

Self esteem and Self Efficacy among Children undergoing Hemodialysis

Thesis

Submitted in Partial Fulfillment of the Master
Degree in Psychiatric Health Nursing

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Abbreviations

(CKD) : Chronic kidney disease.

(ESRD) : End-stage renal disease.

(RF) : Renal failure.

(USRDS) : United States Renal Data System.

(RRT) : Renal replacement therapy.

(CAKUT) : congenital anomalies of the kidney and urinary tract.

(RAS) : Renin- angiotensin system.

(WHO) : World Health Organization.

Abstract

Self esteem of children is how children value themselves , while self efficacy is a child's belief in his or her ability to succeed in a particular situation; this study is about self esteem and self efficacy of children undergoing hemodialysis. **Aim** of the study : Assess self esteem & self Efficacy among children undergoing hemodialysis. **Setting**: At children hemodialysis unit in menoufia university hospitals and abo elriesh hospital. **Design**: A descriptive correlation design was used. **Subjects**: A convenience sample of all available children who are undergoing hemodialysis in the previous settings (no=102) were included in this study. **Tools**: three tools were used 1- Interview questionnaire sheet. 2-Self esteem scale. 3- Self efficacy scale. **Results**: reveals that more than half of the sample have low self esteem and low self efficacy, positive high significant correlation between self esteem and self efficacy . Also there is a highly significance relation between (Parents education, interaction between Parents with their children and Family income per month) with both of self esteem and self efficacy. And also it reveals that there is a highly significance relation between (duration in hemodialysis , opinion about hemodialysis and the numbers of hemodialysis sessions per week) with both of self esteem and self efficacy. **Conclusion**: Children undergoing hemodialysis have low self esteem and low self efficacy. And there is a strong positive correlation between self esteem and self efficacy among children undergoing hemodialysis. **Recommendations**: An educational program and training program for health care givers, parents and teachers about how to foster both of self esteem and self efficacy and to relieve psychological distress . Also Plan an educational and training program to the children to help them to enhance their self esteem and self efficacy.

Key words: Self esteem; Self efficacy; Hemodialysis; Children

INTRODUCTION AND AIM OF THE WORK

Introduction

Self-esteem affects every aspect of a children's life. It plays an important role in behavior, thoughts, and is even directly related to an individual's potential to achieve overall success in life. self-esteem is an important part of life for all ages. However, the development of self-esteem starts at an early age. One of the greatest factors affecting self-esteem is the experiences encountered in childhood. From an early age, children are strongly influenced by those caring for them (**Harter, 2014**). Parents influence the self-esteem of children at an early age. They teach their children to share and play well with others, encouraging a pleasing personality. Educators also influence the self-esteem of children. In school, children are encouraged by their teachers to develop academic skills, which contribute to self-esteem. Coaches, team leaders, and instructors of extracurricular activities help children establish and achieve goals in order to build their confidence. Teaching children self-control and recognition of personal achievements aids in building self-esteem. Making children feel valued and accepted teaches them to accept and appreciate themselves. The opinion a child has about his or her-self can determine many aspects of the child's future including self-confidence, self efficacy ,self-competence, and self-respect, and can affect other institutional areas such as educational, political, and even economic arenas (**Harter , 2014**).

Self-esteem is a concept used to describe a personality variable that captures the way a child generally feels about him or her-self, or the way a Child may evaluate his abilities and attributes. Self-esteem ranges from very high to extremely low. A child with high self-esteem generally has a fondness or love for himself, whereas a child with low self-esteem may have negative feelings toward himself,

Chronic illness Such as (Chronic Renal failure) may be a risk factor for low self-esteem; however, previous meta-analyses are inconclusive whether children with a chronic illness such as (chronic renal failure) have lower self-esteem than their healthy peers. The lowest levels of self-esteem were observed in children with chronic fatigue syndrome associated with chronic renal failure. psychosocial interventions for children with chronic illnesses should be offered for children with low self-esteem (**pinquart , 2013**).

Self-efficacy is the belief that a child are capable of performing a task or managing a situation. A child with high self-efficacy believes they have the skills to help them steer through life and reach their goals. Perhaps most importantly, self-efficacy is about learning how to persevere when one does not succeed. Higher self-efficacy is linked to better ability to think productively by applying positive thinking skills when facing a challenge ,higher motivation ,stronger effort put into an activity or task ,greater resilience and lower vulnerability to stress and depression. While lower self-efficacy is linked to tendency to shy away from difficult tasks ,lower aspirations and poor commitment to goals ,pessimistic attitude towards obstacles and greater vulnerability to stress and depression (**Harter , 2014**).

