

Factor Analysis of Self-Efficacy among Trainees in the National Service for the Healthy Lifestyle Program

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Abstract : This research aimed to determine the level of self-efficacy in obese trainees before and after the Healthy Lifestyle Program. Self-efficacy is defined as the feeling, belief, perception, belief in the ability to cope with a particular situation that will influence the way individuals cope with the situation. Research instrument used was self efficacy questionnaire consisting of four main factors: (i) cognitive (abilities in a positive and realistic attitudes to the potential of to perform the duties, restrictions, or social desire), (ii) effective (mental management ability, feeling and mood), (iii) motivation (determination and the level of ability to achieve the purpose or goal), and (iv) selective (ability to choose the social conditions confronting and adapting to situations). The study sample consisted of 118 trainees from Healthy Lifestyle Program. The analysis showed there was a significant difference in self-efficacy before and after the Healthy Lifestyle Program ($p = 0.00$) indicated by increasing self-efficacy in the program.

Keywords : self efficacy, self-confidence, affective, motivation, selective

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