

Application of Psychological Rehabilitation Strategies towards Developing Self-Efficacy- A Study on Reattach Treatment

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Abstract

This study is based on the possible impact of self-efficacy theory in the process of rehabilitation in various fields. A generalized aspect has been developed and discussed based on the implementation and adaptation of self-efficacy in various rehabilitation processes. This generalized summation has been done on various fields to cover the impacts accurately. Self-efficacy comprises different environmental approaches and cognitive functions for developing the aspects of rehabilitation. The essence of psychology serves a major function in the enhancement of self-efficacy with the assistance of various methods of rehabilitation. Furthermore, the theory of self-efficacy is essentially able of finding out the elements that are needed to be concentrated on.

Keywords: “Enactive Mastery (EM)”, “Vicarious Experience (VE)”, “Verbal Persuasion (VP)”, “Physiological Arousal (PA)”, “Social Persuasion (SP)”, “Physiological Feedback (PF)”.

1. Introduction

The proper management of the patient's care system heavily depends on the nature of the physiological view of the patients. Efficacy related to any kind of individual can be summarized as a well-established system of construction of themselves. This construction system of individuals' own self is severely based on their personal experience. Based on the various theories the allover process of self-efficacy consists of various environmental processes and cognitive processes. The nature of psychology plays a significant role in the development of self-efficacy through the help of various strategies of rehabilitation. Each individual is known to carry different views of their psychological effects based on the level of trauma or experience that particular person has faced in their lifetime. However, there is a presence of an argument about self-efficacy being developed by personal experiences or incidents rather than being a product of the individual personality. Based on the various experiences denoting a large number of self-efficacy development it can be said that the theory has been important in terms of rehabilitation among individuals. In this particular research study, proper exposure to the various rehabilitation strategies will be investigated based on the development of self-efficacy. Application of the strategies will be discussed in various fields on individuals struggling with the rehabilitation process.

2. Literature Review

Significance of self-efficacy in addition to the rehabilitation

The application of self-efficacy helps in increasing personal abilities that are conducive to obtaining successive rates. Furthermore, self-efficacy assists individuals to generate sociable, sensational and intellectual rehabilitation

strategies [1]. Therefore, it has been understood that the utilization of self-efficacy helps in upgrading effective goals and builds up major commitments. Furthermore, it has been stated that psychological rehabilitation assists individuals in generating sociable and intellectual knowledge that is required for maintaining the cost of hospitalization and preventing re-admissions. It has been informed that rehabilitation correspondingly facilitates the patients to contend employment. Psychological interventions normally represent the essential portion that helps in decreasing depression and increasing coping capabilities that thoroughly promote the recovery system. On the other hand, it has been determined that psychosocial support assists in enabling protective features for identifying risk factors. Moreover, the strategies of self-efficacy manage the confidence level and fitness in the matter of the constraints of severe injury. The rehabilitation of psychology generally consists of essential education with regard to illness and administrative skills. It has been found that rehabilitation helps in providing the proper principles such as timing, neglecting aggravation, compliance and individualization.

