



# Self-Efficacy and Quality of Life Among Farmers in Indonesia: A Literature Review

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## Article History

Submitted: 28-07-2023

Revised: 27-04-2024

Accepted: 29-04-2024

 [doi.org/10.58545/jkki.v4i1.144](https://doi.org/10.58545/jkki.v4i1.144)

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## Abstract

**Background:** The level of self-efficacy plays a role in influencing the quality of life of hypertension patients. Self-efficacy helps individuals cope with and maintain hypertension health conditions that can affect their quality of life. 55.18% of the total population in Indonesia work in the agricultural sector. **Purpose:** The aim of this literature review study is to explore the correlation and publications providing information on self-efficacy related to the quality of life of elderly farmers. **Methods:** This literature review study uses a narrative review approach and analyzes six articles from sources such as Google Scholar, ScienceDirect, and PubMed. **Results:** The findings suggest a significant association between self-efficacy levels and the quality of life of elderly hypertension patients in Indonesia. Hypertensive elderly farmers with high self-efficacy tend to have a better quality of life. A significant relationship was also found between self-efficacy, subjective well-being in tobacco farmers, and adherence to a healthy lifestyle among hypertension patients. **Conclusion:** The study concludes that factors such as gender, age, education, and life experience influence self-efficacy. Quality of life is influenced by age, education, gender, marital status, duration of hypertension, and occupation. High levels of self-efficacy are positively correlated with the ability of the elderly to face hypertension challenges and improve their quality of life. Nurses should provide education and motivation to hypertension patients to enhance their self-efficacy.

**Keywords:** Quality of Life, Self-efficacy, Farmer

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## How to cite:

Hardianto, W., Rasni, H., Susumaningrum, L. A., Kurdi, F., & Fitria, Y. (2024). Self-Efficacy and Quality of Life Among Farmers in Indonesia: A Literature Review. *Jurnal Kesehatan Komunitas Indonesia*, 4(1), 51-67. <https://doi.org/10.58545/jkki.v4i1.144>

## 1. BACKGROUND

The quality of life is an important goal to achieve in healthcare development and serves as one of the indicators of human well-being. Among the elderly,

their well-being includes their ability to work (Nursalam, 2017). The term "elderly" according to Law Number 13 of 1998 refers to individuals who have reached the age of sixty or above. Currently, the elderly population in Indonesia is steadily

increasing, accompanied by advancements in healthcare, resulting in higher life expectancy and decreased mortality rates. This demographic shift can impact the quality of life among the elderly. Self-efficacy plays a crucial role in daily activities, where individuals work based on their capabilities and perform optimally (Rustika, 2012).

Self-efficacy among the elderly refers to the belief in their own skills. Those with strong self-efficacy are more capable of controlling events and performing activities optimally, as it influences their thoughts, emotions, motivation, and physical health (Struat, 2013). The term "elderly" was coined in 1970 by sociologist Riley to distinguish between adulthood and old age due to significant differences in roles, resources, and social status. This field is studied under gerontology, which encompasses various aspects of aging, including biopsychosocial aspects. Gerontology encompasses subfields such as geriatrics, social gerontology, geropsychology, geropharmacology, gerontological finance, gerontological nursing, and gerontological rehabilitation (Mauk, 2006).

According to the United Nations and the Department of Economic and Social Affairs Population Division (2017), the

global elderly population is projected to double by 2050, reaching around 2.1 billion. In 2017, there were approximately 962 million elderly individuals worldwide, double the number in 1980, with Asia having the largest elderly population of around 549 million people. Indonesia ranks 8th in terms of the total elderly population, with around 22.7 million or 8.6% of the overall population, and this number is predicted to increase to approximately 61.7 million by 2050.

The Indonesian Ministry of Health (2017) reveals that the provinces of Yogyakarta Special Region, Central Java, and East Java have the highest percentage of elderly population. One of the districts in East Java, Gresik, has a total elderly population of 108,000, where about 79.6% of them have access to healthcare facilities in their areas, with approximately 86,000 elderly individuals experiencing illness. The health status of elderly individuals living in metropolitan areas tends to be slightly better than those living in rural areas, with morbidity rates of around 24.74% and 28.6%, respectively.

