



THE RELATIONSHIP BETWEEN NURSES'S CARING BEHAVIOR AND SELF-EFFICACY IN HIV/AIDS PATIENTS

Viere Allanled Siauta*, Angela Librianty Thome

School of Nursing, Universitas Jayapura, Jl. Kamp Wolker, Yabansai, Heram, Jayapura, Papua 99224, Indonesia

*siauta.viere@gmail.com

ABSTRACT

The number of HIV/AIDS patients in Jayapura City continues to increase every year. The role of nurses is essential in caring for HIV/AIDS patients. One strategy that can be implemented is caring behavior. Caring behavior has significant benefits in nursing and can improve the quality of nursing care. Objective: This study aims to determine the relationship between nurses' caring behavior and self-efficacy in HIV/AIDS patients. Method: This study is a quantitative study with an analytical design and a cross-sectional approach. The sample size in this study was 35 respondents using the Lemeshow formula for estimating the unknown population proportion. Data were collected from respondents through interviews and questionnaire. Data analysis was conducted in two stages : univariate analysis to describe the characteristics of respondents, caring behavior and self-efficacy, and bivariate analysis using Chi-Square to assess the relationship between nurses's caring behavior and self-efficacy. Results: The results showed that the majority of nurses' caring behavior was moderate (57.1%). Most respondents had good self-efficacy (40.0%). The chi-square test results obtained a p-value of 0.003, so it can be concluded that there is a relationship between nurses' caring behavior and self-efficacy in HIV/AIDS patients at the Hana Clinic, Yowari Regional Hospital, Jayapura Regency. Conclusions: The results of this study indicate that nurses' caring behavior plays an important role in increasing self-efficacy in HIV/AIDS patients.

Keywords: caring; HIV/AIDS; self-efficacy

How to cite (in APA style)

Siauta, V. A., & Thome, A. L. (2026). The Relationship Between Nurses's Caring Behavior and Self-Efficacy in HIV/AIDS Patients. *Indonesian Journal of Global Health Research*, 8(1), 649–654. <https://doi.org/10.37287/ijghr.v8i1.717>.

INTRODUCTION

Human immunodeficiency virus (HIV) is a sexually transmitted infection (STI). HIV is a virus that damages the human immune system and can only reproduce in living cells and is found in bodily fluids, particularly semen, vaginal fluids, and blood. The incubation period for HIV infection is quite long, ranging from 5 to 10 years, during which time the virus can also progress to AIDS (acquired immunity syndrome) (Ernita et al., 2022). According to the Directorate General of Disease Prevention and Control (Dirjen PP & PL) in 2020, the prevalence of HIV/AIDS cases in Indonesia in the fourth quarter of 2020, from October to December, was 13,287 people infected with HIV and 3,812 people with AIDS. The highest percentage of HIV infection is in the 24-49 years age group (68%) and the lowest in the 50-59 years age group (6.6%), while AIDS is highest in the 30-39 years age group (35.5%) and the lowest in the 40-49 years age group (16.2%) with a ratio of men and women infected with HIV/AIDS of 2:1 (Ministry of Health, 2021).

According to data from the Papua Provincial Health Office, in 2024, the number of HIV/AIDS cases in Jayapura City reached 2,446 HIV cases and 2,624 AIDS cases. The number of HIV/AIDS cases continues to increase annually. The majority of HIV/AIDS cases occur in the productive age group, aged 19-49. Based on gender, 46% of HIV/AIDS cases are male and 54% are female (Jayapura Health Office, 2024).

Implementing HIV/AIDS case management without effective service quality will impact the quality of life of people living with HIV/AIDS (PLWHA). The role of nurses is crucial in caring for patients living with HIV. Nurses can utilize an adaptive nursing model by facilitating coping

strategies and social support. One strategy nurses can employ is caring behavior (Supirno & Nurlailah, 2024). Caring behavior has significant benefits in nursing and should be reflected in every nurse-patient interaction, rather than perceived as difficult to achieve due to high workloads or poor ward management. Implementing caring behavior will improve the quality of nursing care, can be used as a positive suggestion in the patient's healing process, foster trusting relationships with patients, and assist with basic human needs (Shelfy et al., 2019).

