
Original Articles

Perceived Exercise Self-Efficacy and Exercise Behavior in Persons with Myocardial Infarction in Indonesia

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Abstract

The aims of this study were to (1) describe perceived exercise self-efficacy and exercise behavior; and (2) investigate the relationship between perceived exercise self-efficacy, exercise behavior and other selected variables among persons with myocardial infarction (MI) in Indonesia. A descriptive correlational design was used in this study. There were 60 hospitalized patients with MI completed the Self-Efficacy in Cardiac Health Behaviors Scale (SECHBS), and Modified Myocardial Infarction Health Behaviors Questionnaire (Modified MIHBQ). Data were analyzed using descriptive and correlational statistics.

The results revealed that 48.3% of persons with MI reported low exercise self-efficacy with a mean score of 6.07. The majority of the persons with MI reported a moderate level of exercise behavior (53.3%). Regarding exercise behavior, 16.7% of the persons reported never exercised, and 26.7% of the persons never exercised for more than 30 minutes each time. Ninety-five percent of the persons never measured their pulse and scored their rate of perceived exertion (RPE) to meet the exercise intensity recommendation. Perceived exercise self-efficacy had a positive statistically significant relationship with exercise behavior ($r = 0.44$, $p < 0.01$), which also had a relationship with incomes and types of MI.

This study showed that persons with MI had low perceived exercise self-efficacy and exercise behavior. The perceived exercise self-efficacy had a positive relationship with exercise behavior, which also had a relationship with incomes and types of MI. Therefore, healthcare providers are recommended to promote exercise self-efficacy and focus on the variables which influence persons with MI to exercise regularly.

Keywords: myocardial infarction; exercise behavior; perceived exercise self-efficacy

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