Regarding daily activities, the majority of elderly individuals focus on working (47.92%), managing household chores (32.85%), and other activities (18.49%). The proportion of elderly

individuals with jobs is slightly higher in rural areas (55.34%) compared to urban areas (40.93%). Most elderly individuals are involved in agricultural work (55.18%), followed by trade (19.85%), services (8.26%), industry (9.13%), and other sectors (7.58%). Elderly workers can be categorized as self-employed (28.02%), assisted by laborers (37.66%), employees (10.51%), independent workers (11.3%), or family workers without wages (12.48%) (Badan Pusat Statistik, 2020).

Based on the aforementioned background, working behavior among the elderly, such as being a farmer to meet daily needs, can have a significant impact on their quality of life. Quality of life is influenced by various dimensions, including physical health, psychological health, social relationships, and environment, as stated in the WHO's Quality of Life theory (Nursalam, 2017). The capacity to work is one of the factors that may significantly affect the well-being of the elderly. Their roles as the head of the family and the sole breadwinner can also impact their psychological health and social interactions within the community. A decline in the quality of life among the elderly may lead to the emergence of degenerative diseases and a decrease in

productivity and social engagement (Amareta, 2008, as cited in Ika et al., 2012).

Furthermore, Medawati (2020) indicates that factors related to lifestyle, physical activities, psychology, social engagement, and spirituality contribute to successful aging among the elderly, especially for those who work as farmers. To achieve successful aging, the elderly should maintain a healthy lifestyle, engage in physical activities, possess a positive mindset, actively participate in the community, and believe in divine intervention in their daily lives. These factors are also linked to an individual's self-efficacy.

According to Bandura (1997), self-efficacy refers to an individual's belief in their abilities to organize and perform actions needed to achieve desired goals. It can lead to behavioral changes, affecting how a person thinks, motivates themselves, and acts (Bandura, 2006). Studies (Qing et al., 2021) show that farmers with preparedness in facing disasters have slightly better quality of life than those lacking preparedness. Quality of life among hypertensive patients in urban areas is slightly higher than in rural areas. Self-efficacy plays a crucial role in a hypertensive patient's ability to lead a healthy lifestyle and minimize

complications, thereby improving their quality of life (Indah, Mamat, & Supriadi, 2014). Therefore, it is important to consider the lifestyle of hypertensive patients to enhance their quality of life.

In conclusion, one of the key factors influencing the quality of life is high self-efficacy, which motivates individuals to lead healthy lifestyles. This aspect should be further explored in the context of elderly farmers with hypertension in Indonesia through a literature study.

## 2. METHODS

In this study, a narrative literature review method is employed to explore the correlation between self-efficacy and the quality of life among farmers in Indonesia. The narrative literature review involves gathering factual information and synthesizing it without strictly adhering to predefined protocols (Siswanto, 2010). It entails a critical and comprehensive evaluation of previous research conducted by various authors. To ensure a reduction in bias during the analysis of selected articles, specific inclusion and exclusion criteria are followed in this literature review, based on the PICO (Problem, Intervention, Comparison, Outcome) approach.

Inclusion Criteria are as follows:

The articles are written in Indonesian or English; The articles present research findings; The publication date of the articles ranges from January 2019 to January 2023; For Indonesian-language journals, inclusion is limited to those listed in Sinta Jurnal Indonesia; The topic of the articles pertains to farmers with hypertension, focusing on self-efficacy and quality of life; Self-efficacy and quality of life are measured using interviews or questionnaires; The research is conducted in Indonesia.

The exclusion criteria for articles are as follows Articles that contain only an abstract; Articles whose research was not conducted in Indonesia; Articles that have been published in two or more journals; Articles from conference proceedings; Articles that do not align with the author's research topic; Articles that are behind a paywall or require a subscription.

To gather relevant sources for this literature review, online search engines like Google Scholar, ScienceDirect, and PubMed) are utilized. The literature review employs specific keywords relevant to the research topic. Additionally, articles published within the last five years are considered. The keyword search follows the standard Boolean Operators approach,

utilizing "AND, OR, NOT" connectors to combine keywords effectively (Aliyu, 2017). The search procedure for this literature review is as follows: For Indonesian-language sources: ("Kualitas hidup" OR "Hidup berkualitas") AND ("Efikasi diri" OR "Konsep diri" OR "Harga diri") AND ("Petani" OR "Pertanian" OR

"Buruh tani") AND ("Indonesia") AND ("hipertensi") and for English-language sources: ("Quality of life" OR "Life quality") AND ("Self efficacy" OR "Self Concept" OR "Self esteem") AND ("Farmer" OR "Farm worker" OR "Agricultural" OR "Community") AND ("Indonesia") AND ("hypertension").

