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Identify Self-Efficacy and Self-Intention on The Impact of Preventing Covid 19

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Abstract: Corona virus disease 2019 is still developing with various new variants. Protection of health workers from the risk of infection is very important. Preventing the transmission of Covid-19 to health workers while carrying out their duties starts from themselves through a good work culture, self-efficacy and commitment to health protocols that have been established by the government. The research objective is to identify the relationship between self-efficacy and self-intention of health workers in sustainable prevention of Covid-19 in NTT. The quantitative research method uses a cross sectional study design, the population of health center health workers is 2233 people with a sample of 300 people. The research results showed that there was an influence of work culture on Covid 19 prevention behavior (p=0.001). Self-efficacy influences Covid-19 prevention behavior and self-intention influences Covid-19 prevention behavior in health workers. The conclusion is that work culture, self-efficacy and self-intention (intention) influence the Covid 19 prevention behavior of health workers. Suggestions for variables that influence Covid 19 prevention behavior to receive attention from the government.

Keywords: Preventing Covid 19; Self-Efficacy; Self-Intention

Introduction

Health workers are one of the most valuable assets in controlling and managing the Covid-19 pandemic (Ballard et al., 2020; Bielicki et al., 2020). Health workers are a key factor in preventing the continuous transmission of Covid-19. Therefore, ensuring that health workers remain healthy and do not become infected and do not become a source of infection is a very important thing to do. Puskesmas is a basic service unit which is the front line in health services and also in preventing ongoing transmission of Covid 19 (Firmansyah et al., 2020; Nurlinawati et al., 2023). Therefore, health workers need to be managed well in the management and management of Covid-19 on an ongoing basis. One important issue is how to improve the performance of health workers in managing Covid-19 so that it can support the successful achievement of goals (Heath et al., 2020). According to Bartsch et al. (2021) that a good leader or manager is one who is able to create conditions so that people individually or in groups can work and achieve high performance. The problem of increasing behavior to prevent the transmission of Covid-19 for health workers is closely related to the problem of how to motivate including self-confidence and intention (Cui et al., 2022), supervision carried out, and an effective work culture and how to create a comfortable and conducive work environment, so that health workers are able and willing to carry out preventive measures effectively optimal (Andrias et al., 2023).

In line with the addition of cases every day, the need for health services will increase (Mann et al., 2020; Webb et al., 2022). This underlines the importance of protecting health workers from the risk of infection (Pappa et al., 2020). Many doctors and nurses were infected and died due to Covid-19 infection. American Centers for Disease Control and Prevention (CDC) in April 2021 announced that there were 9,282 (19% of 49,370) health workers infected with the corona virus

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(Dhar Chowdhury & Oommen, 2020). Health workers infected with the corona virus in Italy reached 10%, Spain reached 20%, Malaysia, 5.8%. Indonesia is estimated to have 721 to 2,488 health workers who have been infected Covid-19 (Tat et al., 2023). Health workers are infected due to physical and mental fatigue, making difficult triage decisions, and stress due to losing patients and colleagues, in addition to the risk of infection (Franklin & Gkiouleka, 2021). Many medical staff are suffering trauma (Vagni et al., 2020). Traumatization of medical teams occurs due to high workloads and lack of protective equipment (PPE), several forms of racism and stigmatization, transmitting infections to families (Aviles, 2022; Lancet, 2020).

WHO and the Ministry of Health of the Republic of Indonesia have made efforts to reduce the rate of spread of Covid 19. WHO has issued guidelines for managing respiratory tract infections due to COVID-19. The strategy that has been implemented currently is the 5 M, namely wearing masks, washing hands with soap in running water, maintaining distance, avoiding crowds and reducing mobilization. 3T strategy, namely testing, tracing and treatment as an effort to reduce the rate of transmission of Covid-19 (Juliani & Kadek Cahya Susila Wibawa, 2022).

The strategy to prevent the transmission of Covid-19 to health workers has the main objective of achieving continuous prevention of Covid-19. Therefore, a work culture, self-efficacy and self-intention are needed for health workers so that they can form new behaviors in efforts to continuously prevent Covid-19.

