

# Menjadi Ibu Pertama Kali: Hubungan antara Coparenting Orang tua-Kakek-Nenek dan Maternal Self-Efficacy pada Ibu Emerging Adult = First-time Mother: The Relationship between Parent-Grandparent Coparenting and Maternal Self-Efficacy in Emerging Adult Mothers

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## Abstrak

Masa transisi menjadi orang tua membuat ibu memiliki efikasi diri yang rendah mengenai cara pengasuhannya. Penelitian ini bertujuan untuk mengetahui gambaran coparenting orang tua-kakek-nenek di Indonesia dan mencari tahu hubungan antara coparenting orang tua-kakek-nenek dan maternal self-efficacy pada ibu emerging adult. Coparenting orang tua-kakek-nenek diukur dengan Coparenting Relationship Scale (CRS; Feinberg, Brown, & Kan, 2012). Sementara itu, maternal self-efficacy diukur dengan Self-Efficacy for Parenting Task Index-Toddler Scale Short Form (SEPTI-TS SF; Van Rijen, Gasanova, Boonstra, & Huijding, 2014). Partisipan penelitian adalah 142 ibu emerging adult yang berusia 19-25 tahun. Mereka adalah ibu yang baru pertama kali memiliki anak usia batita dan melakukan coparenting bersama kakek-nenek. Hasil penelitian menunjukkan bahwa ibu emerging adult dapat membangun hubungan coparenting yang baik dengan kakek-nenek. Semakin baik hubungan coparenting antara ibu dan kakek-nenek, maka semakin baik maternal self-efficacy ibu emerging adult.

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Transition to parenthood makes mothers have low self-efficacy in their parenting. This study conducted to obtain the description of parent-grandparent coparenting in Indonesia and the relationship between parent-grandparent coparenting and maternal self-efficacy in emerging adult mothers. Parent-grandparent coparenting measured by Coparenting Relationship Scale (CRS; Feinberg, Brown, & Kan, 2012), and maternal self-efficacy measured by Self-Efficacy for Parenting Task Index-Toddler Scale Short Form (SEPTI-TS SF; Van Rijen, Gasanova, Boonstra, & Huijding, 2014). Participants in this study were 142 emerging adult mothers aged 19-25 years old. They were first-time mothers of a toddler who did coparenting with grandparents. The result showed that emerging adult mothers could build a good relationship with grandparents during coparenting. High levels of parent-grandparent coparenting associated with higher levels of maternal self-efficacy in emerging adult mothers.</i>