

## Efektivitas intervensi edukasi postpartum terhadap perubahan parenting self-efficacy pada periode awal postpartum = Effectiveness of postpartum education intervention on changing parenting self-efficacy in immediately postpartum periode

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### Abstrak

Parenting self-efficacy mempengaruhi tumbuh kembang anak, kesehatan dan kesejahteraan ibu. Edukasi postpartum merupakan upaya meningkatkan parenting self-efficacy. Penelitian ini mengetahui efektivitas edukasi postpartum terhadap perubahan parenting self-efficacy ibu. Desain penelitian kuasi eksperimen pre-test and post-test with control group design. Jumlah sampel sebanyak 78 orang, yaitu 39 orang setiap kelompok. Pengumpulan data menggunakan parenting self-efficacy scale (PSES). Hasil penelitian menunjukkan intervensi edukasi postpartum efektif meningkatkan skala parenting self-efficacy sebesar 18.4% ( $p=0.000$ ,  $\eta^2=0.025$ ), 1.7 poin lebih tinggi dari kelompok yang tidak mendapat intervensi. Edukasi berkualitas dengan metode yang tepat perlu diberikan sebagai bagian asuhan keperawatan postpartum guna membantu adaptasi dan pengalaman menjadi ibu.

<hr>Parenting self-efficacy affects child's development, mothers' health and well-being. Postpartum education is an effort to improve parenting self-efficacy. This study examined the effectiveness of postpartum education to changing maternal parenting self-efficacy. A Quasi experimental research with design pre-test and post-test design with control group. The number of sample are 78 womens, which are 39 womens per group. Data collection using the parenting self-efficacy scale. The results showed postpartum education intervention effectively increased parenting self-efficacy scale by 18.4% ( $p=0.000$ ,  $\eta^2=0.025$ ), 1.7 points higher than the group that received no intervention. Suggested providing quality education as part of postpartum nursing care to facilitate adaptation and experience of motherhood.