Self-efficacy is the degree to which a Child believes that he or she can attain a goal. It is also an important part of treatment for mental health disorders, as a high degree of self-efficacy correlates with a higher chance for treatment success. Self-efficacy, a widely used psychological concept, has been recognized as an essential prerequisite of effective self-care of chronic disease Such as Chronic renal failure (**Yuan,2010**).

Self efficacy is different than self-esteem, which is a general regard for one's overall worth. Someone with very high self-esteem

may have low self-efficacy toward a specific situation, such as the ability to complete a marathon. Self-esteem is an opinion one holds about one's self-worth or self-value. It certainly influences self-efficacy. However, high self-esteem alone does not give a child an optimistic attitude and willingness to persist when experiencing resistance. A child develops these characteristics through self-efficacy. They believe they are capable to continue during setbacks – the key to achieving success. Education researchers consistently note that a child with higher self-efficacy works harder, is more optimistic and less anxious, and perseveres more; self-efficacy shapes one's motivation and sense of personal accomplishment. As a result, it significantly influences a child's success or failure **(Pinquart , 2013)**.

Self-efficacy and self-esteem are two terms, often mistaken for one another, that are closely connected. When self-efficacy is high, self-esteem tends to be high as well, and likewise when self-efficacy is low, self-esteem tends to be low too. The opposite direction is true, also, that levels of self-esteem affect the levels of self-efficacy. Many times, they both are affected by outside sources instead of each other, but even in this case they are usually either both positively affected or both negatively affected. It is rare that self-esteem and self-efficacy have a negative correlation. The terms self-efficacy and self-esteem are commonly used interchangeably or confused with each other, but they do have different definitions. Self-efficacy is defined as how confident a child is in his or her own abilities, either in general or directed toward a specific task or activity. Self-esteem is more a child's idea of his or her own self-worth, which can be related or unrelated to his or her abilities. The often strong connection between self-efficacy and self-esteem exists because children who have high self-efficacy and believe strongly in their own capabilities also tend to have a high feeling of self-worth, because they are so capable. Likewise, children who naturally feel

they have a higher self-worth tend to also believe themselves to be capable of either doing the necessary tasks or learning how to do them. This also works in the reverse, with low self-efficacy and self-esteem being interconnected. Also, past events are a big determinant of levels of self-efficacy and self-esteem **(Kelly, 2015)**.

Chronic kidney disease (CKD) refers to a condition related to irreversible kidney damage that can further progress to end-stage renal disease (ESRD). The CKD is a major public health problem worldwide and extensive epidemiological research in the adult population is available. In contrast, little is known about the epidemiology of CKD in the pediatric population. The ESRD is a devastating disorder associated with excessive mortality and cardiovascular morbidity, and specific problems occur in children, such as impaired growth and psychosocial adjustment, all of which severely impact upon the quality of life **(Rees , Shroff, Ledermann , 2012)**.

Hemodialysis is a medical procedure to remove fluid and waste products from the blood and to correct electrolyte imbalances. This is accomplished using a machine and a dialyzer, also referred to as an artificial kidney. it is used to treat both acute (temporary) and chronic (permanent) kidney failure **(MedicineNet ,2013)**.

Significance of the study:

There are many reports of chronic physical illnesses such as chronic renal failure contributing to a decline in children's self-esteem and self efficacy, Studies show that children with chronic kidney disease revealed that the development process of self-esteem and self efficacy suffers from maladaptation caused by physical disorders, and as a result, positive social activities are limited and social maladaptation gets worse. So evaluating children's self-esteem and self efficacy undergoing hemodialysis can be an effective

method to treat children with psychosomatic disorders related to chronic renal failure. There is a great interest in the assessment of self esteem and self efficacy in children undergoing hemodialysis (Buyan, Türkmen, *Pediatr Nephrol* ,2012) .

Aim of the study:

This study aims to Assess self esteem & self Efficacy among children undergoing hemodialysis.

Research Questions:

- 1- What are self esteem level and self efficacy among children undergoing hemodialysis?
- 2- Is there a relationship between self esteem level and self efficacy among children undergoing hemodialysis ?

REVIEW OF LITERATURE