

HUBUNGAN TINGKAT STRES DENGAN EFIKASI DIRI IBU MENYUSUI SAAT PANDEMI COVID-19 DI WILAYAH KERJA PUSKESMAS PAGIYANTEN KABUPATEN TEGAL

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Abstrak

Stres dapat mempengaruhi keyakinan diri (efikasi diri) seseorang dalam meraih tujuan tertentu. Seseorang ibu menyusui yang mengalami stres memiliki efikasi diri rendah dan motivasi yang rendah serta keputusan yang cenderung negatif selama menghadapi hambatan dalam proses menyusui. Penelitian ini dilakukan untuk menganalisis hubungan tingkat stres dengan efikasi diri ibu menyusui saat pandemi covid-19 di wilayah kerja Puskesmas Pagiyanten, Kabupaten Tegal, Jawa Tengah. Penelitian ini menggunakan desain penelitian *cross sectional* dan dilakukan pada 75 sampel melalui metode *total sampling*. Pengumpulan data menggunakan kuesioner *Breastfeeding Self-Efficacy Scale – Short Form* (BSES-SF) dan *Perceived Stress Scale-10* (PSS-10) yang telah dilakukan uji validitas dan reliabilitas. Hasil uji statistik dengan menggunakan uji *chi-square* ($p=0,002$) menunjukkan terdapat hubungan antara tingkat stres dengan efikasi diri ibu menyusui.

Kata Kunci : Efikasi Diri Menyusui, Ibu Postpartum, Tingkat Stres

THE RELATIONSHIP OF STRESS LEVEL WITH BREASTFEEDING MOTHER'S SELF-EFFICACY DURING THE COVID-19 PANDEMIC IN THE WORK AREA OF PAGIYANTEN PUSKESMAS, TEGAL REGENCY

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Abstract

Stress can affect a person's self-efficacy in achieving certain goals. A nursing mother who experiences stress has low self-efficacy and low motivation as well as decisions that tend to be negative while facing obstacles in the breastfeeding process. This study was conducted to analyze the relationship between stress levels and self-efficacy of breastfeeding mothers during the COVID-19 pandemic in the Pagiyannten Community Health Center, Tegal Regency, Central Java. This study used a cross sectional research design and was conducted on 75 samples through the total sampling method. Collecting data using the Breasfeeding Self-Efficacy Scale – Short Form (BSES-SF) and Perceived Stress Scale-10 (PSS-10) questionnaires which have been tested for validity and reliability. The results of statistical tests using the chi-square test ($p=0.002$) showed a relationship between stress levels and self-efficacy of breastfeeding mothers.

Keywords: Breastfeeding Self-Efficacy, Postpartum Mother, Stress Scale