

INTISARI

Latar Belakang: Pernikahan pada usia dini berkaitan erat dengan rendahnya *outcome* kesehatan pada perempuan. Salah satunya adalah remaja perempuan yang telah menikah mengalami tekanan psikologis dan ketidakmampuan merawat anak.

Tujuan: Untuk mengetahui pengaruh pendidikan kesehatan tentang perawatan anak terhadap *parenting self-efficacy (PSE)*, pengetahuan dan sikap ibu mengenai perawatan anak pada ibu yang menikah usia dini di Kecamatan Gemawang, Kabupaten Temanggung, Jawa Tengah

Metode: Desain penelitian ini adalah *quasi-experimental* dengan pendekatan *nonequivalent pre-test and post-test control group*. Subjek penelitian berjumlah 68 responden yang diperoleh dengan cara *cluster sampling*, terbagi menjadi 37 subjek pada kelompok intervensi dan 31 subjek pada kelompok kontrol. Intervensi dilakukan dengan pemberian pendidikan kesehatan mengenai perawatan anak dengan metode individual sebanyak 2 sesi dengan media *booklet*. Pada kelompok kontrol diberikan *booklet* perawatan anak tanpa pemberian pendidikan kesehatan. Analisis data dilakukan dengan menggunakan *independent samples t-test*, uji Mann-Whitney, serta uji korelasi Spearman-rank dan uji koefisien kontingensi.

Hasil: Rata-rata skor PSE *pre-test* pada kelompok intervensi adalah $31,05 \pm 2,013$ sedangkan pada kelompok kontrol $29,29 \pm 5,527$. Rata-rata skor *post-test* pada kelompok intervensi adalah $34,46 \pm 3,199$ sedangkan pada kelompok kontrol $30,00 \pm 5,354$ ($p < 0,05$). Perbedaan skor pengetahuan *post-test* antara kedua kelompok menunjukkan nilai $p = 0,000$; sedangkan pada variabel sikap menunjukkan nilai $p = 0,348$.

Kesimpulan: Peningkatan skor pengetahuan mengenai perawatan anak dan skor PSE pada kelompok intervensi lebih tinggi dibandingkan kelompok kontrol. Tidak ada perbedaan perubahan skor sikap perawatan anak pada kelompok intervensi dan kontrol. Terdapat hubungan antara dukungan keluarga dan status pekerjaan ibu dengan PSE.

Kata kunci: *parenting self-efficacy*, pernikahan dini, pendidikan kesehatan

ABSTRACT

Background: early marriage has a strong correlation with poor health outcomes on women. One of them is that early married women experienced psychological stressed and lack of ability in taking care of their children.

Objectives: This study aimed to investigate the impact of health education on young mothers' knowledge and attitude of parenting, and also to identify the effect on parenting self-efficacy.

Method: a quasi-experimental and nonequivalent pre-test and post-test control group design was conducted to address the research's aims. The participants were 37 and 31 young mothers participated in the intervention group and control group respectively. Subjects were allocated in one of the groups using cluster random sampling with village as the random unit. Two sessions of health education about parenting were given individually for subjects in the intervention group. Meanwhile, the participants in control group received booklet about parenting. Data analysis was conducted using independent samples t-test, Mann-Whitney, Spearman-rank correlation and also coefficient contingency test.

Findings: The mean score of PSE pre-test in intervention and control group were 31.05 ± 2.013 and 29.29 ± 5.527 respectively. The mean score of PSE post-test in intervention and control group were 34.46 ± 3.199 and 30.00 ± 5.354 respectively ($p < 0.05$). The difference of parenting knowledge post-test between the intervention and control group was 0.000 ($p < 0.05$). While the difference of parenting attitude between the groups was 0.348.

Key conclusions: the improvement score of knowledge about parenting and PSE in the intervention group was higher than the control group. There is no difference in score changing of parenting attitude in the intervention and control group. There is a correlation between family support and mother's occupation with PSE.

Keywords: parenting self-efficacy, early marriage, health education