

ABSTRAK

INTRODUKSI : Pertumbuhan dan perkembangan bayi pada ibu bekerja dapat mengalami penyimpangan disebabkan karena kurangnya kemampuan kompetensi stimulasi pertumbuhan dan perkembangan. Tujuan penelitian menyusun model *role attainment* dengan pendekatan *self efficacy* ibu bekerja dalam kompetensi stimulasi pertumbuhan dan perkembangan bayi

METODE : Desain eksplanasi dengan populasi ibu bekerja dengan bayi berumur 0-3 bulan di Kabupaten Jombang 2015. Besar sampel 202 dengan teknik *multi stage sampling*. Variabel penelitian faktor ayah, faktor bayi, faktor ibu, *Self efficacy* ibu, *Role attainment* dalam kompetensi cara menyusui, cara memerah ASI, cara pijat oksitosin, cara stimulasi pertumbuhan dan perkembangan dengan kuesioner dan *chek list*. Pengujian dengan *PLS*. Tahap kedua *quasi eksperimen*. Populasi ibu bekerja yang melahirkan di BPM sejumlah 20 ibu dengan t-Test.

HASIL DAN ANALISIS : faktor ayah, ibu, bayi berpengaruh terhadap *self efficacy* dan *role attainment* ibu bekerja. Semua variabel significant dengan nilai $t = > 1.96$. Uji t- test menunjukkan adanya perbedaan yang signifikan terhadap peningkatan *self efficacy* antara kelompok intervensi dengan kelompok kontrol. Temuan baru adalah meningkatnya *role attainment* dalam kompetensi stimulasi pertumbuhan dan perkembangan lebih kuat melalui *self efficacy* dengan keterlibatan dan penilaian kemampuan kompetensi secara langsung pada ibu bekerja dari pada langsung ke *role attainment*.

KESIMPULAN : Keterlibatan dan penilaian kemampuan kompetensi pada ibu bekerja secara langsung dengan cara *verbal persuasion* yaitu mempengaruhi seseorang secara verbal melalui pendidikan yang diberikan dengan pedoman sebuah modul untuk meningkatkan kemampuan dalam memberikan stimulasi pertumbuhan dan perkembangan, kemampuan tersebut merupakan suatu dorongan bagi ibu untuk melakukan stimulasi.

KATA KUNCI : *Self efficacy*, Ibu bekerja, *Role attainment*, Kompetensi

ABSTRACT

Introduction: the growth and development baby of working mother may experience distortion because of lack of mother's parenting competence. **Objective:** to develop the role attainment model of working mother in the competency of infant (0-1 months old) growth and development parenting is using "self-efficacy" approach based on "becoming a mother" theory.

Methods: the research used 2 designs. First phase was "explanation" design. The population mother that have a baby 0-3 months in Jombang. The sample size was 202 using multi stage sampling methods. The variables were the factors father, factors baby, the factors mother, self-efficacy, role attainment in the competency of how to breast-feeding, breast-pumping, massage oxytocin, stimulate the growth and development. The relationship of each variable tested using *Partial Least Square* (PLS). In second phase was using quasy-experiment. The Population is working mothers that giving birth in midwife clinics (BPM) in Jogoloyo public health center working area in Sumobito, Jombang from March to Mei 2015, collected in 3 months with twenty mothers tested using t-test.

Result and Analysis: father's, mother, baby factor there is effect of the self-efficacy and role attainment by factors of father, mother, and the baby with $t = 1.9.6$. The t-test showed differences with the increase of self-efficacy between intervention group and control group. The new findings in this study was the increase of role attainment in competency of growth and development parenting are stronger through self-efficacy, with the involvement and assessment the competency directly to the working mother than directly to the role attainment.

Discussion: the involvement and assessment of competency of working mother to give the growth and development parenting start from the imagination of the baby grow and develop healthy. This is the motivation of mother to do the parenting with the involvement directly from the mother to practice how to stimulate the growth and development.

Keywords: Self efficacy, working mother, Role attainment, the competency