Method

This type of research is cross sectional research by collecting data on several variables at the same time. The approach used is quantitative to obtain quantitative data and information about variables (Molenberghs et al., 2020). The research location was a community health center in a district in NTT which was chosen by invitation. The research objects were all health workers who worked in community health centers with a sample of 300 health workers selected randomly.

The research flow begins with obtaining research permits, filling out questionnaires, tabulating and analyzing data and carrying out statistical tests. The research variables are the variables of work culture, self-efficacy and self-intention of health workers as independent variables and preventive behavior for preventing Covid-19 as the dependent variable (Arora et al., 2022). The data source is primary data through filling out questionnaires by respondents and secondary data is data taken from registration or community health center documents.

Result and Discussion

Characteristics of respondents based on gender and education level

The research results showed that the average age of respondents was 43, the majority were female, namely 77.3%, and 74% had a Diploma 3 in Nursing as shown in Figure 1.

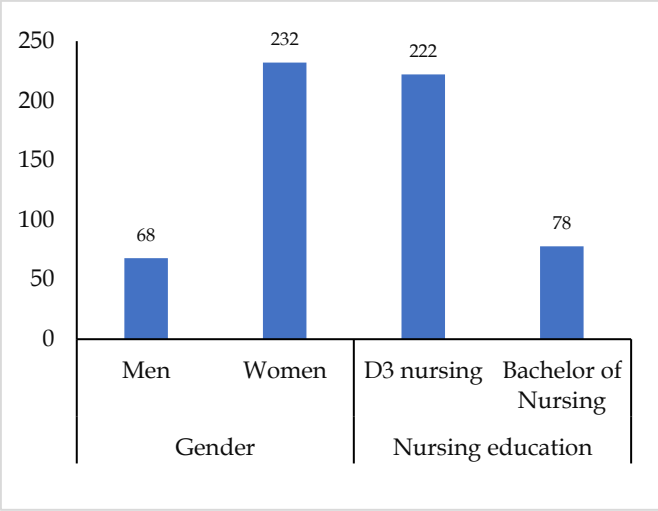

Figure 1. Characteristics of respondents based on gender and education level on sustainable prevention of COVID-19

Officer self-efficacy in preventing COVID-19 is sustainable

The research results showed that health workers experienced a lack of self-efficacy regarding the difficulty of their tasks, but were quite good at taking preventive measures to prevent COVID 19 and there was an influence of self-efficacy magnitude with behavior to prevent COVID 19 (0.001). Health workers have self-efficacy regarding the breadth of behavior and are quite good at carrying out preventive measures to prevent COVID 19. It was found that there was an influence of general self-efficacy on behavior to prevent COVID 19 (p: 0.001). Health workers have good confidence in taking preventive measures to prevent COVID 19 and there is an influence of self-efficacy strength on behavior to prevent COVID 19 (p: 0.001) as seen in Table 1.

Self-confidence in abilities plays a key role in the regulation of self-motivation (Neba, 2021). Most human motivation is cognitively generated, self-motivating and anticipatory guiding action through prior thought training. Forming beliefs about what can be done and anticipating possible outcomes of prospective actions. Set goals for yourself and plan a series of actions to make the future happen.

A person's confidence in their problem-solving abilities is influenced by the stress and depression they experience in threatening or difficult situations, as well as their level of motivation. Feelings of self-efficacy to control stress play a major role in anxiety. People who believe they

can control threats do not develop disruptive thought patterns.

The discussion thus far has centered on the efficacy-enabling processes that enable people to create rewarding environments and exercise control over the people they encounter from day to day. Some people are a product of their environment, beliefs about personal abilities can shape the life path they need and influence the type of activities and environment they choose.

