

ABSTRAK

Hubungan *Self Efficacy* Ibu dengan Keberlanjutan Kunjungan Posyandu Balita di Banjar Seminyak Kuta Kabupaten Badung

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Pendahuluan: Keberlanjutan kunjungan Posyandu masih menjadi tantangan dalam pelayanan kesehatan balita. *Self-efficacy* ibu diyakini berperan dalam mempertahankan perilaku kunjungan Posyandu karena memengaruhi keyakinan ibu dalam mengatasi berbagai hambatan untuk memanfaatkan pelayanan kesehatan. Tujuan penelitian ini adalah untuk mengetahui hubungan *self efficacy* ibu dengan keberlanjutan kunjungan posyandu balita di Banjar Seminyak Kuta Kabupaten Badung. Metode: Penelitian analitik korelasi dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 50 orang ibu yang memiliki balita yang terdata di Posyandu Balita Banjar Seminyak Kuta Badung dengan tehnik sampel *total sampling*. Data dikumpulkan dengan kuesioner dan data dianalisis dengan uji statistik *Spearman's Ranks*. Hasil: Hasil penelitian didapatkan dari 50 responden sebagian besar responden memiliki *self-efficacy* dalam kategori tinggi sebanyak 30 responden (60,0%), sedangkan keberlanjutan kunjungan Posyandu sebagian besar berada pada kategori rendah sebanyak 27 responden (54,0%). Hasil analisis menunjukkan terdapat hubungan yang signifikan antara *self-efficacy* ibu dengan keberlanjutan kunjungan Posyandu balita dengan kekuatan hubungan kategori sedang dan arah hubungan positif ($p\text{ value } 0,003$; $r = 0,508$). Diskusi: Semakin tinggi *self-efficacy* yang dimiliki ibu, semakin tinggi pula keberlanjutan kunjungan Posyandu balita. Peningkatan *self-efficacy* melalui edukasi kesehatan, penguatan peran kader, dukungan keluarga, serta peningkatan kualitas pelayanan Posyandu diharapkan dapat meningkatkan keberlanjutan kunjungan Posyandu.

Kata Kunci: *Self-Efficacy, Ibu Balita, Keberlanjutan Kunjungan, Posyandu, Balita*

ABSTRACT

The Relationship Between Mothers' Self-Efficacy and the Continuity of Posyandu Visits by Toddlers in Banjar Seminyak, Kuta, Badung Regency

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Introduction: The continuity of Posyandu visits remains a challenge in health care for toddlers. Mothers' self-efficacy is believed to play a role in maintaining Posyandu visitation behavior because it influences mothers' confidence in overcoming various barriers to accessing health services. The purpose of this study was to determine the relationship between mothers' self-efficacy and the continuity of Posyandu visits for toddlers in Banjar Seminyak, Kuta, Badung Regency. Methods: This was an analytical correlation study using a cross-sectional approach. The study sample consisted of 50 mothers with toddlers registered at the Banjar Seminyak Kuta Badung Toddler Posyandu, selected using total sampling. Data were collected via a questionnaire and analyzed using Spearman's rank correlation test. Results: The study findings, based on 50 respondents, showed that the majority of respondents—30 respondents (60.0%)—had high self-efficacy, while the majority—27 respondents (54.0%)—had low continuity of Posyandu visits. The analysis results indicate a significant association between mothers' self-efficacy and the continuity of Posyandu visits for toddlers, with a moderate strength of association and a positive direction (p-value 0.003; $r = 0.508$). Discussion: The higher a mother's self-efficacy, the higher the continuity of Posyandu visits for her toddler. Improving self-efficacy through health education, strengthening the role of community health workers, family support, and enhancing the quality of Posyandu services is expected to increase the continuity of Posyandu visits.

Keywords: *Self-Efficacy, Mothers of Toddlers, Continuity of Visits, Posyandu, Toddlers*