

# The Role of Self-Confidence as a Mediator Influence of Family Social Support to Well-Being Patients of Stroke Patients

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## Abstract

In modern society stroke becomes a major threat in many countries. In Indonesia in 2015 stroke was ranked first as the cause of death. Stroke treatment takes a long time, and during that time the patient's physical and psychological condition will tend to decrease. In order to healing process to run optimally, the psychological aspects of the patient need more attention. One of that needs attention is the well-being, it is intended that the patient does not dissolve in his suffering. This study aims to examine the role of self-confidence as a mediator of the influence of family social support on the psychological well-being of patients with stroke. Respondents in this study were stroke patients who were undergoing therapy at three hospitals in Jakarta, amounting to 157 patients. Methods of data collection using a scale with Likert type. Based on the analysis of research data obtained results that family social support affects the psychological well-being through self-confidence.

**Keywords:** *confidence; social support family; psychological well-being*

## 1. Introduction

Stroke is a disease that everyone fears in almost every part of the world. Stroke is the third leading cause of death in the world, number five in America, and number one in Indonesia. Although the risk of stroke will increase with age but stroke is not a disease dominated by the elderly, stroke can threaten all age levels. Stroke is a disease that occurs due to functional disorders in some of the brain, this happens because of the occlusion of the artery blood vessels that drain blood to the brain.

Healing stroke disease takes a long time. This condition causes an individual who has a stroke will feel hopeless because he felt he had been routinely performing treatment but instead felt his condition getting worse. Conditions like these that make stroke sufferers experience psychological discomfort. Such a psychological condition would make it more difficult stroke healing process. Therefore, in addition to seeking medical aspects of stroke patients need to keep the psychological condition so that patients still have a positive thinking and feel comfortable even though he had a stroke. One of the psychological factors that needs attention is well-being. Well-being is important for every individual, not to mention individuals who have a stroke. In patients who have high well-being will undergo treatment with a great sense of optimism that he will recover as expected. [1] put forward several factors related to the psychological well-being of a person, namely demography, personality, social support, and evaluation of life experiences.

Individual who have been convicted of a stroke will have a negative perception of his ability. Individual will feel helpless in performing daily activities, individual will also feel will lose the ability that has been owned. In this condition the individual will experience unhappiness. This condition is exacerbated because of the stroke generally experienced by those who are in old age. Where

at this age many of their family members are at a productive age who have various activities outside the home so that attention and togetherness with stroke sufferers is limited. Feeling helpless and feeling alone will aggravate the psychological condition of stroke sufferers. Whereas in these conditions should stroke patients get support from the people closest. Family social support for stroke patients can increase the patient's self-confidence that he can recover, which in the end this confidence has a strong allegation to improve the well-being of patients. Well-being will bring the individual to make peace with his illness. A pleasant psychological condition is expected to accelerate the healing process.

## 2. Literature Review

### 2.1. Self Confidence

Confidence is one aspect of the personality of an individual who has an important function. Individuals who have the confidence will make the individual is able to actualize the potential possessed with confidence and steady, so that what the purpose of life can be achieved. According to Lidenfield [2] self-confidence is more emphasis on the satisfaction felt by individuals about themselves. Satisfaction here means the individual is satisfied with what he has done and what he has gained so far. In general, self-confidence is a positive attitude of the individual who makes himself able to build a positive assessment of both himself, the environment and the situation he faces.

The confidence factors according to Lindenfield [2] consist of: [1] Inner confidence, ie self-beliefs of individuals who believe that they are in good condition. Individuals who love themselves and are able to hide these feelings have this confidence, [2] Confidence is born, ie self-belief embodied in the form of behavior that

can be known by the social environment. In order for individuals to have self-confidence is born required some skills, including communication skills, the ability to manage emotions, and also able to be assertive. Confidence is largely determined by the interaction of individuals with other individuals.

Harmonious family relationships and mutual support can boost individual confidence. This is because individuals who are experiencing an identity crisis are in dire need of support from the family. Social support of the family will foster individual confidence in the face of problems, such as the help of the people closest so that the individual does not feel alone in the face of the problem.

## 2.2. Social Support

Humans are social beings. As social beings, man can not live alone without the help of others. Social support from other people will be needed, especially on the condition of the individual is experiencing a problem. The individual's help and support cause the individual to cause the individual to face his difficulties with confidence. This is because the individual gets various forms of help from others in the face of the problem. According to [3] social support is an aid given to individuals, so that individuals feel cared for, valued, and feel safe.

