The perception of self-efficacy in a collective culture: adolescents and young adults with corrected congenital heart defects choosing a career in Bolivia

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Introduction
The aim of this study is to identify specific cultural beliefs in young Bolivian patients with congenital heart defects (CHD), which influence the perceived self-efficacy to cope with their condition, as they choose a career.

Bolivia is inhabited mostly by Quechua (45.6%) and Aymara (42.4%) populations, who practice collective traditions and whose beliefs include expressing external locus of control, magical thoughts, ritualistic offerings, and faith in the devil as well in Mother Earth. Aymaras developed a hybrid identity and culture as a response to domination by the Incas, then by the Spaniards, and later by authoritarianism. Nowadays globalization, economic growth, media acculturation and migratory processes are transforming values, habits and identities of the natives. The hegemony of individualism over collectivism seems to be developing in the cities.

Methods
Follow-up study with three testing phases, using descriptive and non-parametric methods in a qualitative and quantitative design. The sample is intentional and includes 21 patients (16-31 years of age) from Kardiozentrum in La Paz.

Results
The study reveals that 38% of the patients show disconcertment with their health and career development, including shortages in self-regulation, coping and self-efficacy or the sense of personal competence to deal effectively with a variety of stressful situations. Almost 28% of patients denote a strong goal-orientation and an active attitude in their self-management. The IQ-score media from 16 CHD patients was 85 points, but this lack of thought fluency does not seem to be notoriety in a collective society.

Conclusions
Observed patients in a collectivist society show lower scores in perceived self-efficacy than patients socialized in individualist societies. Cultural beliefs, traditions and practices should be recognized and their value considered for the purpose of activating self-efficacy and self-management in the development of a tailored-made career program.