

ABSTRAK

PENGARUH KONSELING TERHADAP *PARENTING SELF EFFICACY* PADA IBU POSTPARTUM DENGAN *SECTIO CAESAREA*

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Latar Belakang: *Parenting self efficacy (PSE)* merupakan keyakinan orang tua terhadap kemampuannya dalam mengatur dan melakukan tugas yang berhubungan dengan mengasuh anak. Rasa sakit setelah persalinan SC dapat mengurangi kemampuan dan menurunkan keyakinan ibu dalam merawat bayi. Konseling pada ibu postpartum merupakan upaya meningkatkan keyakinan diri dalam mengasuh bayi.

Tujuan: menguji pengaruh konseling yang diberikan pada ibu postpartum dengan SC terhadap peningkatan PSE.

Metode: Penelitian menggunakan quasi eksperimen dengan *pre-test and post-test with control group*. Jumlah subjek penelitian sebanyak 66 subjek terbagi menjadi kelompok eksperimen 33 dan kontrol 33. Subjek yang sesuai kriteria inklusi, diberikan kuesioner dan dilakukan *pre-test* dengan *parenting self efficacy scale (PSES)*, melakukan konseling dan memberi *booklet* pada kelompok eksperimen dan memberi *booklet* saja pada kelompok kontrol. Pengukuran dilakukan dengan instrumen *parenting self efficacy scale (PSES)*. Uji statistik yang digunakan adalah *paired t-test* dan *independent sample t-test*

Hasil Penelitian: Peningkatan skor PSE yang bermakna setelah dilakukan intervensi pada kelompok eksperimen dan kelompok kontrol ($6,19 \pm 0,93$ Vs $7,54 \pm 0,71$, $P=0,001$; $5,56 \pm 0,85$ Vs $5,87 \pm 0,68$, $P=0,001$). Perubahan skor setelah intervensi secara bermakna lebih tinggi pada kelompok eksperimen dibanding kelompok kontrol ($1,35 \pm 0,58$ Vs $0,31 \pm 0,26$, $p=0,000$)

Kesimpulan: Konseling dengan menggunakan *booklet* berpengaruh terhadap PSE pada ibu postpartum dengan SC.

Kata kunci : *parenting self efficacy*, konseling, postpartum, *section caesarea*

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ABSTRACT

THE EFFECT OF COUNSELING TO PARENTING SELF EFFICACY TOWARD POSTPARTUM MOTHER WITH SECTIO CAESAREA

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Background: Parenting self-efficacy is the confidence in the ability of parents to manage and perform tasks related to parenting. Pain after delivery by sectio caesarea (SC) may reduce the ability and decrease the confidence of mothers in caring for newborns. Counseling on postpartum mother is an effort to increase confidence in caring for newborns.

Objective: To examine the effect of counseling given to post partum mothers with SC to the increased scale of parenting self-efficacy.

Method: This study used a quasi-experimental study with pre-test and post-test with control group. Total research subjects of 66 were divided into experimental group 33 and control 33. Subjects who fit the inclusion criteria conducted pre-test with PSEs. Counseling and provision of booklets was conducted in the experimental group and the provision of booklet was conducted in the control group. Measurements were made with instruments of parenting self-efficacy scale (PSEs). The statistical test used is paired t-test and independent sample t-test.

Reserach Result: An increase in PSE scores were significant after the intervention in the experimental group and the control group (6.19 ± 0.93 vs 7.54 ± 0.71 , $P = 0.001$; 5.56 ± 0.85 vs 5.87 ± 0.68 , $P = 0.001$). Changes in scores after the intervention was significantly higher in the experimental group than the control group (1.35 ± 0.58 vs 0.31 ± 0.26 , $p = 0.000$)

Conclusion: Counseling with booklet affects the parenting self-efficacy for mother with postpartum SC

Keywords : Parenting self-efficacy, counseling, Postpartum, Sectio Caesarea

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