Barker [4] said that social support has four aspects: [a] Information support, ie social support in the form of information that causes individuals to believe that they are loved and valued and have communications networks and shared obligations, [b] Emotional support, ie Support from family members including parents, relatives, close friends or from others. [C] Instrumental support, ie direct support to individuals in a variety of forms. [D] Affiliated support, ie support in the form of shared interests and conduct undertaken together.

## 2.3. Psychological Well-being

Well-being is a concept that relates to the individual's feelings about activities performed in daily activities. [5] divides individual well-being into two contexts, that is, job-specific job-feeling and individual feelings related to the broader context of any context-free well-being. Meanwhile, Diener and Lucas [6][1999] mentioned the term subjective well-being as an evaluation or individual assessment of the life it undergoes. This assessment is related to the cognitive assessment of life satisfaction and affective judgments on mood and emotion that he feels.

Aspects of well being according to [1] namely: [a] self-acceptance, is a positive attitude to himself, both his current attitude and the past. In this case a positive attitude is the attitude of accepting what is owned by the individual, [b] positive relations with others, is a positive relationship with other individuals warmly and qualified, [c] autonomy, is an aspect that includes matters relating to individual independence In his life, [d] environmental mastery, is the individual's ability to choose and create an environment compatible with his personal values and needs, [e] purpose in life, the beliefs of the individual that he is meaningful, [f] personal growth. Is a personal development includes the ability of individuals in developing their potential in a sustainable manner.

Social support is indispensable for every individual, even more so in individuals who experience organ dysfunction as well as individuals who experience stroke. In individuals who experience strokes social support is not only necessary to assist physical limitations, but is also needed to maintain individual psychological conditions. Social support received by stroke survivors is expected to have a positive effect on the patient's recovery.

## 3. Methodology

### 3.1. Design

This research is a quantitative research that aims to see the relation between independent variables with one dependent variable, either partially or simultaneously This research involves three research

variables. The dependent variable in this study is psychological well-being, the independent variable in this study is the social support of the family and the mediator variable is self-confidence. Data analysis technique used in this research is using path analysis technique.

### 3.2. Subject

Subjects in this study were outpatients who underwent stroke healing therapy in three hospitals in Jakarta with 157 respondents. The subjects were chosen by chance [incidental sampling] and willing to be the subject of the study.

### 3.3. Instrument

The research instrument used in this research uses a psychological scale constructed using Likert scale. Psychological scale in this research consist of:

1. Psychological well-being scale. Psychological well-being scale is constructed by researcher based on aspect of well being according to [1] that is aspect: self acceptance, positive relation with others, autonomy, environmental mastery, purpose in life, and personal growth. The psychological well-being scale consists of five alternative answers that will be given a score of 1 to 5. The lowest score in score 1 [strongly disagree], 2 [disagree], 3 [neutral], 4 [agree], 5 [very agree]. Based on the instrument test, the high alpha reliability coefficient is 0.810.
2. Family Social Support. The scale of family social support is constructed by researchers based on aspects of social support according to Barker [2007] namely aspects: information support, emotional support, instrumental support, and affiliate support. The family's social support scale consists of five alternative answers that will be given a score of 1 to 5. The lowest score in score 1 [strongly disagree], 2 [disagree], 3 [neutral], 4 [agree], 5 [strongly agree ]. Based on instrument test, high alpha reliability coefficient is 0.816.
3. Confidence Scale. The scale of confidence in the construction by researchers based on the type of confidence according to Lidenfield [2], namely: inner confidence and outer confidence. The scale of confidence consists of five alternative answers that will be given a score of 1 to 5. The lowest score in score 1 [strongly disagree], 2 [disagree], 3 [neutral], 4 [agree], 5 [strongly agree] . Based on instrument test, the coefficient of alpha reliability is high enough that is 0.870.

### 3.4. Data Analysis

Analysis of research data aimed to test the research hypothesis that is to test the role of family social support to psychological well-being through self-confidence. Hypothesis in this research is tested by using path analysis. As a tool in analyzing statistical data of researchers using Lisrel software.

