

ABSTRAK

Self efficacy adalah keyakinan diri terhadap kemampuannya dalam melakukan sesuatu untuk memperoleh hasil tertentu yang dapat memengaruhi sikap dan motivasi seseorang. Sikap dan motivasi merupakan faktor yang memengaruhi kunjungan ibu balita ke Posyandu. Tujuan penelitian ini adalah untuk mengetahui hubungan *self efficacy* dengan kunjungan ibu balita di Posyandu Mawar Nanggerang Kecamatan Sukasari.

Metode penelitian menggunakan korelasional dengan pendekatan *cross sectional*. Populasi penelitian berjumlah 45 ibu balita di Posyandu Mawar Nanggerang Kecamatan Sukasari, menggunakan *total sampling* sehingga sampel berjumlah 45 ibu balita. Analisa univariat menggunakan distribusi frekuensi dan analisa bivariat menggunakan *spearman rank* sebelumnya dilakukan uji normalitas dan hasilnya data tidak berdistribusi normal.

Hasil penelitian diperoleh sebagian besar ibu balita yaitu 27 orang (60,0%) memiliki *self efficacy* yang rendah, sebagian besar ibu balita yaitu 28 orang (62,2%) melakukan kunjungan secara tidak rutin. Hasil uji statistik *spearman rank* diperoleh nilai sig. (2-tailed) yaitu 0,028 yang berarti H_a diterima, maka dapat diartikan terdapat hubungan antara *self efficacy* dengan kunjungan ibu balita di Posyandu Mawar Nanggerang Kecamatan Sukasari.

Diharapkan pihak posyandu diterapkan adanya agenda rutin yang dapat meningkatkan *self efficacy* dengan diberikan penyuluhan, motivasi dan dukungan penuh dari orang terdekat terutama keluarga sehingga kunjungan bisa terlaksana secara rutin dan manfaat dari kunjungan rutin tersebut dapat memantau perkembangan anak.

Kata Kunci : Balita, Kunjungan Posyandu, *Self Efficacy*

Sumber : 11 Buku (2012-2022)

19 Jurnal (2013-2021)

5 Website (2012-2019)

ABSTRACT

Self efficacy is self-belief in one's ability to do something to obtain certain results that can influence one's attitude and motivation. Attitudes and motivation are factors that influence the visit of mothers under five to Posyandu. The purpose of this study was to determine the relationship between self-efficacy and visits by mothers under five at Posyandu Mawar Nanggerang, Sukasari District.

The research method uses correlational with a cross sectional approach. The study population consisted of 45 mothers under five at Posyandu Mawar Nanggerang, Sukasari District, using total sampling so that the sample was 45 mothers under five. Univariate analysis using frequency distribution and bivariate analysis using spearman rank.

The results showed that most of the mothers under five, namely 27 people (60.0%) had low self-efficacy, most of the mothers under five, namely 28 people (62.2%) made non-routine visits. The results of the spearman rank statistical test obtained sig. (2-tailed) namely 0.028 which means that H_a is accepted, it can be interpreted that there is a relationship between self-efficacy and the visit of mothers under five at Posyandu Mawar Nanggerang, Sukasari District.

It is hoped that the posyandu will implement a routine agenda that can increase self-efficacy by providing counseling, motivation and full support from the closest people, especially the family so that visits can be carried out regularly and the benefits of these routine visits can monitor children's development.

Keywords : *Posyandu Visits, Self Efficacy, Toddlers*

Source : *11 Books (2012-2022)*

19 Journals (2013-2021)

5 Websites (2012-2019)