

Exploration of Continuous Self-improvement, Self-Efficacy, Attachment Style

DALE HILTY, PHD

Background

Researchers have used self-efficacy to investigate online learning, physical therapy, diabetes type 2, work engagement, teacher education, exercise behavior, chemotherapy treatment, Alzheimer disease, counseling, clinical reasoning, and online shopping (Bradley et al., 2017; Costello et al., 2017; Lalnuntluangi, et al., 2017; Lee, 2017; Lisbona et al., 2018; Malinauskas et al., 2018; Middelkamp et al., 2017; Papadopoulou et al. 2016; Salamizadeh, et al., 2017; Ümmet, 2017; Venskus & Craig, 2017; & Yahong et al., 2018).

Evaluation

Study 1

Methods

The purpose of this study was to explore the relationship between self-efficacy and attachment style (Ravitz, et al., 2009). Self-efficacy and attachment may influence BSN student-patient professional relationships. The three attachment styles were measured with the Nursing Attachment Styles Questionnaire (NASQ). In a previous study, exploratory factor analysis (N=247) revealed support for the three-factor model (i.e., secure, anxious, avoidant) with excellent coefficient alpha coefficients above .90 for the three NASQ factors. The self-efficacy scale (Schwarzer & Jerusalem, 1995) has acceptable coefficient alpha estimates (.75 to .91; Scholz, et al., 2002).

Participants (N=61) in this educational intervention were BSN accelerated students. Hypothesis 1: A positive correlation would be found between self-efficacy and secure attachment. Hypothesis 2: Self-efficacy would be negatively correlated with the anxious and avoidant attachment styles. A Pearson correlational analysis would be used to test these two hypotheses.

Results

Using SPSS 25, the Pearson correlational analyses found a significant positive relationship ($p=.03$) between self-efficacy and secure attachment. The relationship between self-efficacy and anxious attachment was not significant (coefficient: $-.159$, $p>.05$) and self-efficacy and avoidant attachment coefficient was $-.162$ ($p>.05$). The SPSS findings revealed a significant positive relationship between self-efficacy and the secure factor, and anxious and avoidant factors correlated negatively with the self-efficacy scale. Coefficient alpha reliability estimates ranged from .924 to .957 for the self-efficacy scale, secure, anxious, and avoidant attachment factors.

Evaluation (cont'd)

Study 2

Methods

A second study was designed to examine self-efficacy, competitive greatness, and attachment styles. Scales used to analyze these constructs were: Generalized self-efficacy (Schwarzer & Jerusalem, 1995), Wooden Pyramid of Success Questionnaire (WPSQ; Hilty, 2017), and Nursing Attachment Styles Questionnaire (Hilty, Bumgardner, & Taylor, 2018). Competitive greatness is defined as being the best you can be when your best is needed, continuous self-improvement, and appreciating difficult challenges. Regarding attachments styles, secure individuals offer positive descriptions and greater levels of achievement in their personal and professional relationships (Ravitz, et al., 2009).

Participants (N=78) in this educational intervention were BSN senior students. The self-efficacy scale was used to create two groups (e.g., high self-efficacy scores, moderate-low self-efficacy scores). Hypothesis 1: BSN students with high scores on self-efficacy would have high scores on competitive greatness. Hypothesis 2: Three attachment styles would be different based on self-efficacy scores (e.g., high self-efficacy scores, moderate-low self-efficacy scores). An Independent t-test would be used to test these hypotheses.

Results

Using SPSS 25, independent t-test analyses were significant on competitive greatness ($p=.001$), meaning BSN students with high scores on self-efficacy also had high scores on competitive greatness. Secure ($p=.009$) and avoidant ($p=.003$) styles were significant (i.e., high self-efficacy and high secure scores, high self-efficacy and low avoidant scores).

Conclusions

The correlational findings in study 1 suggested self-efficacy and the three attachment style common factors may be useful in identifying verbal communication patterns between BSN students and patients.

