



# SELF-ESTEEM AND SELF-EFFICACY IN PEOPLE WITH VENOUS ULCER

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**Introduction:** Venous ulcers (VU) represent a frequent clinical sign on patients that suffer from venous chronic insufficiency. Therefore, VU defines as lesions caused due to the loss of skin tissue that usually appears on the lower leg, with different sizes.

VU represents the main cause of ulcers on the lower leg, showing a prevalence between 80% and 90%. The presence of a VU can cause different challenges that can reflect in many aspects of the patient life.

The challenges faced by the patients with VU can negatively affect their levels of self-esteem. The Rosenberg Self-esteem Scale is an instrument for the global evaluation of self-worth, it measures both positive and negative feelings about the self. Low self-esteem levels can negatively affect the recovery process.

The Rosenberg Self-esteem Scale is an instrument for the global evaluation of self-worth, it measures both positive and negative feelings about the self. Bandura defines self-efficacy as an individual's belief in their capacity to execute behaviors to succeed in certain situations.

Therefore, both self-esteem and self-efficacy levels are important aspects to be considered in the rehabilitation of patients with venous ulcers.

**Objective:** This study aimed to analyze the correlation between self-esteem and self-efficacy in people with venous ulcers.

**Results:** After data analysis and systematization, a weak correlation between self-esteem and self-efficacy for pain control was found, with a correlation parameter ( $r = 0.269$ ) and a significance level (pvalue) of 0.049. In the correlation between the total self-esteem score and the self-efficacy score for functionality, the correlation was also considered as weak strength ( $r = 0.368$ ), but with statistical significance, as it obtained p value = 0,006.

**Methods:** This is a cross-sectional study with a quantitative approach to data. The present study was conducted with a field research, carried out in the municipality of Parnamirim/Rio Grande do Norte, with the target population composed of people with venous ulcers followed up in family health units. From an N of 62 individuals, the sample calculation was performed, totaling 54 people.

To assess self-efficacy levels in people with venous ulcers, the domains of self-efficacy for pain control and self-efficacy for functionality of the Self-Efficacy to Chronic Pain Scale were used. To assess the self-esteem, the Rosenberg Self-Esteem Scale was used.

This instrument has 10 closed sentences, 5 referring to positive "self-image" or "self-worth" and 5 referring to "negative self-image" or "self-depreciation". To prepare the study, Spearman's correlation was used. The significance level was p value  $\leq 0,05$  and as correlation parameters the following classification:  $r =$  up to 0.39 (weak);  $r = 0.40$  to 0.69 (moderate);  $r = 0.70$  to 1 (strong).

SELF-ESTEEM	SELF-EFFICACY			
	Self-efficacy for pain control		Self-efficacy for functionality	
	p-value	r	p-value	r
	0,049	-0,269	0,006	-0,368

Source: own elaboration

**Conclusion:** Since the items presented a p value  $\leq$  value = 0,005 and  $r < 0.39$ , it is concluded that self-esteem showed weak and significant correlations both with self-efficacy for pain control and with self-efficacy for functionality, in people with venous ulcers followed in primary health care.