

PENGARUH PEMBERIAN EDUKASI VIDEO *NURTURING CARE* TERHADAP EFIKASI DIRI DAN PRAKTIK IBU DALAM PENGASUHAN ANAK USIA 0-3 TAHUN SELAMA PANDEMI COVID-19

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INTISARI

Pendahuluan: Anak 0-3 tahun memerlukan suatu pengasuhan yang baik, namun kenyataannya, efikasi diri ibu maupun praktik pengasuhan masih rendah. Adanya pandemi Covid-19 menjadi salah satu pengaruh dalam pengasuhan ini. WHO memiliki *Nurturing Care Framework*, dengan lima komponen, yaitu pemenuhan kesehatan, pemenuhan nutrisi, stimulasi dini, pengasuhan responsif, dan keselamatan serta keamanan. Peningkatan efikasi diri dan praktik pengasuhan dapat dilakukan salah satunya menggunakan video edukasi. Penelitian ini bertujuan mengetahui pengaruh pemberian video *Nurturing Care* terhadap efikasi diri dan praktik ibu dalam pengasuhan anak usia 0-3 tahun selama pandemi Covid-19.

Metode: desain menggunakan *quasi experimental* dengan pendekatan *pre post test control group*, dengan teknik *simple random sampling* dan *stratified random sampling*. Pengambilan data dilakukan di Kapanewon Depok pada bulan Mei-Agustus 2022. Penelitian memiliki dua kelompok, jumlah kelompok intervensi 39 responden menggunakan video dan kontrol 49 responden dengan leaflet. Pengambilan data diawali *pre test* dan selang satu minggu dilakukan *post test*. Instrumen menggunakan *Knowledge, Attitude, dan Practice (KAP)* dan *Parental Self-Efficacy (PSE)*. Analisa data menggunakan *Independen t-test* dan *Mann-Whitney*.

Hasil: Terdapat pengaruh video pada praktik ($p=0.000$) dan efikasi diri ($p=0.034$) di kelompok intervensi, sedangkan leaflet tidak ada pengaruh praktik ($p=0.148$) maupun efikasi diri ($p=0.166$) di kelompok kontrol. Selisih sebelum dan sesudah perlakuan pada kedua kelompok menunjukkan praktik terdapat perbedaan yang signifikan ($p=0.032$), sedangkan efikasi diri tidak menunjukkan perbedaan ($p=0.450$).

Kesimpulan: Terdapat perbedaan yang signifikan pada praktik pengasuhan sebelum dan sesudah perlakuan di kedua kelompok.

Kata kunci: efikasi diri pengasuhan, praktik pengasuhan, video edukasi, *Nurturing Care*, Anak, Covid-19, Leaflet

THE EFFECT OF NURTURING CARE VIDEO EDUCATION ON SELF-EFFICIENCY AND MOTHER'S PRACTICES IN CARE OF CHILDREN AGED 0-3 YEARS DURING THE COVID-19 PANDEMIC

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ABSTRACT

Introduction: Children 0-3 years need a good parenting, but in reality, self-efficacy and parenting practices are still low. The Covid-19 pandemic has become one of the influences in parenting. WHO has a Nurturing Care Framework, with five components: health compliance, nutrition, early stimulation, responsive care, and safety and security. Improving self-efficacy and parenting practices can use educational videos. This study aims to determine the effect of providing Nurturing Care videos on self-efficacy and practice in caring for children aged 0-3 years during the Covid-19 pandemic.

Method: The design uses a quasi-experimental approach with a pre-post-test control group, with a simple technique and stratified random sampling. Data collection was carried out in Kapanewon Depok in May-August 2022. The study had two groups, the intervention group consisted of 39 respondents using video and 49 respondents using control leaflets. Data collection begins with a pre-test and one week after a post-test. The instrument uses Knowledge, Attitude, and Practice (KAP) and Parental Self-Efficacy (PSE). Data analysis using Independent-t-test and Mann-Whitney..

Results: There was an effect of video on practice ($p=0.000$) and self-efficacy ($p=0.034$, while the leaflet had no effect on practice ($p=0.148$) or self-efficacy ($p=0.166$). The difference between before and after treatment in the two groups showed a significant difference in practice ($p=0.032$), while self-efficacy showed no difference ($p=0.450$).

Conclusion: There are significant differences in parenting practices before and after treatment in the two groups.

Keywords: parenting self-efficacy, parenting practice, educational video, Nurturing Care, Children, Covid-19, Leaflet