



**MOTHER'S PARENTING ATTITUDE AND SELF-EFFICACY
FOLLOWING CARE FOR CHILD DEVELOPMENT PROGRAM: A
FOLLOW-UP STUDY**

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ABSTRACT

Guidance by cadres to mothers on childcare within the CCD training was conducted in 2018. At that time, mothers exhibited positive attitudes and self-efficacy. However, two years later, the Covid-19 pandemic emerged, leading to a shift in circumstances and the discontinuation of the mentoring program. These changes could potentially alter the attitudes and self-efficacy that mothers possessed in caring for their children. This follow-up study aimed to examine the attitude and self-efficacy of mother who participated in CCD training in Yogyakarta in 2018, comparing their status in 2022. This was a cross-sectional study. The respondents are mothers with children aged 4-6 years who have participated in mentoring by cadres during CCD training, totaling 57 individuals. The study employs attitude and GSES questionnaires adapted from Akhmadi's research (2021). Descriptive statistics are used to illustrate the findings, presenting data in terms of frequency, percentage, and mean. The mean score for maternal attitudes is (29.19), with (57.89%) categorized as less favorable and (42.10%) as favorable attitudes. The mean score for maternal self-efficacy is (30.38), with (68.42%) classified as low self-efficacy and (31.57%) as high self-efficacy. The research findings indicate a decline in maternal attitudes and self-efficacy in childcare post-CCD training in 2018.

Keywords: attitude, care for child development, self-efficacy

ABSTRAK

Bimbingan oleh kader kepada ibu dalam perawatan anak selama pelatihan CCD dilakukan pada tahun 2018. Pada saat itu, ibu-ibu menunjukkan sikap positif dan efikasi diri. Namun, dua tahun kemudian, munculnya pandemi Covid-19 mengakibatkan perubahan situasi dan penghentian program mentoring. Perubahan ini berpotensi mengubah sikap dan efikasi diri ibu dalam merawat anak-anak mereka. Penelitian lanjutan ini bertujuan untuk menguji sikap dan efikasi diri ibu yang ikut pelatihan CCD di Yogyakarta pada tahun 2018, membandingkan status mereka pada tahun 2022. Ini adalah penelitian lintas-seksi. Responden adalah ibu dengan anak usia 4-6 tahun yang telah ikut dalam pembinaan oleh kader selama pelatihan CCD, dengan total 57 individu. Penelitian menggunakan kuesioner sikap dan GSES yang diadaptasi dari penelitian Akhmadi (2021). Statistik deskriptif digunakan untuk mengilustrasikan temuan, menyajikan data dalam bentuk frekuensi, persentase, dan rata-rata. Skor rata-rata untuk sikap ibu adalah (29,19), dengan (57,89%) dikategorikan sebagai sikap kurang mendukung dan (42,10%) sebagai sikap mendukung. Skor rata-rata untuk efikasi diri ibu adalah (30,38), dengan (68,42%) tergolong efikasi diri rendah dan (31,57%) sebagai efikasi diri tinggi. Temuan penelitian menunjukkan penurunan sikap dan efikasi diri ibu dalam merawat anak setelah pelatihan CCD pada tahun 2018.

Kata kunci: sikap, care for child development, efikasi diri

INTRODUCTION

In 2018, Akhmadi conducted a study in the Kalibawang sub-district, Kulon Progo, where mentorship was provided to mothers on childcare using the Care for Child Development (CCD) approach (Akhmadi et al., 2021). This mentoring initiative specifically targeted mothers with stunted infants. The mentorship sessions took place in March-April 2018 and were conducted twice and seven times, respectively. CCD involves training and learning activities delivered by healthcare

professionals or mentors to parents, focusing on developing parenting skills (UNICEF, 2013; UNICEF, 2017). CCD aims to promote responsive parenting to build a strong relationship between parents, particularly the primary caregivers, and their children.

