. His stress levels decreased, his sleep improved, and he reported an overall enhancement in his sense of well-being. Today, he is a compliant patient and an inspirational figure within his community.

Mr. Junaidi's case clearly demonstrates how self-efficacy develops through the integration of personal experience, emotional resilience, and contextual support. For nurses, this case emphasizes the importance of recognizing individual psychological readiness as well as cultural and socioeconomic background when designing patient-centered interventions. In culturally diverse and resource-limited settings, empowering patients like Mr. Junaidi requires not only medical education but also trust-building, emotional engagement, and community-based strategies that align with patients' values and daily realities.

8. Implications for Nursing Education and Policy

The identification of cognitive-affective processes, motivation, and self-appraisal as



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core attributes of patient self-efficacy offers important implications for nursing education. These attributes can be incorporated into educational content that enhances students' competence in understanding patients' psychological readiness and behavioral responses during treatment. Through this concept analysis, nursing students and professionals may be encouraged to recognize the internal processes that influence patient decision-making, coping, and adherence to therapy.

From a policy standpoint, the clarified antecedents—such as mastery experience, vicarious learning, social persuasion, and emotional-physiological states—highlight

Discussion

This concept analysis aims to clarify the meaning of patient self-efficacy in the context of nursing using Rodgers' Evolutionary Concept Analysis approach. This analysis provides an in-depth understanding of how patients perceive their ability to manage health-related behaviors, particularly in chronic illness and long-term treatment demands (Anderson et al., 2021). By identifying this concept's attributes, antecedents, and consequences, the study contributes to the theoretical development of self-efficacy in nursing. It underscores its relevance to clinical practice, education, and research.

Three defining attributes of patient self-efficacy are cognitive and affective processes, motivation, and self-appraisal. These attributes reflect the internal mechanisms that shape how patients perceive their capacity to engage in necessary health behaviors (Anderson et

the need for supportive environments that reinforce patient confidence. Integrating these elements into clinical guidelines and health promotion programs may improve the alignment between care strategies and patient empowerment. Moreover, the consequences identified in this study, such as improved treatment adherence and quality of life, underscore the value of developing institutional policies that systematically address self-efficacy in patient care planning, particularly in settings managing chronic or complex conditions.

al., 2021). Cognitive and affective processes include internal beliefs and emotional responses that influence self-efficacy judgments, such as optimism, fear, or self-confidence (Sidenko, 2025). Motivation is the driving force that initiates and sustains health-related behaviors, particularly in the face of challenges (Schunk & DiBenedetto, 2021). Self-appraisal refers to the patient's ability to evaluate their past capabilities and performance, shaping future behaviors. These three attributes interact dynamically, forming the basis of how patients approach treatment tasks and make decisions related to their care.

The development of patient self-efficacy is influenced by four main antecedents: prior experiences, vicarious experiences, verbal/social persuasion, and physiological-emotional states. Past successes or failures significantly affect an individual's belief in their ability to replicate or avoid certain behaviors (Raman



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& Sharma, 2023). Vicarious experiences, such as observing others successfully manage similar conditions, can reinforce patients' belief in their potential for success (Wang et al., 2021a). Verbal or social persuasion, particularly from healthcare providers and family members, is critical in encouraging patients to trust their abilities despite uncertainty. Additionally, physiological and emotional conditions—such as fatigue, anxiety, or stress—can influence patients' judgments about their capabilities (Lingerfelt & Hutson, 2021). Understanding these antecedents is essential for designing supportive interventions that enhance patients' confidence in managing their health.

Several consequences of high patient self-efficacy were identified, including improved treatment adherence, greater emotional resilience, enhanced autonomy in health-related decision-making, and better health outcomes. Patients with strong self-efficacy are more likely to comply with treatment regimens, maintain health-promoting behaviors, and persevere through difficulties (Aydogdu & Unalan, 2023). They also tend to demonstrate more effective psychological coping strategies, enabling them to manage the emotional burden of illness more constructively. Moreover, increased self-efficacy fosters a sense of independence, empowering patients to take control of their care and make informed health decisions (Rabiei et al., 2022). These findings highlight the importance of integrating strategies to enhance self-efficacy into nursing interventions, particularly in contexts requiring long-term adherence, such as

tuberculosis, diabetes, or hypertension management.

This concept analysis found that patient self-efficacy often overlaps or is mistakenly equated with self-regulation and self-confidence. However, significant distinctions must be made. Self-confidence refers to a general sense of self-belief across various situations and is not task-specific. In contrast, self-efficacy is the belief in one's ability to perform specific tasks or actions within a context (Tan et al., 2021). On the other hand, self-regulation pertains to an individual's ability to manage thoughts, emotions, and behaviors to achieve long-term goals. It is a behavioral extension of self-efficacy. Therefore, self-efficacy can be understood as the cognitive-affective foundation preceding self-regulation and is more specific than self-confidence. This conceptual clarity is crucial to avoid misdirected interventions and ensure that appropriate psychological targets are selected.

The results of this concept analysis indicate that patient self-efficacy is a vital construct that can inform nursing care planning, especially in situations requiring behavioral change or long-term compliance. Understanding that the attributes of self-efficacy involve cognitive-affective processes, motivation, and self-appraisal allows nurses to design more personalized and empowering approaches. For instance, strategies that activate past mastery experiences, provide positive feedback (verbal persuasion), or create observational learning environments (vicarious experience) can enhance self-efficacy. In community-based nursing contexts such as



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pulmonary TB management, recognizing its antecedents and consequences helps healthcare providers craft approaches that foster patient empowerment and improve overall health outcomes.

In conclusion, this study contributes to understanding the essence of patient self-efficacy using Rodgers' Evolutionary Concept Analysis. This analysis provides a foundation for developing theory-based interventions and enhancing patient-centered care by identifying its key attributes, antecedents, and consequences. Self-efficacy remains a central concept in health promotion and chronic disease management and should be consistently integrated into nursing theory, education, and clinical guidelines.

Limitations of this study include the potential omission of relevant sources due to language or database constraints, which may affect the generalizability of findings across cultures. Additionally, self-efficacy's dynamic and context-specific nature suggests that further empirical studies are necessary to validate these conceptual elements in diverse patient populations and healthcare settings. Future research should also focus on developing culturally sensitive measurement tools and intervention strategies to improve patient self-efficacy across various contexts.

Conclusion

This concept analysis provides a clearer and more structured understanding of patient self-efficacy as a dynamic, evolving, and context-dependent construct that significantly influences health behavior. Drawing on Rodgers' Evolutionary

Concept Analysis, patient self-efficacy is defined as the belief in one's ability to manage health-related challenges, shaped by cognitive-affective processes, motivation, and self-appraisal. Its formation is influenced by prior mastery, vicarious learning, social persuasion, and physiological-emotional states. Patients with higher self-efficacy demonstrate stronger adherence, resilience, and clinical outcomes.

These findings offer a refined conceptual basis that highlights the psychological and behavioral dimensions of self-efficacy in patient care. Compared to previous literature, this analysis places stronger emphasis on emotional regulation and reflective appraisal—elements often underrepresented in traditional definitions. This enriched understanding supports the development of patient-centered nursing interventions and institutional policies that address not only clinical needs but also the psychological readiness and sociocultural realities of patients.

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