## 4. Result and Findings

### 4.1. Descriptive

Based on descriptive analysis of gender and age of respondents, the following results were obtained:

Table 1: Gender

	Frequency	Percent [%]
Male	82	52.2
Female	75	47.8
Total	157	100

The sexes involved in the study were 75 or 47.8% of male respondents, and 82 or 52.2% of female respondents. Based on the data, most respondents are male.

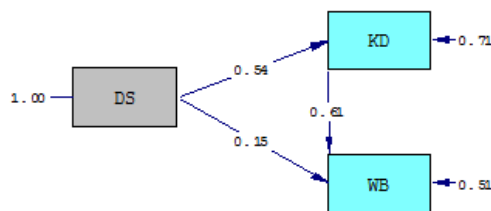
**Table 2:** Age

	Frequency	Percent [%]
<25	8	5.1
25-34	22	14.0
35-44	15	9.6
45-54	57	36.3
>54	55	35.0
Total	157	100

The age of respondents involved in this study was less than 25 years as many as 8 people or 5.1%, age 25-34 years 22 persons or 14.0%, age 35-44 years as many as 15 people or 9.6%, age 45-54 years 57 People or 36.3%, over 54 years of age 55 people or 35.0%. Based on the data, most respondents at the age of 45 to 54 years.

## 4.2. Hypothesis Testing

Analysis of research data aimed to test the three research hypotheses. Based on the data analysis, the results obtained in the following figure:

**Fig. 1:** Results

The first data analysis was aimed to test the first hypothesis that there was a positive influence between the family's social support and self-confidence. The results of the data analysis show that there is a positive and significant influence between family social support and self-confidence [ $r = 0.54$ ;  $t > 1.96$ ]. The better the social support the family receives the higher the confidence of patients with stroke. The coefficient of determination produced in this analysis is 0.292, which means that family social support has an influence on self-confidence of 29.2%.

The second data analysis is aimed to test the second hypothesis that there is a positive influence between self-confidence and psychological well-being. The result of data analysis shows that there is positive and significant influence between self-confidence with psychological well-being [ $r = 0.61$ ;  $t > 1.96$ ]. The higher the self-esteem, the higher the psychological well-being of patients with stroke. The coefficient of determination generated in this analysis is 0.372 which means that self-confidence has an effect on the psychological well-being of 37.2%.

The third data analysis is aimed to test the third hypothesis which reads the social support of family affects the psychological well-being through self-confidence. The results of the data analysis show an indirect effect between the social support of the family and the psychological well-being through self-confidence [ $r = 0.42$ ;  $t > 1.96$ ], from the total effect of 0.62, so that the direct effect of 0.20 is less than the indirect effect. This means that the social support of the family affects the psychological well-being through self-confidence.

## 4.3. Discussion

The study found that family social support have an effect on patient confidence. This means that the better the family's perceived social support will increase the patient's confidence. These findings prove that one good effort in improving the confidence of

patients with stroke is to increase family social support. This is in line with the results of [7] research which found that there is a positive correlation of social support with confidence.

In addition to physical abnormalities, stroke will cause psychosocial burden. This is very possible considering the severity of certain strokes will lead to organ dysfunction, this condition causes patients with stroke difficult to perform daily routine. This condition causes an individual suffering from a stroke to require good support from the people closest to him, in this case the family.

The results of the second analysis indicate the influence of self-confidence in psychological well-being in patients with stroke. This indicates that the individual who believes that he / she will recover the psychological well-being of the patient will increase. Convicted of a deadly disease such as stroke will cause tremendous stress for the individual, even more so the stroke will feel run quickly, this causes the individual who experienced it will feel shocked and can not accept the fact. This condition will cause stress and even depression for people with stroke. Stroke is not a disease that can not be cured, it's just the healing process will seem lasting, with positive thinking the individual will have high confidence that he will recover. The findings in this study are in line with research conducted by [8] who found that self-belief in psychosocial function is associated with all well-being components in stroke patients.

## 5. Conclusion

Based on the analysis of research data, it can be concluded the results as follows: in the first findings there is a positive and significant influence between social support family with self-confidence, it means the better social support received families will increase confidence stroke patients. In the second finding, there is a positive and significant influence between self-confidence and psychological well-being. The higher the self-esteem, the higher the psychological well-being of patients with stroke. While in the third finding there is influence between social support family with psychological well-being through confidence. The better the family's social support the patient receives, the more it will increase the patient's confidence that will ultimately improve the psychological well-being of the patient.

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