

ABSTRAK

Latar Belakang: Permasalahan gizi pada balita mendorong terjadinya masalah pertumbuhan perkembangan balita. Di Indonesia salah satu masalah gizi kronik pada balita adalah *stunting*. *Stunting* dapat dicegah sejak dini melalui perilaku ibu dalam melakukan pemantauan tumbuh kembang pada balita untuk mengetahui faktor penyebab dan memperbaiki masalah pertumbuhan dan perkembangan. Perilaku ibu dalam pemantauan tumbuh kembang balita dipengaruhi oleh efikasi diri.

Tujuan: Mengetahui hubungan antara efikasi diri ibu dengan perilaku pemantauan tumbuh kembang pada balita usia 24-59 bulan.

Metode: Penelitian ini menggunakan desain analitik *cross-sectional*, dilakukan di Desa Sendangsari Kabupaten Bantul pada bulan Oktober 2019 dengan sampel berjumlah 89 responden. Pengambilan sampel menggunakan teknik *cluster random sampling* dan menggunakan kuesioner. Analisis data univariat menggunakan distribusi frekuensi dan bivariat menggunakan uji *chi square*.

Hasil: Hasil analisis menunjukkan nilai p yaitu 0,005. Dari 89 responden terdapat 68 ibu (76,4%) yang memiliki efikasi diri tinggi dan 21 ibu (23,6%) dengan efikasi diri yang rendah. Terdapat 67 ibu (75,3%) yang memiliki perilaku baik dan 22 ibu (24,7%) dengan perilaku cukup dalam pemantauan tumbuh kembang balita.

Kesimpulan: Terdapat hubungan antara efikasi diri dengan perilaku ibu dalam pemantauan tumbuh kembang balita usia 24-59 bulan.

Kata kunci: *Stunting*, pemantauan tumbuh kembang, efikasi diri, perilaku

ABSTRACT

Background: *Nutrition problems in toddlers encourage growth and development problems for toddlers. In Indonesia, one of the problems of chronic nutrition in toddlers is stunting. Stunting can be prevented early on through maternal behaviour in monitoring growth and development in infants to determine the causes and improve growth and development problems. Mother's behaviour in monitoring the growth and development of infants is influenced by self-efficacy.*

Objective: *To determine the relationship between maternal self-efficacy with growth and development monitoring behaviour in toddlers aged 24-59 months.*

Methods: *This study used a cross-sectional analytic design, conducted in Sendangsari Village, Bantul Regency in October 2019 with a sample of 89 respondents. Sampling using cluster random sampling techniques and using self-efficacy questionnaire and behaviour. Data analysis was performed univariately using a frequency distribution and bivariate using the chi square test.*

Results: *This study shows that there is a relationship between maternal self-efficacy with growth and development behaviour in toddlers aged 24-59 months with a p value of 0.005. In this study showed that of 89 respondents there were 68 mothers (76.4%) who had high self-efficacy and 21 mothers (23.6%) with low self-efficacy. There are 67 mothers (75.3%) who have good behaviour and 22 mothers (24.7%) who have sufficient behaviour in monitoring the growth and development of toddlers aged 24-59 months.*

Conclusion: *This study shows that there is a relationship between self-efficacy and maternal behaviour in monitoring the growth and development of toddlers aged 24-59 months.*

Keywords: *Stunting, growth and development monitoring, self-efficacy, behaviour*