Original Article

Self Efficacy Of The Elderly After The COVID 19 Vaccine

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ABSTRACT

Background: The Covid-19 vaccine is aimed at the elderly to increase their immunity of the elderly and reduce the significant impact when exposed to Covid-19 at a young age. They are more susceptible to being exposed to the Covid-19 virus. Self-efficacy of the elderly who have received the covid-19 vaccine is better, and the elderly are more confident. Self-efficacy is a person's belief and ability to carry out a form of self-control over the functioning of the individual itself and events in the environment. The purpose of the study was to determine "Self-Efficacy of the Elderly After Covid-19 Vaccination".

Methods: Descriptive research design, a population of 105 respondents and a sample of 16 respondents with a "purposive sampling" technique. The study was conducted from February 1 to March 1, 2022, in Gandu Village, Bogor District, Nganjuk Regency. Variable self-efficacy after being vaccinated against COVID-19 was carried out with an instrument in the form of a questionnaire, analyzed by percentage, and interpreted quantitatively.

Results: Based on the study results, 16 respondents had self-efficacy among as many as 12 respondents (75%) and self-efficacy among as many as four respondents (25%). This is influenced by Age, education, Occupation, a clean environment, and the number of vaccines received.

Conclusion: For this reason, to increase self-efficacy after being vaccinated against COVID-19, the elderly must continue to apply health protocols and maintain their immune system. Health workers are expected to provide an easy explanation for the elderly to understand before performing health services.

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Introduction

A spokesperson for vaccination of the Ministry of Health, Dr. Siti Nadia Tarmizi, M.Epid, said that around 21 million people from the category elderly would be the target of the second phase of the vaccination program. Vaccination is a program for administering a covid-19 vaccine that can form immune system antibodies in the body. Vaccination is an effort to

prevent the spread of exposure to COVID-19. Vaccines come from bacteria that have been tamed. Furthermore, Dr. Nadia, 2021 said procedures are unique and different in vaccinating the elderly. Not only in interval thing injection but other stages are used in the elderly. The same applies to blood pressure and temperature as a category, i.e., the temperature must be 37.5 degrees Celsius or less, and blood pressure should not exceed 180/110 mmHg. What is different is related to physical conditions; there are additional questions at the interview stage before the injection given to the elderly. This is a form of Precautions (Cahyo, 2014; Kemenkes, 2017)

To carry out a total vaccination of the Indonesian people takes a long time because there are so many Indonesians. The number of vaccines is limited, so it needs to be implemented gradually (Kaldan et al., 2019; Susilo et al., 2020). The elderly are the target of the COVID-19 vaccination program. They are pretty vulnerable to contracting the virus because their immune system is weakened at an old age.

In Indonesia, the number of older adults targeted for Covid-19 vaccination is 21,553,118 people. The data is recorded today, Wednesday (September 1, 2021), at 12.00 WIB. The Ministry of Health reports on cooperation vaccination data. Following are the details of the Covid-19 vaccination data for the national program and mutual assistance for the elderly in Indonesia. Dose 1: 5,289,590 (24.54 percent) Dose 2: 3,759,534 (17.44 percent). The number of older adults in Indonesia as of June 17, 2021, is around 27.1 million (Kemenkes, 2020; WHO, 2021a, 2021b).

The current problem is some news that finally causes some people or the elderly who refuse to vaccinate (AACN, 2020; Male, 2021; Wulandari & Hidayat, 2020). Several factors are the reasons for the rejection of vaccination, one of which is the safety of vaccines against health impacts. So there are people who do not believe in it. For example, they are not confident in the safety of the COVID-19 vaccine, which is influenced by the presence of residents who happen to be sick after being vaccinated; although not everyone has experienced this, on the other hand, there are still many people who believe in the safety and benefits of the Covid-19 vaccine (Kemenkes, 2020)

The elderly get the covid 19 vaccination facility as a government program that has been implemented in several areas. However, amid this vaccination program, there are still many elderly with low confidence so some elderly are worried about doing activities or interacting with other people, and some of the elderly are afraid of being vaccinated. However, on the other hand, the elderly who have been vaccinated are different from the elderly who have not been vaccinated so that the elderly who have been vaccinated are more confident and dare to do activities outside the home and interact with other people but still apply health protocols (Anggreni & Safitri, 2020; Dooling, 2021; Ose, 2020).