According to UNICEF, CCD is effective in stimulating children and educating parents or caregivers on engaging in play activities and communication techniques that enhance the child's motor, cognitive, language, and socio-emotional development. It is worth noting that CCD training is recognized as a measure to address stunting (Akhmadi et al., 2021).

Stunting is a consequence of chronic nutritional problems, characterized by a shorter stature compared to children of the same age (Ministry of Health of Republic of Indonesia, 2021). Toddlers aged 24-59 months are more susceptible to stunting due to the transitional period from breastfeeding to complementary feeding, during which they actively start consuming solid foods (Djogo et al., 2022). Reducing the prevalence of stunting remains a key focus of the Indonesian government's programs, with coordination across various health sectors such as health centers and integrated health posts (*posyandu*). The goal is to achieve a reduction of up to 14%. In this context, the responsibility for addressing stunting extends beyond the government, emphasizing the crucial role of parents as well (Ministry of Health of Republic of Indonesia, 2021).

Parents are the closest individuals to a child, and it is crucial to establish a positive relationship for fostering self-confidence, growth, and development in children (Khairani & Effendi, 2019). The family environment plays a decisive role in the success of a child's development and growth, as parents are responsible for nurturing, providing a safe environment, and ensuring nutritional needs are met (UNICEF, 2013; UNICEF, 2017). High confidence in caregiving approaches is essential for caregivers. Supporting parental confidence and beliefs is recognized as an effective strategy in enhancing the health, well-being, and development of children (Amaliya et al., 2023).

Research indicates that positive interactions between parents and children have beneficial effects on a child's development (Windarti & Suryawan, 2021). Maternal parenting attitudes influence caregiving patterns, thereby positively impacting a child's growth and development (Aulia et al., 2021). In parenting, self-efficacy is the parent's belief in choosing the caregiving approach for their child (Rustika, 2012). Mothers can provide stimulation by offering toys, participating in activities with their children, and their behavior towards the child's actions (Muslihatun & Widiyanto, 2014).

Based on research conducted by previous study in Kulon Progo, it was found that 34.9% of mothers had moderate levels of parenting self-efficacy (Meilasari, 2018). Proper parenting can assist children in achieving normal growth and development according to their age (Salsabila et al., 2022). Parenting can influence four developmental domains: motor, cognitive, language, and socio-emotional. A child is considered to have developmental delays if there is a delay in development in more than two domains (Aryani et al., 2022).

In the research conducted by Akhmadi in 2018, there was a significant improvement in mothers' attitudes and self-efficacy after participating in training and mentoring by cadres in CCD training (Akhmadi et al., 2021). This is supported by other studies indicating an increase in mothers' attitude scores after interventions in nutrition education (Mulyani et al., 2022). Another study conducted in Lombok with an intervention program for mothers, including the implementation of educative board games, showed a significant increase in mothers' attitude scores after the intervention (Karuniawaty et al., 2020). Furthermore, previous research demonstrated that intervention programs provided to parents effectively increased parents' parenting self-efficacy scores (Kurniasih et al., 2023; Maesaroh et al., 2018; Patty et al., 2023; Purwatiningsih et al., 2022).

During the preliminary study at the Kalibawang Community Health Center, it was observed that there had been changes in maternal caregiving over the past four years. This was evidenced by a decrease in the stunting rate in the villages of Banjar Oyo and Banjar Harjo, although the rate still stood at 12%. The researcher conducted interviews with three mothers in the Kalibawang sub-

district. It was found that these three mothers had received mentoring from cadres in 2018. When asked about the CCD training four years ago, two out of three mothers admitted to having forgotten much of the theory taught but still remembered some practical aspects. The interviewed mothers mentioned that they had not received any mentoring since the CCD training in 2018.