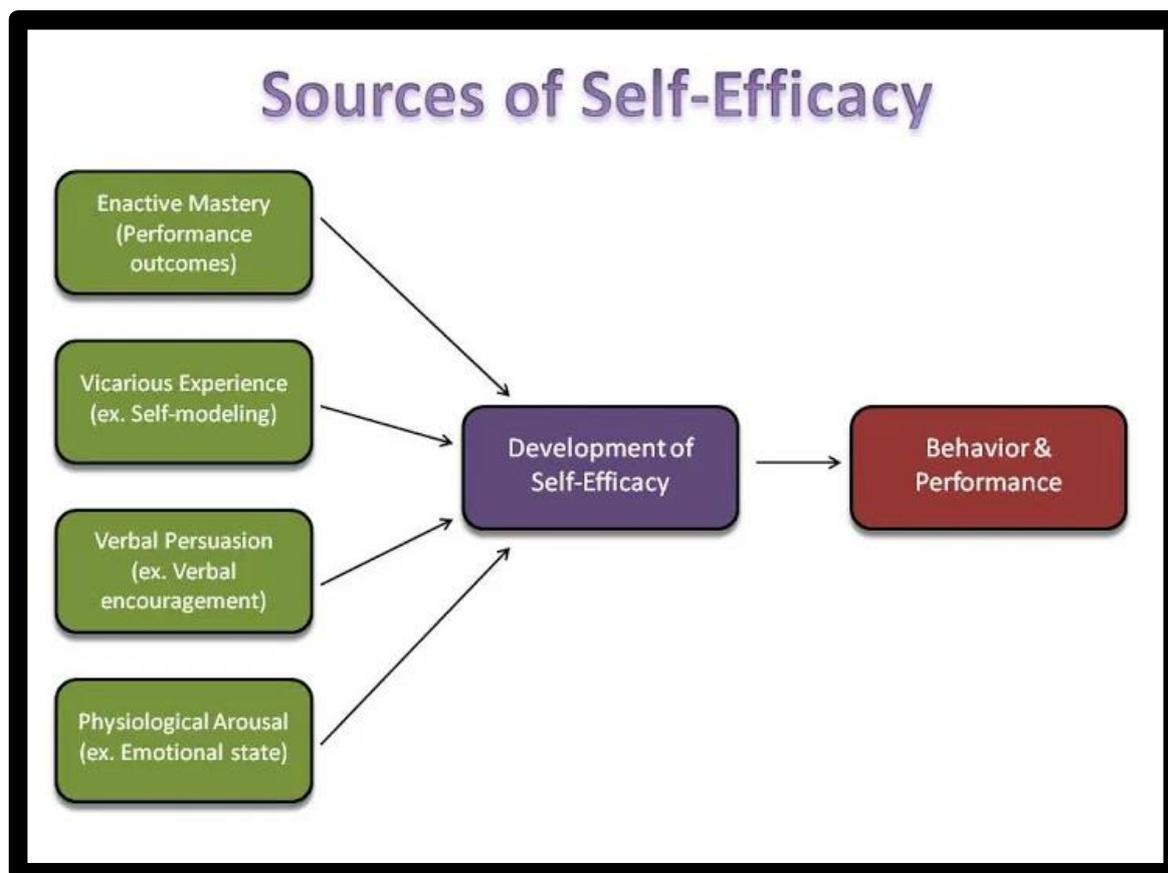


Figure 1: Theories of self-efficacy in improving Rehabilitation [2]

On the other hand, it has been estimated that rehabilitation programs practically decrease recidivism. Self-efficacy helps in expanding the probable beneficiary factors such as developmental capabilities and improving accuracy in addition to diagnoses [2]. Self-efficacy generally contains different environmental procedures and cognitive strategies. The circumstances of psychology serve a major role in the expansion of self-efficacy with the application of numerous practical systems of rehabilitation. Besides the performance of the useful strategies of self-efficacy, an individual is capable of deciding their stability and deficiency with regard to the essential matter. Moreover, the patient is also competent to decrease the complications and retrieve to their customary life with the utilization of this self-assessment mechanism. The individual connects to someone in the process of rehabilitation and can manage the procedures with the effective aspects of self-efficacy, resulting in preparing the valuable with an effective strategic process. On the other hand, it has been stated that self-efficacy helps in understanding the matter of problematic behaviors and demonstrates the particular areas that requirement of additional support. Furthermore, the assessment assists healthcare professionals in determining the state of cognitive health of the

patients. Besides, the application of the appropriate theories of self-efficacy helps in developing the correct outputs that are able to properly consider the amount of maintenance that defines a specific patient or someone directed to rehabilitate in their regular activities. There are many patients incorporate various psychological opinions and self-efficacy that specify the exact features that require to be developing effective systems. The strategies of self-efficacy assist in applying moderate or problematic tasks that generally enhance the utilization of peer models. Therefore, it has been determined that the useful strategies of self-efficacy also help in improving the strategies of psychological rehabilitation.

Assessing self-efficacy levels and working for improvement can help the survivors of stroke. They can be capable of gaining high control over several vital facets of the disease that they have. In addition to that, there can be an improvement in the chances for their betterment and sustained effects of rehabilitation. The presence of there is growing evidence that the purpose of interventions is to increase self-efficacy [3]. There has been a key effect of self-efficacy on the efficacy of the therapy of chronic sickness. Stroke therapy is included in it and a vital role may be played by psychotherapists. In order to fulfill the entire process, the participation of psychotherapists is needed.