Patients living with HIV/AIDS (PLWHA) often face negative stigma and discrimination from society. This results in emotional instability, which can lead to impaired cognitive and psychosocial functioning. Efforts to slow the incidence of infection include monitoring medication intake by healthcare workers and, if necessary, involving family support to increase self-efficacy. According to Bandura, as cited in Putri et al. (2020), self-efficacy is an individual's belief in their ability to control, decide, and take the necessary actions in a given situation to achieve desired outcomes. Self-efficacy refers to how a person behaves, thinks, and motivates themselves. Patients with high self-efficacy view their health condition less as a threat to be feared. They tend to engage in meaningful activities, achieve self-acceptance, complete tasks, achieve goals, and overcome obstacles, all of which positively impact their quality of life (Dariska, 2023).

Self-efficacy is a key element for people living with HIV/AIDS (PLWHA) to manage and take limited action in the face of their condition. Self-confidence can improve a person's quality of life (Yolandha et al., 2021). The novelty of this research lies in its focus on examining the relationship between nurses' caring behavior and self-efficacy in patients with HIV/AIDS. Unlike previous studies that mostly highlighted factors such as social support, stigma, and spirituality on patients' self-efficacy, this study emphasizes the role of nurses' caring behavior as a variable that potentially influences patients' confidence in dealing with their illness. Furthermore, this research was conducted in Papua Province, one of the regions with the highest prevalence of HIV/AIDS in Indonesia, so the results of this study are expected to provide both scientific and practical contributions to the development of humanistic nursing practices in caring for patients with HIV/AIDS. Based on this background, this study aims to determine the relationship between nurses' caring behavior and self-efficacy in HIV/AIDS patients.

METHOD

This research is a quantitative study using an analytical design and a cross-sectional approach, where the research is conducted simultaneously between the independent variable and the dependent variable (Sihombing, 2020). This study was conducted to determine the relationship between nurses' caring behavior and self-efficacy in HIV/AIDS patients at the Hana Clinic, Yowari Regional Hospital, Jayapura Regency. Sampling in this study used the estimation of unknown population proportions with the Lemeshow formula and obtained 35 people. The study was conducted on May 26 - June 23, 2025. Data collected and analyzed using univariate and bivariate analysis. Univariate analysis was used to describe the characteristics of respondents, as well as each variable. Meanwhile, bivariate analysis used the chi-square test to examine the relationship between nurses' caring behavior and self-efficacy in HIV/AIDS patients. This research has received ethical approval from the Medical/Health Research Bioethics Committee, Faculty of Medicine, Sultan Agung Islamic University, Semarang with number 189/IV/2025/Bioethics Commission.

RESULT

Based on table 1, it shows that most of the respondents are aged 26-35 years, as many as 16 respondents (45,7%), most of the male respondents are as many as 21 respondents (60,0%), most of the respondents are Christian as many as 21 respondents (60,0%), most of the respondents have a high school education as many as 20 respondents (57,1%), some of the respondents work as self-employed as many as 12 respondents (34,4%), and most of the respondents who have suffered from HIV/AIDS for <5 years as many as 20 respondents (57,1%).

Table 1.
Respondent Characteristics (n= 35)

Respondent characteristics	Frequency (f)	Percentage (%)
Age		
17 – 25 years	5	14,3
25 – 35 years	16	45,7
36 – 45 years	9	25,7
46 – 55 years	4	11,4
>65 years	1	2,9
Gender		
Male	21	60,0
Female	14	40,0
Religion		
Christian	21	60,0
Catholic	7	20,0
Islam	7	20,0
Education		
Elementary School	3	8,6
Junior High School	8	22,9
High School	20	57,1
Bachelor	4	11,4
Occupation		
Self-Employed	12	34,4
Private Employed	3	8,6
Housewife	8	22,9
Not yet	8	22,9
Other	4	11,4
Duration of HIV/AIDS		
<5 years	20	57,1
>5 years	15	42,9

Tabel 2.
Univariat Analysis: Caring Behavior

Caring Behavior	f	%
Moderate	20	57,1
High	15	42,9

Based on table 2, it shows that of the 35 respondents in this study, the majority of nurses' caring behavior was moderate, namely 20 respondents (57,1%), and high caring behavior was 15 respondents (42,9%).

Tabel 3.
Univariat Analysis: *Self Efficacy*

Self efficacy	f	%
Poor	9	25,7
Sufficient	12	34,4
Good	14	40,0

Based on table 3, it shows that of the 35 respondents in this study, the majority of respondents' self-efficacy was good, namely 14 respondents (40,0%), self-efficacy was sufficient for 12 respondents (34,4%), and self-efficacy was poor for 9 respondents (25,7%).