In the follow-up, the three mothers continued to implement some of the caregiving practices taught during the CCD training in 2018. These practices included providing nutritionally balanced meals appropriate for the child's age, recognizing the parental role in educating children, and engaging in play and interaction with their children. However, from the interviews, it was revealed that two out of three mothers still faced challenges in communicating with their children. Occasionally, they raised their voices when dealing with a tantrum. One of the mothers admitted to occasionally resorting to physical punishment, such as pinching, during tantrums. One of the two mothers also acknowledged shortcomings in introducing multiple languages to her child, relying on the belief that language learning could happen at school. Therefore, this follow-up study aimed to examine the attitude and self-efficacy of mother who participated in CCD training in Yogyakarta in 2018, comparing their status in 2022.

METHOD

Study Design

This study employs a descriptive cross-sectional approach to examine the characteristics, attitudes, and general self-efficacy of mothers who took part in the Care for Child Development (CCD) program in Kalibawang, Kulon Progo, in 2018. The analysis involves a comparison of their status in 2022.

Participants

The research encompasses 57 mothers who underwent mentoring from cadres during the Care for Child Development (CCD) training in 2018. The participants are selected through consecutive sampling, ensuring a representative sample from the specified population. Inclusion criteria involve mothers who received mentoring from cadres on childcare with the CCD approach in 2018 in Kalibawang and maintain regular interactions with their children. Exclusion criteria pertain to mothers who have passed away but underwent mentoring during the CCD training.

Measures and Data Collection

The tools utilized in this study were the same as those employed in a prior investigation conducted in 2018 by the authors. Additionally, the data utilized in this research were obtained from a previous study, and no permission was required as the authors themselves owned the data. Three instruments were used in this study: a demographic questionnaire for participants, the attitude questionnaire, and the General Self-Efficacy Scale (GSES). Information about participants' fundamental characteristics such as age, occupation, education, and family income was collected. The attitude questionnaire is derived from Akhmadi's research, having undergone validity testing (ranging from 0.374 to 0.607) and reliability testing (Cronbach's alpha of 0.831). Additionally, mother efficacy, referring to their confidence in educating primary caregivers about stimulating child development, was measured using the Indonesian version of the General Self-Efficacy Scale (GSES), developed by Schwarzer and Jerusalem in 1995. The GSES utilized a Likert scale and achieved an internal validity test result of 0.725. Total scores ranged from 10 to 40, with higher scores signifying increased efficacy.

Data Collection

The data collection was carried out through an online method by sharing a Google Forms link, which was created to include various research instruments for assessment. This process occurred

subsequent to obtaining ethical clearance. Before initiating data collection, a preliminary study was conducted by the researcher to ascertain the count of mothers who had undergone Care for Child Development (CCD) training in 2018. Following the identification of these mothers as potential respondents, the researcher sought research permission from Kalibawang Health Center to obtain approval for conducting the study.

Ethical Considerations

Ethical considerations involve obtaining informed consent from the participants before data collection. Privacy and confidentiality are maintained throughout the research process. Participants are assured that their participation is voluntary, and they have the right to withdraw at any point without consequences.

Statistical Analysis

The analysis employed is descriptive statistics, which involves summarizing and presenting the data collected. Descriptive statistics include measures such as mean, standard deviation, and percentages, providing a comprehensive overview of the characteristics, attitudes, and general self-efficacy of the participating mothers.

RESULTS AND DISCUSSION

Respondent's characteristics

In Table 1, it is evident that the majority of respondents fall into the early adulthood and late adulthood age groups. A significant portion of mothers, comprising 52 individuals (91.22%), have attained a secondary education. The majority of mothers have income levels below the Minimum Regional Wage (UMR), accounting for 53 individuals (92.98%). A considerable number of mothers in this study, totaling 45 individuals (78.94%), are not employed. Overview of Maternal Attitudes.