Improving self-efficacy as a coping mechanism for individuals

Discrimination of individuals based on their required treatment process severely affects their psychological behavior and views towards their life. Self-efficacy, as a coping mechanism holds the ability to reduce the amount of these experiences among patients or individuals in the treatment process of severely affected individuals. A common case can be seen of families getting tired or exhausted by the happenings around them. This phenomenon is responsible for the patient to relapse again. In order to, maintain family care and empathy, self-efficacy has a high amount of potential to become a great tool in this scenario [3]. In these scenarios, self-efficacy works as a self-assessment tool denoting positive indicators. Based on these indicators of the positive psychology of life, a proper self-maintaining process can be evaluated. Based on this self-assessment system of self-efficacy one can easily be able to cope with the stress and anxiety in both patient and patient families and their related ones. The evaluated nature of the psychological views of the patients helps in diagnosing that particular individual easily and with less complexity. On the other hand, through the help of this self-assessment plan, patients are more capable of coping with their past experiences and easily rehabilitating in their relative field. As a self-assessment tool, this helps individuals to cope with trauma and anxiety, a common phenomenon that mental patients feel just before the rehabilitation period.

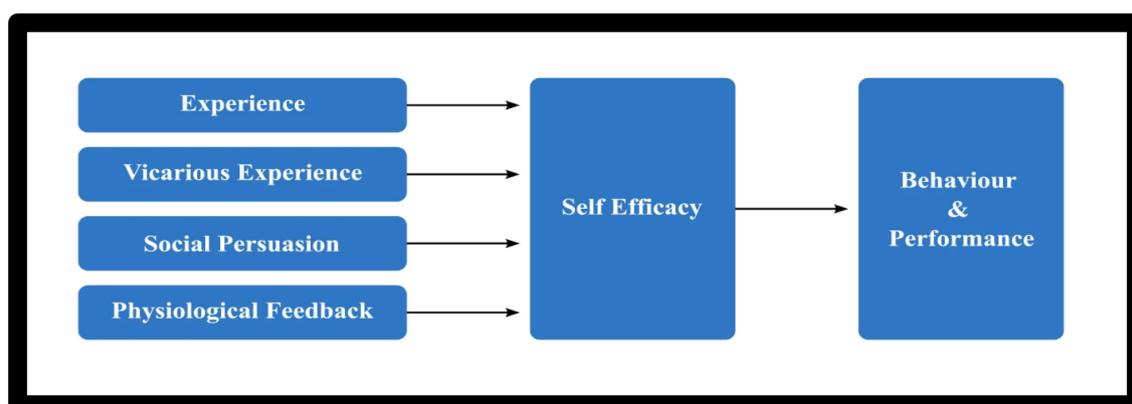


Figure 2: Outline of self-efficacy theory in individuals [5]

Based on the mechanism of the self-efficacy management system it can also be used in various other aspects regarding the related field with various patient parties. As a result, a possible healthier environment can be evaluated which can be helpful for better diagnosing the process. Individuals suffering from various physical and mental health problems find the process of rehabilitation complex and challenging sometimes. Through the implementation of self-efficacy strategies, an individual is able to determine their strength and weakness within them. Furthermore, the patient is able to reduce the complexity and get back to their daily life through the help of

this self-assessment tool. The individual related to the person in the rehabilitation process can tackle the process together through self-efficacy resulting in making the task a lot easier compared to any other strategic process. Professionals working with the patient are also able to customize their process of diagnosis based on the preference of the patient and patient parties. Studying and learning the patterns of rehabilitation can be done through the proper implementation of self-efficacy theory. Self-efficacy theory provides the platform to learn, motivation, and achievement through various components within its system [4]. It can be used as a great coping mechanism among individuals suffering from the adaptation process of rehabilitation.

Effect of Self-efficacy on conceptual care model of Patients

A proper self-efficacy model within the care and diagnosis system heavily affects the process of caregiving in various platforms. A model of care based on the concept of self-efficacy is largely capable of understanding the physical and mental needs of the patients compared to existing care models [5]. As a result, patients under the self-efficacy care model commonly gain an advantage regarding their recovery based on a customized diagnosis process. In terms of applying the self-efficacy theory to the patients, evaluating results is capable of properly assessing the amount of care that a particular patient or an individual requires to rehabilitate in their daily lives. Each patient consisting different psychological views, and self-efficacy determines the exact components that need to be focused on by the system. On the other hand, self-efficacy as one of the most followed learning theories also helps to observe and evaluate newer strategies for the patient rehabilitation process [6]. Based on the finding evaluated through the theory is significant regarding implying newer techniques in the patient care system and their recovery process. It has been seen that there is a constant presence of different effort level in the caring process based on the experience or psychological views individual patient holds in the system. Sorting out the requirements and working through those components can be easily done with the help of self-efficacy in patients.

