

Pengaruh konseling menyusui dengan pendekatan teori sosial kognitif terhadap tingkat self efficacy ibu menyusui di Wilayah Kerja Puskesmas Koba Bangka Tengah tahun 2015 = The effect of breastfeeding counselling with social cognitive theory approach on breastfeeding self efficacy at Koba Bangka Tengah 2015

Nurrachma Sari, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20423403&lokasi=lokal>

Abstrak

Self Efficacy merupakan salah satu prediktor penting dalam penentuan inisiasi, durasi dan eksklusivitas dalam menyusui. Penelitian ini bertujuan untuk mengkaji pengaruh konseling menyusui dengan pendekatan teori sosial kognitif terhadap self efficacy ibu dalam menyusui di Koba Bangka Tengah pada bulan Mei-Juni tahun 2015. Desain penelitian adalah quasy experimental dengan rancangan non-randomized control group pretest posttest design, total sampel sebanyak 48 ibu menyusui yang terbagi menjadi 24 ibu menyusui pada kelompok kontrol yang mendapatkan leaflet menyusui dan 24 ibu pada kelompok intervensi yang mendapatkan konseling menyusui dengan pendekatan teori sosial kognitif. Analisis data meliputi analisis univariat, bivariat, dan multivariat. Analisis bivariat menggunakan uji T independen, dan uji Wilcoxon. Sedangkan analisis multivariat menggunakan regresi linier. Perbandingan nilai self efficacy sebelum dan sesudah perlakuan pada masing-masing kelompok meningkat bermakna ($p=0,001$). Perbandingan selisih nilai self efficacy pada kelompok intervensi lebih tinggi bermakna dibandingkan kelompok kontrol ($p=0,002$). Kelelahan postpartum dan tingkat pendidikan berhubungan bermakna terhadap perbedaan nilai self efficacy. Hasil analisis multivariat menunjukkan adanya pengaruh kelelahan postpartum, pengetahuan menyusui, pendidikan ibu, dan konseling menyusui terhadap perbedaan nilai self efficacy. Konseling menyusui merupakan faktor yang paling berpengaruh terhadap perbedaan nilai self efficacy ($p=0,003$) dengan koef (B) sebesar 3,286. Konseling lebih dapat meningkatkan self efficacy ibu dalam menyusui dibandingkan pemberian leaflet menyusui.

<hr>

Self efficacy has been describe as an important predictor in determining the initiation, duration and exclusivity of breastfeeding. The purpose of this study was to examine the effect of breastfeeding counseling by social cognitive theory approach to self efficacy in breast-feeding mothers in Central Bangka Koba in May-June 2015. The study design was quasy experimental with a non-randomized control group pretest posttest design, sample size of this study was 48 nursing mothers were divided into 24 nursing mothers in the control group who received breastfeeding leaflets and 24 mothers in the intervention group who received breastfeeding counseling by social cognitive theory approach. Data analysis included univariate, bivariate, and multivariate analyzes. Bivariate analysis used independent t test and Wilcoxon test. While the multivariate analysis used linear regression. Comparison of self-efficacy before and after treatment in each group increased significantly ($p = 0.001$). Comparison of the difference in the value of self-efficacy in the intervention group was significantly higher than the control group ($p = 0.002$). Postpartum fatigue and a significant level of education influenced to the difference in the value of self-efficacy. Multivariate analysis showed the influence of fatigue postpartum, breastfeeding knowledge, maternal education, and breastfeeding counseling to the difference in the value of self-efficacy. Breastfeeding counseling is the most

influential factor to the difference in the value of self-efficacy ($p = 0.003$) with koef (B) of 3.286. Breastfeeding counseling could improve self efficacy than breastfeeding leaflets.