

Pengaruh intervensi bimbingan perawatan bayi dengan metode audiovisual terhadap self efficacy ibu hamil remaja dan pasangan = Effect of baby care guidance intervention using methods audiovisual on self-efficacy of pregnant teenage mothers and couples

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Abstrak

Kehamilan di usia remaja menjadi salah satu masalah sosial utama yang dihadapi negara-negara di dunia. Kehamilan remaja berdampak pada kesehatan fisik dan psikologis Fase transisi menjadi orang tua menjadi tantangan bagi ibu remaja dan pasangan. Penelitian ini bertujuan untuk mengetahui peningkatan maternal self efficacy dan paternal self efficacy setelah diberikan intervensi edukasi audiovisual. Studi quasy experimental study with control group design dilakukan terhadap 60 pasangan dengan melakukan intervensi berbasis audiovisual dan kuesioner maternal self efficacy dan paternal self efficacy. Nilai median maternal self efficacy pada kelompok kontrol pre test dan post test tidak mengalami peningkatan bermakna yakni 22 menjadi 23. Setelah dilakukan intervensi, nilai median maternal self efficacy pada kelompok intervensi meningkat signifikan yakni 23 menjadi 35. Nilai median paternal self efficacy pada kelompok kontrol pre test dan post test tidak mengalami peningkatan bermakna yakni 28,5 menjadi 30. Setelah dilakukan intervensi, nilai median paternal self efficacy pada kelompok intervensi meningkat signifikan yakni 25 menjadi 35. Selisih maternal self efficacy signifikan pada kelompok intervensi 12 jika dibandingkan kelompok kontrol yakni 1. Hal yang sama juga terjadi pada selisih paternal self efficacy kelompok intervensi sebesar 11 jika dibandingkan kelompok kontrol sebesar 1,5. Hal ini menunjukkan adanya pengaruh edukasi audio visual dengan peningkatan maternal self efficacy dan paternal self efficacy ($p < 0,001$). Edukasi dengan menggunakan media audiovisual terbukti dapat meningkatkan pengetahuan ibu hamil remaja dan pasangan dalam mempersiapkan diri dalam menghadapi transisi menjadi orang tua dan perawatan bayi baru lahir. Penelitian ini merekomendasikan agar fasilitas kesehatan selalu melibatkan pasangan selama edukasi dan fase transisi ibu hamil remaja.

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Teenage pregnancy is one of the main social problems facing countries in the world. Teenage pregnancy impacts physical and psychological health. The transition phase into parenthood is a challenge for teenage mothers and partners. This study aims to determine the increase in maternal self-efficacy and paternal self-efficacy after being given an audiovisual educational intervention. A quasi-experimental study with control group design conduct on 60 couples using audiovisual-based interventions and maternal self-efficacy and paternal self-efficacy questionnaires. The median value of maternal self-efficacy in the pre-test and post-test control groups did not increase significantly, from 22 to 23. After the intervention, the median value of maternal self-efficacy in the intervention group increased significantly, from 23 to 35. The median value of paternal self-efficacy in the pre-control group test and post-test did not experience a significant increase, from 28.5 to 30. After the intervention, the median value of paternal self-efficacy in the intervention group increased significantly, from 25 to 35. The difference in maternal self-efficacy was significant in the intervention group 12 when compared to the control group 1. The same thing also happened to the difference in paternal self-efficacy in the intervention group 11 when compared to the control group 1.5.

This shows the influence of audiovisual education by increasing maternal self-efficacy and paternal self-efficacy ($p < 0.001$). Education using audiovisual media has been proven to increase the knowledge of teenage pregnant mothers and their partners in preparing themselves for the transition to becoming parents and preparing for newborn care. This research recommends that health facilities always involve partners during the education and transition phase of teenage pregnant women.