

Pengaruh edukasi secara individu tentang perawatan bayi terhadap peningkatan maternal self-efficacy pada ibu hamil remaja trimester III: randomized controlled trial. = The effect of individual education on infant care to improvement maternal self efficacy in teenage pregnant third trimester randomized controlled trial

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Abstrak

Ibu hamil yang berusia remaja seringkali mengalami ketidakpercayaan diri dalam merawat bayi. Kepercayaan diri dalam merawat bayi merupakan komponen penting dalam persiapan peran sebagai ibu. Diperlukan edukasi selama trimester III untuk mempersiapkan ibu dalam merawat bayi. Penelitian ini bertujuan untuk menguji pengaruh edukasi secara individu tentang perawatan bayi terhadap peningkatan maternal self-efficacy pada ibu hamil remaja trimester III.

Desain penelitian menggunakan randomized controlled trial dengan jumlah responden 60 dibagi menjadi kelompok kontrol dan intervensi yang dilakukan randomisasi dan pelaksanaan penelitian menggunakan double blinding. Instrumen yang digunakan yaitu kuesioner The Self-Efficacy for Self and Health Care, Perceived Social Support from Family PSS-Fa dan Adolescent Prenatal Questionnaire APQ.

Hasil penelitian menunjukkan ada pengaruh edukasi secara individu tentang perawatan bayi terhadap peningkatan rerata maternal self-efficacy sebesar 11,733 dengan nilai $p=0,001$. Penelitian ini merekomendasikan pemberian edukasi secara individu tentang perawatan bayi pada ibu hamil remaja saat kunjungan ANC.

.....Teenage pregnancy women often experience self efficacy in caring for the baby. Confidence in caring for the baby is an important component in the preparation of the role of mother. Education is required during third trimester to prepare mother in caring for the baby. The purpose of this study to examine the effect individual education about baby care on improvement maternal self efficacy in adolescent pregnant third trimester.

The research design using randomized controlled trial with 60 respondents divided into control group and intervention, conducted randomization and implementation of research using double blinding. The instruments used Self Efficacy for Self and Health Care questionnaire, Perceived Social Support from Family PSS Fa and Adolescent Prenatal Questionnaire APQ.

The results of the study showed effect of individual education on infant care to increase maternal self efficacy with average of 11,733 with $p0,001$. This study recommends providing individualized education on infant care in adolescent pregnant during an antenatal care.