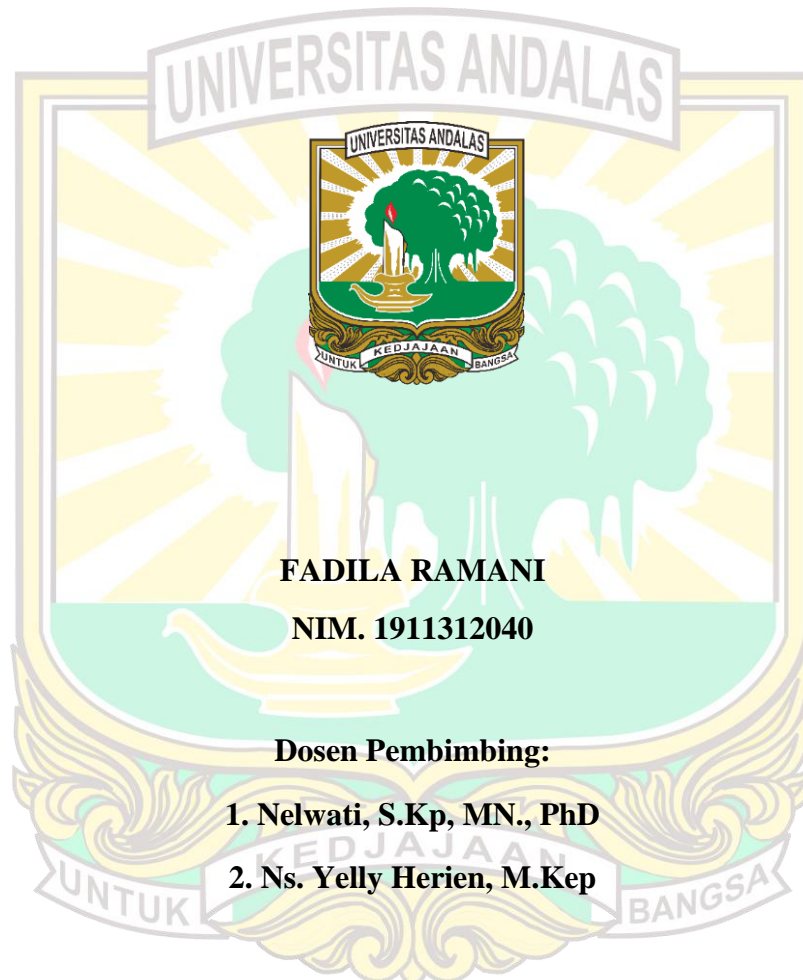


**SKRIPSI**

**HUBUNGAN *SELF EFFICACY* DENGAN *MATERNAL ROLE  
COMPETENCE* PADA IBU POSTPARTUM DI WILAYAH  
KERJA PUSKESMAS BELIMBING KOTA PADANG  
TAHUN 2023**

**Penelitian Keperawatan Maternitas**



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Hubungan *Self Efficacy* dengan *Maternal Role Competence* Pada  
Ibu Postpartum Di Wilayah Kerja Puskesmas Belimbing  
Kota Padang Tahun 2023

### ABSTRAK

Adanya perubahan yang terjadi pada ibu primipara selama postpartum hingga muncul berbagai permasalahan dalam proses adaptasinya mengakibatkan *Maternal Role Competence* tidak tercapai secara maksimal sehingga menimbulkan kecemasan dan gangguan psikologis pada ibu. Ketidakmampuan ibu mengembangkan kompetensi peran berdampak terhadap penurunan kesejahteraan pada ibu dan bayi. Salah satu faktor keberhasilan pencapaian *Maternal Role Competence* dipengaruhi oleh *Self Efficacy*. Penelitian ini bertujuan untuk mengetahui hubungan *Self Efficacy* dengan *Maternal Role Competence* pada ibu postpartum di Wilayah Kerja Puskesmas Belimbing Kota Padang. Jenis penelitian adalah korelasional dengan pendekatan *cross sectional*. Sampel penelitian ini adalah ibu postpartum berjumlah 60 responden yang dipilih menggunakan *total sampling*. Instrumen yang digunakan adalah *Maternal Self Efficacy Questionnaire* (MEQ) dan *Parenting Sense of Competence*. Analisis data menggunakan uji korelasi *Pearson Product Moment*. Hasil penelitian menunjukkan bahwa rerata skor *Self Efficacy* 30,58 dan rerata skor *Maternal Role Competence* 61,35. Terdapat hubungan yang signifikan antara *Self Efficacy* dengan *Maternal Role Competence* dengan arah korelasi positif (searah) dan kekuatan korelasi sedang ( $p=0,000$ ,  $r=0,567$ ). Semakin tinggi *Self Efficacy* maka semakin tinggi *Maternal Role Competence* pada ibu postpartum. Diharapkan pihak puskesmas dapat memaksimalkan kelas prenatal dan program ibu nifas sebagai upaya persiapan ibu menghadapi perannya serta memberikan intervensi berupa edukasi dalam proses peningkatan kemampuan ibu terhadap kompetensi perannya dalam merawat anaknya.

Kata Kunci : *Self efficacy, Maternal Role Competence, Postpartum*  
Daftar Pustaka : 73 (2003-2023)

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*The Relationship between Self Efficacy and Maternal Role Competence among Postpartum Mothers in the Working Area of the Belimbing Health Center Padang City in 2023*

### **ABSTRACT**

*The changes that occur in primiparous mothers during postpartum result in various problems emerging in the adaptation process resulting in Maternal Role Competence not being achieved optimally, causing anxiety and psychological disorders in the mother. The mother's inability to develop role competence has an impact on reducing the well-being of the mother and baby. Maternal Role Competence is caused by several factors, one of which is Self-Efficacy. This study aimed to determine the relationship between Self-Efficacy and Maternal Role Competence among postpartum mothers in the working area of Belimbing Community Health Center, Padang City. This type of research was correlational with a cross sectional approach. The sample for this research was sixty postpartum mothers who were selected using total sampling. The instruments used were the Maternal Self Efficacy Questionnaire (MEQ) and Parenting Sense of Competence. Data analysis uses the Pearson Product Moment correlation test. The research results showed that the average Self-Efficacy score was 30.58 and the average Maternal Role Competence score was 61.35. There is a significant relationship between Self-Efficacy and Maternal Role Competence which has a positive correlation direction (unidirectional) and moderate correlation strength ( $p = 0.000$ ,  $r = 0.567$ ). It means that the higher the self-efficacy, the higher the maternal role competence in postpartum mothers. It is hoped that the Public Health Center can maximize prenatal classes and postpartum mother programs as an effort to prepare mothers for their roles and provide interventions in the form of education in the process of increasing mothers' abilities regarding their role competency in caring for children.*

Keywords : Self efficacy, Maternal Role Competence, Postpartum  
Bibliography : 73 (2003-2023)