Tabel 4.
Bivariat Analysis: Relationship Between Nurses's Caring Behavior and Self-Efficacy in HIV/AIDS Patients

Caring Behavior	Parents								p value
	Self efficacy						Total		
	Poor		Sufficient		Good				
	n	%	n	%	n	%	n	%	
Moderate	9	25,7	7	20,0	4	11,4	20	57,1	0,003
High	0	0	5	14,3	10	28,6	15	42,9	

Table 4 shows that of the 35 respondents, 9 (25,7%) nurses exhibited moderate caring behavior and low self-efficacy, 7 (20,0%) nurses exhibited moderate caring behavior and sufficient self-efficacy, and 4 (11,4%) nurses exhibited moderate caring behavior and good self-efficacy. Meanwhile, 5

(14,3%) nurses exhibited high caring behavior and sufficient self-efficacy, and 10 (28,6%) nurses exhibited high caring behavior and good self-efficacy. Based on the results of the bivariate analysis using the chi-square test, a p-value of 0,003 ($p < 0,05$) was obtained, indicating a significant relationship between nurses' caring behavior and self-efficacy in HIV/AIDS patients at the Hana Clinic, Yowari Regional Hospital, Jayapura Regency.

DISCUSSION

Caring Behavior

Based on the results of a univariate analysis of 35 respondents, the majority of nurses' caring behavior was moderate 20 respondents (57,1%), and 15 respondents (42,9%) had high caring behavior. The researcher assumed that respondents perceived high caring behavior from nurses because they received good service from nurses. This was evident in the caring behavior questionnaire, where all respondents consistently answered question 1, "The nurse gave me attention while caring for me." Therefore, it can be concluded that respondents received positive feedback from nurses in the form of attention, motivation, support, and the opportunity to discuss their illnesses.

The results of a study conducted by Ernita et al., (2023) on the effect of caring on self-efficacy in patients in the internal ward of Labuang Baji Regional Hospital, Makassar, with 48 respondents. The results showed that the majority of respondents (34 respondents) had very good caring. Based on the results of the T-Test, a p-value of 0,001 was obtained, thus it can be concluded that caring has an effect on self-efficacy in patients in the internal ward of Labuang Baji Regional Hospital, Makassar.

Caring behavior is an action based on concern, affection, skills, empathy, responsibility, sensitivity, and support. This behavior aims to improve and enhance the quality of human life, emphasizing activities that promote health and empower individuals or groups according to cultural context. A nurse needs to understand the needs of each individual, their responses to the social environment, as well as the strengths and limitations of patients within the family scope. In addition, nurses also play an important role in providing assistance, attention, and empathy to patients and their families. Thus, caring reflects all aspects used by nurses in delivering the best service to patients (Potter & Perry, 2009). Caring is central to nursing practice because caring behavior is a dynamic approach, where nurses work to further enhance their care for patients (Drama et al., 2019).

Caring behavior plays an important role in determining the quality of service and the level of patient satisfaction, especially in a hospital environment. Good service quality reflects the positive image of the healthcare institution and contributes to increased patient satisfaction as well as overall service quality (Saputri et al., 2021). Researchers can conclude that caring behavior, namely the nurse's concern given to patients, can be in the form of our attitudes, words and behavior that make patients feel comfortable and feel that there is a shared relationship.

Self-Efficacy

Based on the results of univariate analysis of 35 respondents, it was found that the majority of respondents' self-efficacy was good, namely 14 respondents (40,0%), self-efficacy was sufficient for 12 respondents (34,4%), and self-efficacy was poor for 9 respondents (25,7%). The researcher assumed that respondents basically had good enthusiasm and good abilities in managing feelings, symptoms, fatigue, carrying out therapy management and compliance in taking medications and were able to communicate with nursing service providers.

A study conducted by Heppy Kristina (2024) examined the relationship between self-efficacy and quality of life in HIV/AIDS patients at H. Adam Malik General Hospital in Medan. The results showed that the majority of respondents (60 respondents) had adequate self-efficacy. The results showed that respondents with HIV/AIDS were able to carry out normal activities and overcome the

stress of their illness. They lived their lives with sufficient enthusiasm, were relatively private about their illness from others and even their families, and occasionally experienced sadness.

