SOCIAL ENVIRONMENTAL RELATIONSHIP WITH SELF EFFICACY IN ADOLESCENTS WITH THALASSEMIA DISEASES AT THE THALASSEMIA FOUNDATION HARAPAN BUNDA HOSPITAL

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ABSTRACT

The purpose of this research was to determine the relationship between the social environment in adolescents people with thalassemia diseases at the Thalassemia Foundation, Harapan Bunda Hospital. This research used a saturated sampling technique (census). The population used is 55 people. Retrieval of research instrument test data used a self-efficacy scale which totaled 24 items and obtained 19 valid items with rit = 0.224 – 0.638 and a reliability of 0.895 and a social environment scale of 24 items obtained 15 valid items with rit = 0.255-0.611 and a reliability of 0.785. The results of bivariate correlation data analysis, it was found that (Ha) which stated that there was a relationship between the social environment and self-efficacy was accepted with r = 0.718 with p = 0.000; $p < 0.05$. The results of the categorization on the scale of self-efficacy and the social environment are in the high positive direction category. This means that the higher the influence of the social environment received by adolescents, the higher the self-efficacy generated in adolescents with thalassemia at the Thalassemia Foundation Harapan Bunda Hospital.

Keywords: Self-efficacy, Social Environment, Thalassemia.

INTRODUCTION

Basically all individuals have different behavior, depending on what is the choice of life in a person. Many things influence how an individual's life choices, some come from the influence of the family environment, the influence of the social environment, even the influence of various kinds of social media. There are two impacts that are given from various kinds of influences around individuals, namely positive and negative impacts.

It can be said as a positive impact if it provides behavior that is in accordance with environmental norms and customs, improves self-image, makes life motivation to be better than before, while negative impacts such as bad individual behavior, do not have a clear direction in life (just follow the flow existing influences), a life that is much worse than before, even in an extreme way can make a person think about ending his life.

Various kinds of environmental influences around the individual can determine lifestyle and even changes in behavior. This can be related to self-efficacy, which is an internal process in the individual and is caused by environmental influences. Self-efficacy theory is an attempt to understand the functioning of human life in self-control, regulation of thinking processes, motivation, affective and psychological conditions.

Self-efficacy is natural, personal and social, and there may be a long and complex process to create this relationship. According to Bandura (Riswanda Setiadi, 2008), there are four sources of information that make an important contribution to the formation of self-efficacy: 1) experiences about personal success (enactives mastery experiences), 2) experiences of other people's success as models (vicarious experiences), 3) praise and social rewards (verbal persuasion and other related social recognitions), 4) individual psychological and affective states (physiological and affective states).

Having high self-efficacy also allows a person to choose a challenging setting, explore an environment or even create a new (creative) environment. According to Alwisol (Nobelina and Alfi, 2011), self-efficacy can be obtained, modified, increased or decreased, through one or a combination of four sources, namely the experience of mastering an achievement (performance accomplishment), namely achievements that have been achieved in the past, experience vicarius (vicarious experiences), social persuasion (social persuasion) and emotional generation (emotional/physiological states) namely the realistic nature of what is being persuaded.

Due to the many influences from the surrounding environment that contribute to a person's self-efficacy, the author will discuss in more detail the influence of the social environment. The social environment is a stepping stone for a person to find a complete identity or personality, in the sense that everyone cannot escape from the conditions of the social environment. Siagian (La Ira, 2006), states that the social environment or the surrounding conditions where people associate affect one's lifestyle.

Patients with thalassemia are one of the people with hemolytic anemia and a hereditary disease inherited from both parents. Thalassemia has abnormalities in the genes that regulate the formation of globin chains. The large number of sufferers who are on average teenagers to early adults, makes them have interactions that are more than just friendship. They make the social environment in the hospital their second family, where they are in the ward almost every week.

The amount of time spent together, makes these teenagers give each other opinions about their personal lives. In terms of education, economics, social, family, even share the love problems experienced by fellow teenagers. This is what then makes adolescents with thalassemia have different self-efficacy from one another. Some feel influenced by the views of other teenagers, some are not affected.

Based on this description, the authors are interested in researching "Social Environment Relations to Self-Efficacy in adolescents with thalassemia at the Thalassemia Foundation Harapan Bunda Hospital".

LITERATURE REVIEW
Self-Efficacy
Self-efficacy was first introduced by Albert Bandura, which means that it is a matter of the individual's perceived ability to deal with specific situations with respect to an assessment of the ability to perform an action that has to do with a specific task or a particular situation (Suryani, 2012). Self-efficacy theory is an attempt to understand the functioning of human life in self-control, regulation of thinking processes, motivation, affective and psychological conditions. Through this perspective, self-efficacy is believed to enable individuals to be able

to interpret and translate internal and external factors into concrete actions. (Riswanda Setiadi, 2008).