Table 1. The influence of officer self-efficacy on sustainable prevention of COVID-19

Parameters	Preventive Behavior					Total	Sig.
	Very less	Not enough	Enough	Good	Very Good		
Self Efficacy	8	4	4	1	15	32	0.001
Magnitude	30	12	31	9	10	92	
	8	10	26	10	9	63	
	6	6	25	12	14	63	
	1	1	9	12	27	50	
Total	53	33	95	44	75	300	
Seflf Efficacy	6	0	3	0	1	10	0.001
General	24	14	20	5	9	72	
	10	6	21	6	20	63	
	9	9	39	20	11	88	
	4	4	12	13	34	67	
Total	53	33	95	44	75	300	
Self Efficacy	8	0	2	0	1	11	0.001
Strength	24	14	25	7	6	76	
	13	9	19	6	3	50	
	7	7	40	18	12	84	
	1	3	9	13	53	79	
Total	53	33	95	44	75	300	

Schunk & DiBenedetto (2021) define self-efficacy as a person's consideration of their ability to perform the actions needed to achieve the desired performance. This does not depend on the expertise and skills possessed but is related to the belief in how much effort is put into a task. Strong belief in one's abilities causes a person to strive to achieve goals (Jardine-Garvey, 2023). Research into the psychological processes by which self-beliefs about beliefs influence human functioning. The effect of self-confidence on cognitive processes in various forms. Human behavior is purposive, regulated by thoughts to realize goals. The stronger the perceived self-efficacy, the higher the challenge for oneself and the stronger the commitment to oneself.

Self-efficacy consists of 4 components, namely performance accomplishment, vicarious experience, verbal persuasion and emotional arousal (Gallagher, 2020). Accommodation performance. Positive and negative experiences can affect a person's ability to perform certain tasks. Vicarious experience refers to someone who uses other people's experiences and then compares them with their own tasks. Social/verbal persuasion: think of a coach giving encouragement or a teacher praising his students or a parent offering words of encouragement to a child. By using verbal persuasion in a positive way, one has to try harder and therefore has a greater chance of success. Psychological and emotional states, some examples are giving a speech in front of a large group of people, making a presentation to an important patient, taking an exam. All of these tasks can lead to restlessness, anxiety, sweaty palms and a racing heart.

Factors that influence self-efficacy were include culture through values and beliefs (Diotaiuti et al., 2021; Gumede & Govender, 2024). Gender differences also influence self-efficacy, women who have roles other than as housewives, as well as career women will have higher self-efficacy compared to men who work. The degree of complexity and difficulty faced by an individual will influence the individual's assessment of his or her own abilities. If an individual is faced with an easy and simple task, the higher the individual will assess his abilities. One of the factors that increases self-efficacy is competent contingent incentives, namely incentives given by other people that reflect a person's success (Hulukati et al., 2022). An individual's status or role in an individual's environment with a higher status will obtain a greater degree of control so that their self-efficacy is also high. Individuals will have high self-efficacy if they obtain positive information about themselves, while individuals will have low self-efficacy if they obtain negative information about themselves.

Analyzing the influence of health workers' self-intention on sustainable prevention of COVID 19

The research results showed that health workers had good behavioral intentions to prevent COVID 19 and it was found that there was an influence of behavioral intentions on COVID 19 prevention behavior (P: 0.001). Health workers

have good norm intentions for preventing COVID 19 and there is an influence of norm intentions on COVID 19 prevention behavior (p=0.001). Health workers have good control intentions and there is an influence of control intentions on COVID 19 prevention behavior (p=0.001) as seen in Table 2.

Table 2. The influence of health workers' self-intention on sustainable prevention of COVID 19

Parameters	Preventive Behavior					Total	Sig.
	Very less	Not enough	Enough	Good	Very Good		
Intention -	11	4	1	0	1	17	0.001
Attitude	27	7	10	3	2	49	
	5	7	29	13	5	59	
	10	10	45	14	15	94	
Total	53	33	95	44	75	300	
Intention-Norm	0	0	0	0	1	1	0.001
	2	1	0	2	0	5	
	32	9	19	2	4	66	
	18	15	63	20	11	127	
	1	8	13	20	59	101	
Total	53	33	95	44	75	300	
Intent-Control	3	0	1	0	0	4	0.001
	27	8	12	2	1	50	
	21	16	61	13	10	121	
	2	9	21	29	64	125	
Total	53	33	95	44	75	300	

Santoso (2021) defines intention as the desire, interest and willingness to work hard or have a strong will to be independent or try to fulfill one's life needs without feeling afraid of future risks, and always learning from the failures experienced. Intention (intention) is influenced by self-concept, because there is an increase in self-confidence. Intention is a cognitive representation of a person's readiness to carry out a behavior/action, and this intention is explained into three determinants, namely attitude (one's own opinion about behavior), subjective norms (other people's opinions about behavior), and behavioral control. felt. These three determinants can predict behavior/actions, in this case work life.