Table 1. Respondent's characteristics (n=57)

	Variable	f	%
Age (years)	17-25	4	7.01
	26-35	24	42.10
	36-45	24	42.10
	46-55	5	8.77
Education	Elementary	5	8.77
	High school	52	91.22
Income	< Regional Minimum Wage	53	92.98
	≥ Regional Minimum Wage	4	7.01
Occupation	Do not working	45	78.94
	Working	12	21.05

The majority of respondents have attained an intermediate level of education. It is known that the mother's educational level can influence her ability to comprehend and apply information regarding child development. While the educational level does not directly impact a child's development, mothers with higher education levels are more likely to provide supportive stimulation for their child's development compared to those with lower education levels (Indrayani & Khadijah, 2020). In the cross-tabulation table between respondent characteristics and attitudes, as well as with self-efficacy, it is evident that mothers with intermediate education levels exhibit the best attitudes and self-efficacy.

Regarding income characteristics, according to DPMPKTP, the minimum wage in Kulon Progo regency in 2022 is Rp 2,050,477. Based on this data, the researchers categorized income into two groups: below and above the minimum wage. In this study, it was found that more than half of the

respondents have incomes below the minimum wage in Kulon Progo. According to Putri et al. (2019), a child's development can be influenced by the family's economic background, where parents with a good economic situation can fulfill all the child's needs, while parents with lower economic status may face more challenges in meeting their child's needs. The cross-tabulation table between respondent characteristics and attitudes, as well as maternal self-efficacy, indicates that those with incomes below the minimum wage are more likely to have less favorable attitudes and self-efficacy, and vice versa for those with incomes above the minimum wage.

It is noteworthy that the majority of respondents in this study are Housewives or unemployed. Employment status for mothers refers to their daily activities (Sulistiani & Wiwin A, 2018). The cross-tabulation table between respondent characteristics and attitudes, as well as self-efficacy, shows that mothers who are not working tend to have better parenting attitudes and self-efficacy.

Description of Maternal Attitudes

Based on Table 2, the mean or average score of maternal attitudes regarding childcare for preschool children is (29.19), with a breakdown indicating that 33 mothers (57.89%) exhibit less favorable parenting attitudes, while 24 mothers (42.10%) demonstrate positive parenting attitudes.

Table 2. Description of Maternal Attitudes (n=57)

Variable	Category	f	%	Mean±SD
Attitude	Poor	33	57.89	29.19±2.83
	Good	24	42.10	

According to Table 3, the mean values for each dimension of attitudes are different. The cognitive dimension has a mean of (2.87), the affective dimension has a mean of (3.11), and the conative dimension has a mean of (2.79).

Table 3. Mean Score of Each Attitudes Domain

Attitude Dimension	Item Number	Mean
Cognitive	2, 5, 8	2.87
Affective	1, 3, 10	3.11
Conative	4, 6, 7, 9	2.79

Description of Maternal Self-Efficacy

In Table 4, the obtained mean or average score of maternal self-efficacy regarding childcare for preschool children is (30.38). Breaking down the results, it reveals that 39 mothers (68.42%) exhibit lower self-efficacy, while 18 mothers (31.57%) demonstrate good self-efficacy.

Table 4. Description of Maternal Self-Efficacy (n=57)

Variable	Category	f	%	Mean±SD
Self-efficacy	Poor	39	68.42	30.38±2.69
	Good	18	31.57	

According to Table 5, the mean or average values for each dimension of self-efficacy are different. The magnitude dimension has a mean of (3), the strength dimension has a mean of (3.07), and the generality dimension has a mean of (3.04).

Table 5. Mean Score of Each Self-efficacy Domain

Self-efficacy Dimension	Item Number	Mean
Magnitude	6, 9, 4, 10	3.00
Strength	8, 2, 1	3.07
Generality	5, 7, 3	3.04

The changes in maternal attitudes and self-efficacy in the years 2018 and 2022

The results of the descriptive analysis in the above table indicate changes in the mean values for attitudes and self-efficacy. The mean value for the attitude aspect has decreased from (52.69%) in 2018 to (29.19%) in 2022. Similarly, in the self-efficacy aspect, there is a slight decrease in the mean value from (30.45%) in 2018 to (30.38%) in 2022.

