

# Analysis of Readiness to become a Parent, Social Support and Marital Support with Parenting Self-Efficacy (PSE) among Mothers in Cibadung Village Gunung Sindur District Bogor Indonesia

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## ABSTRACT

**Background:** Based on the KPAI survey, 66.4% of fathers and 71% of mothers adopted parental care, and 47.1% of fathers and 40.6% of mothers communicated with their children for only one hour. This study aimed to determine the relationship between readiness to become a parent, social support, and marital support with parenting self-efficacy for mothers in RW 06 Cibadung Village, Gunung Sindur District. **Methods:** This quantitative method uses an analytical design with a cross-sectional approach. The purposive sampling technique was used in this study, with a total of 145 samples; data were analysed using the Spearman Rank correlation test. **Results:** The study showed that the statistical test of readiness to become parents with parenting self-efficacy had a  $p$ -value = 0.015. The statistical test of social support with parenting self-efficacy got a  $p$ -value = 0.043, and the statistical test results of spousal support with parenting self-efficacy got a  $p$ -value = 0.911. **Conclusion:** The study showed that there is a relationship between parenting readiness and parenting self-efficacy, no relationship between social support and parenting self-efficacy, and no relationship between marital support and parenting self-efficacy. This study suggests increasing readiness to become parents by changing the perception of parenting so as not to depend on social and marital support.

**Keywords:** Parenting Self-Efficacy; Parents; Social Support; Marital Support

## INTRODUCTION

Based on the World Health Organization (WHO), the definition of a child is from the time a person is in the womb until the age of 19 years old. Children are national assets that will carry on the progress of a nation, so their growth and development must be considered. Children are the most important resource for future economic growth (UNICEF, 2018). The toddler period is also critical and golden. The sensitive period in children is different. This statement is in line with the rate of growth and development of children (Ardi *et al.*, 2021).

In 2019, the number of children in Indonesia reached 84.4 million, consisting of 43.2 million boys and 41.1 million girls. The number of children in Indonesia was 31.6%, an increase of 1.5% from 2018, about 4.9 million people. The environment is one of the most necessary factors in the development of children. Data from the Ministry of PPPA (2020) recorded that in 2018, there were 4.82% of children who did not live with their parents. According to a survey by the Child Protection Commission (KPAI) in Indonesia in 2015, 66.4% of fathers and 71% of mothers adopted their parenting style (Hanafiah, 2022; Lestari *et al.*, 2019). The results of the KPAI study showed that 47.1% of fathers and 40.6% of mothers communicated with their children only for one hour (Ministry of Women's Empowerment and Child Protection of the Republic of Indonesian, 2020).

Parenting self-efficacy is defined as parents' belief in their ability to positively influence their children's behaviour and development, as well as parental confidence in their ability to raise children. It is expected that the process of child development will also lead to positive development (Cobb-Clark, Salamanca, & Zhu, 2019). Parenting self-efficacy (PSE) describes parents' belief in their ability to perform a parenting role successfully. Consistently higher levels of PSE correlate

*Received November 25, 2022; Received in revised form: December 29, 2022; Accepted: January 31, 2023*

with various parenting and child outcomes. Parenting self-efficacy refers to the belief of parents in their ability to manage various parenting tasks and situations effectively (Wittkowski *et al.*, 2017). Individuals with high parenting self-efficacy levels could direct their children through the stages of development they face without serious problems or undue tension in the relationship between their partners. Parenting self-efficacy factors according to research are experiences from the childhood of parents, local culture and community, experiences of parents with children, level of readiness to become parents, social support, marital support, and child characteristics (Wittkowski *et al.*, 2017; Yang, Ke, & Gao, 2020).

Based on the results of the Central Bureau of Statistics of Bogor Regency (2020), the number of residents in Cibadung village totaled 9,578 people. The criteria were for ages 0-4 years, totaling 661 people; ages 0-14 years, totaling 2235 people; ages 15-64, totaling 6858 people, ages 60+ are 786, age 65+ are 260, women are 4,902, and men are 2207. The previous data described in Cibadung village, with its large population and the number of working mothers, made researchers interested in conducting research in Cibadung Village, Gunung Sindur District.

A preliminary study done by a researcher among ten mothers by interview in Cibadung Village, Gunung Sindur District, in January 2022, showed that 7 of the mothers said they lacked confidence in taking care of their children and had no social support at a young age. It's because the mother was not educated or poorly educated. It was one of the factors that made it difficult for mothers to take care of children. Two of ten mothers said they were ready to have children and were confident in taking care of them because they were ready in terms of age but did not get support from their husbands. One of ten mothers said they were ready to get married and take care of children and got support from their husbands. This is because mothers were ready in terms of age and education.