### 3. RESULTS

Table 1. Articles that Meet the Inclusion and Exclusion Criteria

No.	Author	Year	Aim	Method	Subject	Instrument	Results
1.	Susanti et al, Relationship Between Self-Efficacy and Quality of Life of Hypertension Patients in the Work Area of the Silo Jember Health Center	2020	This study aims to investigate the correlation between the level of individual self-confidence and the level of quality of life of patients suffering from hypertension in the Silo Jember Health Center Work Area. This study aims to investigate the correlation between the level of individual self-confidence and the level of quality of life of patients suffering from hypertension in the Silo Jember Health Center Work Area.	This study uses a correlational analytical approach with a cross-sectional design.	Hypertensive Individuals	In this study, the general perceived self-efficacy scale was used to measure general self-confidence, while the WHOQOL-BREF questionnaire was used to measure quality of life variables.	Based on the research findings, it was found that 76.9% of the study participants showed a good level of self-efficacy. In addition, the value of quality of life for hypertensive patients in the moderate category is 70.3%. The analysis shows that there is a relationship between self-efficacy and quality of life of hypertensive patients in the Silo Jember Health Center Work Area (p value <0.001; r = 0.356). These results indicate that the higher the level of self-efficacy, the better the patient's quality of life. Therefore, nurses can provide education and motivation to hypertensive patients to increase their self-efficacy.
2.	Self Efficacy and Healthy Behavior in Lifestyle Modification of Hypertension Sufferers	2021	The purpose of this study was to evaluate the relationship between the level of self-efficacy and the adoption of healthy	This study uses a correlational analysis approach with a cross-sectional design to examine the	Hypertensive Individuals	Instrument not described.	The results of the study revealed that most of the respondents (73.3%) had a high level of self-efficacy and most (83.3%) also adopted a healthy lifestyle. Statistical analysis

No.	Author	Year	Aim	Method	Subject	Instrument	Results
			behaviors in changing lifestyles in individuals suffering from hypertension.	relationship between the variables studied.			showed a very strong correlation between self-efficacy and lifestyle in hypertensive patients ( $r=0.893$ , $p<0.05$ ). These findings suggest that increasing levels of self-efficacy can contribute to the adoption of a healthy lifestyle in an effort to prevent more serious complications. Therefore, the role of nurses is very important in increasing the self-efficacy of hypertensive patients through support and motivation, with the hope of encouraging the adoption of a better healthy lifestyle to prevent further possible complications.
3.	The Relationship between Self-Efficacy and Subjective Well Being among Tobacco Farmers	2020	This research was conducted with the aim of investigating the relationship between the level of self-efficacy and subjective well-being of tobacco farmers operating in Jember District.	This study adopted a cross-sectional design with the application of proportional random sampling technique to collect a sample of 422 tobacco farmers.	Farmer	In this study, the instruments used included the General Scale Efficacy questionnaire ( $\alpha$ -Cronbach 0.76-0.9), the Life Satisfaction Scale ( $\alpha$ -Cronbach 0.87), and the Positive and Negative Experience Scale ( $\alpha$ -Cronbach 0.80-0.84). The statistical analysis used was the Chi Square test with a 95% confidence level.	The findings from this study indicated a significant relationship between self-efficacy and subjective well-being in the tobacco farming population ( $p = 0.000$ ; $OR = 4.856$ ). The results of this study are that tobacco farmers who have self-efficacy can face crop failures, this is due to the experience of working as tobacco farmers which shows that the average tobacco farmer has worked for 23 years with experience of three crop failures. If farmers have more experience, they can find out the weaknesses and strengths of tobacco farming to overcome problems in the scope of tobacco cultivation. The more work experience, the more courageous farmers are in making

