

ABSTRAK

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HUBUNGAN PARITAS DAN USIA DENGAN *MATERNAL SELF EFFICACY* IBU DALAM MERAWAT BAYI DI WILAYAH KERJA PUSKESMAS SRAGI II KABUPATEN PEKALONGAN

Latar Belakang: Proses adaptasi yang lancar dalam mengasuh anak sangat penting dalam menghadapi faktor-faktor yang mempengaruhi *maternal self-efficacy* guna memfasilitasi perencanaan dan pemberian layanan komprehensif kepada ibu dengan *maternal self-efficacy* rendah. *Maternal self-efficacy* seorang ibu tidak hanya mempengaruhi kesehatan mentalnya sendiri, namun juga mempengaruhi perkembangan psikologis bayinya.

Tujuan: Untuk mengetahui hubungan *maternal self efficacy* dalam merawat bayi dengan paritas dan usia.

Metode: Penelitian kuantitatif dengan desain penelitian korelasi, pendekatan cross sectional. Teknik pengambilan sampel dalam penelitian ini menggunakan total sampling. Kuesioner yang digunakan dalam penelitian ini adalah *Perceived Maternal Parental Self Efficacy* (PMP-SE). Responden dalam penelitian ini berjumlah 45 responden. Analisa data menggunakan analisa univariat dan analisa bivariat. Tempat penelitian berada di di Wilayah Kerja Puskesmas Sragi II Kabupaten Pekalongan.

Hasil: hasil penelitian didapatkan 45 responden diperoleh 48,9% ibu yang memiliki bayi sampai usia 40 hari dengan *maternal self-efficacy* rendah dan 51,1% ibu yang memiliki *maternal self-efficacy* tinggi. Setelah dilakukan uji *Chi Square* terdapat hubungan yang signifikan antara *maternal self-efficacy* ibu dalam merawat bayi dengan paritas.

Simpulan: Sebagian ibu diwilayah kerja Puskesmas Sragi II Kabupaten Pekalongan memiliki *maternal self-efficacy* yang rendah sehingga diharapkan bagi tenaga kesehatan dapat melakukan upaya promotif dan preventif seperti guna menangani masalah tersebut agar tidak bertampak buruk bagi ibu serta bayinya.

Kata Kunci: *Maternal Self Efficacy, ibu Postpartum*

Daftar Pustaka: 33 (2015-2024)

ABSTRACT

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THE CORRELATION BETWEEN PARITY AND AGE WITH MATERNAL SELF-EFFICACY IN INFANT CARE IN THE WORK AREA OF PUSKESMAS SRAGI II, PEKALONGAN

Background: Smooth adaptation in childrearing is crucial for addressing factors that influence maternal self-efficacy, thereby facilitating comprehensive planning and service provision for mothers with low maternal self-efficacy. Maternal self-efficacy not only affects a mother's mental health but also impacts the psychological development of her baby.

Objective: To determine the correlation between maternal self-efficacy in infant care and parity and age.

Method: This quantitative study employs a correlational design with a cross-sectional approach. Total sampling was used, involving 45 respondents. The Perceived Maternal Parental Self-Efficacy (PMP-SE) questionnaire was utilized to assess maternal self-efficacy. Data analysis included univariate and bivariate analysis. The study was conducted in the work area of Puskesmas Sragi II, Pekalongan Regency.

Results: The research results obtained show that of the 45 respondents, 48.9% of mothers with infants up to 40 days old had low maternal self-efficacy, while 51.1% had high maternal self-efficacy. Chi-square tests indicated a significant correlation between maternal self-efficacy and parity.

Conclusion: A significant number of mothers in the work area of Puskesmas Sragi II, Pekalongan Regency, have low maternal self-efficacy. It is recommended that healthcare professionals implement promotional and preventive measures to address this issue and prevent adverse effects on both mothers and their infants.

Keywords: *Maternal Self-Efficacy, Postpartum Mothers*

References: 33 (2015-2024)