

**ABSTRACT****CORRELATION OF SELF EFFICACY AND ABILITY TO MOBILIZE  
ON POST DIGESTIVE OPERATIVE PATIENTS**

Cross Sectional Study at Kaliwates General Hospital Jember

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Post operative is a process after surgical that patient often complains about pain and unavailable to mobilize, while mobilize was very important to speed up the healing. The negative words and perceptions in the mind cannot be avoided, it may continue to an emotional distress that may develop into psychological disorder (adjustment disorder) and worse the patients condition, thus it may decrease self efficacy. This study was aimed to explain the correlation of self efficacy with ability to mobilize on post digestive operative patients at General Hospital Kaliwates Jember.

Design used in this study was cross sectional design. There was 24 post digestive operative patients as the population at Kaliwates General Hospital. Total sample was 19 respondents, taken by consecutive sampling according to inclusion criteria. The independent variable was self efficacy. The dependent variable was ability to mobilize. Data were collected using questionnaire and observation sheet. Data were then analyzed using spearman rho test with level significance of  $\leq 0,05$ .

Result showed that self efficacy had correlation with ability to mobilize with ( $p$  value= 0,03 and  $r=0,637$ ), it showed that there was strong and positive correlation which means that the higher self efficacy, the higher ability to mobilize too.

It can be concluded that increasing of self efficacy was related to ability to mobilize in post digestive operative patients. Further studies should involve larger respondents and better measurement to obtain more accurate results.

**Keywords:** *self efficacy, ability to mobilize, post digestive operative.*