

## Cognitive Therapy to Enhance Self Efficacy in Asthmatics

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Asthma is a chronic disturbance of the lungs with inflammation and narrowing of the air pipes. An asthmatic attack could be triggered mainly by physical as well as psychological aspects. The psychological aspect is much affected by the patients' self-efficacy. A cognitive distortion could be a contribution for a low self-efficacy. This qualitative descriptive study with a positivistic approach aimed at enhancing self-efficacy by lowering the cognitive distortion through cognitive therapy. The informants of this study are two early adult patients with early onset asthma during childhood and categorized as non-allergic asthma. The mapping the psychological profile of the informants using EPPS, and TAT. The self-efficacy mapping used a mixed method design through the Stanford Chronic Disease Self-Efficacy Scale and an interview was conducted to delve into the patient's self-efficacy shaping source and aspects. The psychological unique profile seems to contribute to the effectiveness difference of the cognitive therapy in enhancing self-efficacy.

*Keywords:* asthma, self-efficacy, cognitive therapy

Asma adalah gangguan menahun pada paru, ditandai peradangan dan penyempitan saluran napas. Dua aspek pencetus serangan gejala asma yang utama adalah aspek fisik dan psikis. Aspek psikis sangat dipengaruhi keyakinan diri penderita. Distorsi kognitif dapat menjadi kontributor terbentuknya keyakinan diri (*self-efficacy*) yang rendah. Penelitian deksriptif kualitatif dengan pendekatan positivistik ini bertujuan meningkatkan *self-efficacy* dengan menurunkan distorsi kognitif melalui terapi kognitif. Informan pada studi ini adalah dua orang pada tahap dewasa awal, dengan awitan (*onset*) asma di masa kanak-kanak dan merupakan penderita asma *non-allergic*. Pemetaan profil psikologis menggunakan EPPS, dan TAT. Pemetaan *self-efficacy* dengan *mixed-method design* melalui instrumen *Chronic Disease Self-Efficacy Scale*-Stanford dan wawancara dilakukan sebagai upaya menggali aspek dan sumber pembentuk *self-efficacy*. Keunikan profil psikologis tampak memberikan kontribusi pada perbedaan efektivitas terapi kognitif dalam meningkatkan *self-efficacy*.

*Kata kunci:* asma, keyakinan diri, terapi kognitif

The World Health Organization stated that the world population suffering from asthma was as many as 100-150 million, increasing by 180.000 people each year (Rahmawati, 2008). Asthma is a breathing disorder that seems to be acknowledged as a cause of death, predicted to increase in numbers in the future (Siswono, 2007). Even the Indonesian Nutrition Network (2007) collected data that there were 300 million of the world population suffering from asthma. The high number of asthma-caused death is caused by bad asthma control. Asthma control was often related to the catalysts of asthma attacks, either physical or psychological. This study focuses on the

psychological aspect.

### Asthma

The definition of asthma came from the Greek word asthma (from *aazein*) meaning shortness of breath or gasping for air (Yumizone, 2009). In asthmatics that are under attack, the respiration channel experiences inflammation, shown by swelling and irritation. The swelling decreases the flow of oxygen and carbon dioxide, making it not only experiencing inflammation, but also constriction. This inflammation and constriction become worse and more serious because the mucous glands are overproducing (GlaxoSmithKline, 2008; Taylor, 2006). The events cannot be observed easily because they are inside the asthmatics' body, inside their physiological map. Some of the shown symptoms during an asthma

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