No.	Author	Year	Aim	Method	Subject	Instrument	Results
							decisions and are willing to take risks. This research is expected to help the health office at the Puskesmas to improve psychosocial health promotion efforts through joint farmer groups.
4.	Relationship Between Self-Efficacy and Quality of Life of Hypertension Patients at Pakis Health Center, Pakis District, Malang Regency	2022	This study aims to investigate the relationship between the level of self-efficacy and quality of life in individuals who suffer from hypertension in the working area of the Pakis Health Center, Pakis District, Malang.	This study uses a descriptive analytic approach with a cross-sectional design to analyze the relationship between the variables studied.	Hypertensive Individuals	Instrument not described.	As many as 43 respondents (86%) in this study showed a good level of self-efficacy in hypertensive patients in the working area of the Pakis Public Health Center, Pakis District, Malang Regency. In this study, 90% of the total respondents with hypertension were categorized as having a good quality of life. The research findings show that there is a significant relationship between the level of self-efficacy and the quality of life of hypertensive patients, with a p value of less than 0.05 ( $r=0.890$ ).
5.	The Relationship Of Self-Efficacy And Compliance With Healthy Lifestyle Of Hypertension Patients In Brebes	2022	This study aims to investigate the relationship between the level of self-efficacy and the level of adherence to a healthy lifestyle in hypertensive patients who live in Brebes Regency.	This study has a correlational descriptive quantitative design with a cross-sectional approach. Sampling was done through purposive sampling method.	Hypertensive Individuals	In this study, the variable self-efficacy in hypertensive patients was measured using the General Perceived Self-Efficacy Scale, while the questionnaire instrument with the Gutman scale was used to evaluate the healthy lifestyle of the respondents. Nonetheless, there are limitations to the	The results of this study showed that 77 respondents (90.6%) had a good level of self-efficacy, while 8 respondents (9.4%) had a poor level of self-efficacy. In addition, 71 respondents (83.5%) belonged to the adherent healthy lifestyle category, while 14 respondents (16.5%) were included in the non-compliant category. Using a p-value of 0.000 ( $p < 0.05$ ) and a correlation coefficient of $r = 0.601$ , a significant relationship was found between self-efficacy and adherence to a healthy lifestyle in

No.	Author	Year	Aim	Method	Subject	Instrument	Results
						questionnaire instrument used in providing a more comprehensive and detailed description of the healthy lifestyle of the respondents.	hypertensive patients in Brebes District. Based on these findings, it was concluded that there was a significant relationship between self-efficacy and adherence to a healthy lifestyle in hypertensive patients in Brebes District. As a recommendation, further research can consider the factors that influence the level of self-efficacy and adherence to a healthy lifestyle in hypertensive patients.
6.	The Correlation of Self-Efficacy with the Quality of Life of Hypertensive Patients in Karangasem Health Center, Pemalang Regency	2022	The purpose of this study was to investigate the relationship between the level of self-efficacy and quality of life in hypertensive patients who are in the Working Area of the Karangasem Health Center, Pemalang Regency.	This study applies a correlational descriptive design with a cross-sectional approach to investigate the relationship between the variables studied.	Hypertensive Individuals	Instrument not described.	In this study, it was found that 57 respondents (58.8%) had a good level of self-efficacy, while 73 respondents (75.3%) had a moderate quality of life. Data analysis using the chi-square test resulted in a p value of 0.028 <0.05, with an Odd Ratio (OR) of 3.200 (1.228-8.336). This shows that there is a relationship between the level of self-efficacy and quality of life in hypertensive patients in the Work Area of the Karangasem Health Center, Pemalang Regency. These findings indicate that health services such as those provided by puskesmas can play a role in increasing the level of self-efficacy of hypertensive patients, thereby supporting their quality of life improvement and preventing further complications.

Based on the research findings, it was found that 76.9% of the participants had a

good level of self-efficacy. Other studies also revealed that the majority of



participants had a high level of self-efficacy, reaching 73.3%. Moreover, 83.3% of them practiced a healthy lifestyle (Fatmawati et al., 2021). Another study on hypertension patients in Indonesia showed that 86% of respondents had a good level of self-efficacy (Retnoningtyastuti et al., 2022). Similarly, a different study found that 85.4% or 77 individuals had a good level of self-efficacy, while 9.4% or 8 respondents had lower levels of self-efficacy (Fathurozak, 2022). Moreover, 58.8% of the respondents (57 individuals) demonstrated a good level of self-efficacy (Tiara & Natalya, 2022).

Good self-efficacy contributes to effective problem-solving, reduced fear of failure, and high motivation in carrying out tasks. The sources of self-efficacy can be attributed to personal experiences, observing others, verbal persuasion, and physiological conditions. The research results indicate that the self-efficacy level falls under the category of "good," which might be attributed to verbal persuasion or advice (Susanti et al., 2020).