Self-efficacy is a person's belief in their ability to exert some form of control over their own functioning and environmental events. People who believe they can act, and perhaps have more potential to change events in their environment, are more likely to act and be successful than those with low self-efficacy (Shelfy et al., 2019). According to Bandura, self-efficacy is an individual's view of their own ability to carry out expected actions and individual skills to generate motivation, cognition and take action in the conditions they face (Manesi, 2022).

Relationship Between Nurses's Caring Behavior and Self-Efficacy

Table 4 shows that of the 35 respondents, 9 (25,7%) nurses exhibited moderate caring behavior and low self-efficacy, 7 (20,0%) nurses exhibited moderate caring behavior and moderate self-efficacy, and 4 (11,4%) nurses exhibited moderate caring behavior and good self-efficacy. Meanwhile, 5 (14,3%) nurses exhibited high caring behavior and moderate self-efficacy, and 10 (28,6%) nurses exhibited high caring behavior and good self-efficacy.

The results of the bivariate analysis using the chi-square test obtained a p-value of 0,003 ($p < 0,05$), thus concluding a significant relationship between nurses' caring behavior and self-efficacy in HIV/AIDS patients at the Hana Clinic, Yowari Regional Hospital, Jayapura Regency. This is in line with research conducted by Cantika Larasasti et al., (2024) on the relationship between nurses' caring behavior and self-efficacy with adherence in kidney failure patients undergoing hemodialysis at Undata Regional Hospital, Central Sulawesi Province. Based on the results of the alternative Fisher exact test, a p-value of 0,000 ($p < 0,05$) was obtained, thus concluding a significant relationship between nurses' caring behavior and self-efficacy with adherence in kidney failure patients undergoing hemodialysis at Undata Regional Hospital, Central Sulawesi Province.

The results of the study showed that nurses had moderate caring behavior and sufficient self-efficacy in 7 respondents (20,0%). The researcher assumed that respondents still lacked acceptance of their condition, fearing ostracism from friends, family, and even society, and fearing that their illness could lead to death. This was supported by the characteristics of the respondents, where the majority 20 respondents (57,1%), had been living with HIV/AIDS for less than 5 years. This contributed to their lack of acceptance of their condition.

This is in line with research conducted by Hardika et al. (2023), which found that the majority of respondents (33 respondents) had sufficient self-efficacy. Respondents with sufficient self-efficacy were quite withdrawn from society and reluctant to interact with their surroundings. Another study conducted by Zahara et al. (2021) found that 50 respondents (48,0%) had sufficient self-efficacy. The study found that respondents' self-efficacy was sufficient in managing feelings, adequate in managing therapy, adherence to medication, confidence in communicating with healthcare providers regarding health problems, and confidence in receiving support from others. One important component of caring is nurses' self-efficacy in professionalism and healthcare delivery. Bandura's research shows that our belief in our level of self-efficacy influences many aspects of our lives. For example, people who have high self-efficacy tend to get better grades, consider more career possibilities, have greater job success, set higher personal goals and have better physical and mental health than people who have low self-efficacy (Schultz, 2014). Psychologically, self-efficacy plays an important promotive role in health aspects, as it can influence the stages of individual behavior change, from the initiative to change habits, efforts to direct one's abilities to achieve success, to maintaining newly formed behaviors (Delfani, 2021).

CONCLUSION

The study, conducted with 35 respondents, yielded several findings. First, it was found that the majority of nurses' caring behavior was moderate. Second, it was found that the majority of HIV/AIDS patients had good self-efficacy. Third, a significant relationship was found between

nurses' caring behavior and HIV/AIDS patients' self-efficacy at the Hana Clinic, Yowari Regional Hospital, Jayapura Regency, with a p-value of 0.003 (<0.05).