Still according to Bandura's theory which states that self-efficacy does not grow by itself, but is formed in a triangular relationship between personal characteristics, behavior patterns and environmental factors. Thus, this relationship is natural, personal and social, and may occur a long and complex process. Bandura also views self-efficacy or the feeling of being able to cope with specific situations affecting several aspects of psychosocial functioning. Bandura added that self-efficacy refers to individual beliefs about their ability to control themselves and the events that affect their lives. Self-efficacy beliefs are considered as the result of consideration, integration and evaluation of information about an ability that will ultimately regulate individuals in making a choice and effort in completing the given tasks.

This includes how much effort individuals expend in the face of obstacles and frustrations, how long they will last in difficult conditions and how they react emotionally while completing a task or engaging in the activity. People who have high efficacy expectations believe that they can do something with the demands of the situation and have realistic expectations of results. Such a person will work hard and stick with the task until it is finished. Bandura (Yunia E.R, 2012), explains that self-efficacy affects a person's behavior in determining an activity. In addition, self-efficacy also affects the level of individual involvement and ability to survive in these activities. This is consistent with career resilience which is defined as an individual's attitude in facing a bad possibility in order to prevent damage from occurring.

Dimension of Self-Efficacy

Bandura (Bandura A, 1997:42-46) suggests several dimensions of self-efficacy, namely:

a. Magnitude

Related to the level of difficulty of a task performed. The level of difficulty felt by individuals is very different for everyone. Includes simple, moderately difficult task demands, or includes demands on functions that have a specific domain. The ability that is measured against the level of task demands depends on the self-efficacy that is felt in the individual. For example, in measuring high jump success, athletes assess the strength of the belief that they can jump over the bar can add to the strength that will lead to success.

b. Generality

With regard to the field of work, how wide the individual has confidence in carrying out the tasks. Success beliefs also differ in generality. Because, depending on the level of variation of dimensions that are different for each individual. Such as the level of similarity of activities, the ability of the modalities presented (behavioral, cognitive, affective), the quality of the situation encountered and the characteristics of the individual to whom the behavior is directed. Assessments related to activity and situational context reveal patterns and general levels of individual belief in their success. The most basic self-confidence is around the structure of their life.

c. Strength

Related to the strength of the weak belief of an individual. In addition, efficacy beliefs varied in the success strength of the beliefs. Beliefs in efficacy are easily weakened by experience, whereas people who have tenacious faith in their abilities will persist in their endeavors despite innumerable difficulties and obstacles. The strength of self-efficacy is not always linear with respect to behavior choices. A threshold is needed to try an action, but a higher power will produce a person who has greater persistence and the higher the activity chosen. In the standard methodology for measuring efficacy beliefs, individuals are presented with items that describe varying levels of task demands, and their ability to carry out the required

activities. Perceived self-efficacy is a major determinant of intention, but the two constructs are conceptually and empirically inseparable.

Factors in Self-Efficacy
Bandura (Hepy and Nur, 2012) also mentions several things that can affect individual self-efficacy, namely:
a. Achievement achievement
b. Other people's experiences
c. Task difficulty level
d. Individual status in the environment, and
e. Information about capabilities

Aspects in Self-Efficacy
Bandura (Dias and Titin, 2011) explains that there are three aspects of self-efficacy, namely:
a. Expectation of Results (outcome expectancy)
   The expectation of the possible results of a behavior.
b. Efficacy Expectancy
   This expectation will be able to shape behavior appropriately. A belief that someone will succeed in acting in accordance with the expected results. This aspect shows that a person's expectations are related to the ability to perform a desired behavior.
c. Outcome value
   Value that has meaning from the consequences that occur when a behavior is carried out and a person must have a high outcome value to support his self-efficacy.

Social Environment
The social environment (Elly et al, 2006:66) refers to the environment in which an individual carries out social interactions. Engage in social interactions with family members, friends, or with the larger social group. Whereas in Herimanto and Winarno (2014: 188) it is explained that the social environment is the area where various activities and social interactions take place between various groups with their institutions with symbols and values and are related to ecosystems (as components of the natural environment) and spatial planning or spatial allotment (as part of the built / built environment). Life in the human social environment is marked by the existence of various activities, various interactions, various institutions that are formed.