## METHODOLOGY

This study used quantitative methods and a descriptive-analytical design with a cross-sectional approach. This research was conducted in Cibadung Village, Gunung Sindur District. This research was carried out in February-July 2022. The population of mothers with children aged 12 years old are 242 respondents and the number of samples used is 145 respondents. This study used probability sampling with a purposive sampling technique. This study used quantitative methods and a descriptive-analytical design with a cross-sectional approach. This research was conducted in Cibadung Village, Gunung Sindur District, in February-July 2022. ADD: The study got ethical clearance with the No.158/KEPK/FKM-UNEJ/II/2022, from Health Research Ethics Committee of Faculty of Public Health, Jember University, Indonesia. This declaration of ethics applies during the period February 25, 2022 until February 25, 2023.

### Ethical Consideration

The study received ethical clearance from Health Research Ethics Committee, Faculty of Public Health, Jember University number No.158/KEPK/FKM-UNEJ/II/2022 dated 12 January 2017. This declaration of ethics applies during the period February 25, 2022 until February 25, 2023.

## RESULTS

### A. Univariate Analysis

#### 1) Age

**Table 1: Respondents' Frequency Distribution based on Age in Mothers in Cibadung Village, Gunung Sindur District**

Age	Frequency	Percentage %
20-30	43	29.7
31-40	68	46.9
41-50	34	23.4
<b>Total</b>	145	100

According to table 1 above, respondent's frequency distribution by age, almost half of the respondents were 31-40 years old, namely, 68 respondents (46.9%), while nearly half were 20-30 years old. Some respondents were 20-30 years old, namely 43 respondents (29.7%), while a small proportion were 41- 50 years old, namely 34 respondents (23.4%).

**1) Education**

**Table 2: Respondents' Frequency Distribution based on Mother's Education in Cibadung Village, Gunung Sindur District**

<b>Education</b>	<b>Frequency</b>	<b>Percentage %</b>
Primary School	49	33.8
Middle School	43	29.7
High School	49	33.8
DIPLOMA	1	0.7
Bachelor Degree	3	2.1
<b>Total</b>	<b>145</b>	<b>100</b>

According to table 2 above, the frequency distribution shows that there were no respondents with a Diploma education, namely one respondent (0.7%). Very few people had a Bachelor's education, namely three respondents (2.1%), while nearly half of the respondents, namely Primary School education, had 49 respondents (33.8%). Almost half of the respondents had a High School education, as many as 49 respondents (33.8%), and nearly half of them had a Middle School education, namely 43 respondents (29.7%).

**3) Occupation**

**Table 3: Respondents' Frequency Distribution Based on Mother's Occupation in Cibadung Village, Gunung Sindur District**

<b>Occupation</b>	<b>Frequency</b>	<b>Percentage %</b>
Laborer	8	5.5
Self-employed	4	2.8
Private employees	12	8.3
Jobless	118	81.4
Other	3	2.1
<b>Total</b>	<b>145</b>	<b>100</b>

Based on table 3, the frequency distribution shows that the majority of respondents who did not work were 118 (81.4%), while almost no one had other jobs, namely three respondents (2.1%). In comparison, a small proportion of those had to work as private employees, namely 12 respondents (8.3%). Almost no one worked as a laborer, namely eight respondents (5.5%), and almost no one worked as an entrepreneur, namely four respondents (2.8%).

**4) Readiness to Become a Parent**

**Table 4: Respondents' Frequency Distribution Based in Readiness to Become Parents among Mothers in Cibadung Village, Gunung Sindur District**

<b>Readiness to become a Parent</b>	<b>Frequency</b>	<b>Percentage %</b>
Good	94	64.8
Fair	49	33.8
Poor	2	1.4
<b>Total</b>	<b>145</b>	<b>100</b>

Based on table 4 above, the frequency distribution of respondents, from 145 respondents, shows that more than half of respondents were in the category of readiness to become good parents, as many as 94 respondents (64.8%). Then almost half of the respondents were ready to be good parents. In the appropriate category of readiness to become

parents, there were 49 respondents (33.8%). Meanwhile, only some respondents were ready to become parents, namely two respondents (1.4%).