Intention is the movement of the heart towards what it considers to be in accordance with the goal. Intention is a will followed by action. Good intentions will produce good actions. Intention is a cognitive representation of a person's readiness to carry out certain behavior/actions, and this intention can be used to measure a person's behavior, a person's behavior will be realized if there is an intention to behave.

The concept of intention is linked to work life, so it can be said that a person's work life will greatly depend on intention. This means that every effort or work will be realized if there is intention in working. Individual intentions are very important for behavior/actions, in this case work life. Behavioral intention is the consumer's desire to behave in a certain way in order to own, dispose of and use a product or service (Foon et al., 2020). According to Ekawati et al. (2021) behavioral intention is a proportion that connects oneself with future actions. Behavioral intention is the willingness to recommend services to other people, and the willingness to take action.

Intentions will influence a person's actions or actions. The intention of every nurse or health worker in preventing the transmission of COVID-19 will influence their attitudes and actions in preventing the transmission of COVID-19. In line with the results of previous research that trust will have a positive effect on behavior intention. Beliefs and behavioral intentions have a positive relationship and determine intentions. The intention to prevent COVID 19 carried out by health workers includes receiving the complete vaccine and also carrying out health protocols in an orderly manner. Strengthening COVID-19 vaccine awareness among healthcare workers, is critical to allay concerns about vaccination and promote the uptake of COVID-19 vaccines in this population (Luo et al., 2021). This is because initial immunization reported lower intentions to receive vaccination, in-depth education and support for the community is needed to ensure optimal acceptance (Ogilvie et al., 2021). Furthermore, the intention to get vaccinated against COVID-19 reached 75% of health workers (Gagneux-Brunon et al., 2021).

Health promotion is needed to increase vaccination uptake among health workers. Such interventions may consider modifying identified factors of vaccination intention, including strengthening perceived efficacy, positive feelings about vaccination, the need to avoid future regret, self-efficacy, and social norms (Gagneux-Brunon et al., 2021).

Job satisfaction and organizational commitment are mechanisms that support the relationship between nurse workload, supervisor quality, extra-role behavior and

satisfaction with the intention to care during the COVID-19 pandemic (Sharif Nia et al., 2021). Increasing efforts to prevent COVID 19 through vaccination after interventions are carried out on the severity of COVID-19, the self-efficacy of individuals who receive the vaccine and the effectiveness of the vaccine in preventing infection (Hernández-Sánchez et al., 2020). Increasing efforts to prevent COVID 19 through vaccination requires continuous outreach about the benefits of vaccination. Outreach has shown positive effects and social responsibility on COVID-19 vaccination intentions (Yu et al., 2022). The results showed that the prevalence of COVID-19 vaccination intentions was relatively low among nurses in China and health promotion was needed. Frequent social media exposure and interpersonal discussions have the potential to increase vaccination intentions due to perceived vaccine efficacy.

Conclusion

The research results show that the work culture of officers is quite good and there is an influence of work culture on COVID 19 prevention behavior (0.001). The research results showed that health workers experienced a lack of self-efficacy regarding the difficulty of their tasks, but were quite good at taking preventive measures to prevent COVID 19 and there was an influence of self-efficacy magnitude with behavior to prevent COVID 19 (0.001). The research results showed that health workers had good behavioral intentions to prevent COVID 19 and it was found that there was an influence of behavioral intentions on COVID 19 prevention behavior (P: 0.001). Health workers have good norm intentions for preventing COVID 19 and there is an influence of norm intentions on COVID 19 prevention behavior (p=0.001). Health workers have good control intentions and there is an influence of control intentions on COVID 19 prevention behavior (p=0.001).

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Conflicts of Interest
The authors declare no conflict of interest.

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