REFERENCES

- Cantika Larasasti, Yulta Kadang, Katrina Feby Lestari. (2024). Hubungan Perilaku Caring Perawat dan Self efficacy Dengan Kepatuhan Pasien Gagal Ginjal Yang Menjalani Hemodialisis Di RSUD Undata Provinsi Sulawesi Tengah. *Gudang Jurnal Ilmu Kesehatan*, 2 (1), 25–32.
- Dariska, S.L., Sari, R.I., & Arisdiani, D.R. (2023). Hubungan Self-Efficacy Terhadap Kualitas Hidup Pasien Kanker serviks. 1 (3).
- Delfani Ade Crisna Arsela. (2021). Hubungan Self Efficacy Dengan Kualitas Hidup Pada Pasien Hipertensi Di Puskesmas Siwalankerto (Issue March).
- Dinas Kesehatan Provinsi Papua. (2024). Profil Kesehatan Provinsi Papua Tahun 2024.
- Drama, S. M., Yulia, S., & Mulyadi, M. (2019). Hubungan Self Efficacy dengan Perilaku Caring Perawat di Ruang Rawat Inap Rumah Sakit XX Palembang. *Jurnal Berita Ilmu Keperawatan*, 13(1), 40–4.
- Ernita Rizkiyuni, Sriwahyuni, Yasir Haskas. (2023). Pengaruh Caring Terhadap Self efficacy Pada Pasien Di Ruang Interna RSUD Labuang Baji Makassar. *Jurnal Ilmiah Mahasiswa & Penelitian Keperawatan (JIMPK)*, 3 (5), 135-141.
- Ernitha Yulianti, Mira Agusthia, Rachmawaty M. Noer. (2022). Hubungan Self-Efficacy dan Cues to Action dengan Perilaku Loss to Follow Up pada Pasien HIV/AIDS dengan Terapi ARV. *Initium Medica Journal (IMJ)*. ISSN : 2798-2289.
- Hardika, B. D., Rini, M. T., & Nurjanah, V. (2023). Analisis Self efficacy dengan Kualitas Hidup Pasien Odha di Komunitas X Palembang. *Jurnal Akademika Baiturrahim Jambi*, 12(2), 502. <https://doi.org/10.36565/jab.v12i2.790>.
- Heppy Kristina Silalahi. (2024). Hubungan Self efficacy Dengan Kualitas Hidup Pasien HIV/AIDS Di RSUP H. Adam Malik Medan. STIKes Santa Elisabeth Medan : Skripsi.
- Kemenkes RI. (2021). Direktorat Jenderal Pencegahan dan Pengendalian Penyakit Kementerian Kesehatan RI Tahun 2020. *Germas*, 5(1).
- Manesi, D. (2022). Meningkatkan Efikasi Diri (Self efficacy) Pada Kadet Mahasiswa Pendidikan Paramiliter. *Jurnal Ilmiah Mandala Education*, 8(1), 696–701.
- Potter, P. A., Perry, A. G. E., Hall, A. E., & Stockert, P. A. (2009). *Fundamentals of nursing*. Elsevier mosby.
- Putri, A, Vira R & Renny C. (2020). Hubungan self-efccacy dengan Kualitas Hidup Pasien Kanker Kolorektal di RSUD Dr. Achmad Mochtar Bukittinggi.
- Saputri, E., Pasinringi, S. A., & Ake, J. (2021). The Relationship Between Career Ladder And Nurses Job Satisfaction At A Hospital. *Jurnal Administrasi Kesehatan Indonesia*, 9(1).
- Schultz, D.P. And Sydney Ellen Schultz. (2014). *Sejarah Psikologi Modern*. Nusa Media.
- Shelfy Meylani Drama, Yulia S, Mulyadi. (2019). Hubungan Self efficacy Dengan Perilaku Caring Perawat di Ruang Rawat Inap. *Jurnal Berita Ilmu Keperawatan*, 13 (1), hal. 40-47.
- Sihombing R, M. (2020). *Manajemen Keperawatan*. Medan : Yayasan Kita Menulis.
- Supirno, Nurlaila Umar. (2024). Hubungan Self Efikasi Dengan Perilaku Caring Perawat Yang Merawat ODHA Di 3 RS Rujukan Sulawesi Tengah. *Jurnal Kolaboratif Sains*, 7(8), 3228-3236.
- Yolandha, A., Daramatasia, W., & Ulfa, M. 2021. Hubungan Self-Efficacy Dengan Self Acceptance Pada ODHA di Jombang Care Center Plus. *Media Husada Journal of Nursing Science*, 1 (1), hal.43-53
- Zahara, I., Sardaniah, S., & Utama, T. A. (2021). Overview Self efficacy of Spiritual and Patients Hiv/Aids in the Province Bengkulu. *Jurnal Vokasi Keperawatan (JVK)*, 4(1), 267–275. <https://doi.org/10.33369/jvk.v4i1.16318>