



THE RELATIONSHIP BETWEEN SELF- EFFICACY AND PERCEPTIONS OF ILLNESS SEVERITY

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Self-efficacy refers to a person's belief in his or her ability to organize and perform certain actions in order to achieve goals. Self-efficacy has been identified as one of the most influential predictors of health-related behaviours. Medical prognoses may change self-efficacy which influences certain health outcomes. Research also suggests that the way an individual views his or her illness may have an impact on determining health outcomes. The aim of this investigation was to examine the link between patients' perceptions of severity of illness and susceptibility to illness and their self-efficacy. A sample of 164 individuals who were selected using convenience sampling completed a questionnaire assessing their beliefs and perceptions related to severity of illness and susceptibility to illness, and self-efficacy. Findings suggested that there is a significant relationship between individuals' perceptions of the severity of illness and their self-efficacy levels. Accordingly, if they were to develop certain health problems, those who perceive their illness as severe seem to have high levels of self-efficacy. Individuals with strong self-efficacy beliefs will regulate their motivation, mental processes, and also the environment to successfully engage in certain health behaviours that lead to positive health outcomes.

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