The findings from this study classified the quality of life into four categories: poor, fair, good, and very good. The results obtained in this article fall under the "fair" category, accounting for 70.3%. The research also indicates a

significant correlation between the level of self-efficacy and the quality of life in hypertension patients in Jember (Susanti et al., 2020). Additionally, 90% of respondents (45 individuals) were classified under the "good" category for the quality of life in hypertension patients in Indonesia (Retnoningtyastuti et al., 2022). Another study revealed that 83.5% or 71 respondents were compliant with a healthy lifestyle, while 16.5% or 14 respondents were categorized as non-compliant (Fathurozak, 2022). In this research, 75.3% or 73 respondents exhibited a quality of life categorized as "fair" (Tiara & Natalya, 2022).

A good quality of life with regard to physical health can be achieved and maintained through regular disease management. Individuals with hypertension who possess optimism can reduce negative views on problems and feel capable of facing health issues for a better quality of life (Susanti et al., 2020). The results from another study suggest that employment, especially in farming, can contribute to a good quality of life. Engaging in physical activities indirectly helps stabilize blood pressure. Furthermore, financial aspects may not be a major concern as farmers still have

income to meet their needs independently (Retnoningtyastuti et al., 2022).

Based on several studies, there is a significant relationship between the level of self-efficacy and the quality of life in farmers with hypertension in Indonesia. The higher the level of self-efficacy, the better the quality of life experienced by them. Nurses play a role in education and motivation in hypertension patients to enhance their self-efficacy (Susanti et al., 2020). In a similar study, a significant relationship was found between self-efficacy and subjective well-being in tobacco farmers (Wuryaningsih et al., 2020). Furthermore, this study found a significant relationship between the level of self-efficacy and the quality of life in hypertension patients in Indonesia, with a p-value of less than 0.05 ( $r=0.890$ ) (Retnoningtyastuti et al., 2022). Similarly, another research discovered a significant relationship between self-efficacy and adherence to a healthy lifestyle in hypertension patients in Brebes, ( $p\text{-value} = 0.000$ ) indicating a significant correlation (Fathurozak, 2022). In a different context, found a relationship between self-efficacy and quality of life in hypertension patients  $r$  (Susanti et al., 2020).

#### 4. DISCUSSION

Positive self-efficacy plays a significant role in enhancing problem-solving abilities, reducing anxiety about failure, and gaining high motivation in taking action. It can be strengthened through adequate levels of self-efficacy, which can be acquired from various sources, including personal experiences, observing others, verbal persuasion, and physiological conditions (Susanti et al., 2020). Self-efficacy is essential in understanding health behavior changes and expanding individual skills, knowledge, and behaviors. High self-efficacy levels contribute significantly to the success of individuals in adhering to treatments, adopting low-salt diets, increasing physical activity, quitting smoking, and consistently monitoring weight as expected. Conversely, individuals with low self-efficacy levels tend to doubt their ability to achieve desired outcomes (Fatmawati et al., 2021). Having high self-efficacy levels makes individuals confident in taking necessary actions to achieve their health goals, motivating them to take concrete steps and take responsibility for their health. On the other hand, individuals with low self-efficacy may feel unsure or lack confidence in their ability to achieve desired outcomes,

which hinders motivation and efforts in adopting expected health behaviors. Therefore, improving individual self-efficacy is crucial in achieving optimal outcomes in health behavior changes. Strong self-belief can provide motivation and confidence in facing challenges and overcoming barriers to achieve health goals (Fatmawati et al., 2021). Self-efficacy significantly contributes to a better understanding of health behavior changes and plays a crucial role in enhancing individual knowledge, behavior, and skills. Individuals with high levels of self-efficacy believe they have the ability to use skills and resources to achieve desired outcomes as expected. Conversely, individuals with low self-efficacy tend to doubt their ability to achieve desired outcomes despite having the potential (Tiara & Natalya, 2022). Self-efficacy is influenced by several factors that contribute to its formation, including gender, age, educational level, and life experiences (Retnoningtyastuti et al., 2022).

