

Faktor Yang Berhubungan dengan Self-control Ibu dalam menjalani persalinan = Factors Related to Mother's Self-control in Childbirth

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Abstrak

Latar belakang: *Self-control* rendah pada ibu bersalin menyebabkan proses persalinan tidak memuaskan dan menimbulkan pengalaman persalinan traumatis. Tenaga kesehatan diharapkan dapat membantu ibu untuk meningkatkan *self-control* persalinan. Tujuan penelitian untuk mengidentifikasi faktor yang berhubungan dengan *self-control* ibu dalam menjalani persalinan. Metode penelitian menggunakan desain *cross-sectional* dengan teknik *consecutive sampling* melibatkan 150 responden ibu bersalin dengan rentang usia 15-44 tahun. Sebagian besar responden merupakan multipara, berlatar belakang pendidikan menengah, tidak bekerja dan berpenghasilan kurang. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara usia ($p = 0,002$), paritas ($p = 0,000$), pendidikan ($p = 0,045$), pekerjaan ($p = 0,035$), efikasi diri persalinan ($p = 0,000$), kecemasan persalinan ($p = 0,001$), ketakutan persalinan ($p = 0,000$), nyeri persalinan ($p = 0,000$) dan sikap tenaga kesehatan ($p = 0,000$) dengan *self-control* persalinan. Tidak ditemukan hubungan yang signifikan antara penghasilan ($p = 0,155$) dengan *self-control* ibu dalam menjalani persalinan. Analisis multivariat menunjukkan bahwa variabel paling dominan memengaruhi *self-control* persalinan adalah efikasi diri persalinan ($p = 0,000$). Rekomendasi: Pemberdayaan perempuan dalam perencanaan persalinan dapat meningkatkan efikasi diri dan *self-control* untuk menjalani persalinan secara alamiah.

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Background: Low self-control in mothers in labor causes the labor process to be unsatisfactory and causes a traumatic labor experience. Health workers are expected to be able to help mothers to improve their self-control in labor. The purpose of this study was to identify factors related to maternal self-control in undergoing labor. The research method used a cross-sectional design with consecutive sampling techniques involving 150 respondents of mothers in labor with an age range of 15-44 years. Most of the respondents were multiparous, had a secondary education background, were unemployed and had low income. The results showed that there was a significant relationship between age ($p = 0.002$), parity ($p = 0.000$), education ($p = 0.045$), employment ($p = 0.035$), childbirth self-efficacy ($p = 0.000$), labor anxiety ($p = 0.001$), fear of childbirth ($p = 0.000$), labor pain ($p = 0.000$) and attitudes of health workers ($p = 0.000$) with self-control in labor. There was no significant relationship between income ($p = 0.155$) and maternal self-control in undergoing childbirth. Multivariate analysis showed that the most dominant variable influencing self-control of childbirth was self-efficacy of childbirth ($p = 0.000$). Recommendation: Empowering women in childbirth planning can increase self-efficacy and self-control of mothers to undergo childbirth naturally.