

ABSTRACT

Worker mothers with toddler often trap in a dilemma that made them feel less competent in their role as mother. This study is aimed to validate "Smart Parenting," a training module which seeks to increase mother's feeling of competence in carrying out their primary duties as parent, or known as Parental Self-Efficacy (PSE). The research was conducted using a quasi-experimental design in a model of untreated control group design with dependent pretest, posttest, and follow up among 12 participants. Six mothers were in treatment group, and the other six were in control group. "Smart Parenting" was a training program based on Work-Family Balance (Greenhaus) and Domain Specific Parenting for Toddler (Van Rijen). In addition, the maternal self-efficacy was measured using the short version of SEPTI- TS (Self-Efficacy for Parenting Tasks Index-Toddler Scale) that has been previously adapted by other researchers and tested by researcher. The statistical analysis using Mann Whitney Test in this study shows that there was a difference ($p < 0.05$) in mother's PSE between experimental group and control group. As a result, this research concludes that the "Smart Parenting" training program is effective for the purpose of increasing PSE for working mothers with toddlers.

Keywords: Parental self-efficacy, parenting program, working mothers, toddlers, SEPTI-TS short form

ABSTRAK

Ibu bekerja dengan anak *toddler* sering terjebak dalam dilema, yang membuat mereka merasa kurang kompeten dalam peran sebagai ibu. Penelitian ini bertujuan untuk memvalidasi "Smart Parenting", sebuah modul pelatihan untuk meningkatkan perasaan kompetensi ibu dalam melaksanakan tugas utama mereka sebagai orangtua, atau dikenal sebagai Parental Self-Efficacy (PSE). Penelitian ini dilakukan dengan menggunakan desain kuasi-eksperimen menggunakan model *the untreated control group design with dependent pretest, posttest, and follow up* pada 12 orang peserta, enam ibu dalam kelompok perlakuan, dan enam ibu dalam kelompok kontrol. "Smart Parenting" adalah program pelatihan berdasarkan Work-Family Balance (Greenhaus) dan *Domain Specific Parenting for Toddler* (Van Rijen). Pengukuran efikasi ibu merujuk ke versi singkat dari SEPTI-TS (*Self Self-Efficacy for Parenting Tasks Index-Toddler Scale*) yang sebelumnya telah diadaptasi oleh peneliti lain dan telah diuji coba oleh peneliti. Analisis statistik menggunakan Mann Whitney Test dalam penelitian ini menunjukkan bahwa ada perbedaan PSE yang signifikan ($p < 0,05$) antara kelompok eksperimen dan kelompok kontrol. Penelitian ini menyimpulkan bahwa program pelatihan "Parenting Smart" efektif untuk tujuan meningkatkan PSE untuk ibu bekerja dengan *toddler*.

Kata kunci: Efikasi diri pengasuhan, program pelatihan pengasuhan, ibu bekerja, *toddler*, SEPTI-TS versi pendek