PENGARUH PEMBELAJARAN BERBASIS *WEBSITE* "WEBYMOM" TERHADAP *MATERNAL SELF-EFFICACY* PADA IBU POSTPARTUM SELAMA PANDEMI COVID-19

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Abstrak

Pandemi COVID-19 dapat memperburuk kondisi psikologis ibu postpartum, dimana hal ini dapat berdampak pada penurunan *maternal self-efficacy* pada ibu di periode postpartum. Upaya untuk meningkatkan *maternal self-efficacy* dapat dilakukan dengan pendidikan kesehatan. Tujuan penelitian ini yakni mengetahui pengaruh pembelajaran berbasis *website* "WEBYMOM" terhadap *maternal self-efficacy* pada ibu postpartum selama pandemi COVID-19. Desain penelitian yang digunakan dalam penelitian berupa quasi eksperimen dengan *one group pre and post test* terhadap 42 ibu postpartum dengan teknik total sampling. Instrumen pada penelitian ini meliputi kuesioner data demografi dan *maternal self-efficacy questionnaire* (MSQ), dan data yang telah dikumpulkan selanjutnya dianalisis dengan menggunakan Uji McNemar. Hasil penelitian menunjukan adanya pengaruh yang signifikan pada pemberian pembelajaran berbasis website "WEBYMOM" terhadap *maternal self-efficacy* ibu postpartum selama pandemi COVID -19 (p-value = 0.002). Disarankan penyelenggara pelayanan kesehatan agar dapat lebih memberikan pendidikan kesehatan terutama edukasi terkait postpartum kepada ibu di periode postpartum.

Kata Kunci : *Maternal Self-Efficacy*, Pembelajaran Berbasis *Website*, Postpartum

EFFECT OF WEBSITE-BASED LEARNING "WEBYMOM" ON MATERNAL SELF-EFFICIENCY IN POSTPARTUM MOTHERS DURING THE COVID-19 PANDEMIC

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Abstract

The COVID-19 pandemic can worsen the psychological condition of postpartum mothers, where this can have an impact on decreasing maternal self-efficacy in the postpartum period. Efforts to increase maternal self-efficacy can be done with health education. The purpose of this study was to determine the effect of website-based learning "WEBYMOM" on maternal self-efficacy in postpartum mothers during the COVID-19 pandemic. The research design used in the study was a quasi-experimental with one group pre and post test on 42 postpartum mothers with total sampling technique. The instruments in this study include a demographic data questionnaire and a maternal self-efficacy questionnaire (MSQ), and the data that has been collected is then analyzed using the McNemar test. The results showed that there was a significant effect on the provision of website-based learning "WEBYMOM" on maternal self-efficacy of postpartum mothers during the COVID-19 pandemic (p-value = 0.002). It is recommended that health service providers provide more health education, especially postpartum education for mothers in the postpartum period.

Keywords: Maternal Self-Efficacy, Postpartum, Website-Based Learning