

## Hubungan antara parenting self-efficacy dan dukungan sosial pada ibu dengan hiv/aids yang memiliki anak usia kanak kanak madya = The relationship between parenting self-efficacy and social support among hiv/aids mothers with middle childhood children

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### Abstrak

Meningkatnya jumlah ibu penderita HIV/AIDS di Indonesia membuat perlunya untuk mengetahui dinamika kehidupan mereka, terutama keyakinannya dalam melakukan parenting terhadap anak. Keyakinan dalam melakukan parenting ini disebut sebagai parenting self-efficacy (Coleman & Karraker, 1997). Penelitian ini bertujuan untuk melihat hubungan parenting self-efficacy dan dukungan sosial pada ibu dengan HIV/AIDS yang memiliki anak usia kanak-kanak madya.

Pengukuran parenting self-efficacy dilakukan melalui alat ukur Self-Efficacy Parenting for Tasks Index (SEPTI) (Coleman & Karraker, 2000), sedangkan dukungan sosial diukur melalui dua komponen—yaitu persepsi terhadap jumlah orang yang dapat diandalkan dan kepuasan akan dukungan yang ada—dalam alat ukur Social Support Questionnaire-Short Form (SSQSR) (Sarason, Sarason, Shearin & Pierce, 1987).

Partisipan penelitian ini berjumlah 30 ibu yang terinfeksi HIV dan memiliki anak usia lima hingga dua belas tahun.

Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang signifikan antara parenting self-efficacy dengan persepsi jumlah dukungan sosial ( $r = 0,386$  ;  $n = 30$ ;  $p < 0,05$ , two-tail) dan juga kepuasan akan dukungan sosial ( $r = 0,409$  ;  $n = 30$ ;  $p < 0,05$ , two-tail). Artinya, semakin tinggi parenting self-efficacy ibu, semakin tinggi pula dukungan sosial yang ibu persepsikan; begitu pula sebaliknya. Ditemukan pula bahwa domain parenting self-efficacy tertinggi adalah nurturance sedangkan yang terendah adalah disiplin. Analisis tambahan juga menemukan adanya perbedaan yang signifikan pada parenting self-efficacy ibu dengan HIV/AIDS berdasarkan urutan kelahiran anak mereka yang berusia kanak-kanak madya.

.....Mothers living with HIV/AIDS are significantly increasing in Indonesia. By then, it's important to know further about their life, including their belief in parenting their children. The mother's belief in parenting is called parenting self-efficacy (Coleman & Karraker, 1997). This study examined the relationship between parenting self-efficacy and social support among HIV/AIDS mothers with middle childhood children.

Parenting self-efficacy was measured by Self-Efficacy Parenting for Tasks Index (SEPTI) (Coleman & Karraker, 2000), while social support measured through it's two elements (the perception of available others to whom one can turn in times of need and the degree of satisfaction with the available support) in Social Support Questionnaire-Short Form (SSQSR) (Sarason, Sarason, Shearin & Pierce, 1987). The participants in this study were 30 mothers infected HIV with middle childhood children.

The result shows that there is a significant, positive relationship between parenting self-efficacy and both of the elements of social support, which are the perception of social support numbers ( $r = 0,386$  ;  $n = 30$ ;  $p < 0,05$ , two-tail) and the satisfaction of the support ( $r = 0,409$  ;  $n = 30$ ;  $p < 0,05$ , two-tail). Those indicates that the higher mothers parenting self efficacy, the higher they perceive social support, and vice versa. This study also found that the highest domain in parenting self-efficacy is nurturance, while the lowest is discipline. Furthermore, this study found that there is a difference between mothers parenting self-efficacy based on

their middle childhood child's ordinal position.