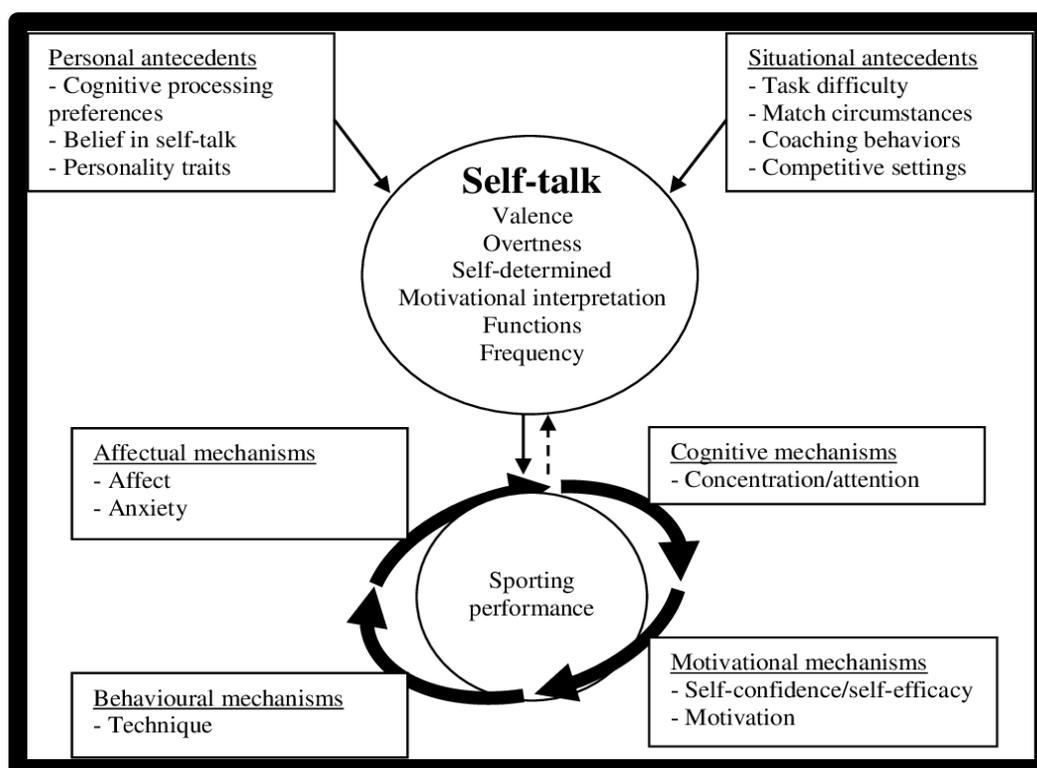


Figure 3: Diagram of mechanism based on self-efficacy [8]

Framework for specialized care treatment depends on the proper implementation of self-efficacy theories in terms of evaluating the components each patient holds. Doctors and healthcare professionals depend on these results to determine the possible best treatment they can provide to that particular patient [7]. Apart from that, patients involved in self-efficacy rehabilitation strategies are more known to recover faster compared to other individuals.

In order to propose a different kind of self-efficacy exercise to different patients is required based on the nature of the physical and mental health of that particular individual. As a result, a faster recovery can be possible among individuals suffering from different issues in their related health problems. However, after the pandemic period, research on the various newly discovered diseases has been done that needs to be included in this self-efficacy-based care system [8]. As a reason of medical is a vast platform, and there are numerous issues and complications that still need to be covered and researched properly to implement this rehabilitation strategy. Moreover, customized care plans among individuals make the process of implementation complex resulting in a constant need for changes in the initial self-assessment system.

3. Methodology

This study has followed the descriptive methods of the abandoned data from previous works to find solid pieces of evidence and impacts of self-efficacy on the strategic process of rehabilitation among individuals. A summative approach has been taken on the gathered pieces of information to find the required decision regarding justifying the aim of the study. The timeline has been maintained in the process to ensure the validity of the research. Apart from the collected data has been gathered through prominent and renowned sources to back up the research properly. Based on the gathered data through the secondary data collection method the evaluated points have been aligned with the self-efficacy theory to find the possible success rate of rehabilitation strategies in various field. As being in the preliminary stages of the research, self-efficacy-based care strategies have been collected based on various findings from a large number of authentic sources to cover the exact components needed to conduct this study properly. This study follows conclusive theories to build prominent results on the gathered pieces of information with the help of discussion.