Vaccines aim to provide immunity without getting sick, and immunity can be built without various reactions. The covid-19

vaccine is aimed at the elderly so that the elderly are not exposed to Covid-19 at a young age. They are more susceptible to being exposed to the Covid-19 virus (Bagcchi, 2020; Sugiharti et al., 2020). *self-efficacy* of the elderly who have received the vaccine is better and more confident than the elderly who have not received the vaccine (Setiawan & Suwardianto, 2021). Elderly who *have low self-efficacy* tend to be hesitant and do not think about the good impact of the vaccine, so this has an impact on the elderly who are not vaccinated to be insecure when doing activities and interacting outside the home, and besides the impact of *self-efficacy* will make the elderly not sure about the covid-19 vaccination (Shahrour & Dardas, 2020; Simonetti et al., 2021).

To carry out the vaccine, you must register and follow the procedures. Participants can register online by visiting the official website of the Ministry of Health. There is a list of links that can be selected according to the location of residence. Please answer questions in the data entry. Participants can ask for help from family members or local RT/RW administrators if they find it difficult. - All participant data will be submitted to the Provincial and District/City Health Offices. - Provincial and District/City Health Offices determine the schedule and location of vaccination. -Participants vaccinate.

The impact that occurs if the *self-efficacy* is low against vaccines, there will be a sense of self-confidence in the elderly which can cause the elderly to be afraid to interact outside the home, and if *-efficacy* selfies or high, it will increase the elderly's self-confidence when interacting outside the home and more confident about their Health (Hernández-Padilla et al., 2020; Xiong et al., 2020).

The right solution for those who have *self-efficacy*, the elderly need to be given an education from the health workers about the safety and success of vaccines to increase *self-efficacy*. In addition, the elderly also need the help of their family to accompany and accompany them elderly in vaccine activities. The elderly also have the duty to follow and implement the Covid-19 vaccine. In addition, the elderly must continue implementing the 5M health protocol, namely washing hands, wearing masks, maintaining distance, avoiding crowds, and limiting mobility (Chong et al., 2020; Hamdan et al., 2021). Based on the description above, researchers are interested in examining the *Self-Efficacy* of the elderly after vaccination in Gandu Village, Bogor District, Nganjuk Regency.

Method

The research was conducted with a quantitative approach with a descriptive research design. The variable in this study is the *self-efficacy* of the elderly who have been vaccinated in Gandu Village, Bogor District, Nganjuk Regency. The time of the study was carried out from 01-01 March 2022. The population in this study was 105 older adults who had been vaccinated in Gandu Village, Bogor District, Nganjuk Regency using the purposive sampling technique. Collecting data using a questionnaire in the form of door to

door. This research has a research ethics permit

Results

Table 1 Characteristics of Respondents by Age

No.	Age	Total	Percentage
1.	60-65 years	9	56 %
2.	66-70 years	1	6 %
3.	>70 years	6	38 %

Table 2 Characteristics of Respondents by Gender

No.	Gender	Total	Percentage
1.	Male	7	44 %
2.	Female	9	56 %

Table 3 Characteristics of Respondents Based on Education

No	Education	Total	Percentage
1	SD	12	75%
2	SMP	3	19%
3	SMA	1	6%

Table 4 Characteristics of Respondents by Occupation

No.	Occupation	Total	Percentage
1.	Farmer	10	63 %
2.	Entrepreneur	2	12 %
3.	Unemployed	4	25 %

Table 5 Characteristics of Respondents Based on Marital Status

No.	Status	Total	Percentage
1.	Married	4	25 %
2.	Widowed	4	25 %

Table 6 Characteristics of Respondents Based on Environment

No.	Environment	Total	Percentage
1.	Clean	16	100 %
2.	Dirty	0	0 %

Table 7 Characteristics of Respondents Based on Vaccine Doses

No.	Vaccine Dose	Total	Percentage
1.	1	0	0 %
2.	2	16	100 %

From the results of the *Self-efficacy* elderly after being given the Covid-19 vaccine in Gandu Village, Bogor District, Nganjuk Regency, the data obtained from 16 respondents, most of the respondents had *self-efficacy*, amounting to 12 respondents (75%) and a small proportion of respondents have *self-efficacy* totaling four respondents (25%).

Discussion

Elderly (elderly) is a chronological age of more than 60 years. Aging is a lifelong process. Aging is a natural process which means that a person goes through three stages of life, namely children, adults, and older adults. Old Age is the final stage of development in the human life cycle (Keliat, 2011; Mulia et al., 2017). Meanwhile, according to Article 1 Paragraph (2), (3), (4) of Law no. 13 of 1998 concerning Health, it is stated that an older adult is someone who has reached the age of more than 60 years.

Generativity is the seventh stage of psychosocial development that individuals experience during middle adulthood. As people approach late adulthood, their view of life's distance tends to change. They no longer view life in terms of childhood, how young people view life, but they begin to think about the years they have left to live. At this time, many people are rebuilding their lives in terms of

priorities, determining what is essential to do in the time that remains (Erikson).