### 5) Social Support

**Table 5: Respondents' Frequency Distribution Based on Social Support among Mothers in Cibadung Village, Gunung Sindur District**

Social Support	Frequency	Percentage %
Good	52	35.9
Fair	82	56.6
Poor	11	7.6
<b>Total</b>	<b>145</b>	<b>100</b>

Based on table 5 above, the respondent's frequency distribution, of 145 respondents based on social support shows that the respondents were in the category of adequate social support, as many as 82 respondents (56.6%). Then almost half of the respondents were in the category of good social support, namely 52 respondents (35.9%). Meanwhile, a small proportion of respondents were in the category of poor social support, with as many as 11 respondents (7.6%).

### 6) Marital Support

**Table 6: Respondents' Frequency Distribution Based on Marital Support to Mothers in Cibadung Village, Gunung Sindur District**

Marital Support	Frequency	Percentage %
Good	128	88.3
Fair	16	11.0
Poor	1	0.7
<b>Total</b>	<b>145</b>	<b>100</b>

Based on table 6, the respondent's frequency distribution based on marital support from 145 respondents shows that most respondents were in the good marital support category, namely 128 respondents (88.3%). Then a small number of respondents were in the appropriate marital support category, as many as 16 (11.0%). Meanwhile, there were only a few respondents in the category of poor marital support, namely one respondent (0.7%).

### 7) Parenting Self-efficacy (PSE)

**Table 7: Respondents' Frequency Distribution Based on Parenting Self-efficacy (PSE) among Mothers in Cibadung Village, Gunung Sindur District**

Parenting Self-efficacy (PSE)	Frequency	Percentage %
Good	47	32.4
Fair	56	38.6
Poor	42	29
<b>Total</b>	<b>145</b>	<b>100</b>

Based on table 7, the frequency distribution of respondents based on parenting self-efficacy shows that almost half of the respondents were in the parenting self-efficacy (PSE) category, namely 56 respondents (38.6%). Then nearly half of the respondents had good parenting self-efficacy (PSE), as many as 47 respondents (32.4%). Meanwhile, some respondents fell into in the category of poor parenting self-efficacy (PSE), namely 42 respondents (29%).

**B. Bivariate Analysis**

1) Analysis of the Relationship between Readiness to Become a Parent and Parenting Self-Efficacy (PSE) of Mothers in Cibadung Village, Gunung Sindur District, using spearman rank (Rho). A cross-tabulation test was carried out between the two as follows:

**Table 8: Results of Cross-Tabulation Relationship between Readiness to Become a Parent and Parenting Self-Efficacy (PSE) of Mothers in Cibadung Village, Gunung Sindur District**

Readiness to Become A Parent	Parenting Self-efficacy (PSE)								P Value	Corelation Coefficient
	Good		Fair		Poor		Total			
	N	%	N	%	N	%	N	%		
Good	42	29.0%	24	16.6%	28	19.3%	94	64.8%	0.015	0.201
Fair	5	3.4%	30	20.7%	14	9.7%	49	33.8%		
Poor	0	0.0%	2	1.4%	0	0.0%	2	1.4%		
Total	47	32.4%	56	38.6%	42	29.0%	145	100		

Table 8 shows that most respondents had good parenting readiness with good Parenting Self-efficacy (PSE), namely 42 respondents (29.0%). Respondents' readiness to become good parents with good parenting self-efficacy was fair for 24 respondents (16.6 %). The readiness to be a good parent with poor parenting self-efficacy was 28 respondents (19.3%). On the readiness to become a parent was fair with good parenting self-efficacy, namely 5 respondents (3.4%). Readiness to become a parent was fair with fair parenting self-efficacy, as many as 30 respondents (20.7%). The readiness to become a parent was fair, with poor parenting self -efficacy among 14 respondents (9.7%). There were no respondents in the poor category of readiness to become a parent with good parenting self-efficacy (0.00%). There were 2 respondents (1.4%) with a poor category of readiness to become a parent with fair parenting self-efficacy. Meanwhile, there was no respondent in the poor category of readiness to become a parent with poor parenting self-efficacy (0.0%).

**Table 9: Correlation Test Results of Spearman Rank (Rho)**

Significant Value	Correlation Coefficient	Description
0.015	0.201	Poor correlation

Based on table 9 above, shows that the significance value or sig. (2-tailed) of 0.015, because of the value of sig. (2-tailed) 0.015 < 0.05. It indicated that the correlation was significant (poor correlation), or the null hypothesis was rejected. So, there was a relationship between the variable of readiness to become a parent and parenting self-efficacy (PSE). The correlation coefficient was 0.201. That was, the strength level of the correlation between the variable of parenting readiness and parenting self-efficacy (PSE) was 0.201, or very low. The correlation coefficient was negative, namely 0.201, so the relationship between the two variables was in the same direction.