Regardless of Self-efficacy being in the research platforms for a large amount of time, the implication of this system in the rehabilitation strategy has been new in numerous fields. The collection of data has been conducted from both statistical and summative data from various journals. Based on both primary and secondary summative theory this study presents a conclusive research of self-efficacy in various fields. The impact of Self-efficacy has been evaluated and summated to determine the differences in the usage of self-efficacy in the process of rehabilitation based on various fields [9]. This variation in the finding has been distorted to find out various constructive theories and components that have been used in this study as prominent evidence of self-efficacy being prominent in various fields. This study has exposed a general perception of the self-efficacy system in the process of rehabilitation made for individuals. A generalized view has been exposed based on the shared information of self-efficacy theory and various fields adapting this theory to treat individuals. The methodology has been generalized as a summative form of gathered pieces of information and evaluating the required findings to build a conclusive study on the generalized impact of the self-efficacy learning theory on various fields.

4. Findings

Based on the allover summation of gathered data, it has been found that self-efficacy has always been one of the most researched theories in the field of learning, motivation, and management. However, the implementation of this theory in the rehabilitation process of individuals is new. Based on the findings on the implementation of self-efficacy theory in various fields it has been seen that the system is currently in larger demand of properly managing the rehabilitation process. The process of self-efficacy can be summarized as a way of self-assessment and finding components about own self [10]. It severely depends on the psychological state of the individual and the person related to their surroundings. In the medical field, the theory of self-efficacy can be used in both patient and patient parties to maintain a healthier rehabilitation process. It is common for the families of suffering individuals to find themselves exhausted and tired, self-efficacy is capable of helping these families also with the rehabilitation process of the related individual. In order to, provide customized care plans to the patients properly learning the patients are required to include the required diagnosis components in the rehabilitation process. Self-efficacy is a great self-assessment tool for individuals also to find out their strengths and weakness on their own self [11]. As a result, the process of rehabilitation has increased for individuals that adopted the self-efficacy process as their diagnosis plan. Various components evaluated through the self-efficacy-inspired rehabilitation system are effective in boosting the recovery process of individuals from their experiences. However, there is a clear presence

of debate about self-efficacy being the product of psychological experience compared to a self-assessment tool. Moreover, a constant change in the initial system is required based on the nature of the field the self-efficacy is implemented.

In the care of elderly adults and various individuals, the medical field has been very efficient in the self-efficacy process. The allover system of self-efficacy helps professionals to determine the exact care plan an individual needs in their rehabilitation process. On the other hand, through the evaluation of various components to focus on, the system is capable of customizing dedicated care plans for individuals to work on. As one of the great coping mechanisms self-efficacy is capable of bringing out the hidden possibilities within an individual. Based on the psychological view of the patients and their experiences in the past, the implementation of self-efficacy helps that particular person to find out the components of moving on and bringing back them to their daily life [12]. Based on the variations in the experiences and occurrences this system is capable of customizing itself based on the learning abilities and adaptation methods to the related field.

5. Discussion

Based on the overall finding about the implementation of self-efficacy theory in the field of the rehabilitation process it has been seen that there is an absence of any particular framework of the system. The system of efficacy adapts to the nature of the individual it is implementing and the field it is working in. The theory has been in a debatable stage of being one of the products of psychological experiences due to excessive use of the system in treating mentally affected individuals. However, it has been seen that self-efficacy has affected the allover rehabilitation process in all the fields possible.

In the medical field, self-efficacy has been hugely successful in giving individuals the required customized care programmed for rehabilitation after an experience of occurrence. Doctors and health professionals are using this system rapidly to their patients determine the possible best care programmed that can be helpful for their faster recovery process [11]. On either hand, through the psychological view of the patients evaluated by the self-efficacy has been significant regarding their proper recovery care plan in every field. Families of individuals suffering from exhaustion and tiredness are also taken into the system to boost the overall recovery process for both patients and their families with various medical issues [12]. As one of the most successful self-assessment tools in the rehabilitation process, a larger amount of research on the subject is required to find and establish a proper system framework for the process.

6. Conclusion

Based on the overall finding and summative discussions on self-efficacy it can be concluded that as a self-assessment tool, this theory is in demand for a larger amount of time. Based on the aim of this study, it has been seen that self-efficacy is a powerful tool to properly determine the customized rehabilitation process for individuals with various experiences or occurrences. Any individual suffering from various experiences is capable of continuing their own rehabilitation process through self-efficacy. Self-efficacy theory is largely capable of finding out the components of own self that need to be focused on. Based on these finding various fields are preparing their care planning for various individuals facing problems with the process of rehabilitation. However, proper adaptation and changes in the system are required based on the nature of the field in which the theory is being applied to evaluate the rehabilitation process. A large number of families of the patients are also relieved through this theory along with boosting the recovery process of the individual suffering in the rehabilitation. Proper and compact research on the framework is needed to find the changes and adaptations this particular theory needs.

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