Factors in Social Environment
Rotter (Abu, Ahmadi.2009:277-278) states that there are 3 (three) factors in the social environment that can affect individual behavior, namely:
a. Expectancy
   That is a possibility that is done by individuals that will occur in a certain reinforcement as a function of behavior in certain situations. This behavior is influenced by the level expected of someone who will bring behavior towards the goal to be achieved.
b. Reinforcement Value
   The level of determining the preferred stimulus that can influence behavior, and this depends on the "needs" of the individual.
c. Psychological Situation
   That refers to the environment in which individuals make a decision.

Indicators of Social Environment
The diversity of the quality of the social environment is on a spiritual background, which according to Hendropuspito (1989:170), is on an inner background, which is distinguished in:
a. Conceptual Mores
   Included in this pattern are all ways of thinking and feeling which are formed by notions whose content is judged as a guideline for people's lives. For example, thinking and feeling according to the Pancasila pattern
b. Conceptual Costums
   This pattern is still common. And people who break the common inner pattern are seen as people who don't know the customs. For example, a resident of a village was struck by a disaster. The closest neighbor is expected to show a harmonious inner attitude.
c. Complementary Inner Behavior
   Habit of thinking and feeling that is related to a routine that is commonly followed by many people.

METHODOLOGY
The research method used in this research is quantitative research. The technique used in this research is saturated sampling technique (census). The researcher started the research for 5 days. The population used in this study were adolescents with thalassemia at the Thalassemia Foundation, Harapan Bunda Hospital, which consisted of 55 individuals.

Method used in data collection is to use the scale method, namely the self-efficacy scale proposed by Bandura (Bandura A, 1997:42-46), namely Magnitude, Generality, and Strength. While the social environment scale is made based on the factors put forward by Rotter (Abu, Ahmadi.2009: 277-278), namely Expectancy, Reinforcement Value, and Psychological Situation.

The method used to test the hypothesis and analyze the data is Bivariate Correlation. This method is used to examine the relationship between one independent variable and one dependent variable (Kuncono, 2005).

RESULTS
Based on the item analysis test on the self-efficacy scale, the validity correlation coefficient ranges from 0.224 - 0.638, while on the item analysis test on the social environment scale, the validity correlation coefficient ranges from 0.255 - 0.611. then based on the reliability test on the self-efficacy scale obtained an alpha coefficient of 0.895 and on the social environment scale an alpha coefficient of 0.785 was obtained. According to the Guilford Alpha rule, the two coefficients show that the self-efficacy scale and the social environment are reliable.

Results of the correlation between the two variables were stated to be positive, this can be seen in the correlation table which states $r = 0.718$ with $p = 0.000 < 0.05$. With the results of the categorization of the self-efficacy scale which is in the high category, as well as the results of the categorization of the social environment which is in the high category.

The results of the data analysis show that there is a significant relationship in a positive direction between the social environment and self-efficacy in adolescents with thalassemia at the Thalassemia Foundation Harapan Bunda Hospital. This means that the higher the influence of the social environment received by adolescents, the higher the self-efficacy generated in adolescents.

This opinion is supported by Fitria Sedjati (2013:10), Self-efficacy greatly influences the meaningfulness of life. This can be explained that the belief in the abilities possessed by individuals is very influential in how to properly manage the tasks and roles of the individuals concerned, individuals who have high self-efficacy will have a strong belief that they will succeed in undergoing an event. or certain conditions in his life so that the individual will make various efforts to achieve his hopes, namely to have a meaningful life. Whereas individuals who have low self-efficacy will easily become discouraged so that in carrying out their tasks or roles in daily life they are not optimal and meaningful. The external factor in this case is the environment which has an important role.

CONCLUSIONS

Based on the results of the analysis of the data obtained, it can be concluded that there is a positive relationship between the social environment and self-efficacy in adolescents with thalassemia at the Thalassemia Foundation, Harapan Bunda Hospital, with the direction of a positive relationship between the social environment and self-efficacy, meaning that the higher the influence of the social environment, the higher the level of self-efficacy in adolescents with thalassemia.

Suggestion

After conducting research, analyzing, and concluding the data obtained in this study, the authors can provide the following suggestions:

1. Theoritical

For researchers who will develop or continue this research, they should connect with other aspects that are thought to influence self-efficacy, such as experiences that have been passed, experiences of other people, social persuasion, and physiological and emotional states.

2. Practical

The results of this study are expected to provide adequate information to adolescents with thalassemia at the Thalassemia Foundation at Harapan Bunda Hospital, and to be able to maintain hope, reinforcement values, and existing psychological situations, because this can maintain a good social environment and can increase self-efficacy in adolescents with thalassemia.

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