2) Analysis of the Relationship between Social Support and Parenting Self-Efficacy (PSE) of Mothers in Cibadung Village, Gunung Sindur District using spearman rank (Rho). A cross-tabulation test was carried out between the two as follows:

**Table 10: Results of Cross-Tabulation Relationship between Social Support and Parenting Self-Efficacy (PSE) among Mothers in Cibadung Village, Gunung Sindur District**

Social Support	Parenting Self-efficacy (PSE)								P Value	Corelation Coefficient
	Good		Fair		Poor		Total			
	N	%	N	%	N	%	N	%		
Good	22	15.2%	17	11.7%	13	9.0%	52	35.9%	0.607	0.043
Fair	18	12.4%	35	24.1%	29	20.0%	82	56.6%		
Poor	7	4.8%	4	2.8%	0	0.0%	11	7.6%		
Total	47	32.4%	56	38.6%	42	29.0%	145	100		

Table 10 shows that most respondents had good social support with good Parenting Self-efficacy (PSE), namely 22 respondents (15.2%). Good social support with fair parenting self-efficacy were 17 respondents (11.7%). Good social support with poor parenting self-efficacy were 13 respondents (9.0%). The category of adequate social support with good parenting self-efficacy got 18 respondents (12.4%). The category of adequate social support with fair parenting self-efficacy got 35 respondents (24.1%). Meanwhile, there were 29 respondents (20.0%) with adequate social support with poor parenting self-efficacy. In the poor category with good parenting self-efficacy, there were seven respondents (4.8%). In the category of poor social support with fair parenting self-efficacy, there were four respondents (2.8%). Meanwhile, there was no respondent (0.00%) with poor social support with poor parenting self-efficacy.

**Table 11: Correlation Test Results of Spearman Rank (Rho)**

Significant Value	Correlation Coefficient	Description
0.607	0.043	Meaningless correlation

Based on Table 11 above shows that the significance value or sig. (2-tailed) of 0.607 because of the value of sig. (2-tailed)  $0.607 > 0.05$ . It indicated that the correlation was significant (meaningless), or the null hypothesis was accepted, which means there was no relationship between the variable of social support and parenting self-efficacy (PSE). The correlation coefficient was 0.043. That was, the level of strength of the relationship (correlation) between the variable of social support and parenting self-efficacy (PSE) was 0.201 or strong. So that the relationship between the two variables was in the same direction, so if the social support variable increases, the parenting self-efficacy (PSE) will not necessarily increase as well.

**3) Analysis of the Relationship between Marital Support and Parenting Self-Efficacy (PSE) among Mothers in Cibadung Village, Gunung Sindur District using spearman rank (Rho). A cross-tabulation test was carried out between the two as follows:**

**Table 12: Results of Cross-Tabulation Relationship between Marital Support and Parenting Self-Efficacy (PSE) among Mothers in Cibadung Village, Gunung Sindur District**

Marital support	Parenting Self-efficacy (PSE)								P Value	Corelation Coefficient
	Good		Fair		Poor		Total			
	N	%	N	%	N	%	N	%		
Good	45	31.0%	42	29.0%	41	28.3%	128	88.3%	0.911	0.009
Fair	1	0.7%	14	9.7%	1	0.7%	16	11.0%		
Poor	1	0.7%	0	0.0%	0	0.0%	1	0.7%		
Total	47	32.4%	56	38.6%	42	29.0%	145	100.0%		

Table 12 shows that most respondents had good marital support with good Parenting Self-efficacy (PSE), namely 45 respondents (31.0%). In the category of good marital support with fair parenting self-efficacy, there were 42 respondents (29.0%). In the category of good marital support with poor parenting self-efficacy, there were 41 respondents (28.3%). In the category of fair marital support with good parenting self-efficacy, there was a respondent (0.7%). Meanwhile, in the category of fair marital support with fair parenting self-efficacy, there were 14 respondents (9.7%). In the category of fair marital support with poor parenting self-efficacy, there were 16 responses (11.0%). In the category of poor marital support with good parenting self-efficacy, there was one respondent (0.7%). Meanwhile, no respondent (0.00%) had poor marital support and poor parenting self-efficacy.