Several factors can influence a person's quality of life, including age, educational level, gender, marital status, duration of hypertension, and occupation. As individuals age, their quality of life tends to decline due to reduced physical, mental, and social abilities in later life,

limiting their activities compared to their productive years. Efforts to improve the quality of life during this stage become essential (Retnoningtyastuti et al., 2022). Consistent efforts in managing the disease regularly can help achieve and maintain optimal quality of life in terms of physical health. Several variables potentially affect the quality of life of patients with hypertension, such as age, educational level, gender, marital status, duration of the disease, and the level of belief in self-efficacy (Susanti et al., 2020). Other research findings indicate that several factors are associated with the quality of life of hypertension patients, including age, education, marital status, occupation, family support, and physical activity. Additionally, age has a significant influence on the level of quality of life, with older age groups tending to have lower levels of quality of life (Tiara & Natalya, 2022).

Self-efficacy plays a vital and significant role in enhancing the quality of life of hypertensive patients who must face their medical conditions. High levels of self-efficacy are positively related to individuals' abilities to cope with and face the challenges of hypertension. The belief in one's high self-efficacy encourages motivation and efforts in achieving recovery. This is supported by research

showing that self-efficacy plays a crucial role in the self-management of individuals with chronic illnesses. Patients with high levels of self-efficacy positively influence the improvement of quality of life, enabling them to lead fulfilling lives despite having hypertension (Susanti et al., 2020). Hypertensive patients with high self-efficacy in managing their condition can lead their daily lives more easily. High self-efficacy levels instill confidence in individuals concerning their medical conditions. After undergoing a series of treatments, individuals with high self-efficacy can achieve better control and higher chances of recovery. Good self-efficacy also contributes to improving individuals' abilities to carry out daily activities, enhancing health, well-being, and self-confidence (Susanti et al., 2020). Respondents who work as farmers are more vulnerable to hypertension due to the physically demanding nature of their jobs and the high levels of stress they experience. However, this occupation can also have positive effects on the quality of life. Engaging in farming activities indirectly involves physical activities that help maintain stable blood pressure. Additionally, financial aspects may not be a significant issue because farmers still have income to meet their needs independently

(Retnoningtyastuti et al., 2022). Another study found a correlation between self-efficacy and individual lifestyles. High self-efficacy levels in hypertension patients are associated with adopting healthier lifestyles. Individuals with high self-efficacy believe they can adopt a healthy lifestyle and commit to overcoming various challenges that may arise. In contrast, individuals with low self-efficacy tend to feel desperate and doubt their ability to adopt a healthy lifestyle. The lifestyle adopted by these individuals can impact their overall quality of life (Retnoningtyastuti et al., 2022).

## 5. CONCLUSION

Based on the discussions presented in this study, several conclusions can be drawn. Firstly, self-efficacy is influenced by various factors such as gender, age, educational level, and life experiences. Secondly, the quality of life is affected by factors such as age, educational level, gender, marital status, duration of hypertension, and occupation. Lastly, it is observed that individuals with higher levels of self-efficacy tend to cope better with the challenges posed by hypertension, which can have a positive impact on their overall quality of life.

In light of the research findings, several recommendations are put forward for future endeavors. For the field of education, the Faculty of Nursing is advised to conduct further research to address the prevalence of non-communicable diseases, including hypertension. Exploring the relationship between self-efficacy and quality of life among different research groups could be a valuable next step. For the general public, adopting a healthy lifestyle is suggested as a means to enhance self-efficacy in facing coexisting diseases like hypertension. This could involve regular physical activity, reduced salt intake, and smoking cessation. Furthermore, future researchers are encouraged to explore other coexisting health issues apart from hypertension, considering their significance and urgency in contributing to the existing body of knowledge.

#### **AUTHOR CONTRIBUTIONS**

Substantial contributions to conceptualization, data curation, analysis: Widodo Hardianto, Hanny Rasni, Latifa Aini Susumaningrum, Fahrudin Kurdi, and Yeni Fitria. Supervision Writing-review & revisions: Widodo Hardianto, Hanny Rasni, and Latifa Aini Susumaningrum.

#### **ACKNOWLEDGMENT**

We would like to thank you for the Faculty of Nursing, University of Jember that facilitate research activities.

#### **CONFLICT OF INTEREST**

The authors declare no conflict of interest for this publication.

#### **DATA AVAILABILITY STATEMENT**

The data that support the findings of this study are available from the corresponding author upon reasonable request.

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