In study 2, the independent t-test findings revealed significant differences between self-efficacy and competitive greatness (i.e., being the best you can be when your best is needed, continuous self-improvement, appreciating difficult challenges). Significant differences were found between the high and moderate-low self-efficacy groups on the secure and avoidant common factors. Additional investigation of self-efficacy, competitive greatness, and attachment constructs appears warranted to determine the effects on BSN student verbal communication.

References

- Bradley, R., Browne, B., & Kelley, H. (2017). *Examining the influence of self-efficacy & self-regulation in online learning*. College Student Journal, 51(4), 518-530.
- Costello, E., Ruckert, E., Lyons, L., Cotton, L., & Birkmeier, M. (2017). *To treat or not to treat, The use of computer assisted learning to enhance clinical decision making and self-efficacy of student physical therapists in the acute care setting*. Journal of Physical Therapy Education, 31(3), 27-36.
- Hilty, D. (2017, October). *Preliminary investigation (phase 1) evaluating relationship among Big Five personality factors, team spirit, and Wooden's competitive greatness construct*. Poster presentation at Lilly Conference at Traverse City, Michigan.
- Hilty, D., Bumgardner, R., & Taylor, A. (2018, May). *Nursing attachment styles questionnaire (NASQ): Reliability & validity*. Poster presentation at Lilly Conference at Bethesda, Maryland.
- Lalnuntluangi, R., Chelli, K., & Padhy, M. (2017). *Self-efficacy, outcome expectancy & self-management of type 2 diabetes patients*. Indian Journal of Health & Well-being, 8(9), 1040-1043.
- Lee, H. & Jeong, E. (2017). *Therapeutic role of player self-efficacy in online gaming*. Social Behavior and Personality, 45(9), 1475-1484.
- Lisbona, A. Palaci, F. Salanova, M. & Frese, M. (2018). *The effects of work engagement and self-efficacy on personal initiative and performance*. Psicothema, 30(1), 89-96.
- Malinauskas, R. (2018). *Enhancing of self-efficacy in teacher education students*. European Journal of Contemporary Education, 6(4), 732-738.
- Middelkamp, J., Rooijen, M., Wolfhagen, P., & Steenberg, B. (2017). *The effects of a self-efficacy intervention on exercise behavior of fitness club members in 52 weeks & long-term relationships of transtheoretical model constructs*. Journal of Sports Science Medicine, 16, 163-171.
- Papadopoulou, C., Schneider, A., McBride, J., Whitehouse, A., & Kearney, N. (2016). *Patient-reported self-efficacy, anxiety, and health-related quality of life during chemotherapy, Results from a longitudinal study*. Oncology Nursing Forum, 44(1), 127-136.
- Ravitz, P. Maunder, J., Sthankiya, B., Lancee, W. (2009). *Adult attachment measures: A 25-year review*. Journal of Psychosomatic Research 69(2010) 419-43.
- Salamizadeh, A., Mirzaei, T, & Ravari, A. (2017). *The impact of spiritual care education on the self-efficacy of the family caregivers of elderly people with Alzheimer's disease*. IJCBNM, 5(3):231-238.
- Scholz, U., Gutiérrez Doza, B., Sud, S., & Schwarzer, R. (2002). *Is general self-efficacy a universal construct? Psychometric findings from 25 countries*. European Journal of Psychological Assessment, 18,242-251
- Schwarzer, R., & Jerusalem, M. (1995). Generalized self-efficacy scale. In J. Weinman, S. Wright, & M. Johnston, *Measures in health psychology: A user's portfolio. Causal and control beliefs* (pp. 35-37). Windsor, UK: NFER-NELSON.
- Ümmet, D. (2017). *Structural relationships among counseling self-efficacy, general self-efficacy & positive-negative affect in psychological counselor candidates*. Educational Sciences: Theory & Practice, 17(6), 1875-1892, DOI 10.12738/estp.2017.6.0180
- Venskus, D., & Craig, J. (2017). *Development & validation of a self-efficacy scale for clinical reasoning in physical therapists*. Journal of Physical Therapy Education, 31(1). 14-20.
- Yahong, L., Zhipeng, X., & Fuming, X. (2018). *Perceived control & purchase intention in online shopping: The mediating role of self-efficacy*. Social Behavior and Personality, 46(1), 99-106.