Self-efficacy is a person's belief in his ability that he can do something or overcome a situation that he will succeed in doing. Bandura suggests that *self-efficacy* is people's beliefs about their ability to generate levels of performance and master situations that affect their lives. Then *self-efficacy* will also determine how people feel, think, motivate, and behave (Bandura).

Self-efficacy is a person's belief about his ability to carry out specific behaviors or achieve certain goals. that self-efficacy has a significant impact, even as the primary motivator for success.

The definition of vaccine as described in the Regulation of the Minister of Health Number 42 of 2013, vaccines are antigens in the form of microorganisms that are dead, still alive but attenuated, still intact, or parts thereof, which have been processed, in the form of microorganism toxins that have been processed into toxoids, recombinant proteins which, when given to a person will cause active specific immunity against certain infectious diseases.

The immune system is a system that functions to prevent damage to the body or the onset of disease. A well-functioning immune system is necessary for human survival (Baratawidjaja, 2009).

From the research results, 12 respondents (75%) *self-efficacy* be categorized if more than 50% can be affected: Elderly (elderly) is a chronological age of more than 60 years. Of the 16 respondents (100%), it was found that the elderly aged 60-65 (56%) was also a factor of *self-efficacy* because they were younger than other older adults.

Education is also a factor of *self-efficacy* because higher education will improve the quality of one's thinking and understanding. Besides that, with elderly education, it is easier to understand the situation and explanations so that the trust of the elderly after being vaccinated against covid-19 from the results of the study obtained that respondents with junior high school education amounted to 3 respondents (19%) and has a high school education, totaling one respondent (6%). Some of them have elementary education but with a record that the respondents are still 60-65 years old.

The occupations of most of the respondents are farmers from 16 respondents (63%). Work is the main activity carried out by humans. In a narrow sense, the term work is something humans do for a specific purpose that is done in a good and proper way. The Occupation of most of the respondents is a farmer. Of 16 respondents, as many as ten respondents (63%). According to them, working mainly as farmers is safer from the virus because they often work in the sun, and for respondents who do not work, four respondents (25%) think they feel safe from the virus because they rarely go out of the house. The work of farmers is also a factor in the *self-efficacy* of the elderly because they are not too crowded and every day also bask in the sun

. The most influential factor is that the elderly have received two doses of the covid-19 vaccine. From

the study results, it was found that 16 respondents had received two doses of the COVID-19 vaccine (100%). Vaccination is a program administering a covid-19 vaccine that can form immune system antibodies in the body. Vaccination is the administration of vaccines (antigens) that can stimulate the formation of immune system immunity (antibodies) in the body so that the elderly who have been vaccinated against COVID-19 have *self-efficacy*. This is supported by the statement that the elderly are more confident, more comfortable, and less anxious and even the elderly are more daring to do activities outside the home and continue to apply health protocols (Casali et al., 2021; Hernández-Padilla et al., 2020).

From the results of the study, it was found *that respondents* (25%). *Self-efficacy* can be categorized if it is less or equal to 50%, which can be influenced: Elderly (elderly) is a chronological age of more than or more than 60 years. In addition, from the results of research from 16 respondents (100%) obtained elderly with Age> 70 years, as many as (38%) are also a factor in *self-efficacy* because they are older than other older adults, so they feel their immunity is lower than younger people.

Low education or even no school will affect the thought process. Education is a tool used to seek the truth. The research found that among 16 respondents, some had elementary education as many as nine (56%). So respondents with low education make it difficult for the elderly to understand information and situations.

Work can be an influential factor in *self-efficacy*, such as for respondents who are entrepreneurs. Of course, they interact more often with people. The results of the study amounted to 2 respondents (12%) working as entrepreneurs. So respondents are afraid because they often interact with other people by working as entrepreneurs.

Conclusion

Covid *Ganduefficacy* and a small proportion have *self-efficacy*. Based on the conclusions, the researchers provide the following suggestions: The results of this study are expected to add further information and knowledge to researchers regarding "About *Self-Efficacy* Elderly After Covid-19 Vaccine." Through this research, it is hoped that respondents can know and increase their level of self-*efficacy* after being vaccinated against covid-19. From this research, it is hoped that it can add references and information and become teaching materials for gerontic lectures for institutions related to " *Self Efficacy* Elderly After the Covid-19 Vaccine". With this research, it is hoped that this research can add information and references regarding the *self-efficacy* of the elderly for Gandu Village, Bogor District, Nganjuk Regency

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