Table 6. The changes in maternal attitudes and self-efficacy in the years 2018 and 2022

Variabel	Mean	
	In 2018	In 2022
Attitude	52.69	29.19
Self-efficacy	30.45	30.38

The research findings indicate a decline in the mean scores for maternal attitudes and self-efficacy in childcare in 2022. This decrease may be attributed to the cessation of activities and mentorship by cadres, which previously supported the enhancement of maternal attitudes and self-efficacy in child care. In the preliminary study, it was revealed that mentoring by cadres in 2018 involved seven periodic home visits, providing feedback on maternal caregiving practices, educating mothers, boosting their confidence, and encouraging improved parenting practices.

Following the 2018 research, cadre support for maternal caregiving continued through Posyandu. However, due to the COVID-19 pandemic in 2020, all activities at Posyandu were halted. Subsequently, respondents reported no further mentoring on childcare since the CCD training in 2018. The discontinuation of this training had an impact on the suboptimal ability of mothers to care for and monitor the development of their children.

Moreover, the memory and understanding of mothers may change over time, influenced by aging. Aging brings about physiological changes and affects brain function, requiring individuals more time to recall previously learned information (Harrington et al., 2018). Additionally, the shift from normal to pandemic situations could be a contributing factor to the current decline in maternal attitudes. A study by Xue et al. (2021) involving 40 mother respondents revealed a significant decline in parenting during the pandemic.

LIMITATION OF THE STUDY

Several limitations should be considered in interpreting the findings of this study. Firstly, the research relies on self-reported data from mothers, which may introduce response bias. Social desirability bias might lead respondents to provide answers they perceive as more socially acceptable. Additionally, the sample size and demographic characteristics might limit the generalizability of the results to broader populations. The study's cross-sectional design hinders the establishment of causal relationships, as it captures a snapshot in time rather than tracking changes over an extended period. The reliance on retrospective information about mentoring and the interruption of Posyandu activities due to the COVID-19 pandemic further complicates the temporal sequence of events. Lastly, the potential influence of external factors, such as economic conditions or community support systems, which were not extensively explored, may impact the study's outcomes. Recognizing these limitations is crucial for a nuanced interpretation of the study's implications and encourages future research to address these constraints for a more comprehensive understanding.

CONCLUSIONS AND SUGGESTIONS

In summary, the study underscores a substantial decline in the mean scores for maternal attitudes and self-efficacy in childcare observed from 2018 to 2022. This decline is attributed to the

discontinuation of cadre-led activities and mentoring, which played a pivotal role in enhancing maternal caregiving practices. Factors like the disruption of Posyandu activities due to the COVID-19 pandemic and the absence of sustained mentoring since 2018 contribute to the observed suboptimal maternal abilities in childcare.

The aging of mothers and potential changes in memory and understanding over time further underscore the dynamic nature of maternal attitudes. The findings underscore the significance of continuous support and mentorship programs in promoting positive maternal attitudes and self-efficacy in childcare.

To address these findings, it is recommended to revise and reinstate mentoring programs for mothers, considering the ongoing pandemic and evolving circumstances. Future research should consider longitudinal approaches to capture changes in maternal attitudes and self-efficacy over time, providing a more comprehensive understanding of the dynamics involved. Moreover, investigating the influence of economic conditions and community support systems on maternal attitudes is essential, as these factors were not extensively explored in the current study.

Additionally, interventions should be developed and implemented to enhance maternal caregiving practices, with a particular focus on mothers with lower self-efficacy and less favorable attitudes. Encouraging community engagement initiatives that support mothers could also be beneficial, considering the potential positive impact of a supportive community on maternal attitudes and caregiving practices. These recommendations aim to address the identified challenges and foster improved maternal well-being in childcare.

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Ethical Considerations

Ethical approval with the reference number KE/FK/1226/2022 was secured before initiating the study. The research team maintained participant anonymity by refraining from using personal identifiers during the data collection process. Participants were guaranteed the choice to withdraw from the study at any stage without encountering any adverse consequences.

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Conflict of Interest Statement

There is no conflict of interest.

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