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## Exploration of continuous self-improvement, self-efficacy and attachment style

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Researchers have used self-efficacy to investigate online learning, physical therapy, diabetes type-2, work engagement, teacher education, exercise behavior, chemotherapy treatment, alzheimer's disease, counseling, clinical reasoning and online shopping. Another study was designed to examine self-efficacy, competitive greatness and attachment styles. Scales used to analyze these constructs were: Generalized self-efficacy, Wooden Pyramid of Success Questionnaire and Nursing Attachment Styles Questionnaire. Competitive greatness is defined as being the best you can be when your best is needed, continuous self-improvement and appreciating difficult challenges. Regarding attachments styles, secure individuals offer positive descriptions and greater levels of achievement in their personal and professional relationships. Participants (N=78) in this educational intervention were BSN senior students. The self-efficacy scale was used to create two groups (e.g., high self-efficacy scores, moderate-low self-efficacy scores). Hypothesis-1: BSN students with high scores on self-efficacy would have high scores on competitive greatness. Hypothesis-2: Three attachment styles would be different based on self-efficacy scores (e.g., high self-efficacy scores, moderate-low self-efficacy scores). An independent t-test would be used to test these hypotheses. Using SPSS 25, independent t-test analyses were significant on competitive greatness ( $p=0.001$ ), meaning BSN students with high scores on self-efficacy also had high scores on competitive greatness. Secure ( $p=0.009$ ) and avoidant ( $p=0.003$ ) styles were significant (i.e., high self-efficacy and high secure scores, high self-efficacy and low avoidant scores). The independent t-test findings revealed significant differences between self-efficacy and competitive greatness (i.e., being the best you can be when your best is needed, continuous self-improvement, appreciating difficult challenges). Significant differences were found between the high and moderate-low self-efficacy groups on the secure and avoidant common factors.

### Biography

Dale M Hilty is an Associate Professor at the Mount Carmel College of Nursing, USA. He has received his PhD in Counseling Psychology from the Department of Psychology at The Ohio State University, USA. He has published studies in the areas of psychology, sociology and religion.

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