**Table 13: Correlation Test Results of Spearman Rank (Rho)**

Significant Value	Correlation Coefficient	Description
0.911	0.009	No correlation

Based on Table 13 above shows that the significance value or sig. (2-tailed) of 0.911 because of the value of sig. (2-tailed)  $0.911 > 0.05$ . It indicated that the correlation was significant (meaningless), or the null hypothesis was accepted, which means there was no relationship between the variable of marital support and parenting self-efficacy (PSE). The correlation coefficient was 0.009. That was, the level of strength of the relationship (correlation) between the variable of marital support and parenting self-efficacy (PSE) was 0.009, or very strong. So that the relationship between the two variables was in the same direction, so if the marital support variable increases, the parenting self-efficacy (PSE) will not necessarily increase as well.

## DISCUSSION

### 1. Univariate Analysis

#### a. Age

Based on the study results obtained by age, almost half of the respondents were between 31-40 years old, namely 68 respondents (46.9%), while some others aged 20-30 years old were 43 (29.7%). Meanwhile, a small proportion was between the ages 41-50, namely 34 respondents (23.4%). Several theories support the study results, including, according to the Indonesian Ministry of Health (2018) which shows that the age category of 36-45 years old belongs to late adulthood. One of the reasons why parents at a young age are considered immature is because they must take care of parenting, while elderly parents are considered to have difficulty caring for children due to their weak physical condition. A person's age is associated with his ability to guide and evaluate himself. The findings show that older mothers have higher parenting self-efficacy scores (Wittkowski *et al.*, 2017).

Mothers aged 36-45 can play the role of mother well because they already have maturity in caring for their children. The psychological maturity of the mother is essential because it will affect the child's parenting pattern; namely, the mother is more able to play an active role and can provide stimuli to the child to develop his basic abilities. The mother's physical and mental maturity is essential because this will affect the parenting pattern and development of the child later in life. The older we get, the more experience we have. This study will be beneficial for adults in raising children. They will have an overview of the pattern of child development and the type of child development at each age (Wong, 2015). Based on the analysis above, the researchers concluded that the highest maternal age in Cibadung village, Gunung Sindur sub-district, was 31-40 years because, in that area, many mothers married at a young age. At that age, the mother already has physical, mental, and financial maturity, so that parenting self-efficacy will be high.

#### b. Education

Based on the findings, there was 1 respondent with a Diploma education (0.7%), meanwhile there were 3 respondents (2.1%) with a Bachelor education. There were 49 respondents (33.8%) with a Primary school education, meanwhile, almost half of the respondents had a High School Education, namely 49 respondents (33.8%), and 43 respondents (29.7%) had a Middle School education.

Several theories support the study results, which stated that education will increase knowledge. Higher education is expected to expand knowledge and make receiving information that will affect behavior easier. The higher the mother's education, the easier it will be to get information, so the more knowledge she has and has a more progressive mindset compared to the level of primary or low education. We can increase knowledge from formal education and non-formal education. A person's knowledge of an object also contains two aspects, namely, positive aspects and negative aspects. The more we raise positive aspects of the known object, the more we will raise positive attitude towards the object (Pramudianti, Raden, & Suryaningsih, 2017).

Several studies support this study's results, namely research which stated that a mother's education level is significantly related to parenting self-efficacy. The higher a person's education level, the higher his parenting self-efficacy (Wittkowski *et al.*, 2017). According to research by Pramudianti, Raden, & Suryaningsih (2017), the education level of the majority of respondents is graduates of higher education (High School and College), as many as 47

respondents (71.8%), and low education (Primary School and Middle School), as many as 19 respondents (28.2%).

This research is also in line with Ardi *et al.* (2021). Half of the 27 respondents' (50%) parents had a High School education. Almost half of them, 22 respondents (40.7%), had a Middle School educational background. Almost none of the respondents (3.7%) 2 respondents had a D3/Diploma Educational background, as well as respondents with a Primary School educational background, as many as two respondents (3.7%). Furthermore, there was one respondent (1.9%) with an educational background of Higher Education/Bachelor's. In this case, it means that half of the respondents had sufficient education (High School), so they had an understanding of parenting self-efficacy.

According to the findings above, the researcher concluded that the mothers' education in Cibadung Village, Gunung Sindur District, was highest at the High School level, namely 49 respondents. So, it was concluded that Mother's education in Cibadung Village, Gunung Sindur District, is relatively high. A person's high level of education can be interpreted as having broad insight, so that parenting self-efficacy for mothers in Cibadung Village, Gunung Sindur District, is optimistic.

### **c. Occupation**

The findings show that the majority of respondents who did not work were 118 respondents (81.4%), while almost no one had other jobs, namely three respondents (2.1%). At the same time, a small proportion of those had to work as private employees, namely 12 respondents (8.3%). Almost no one worked as a laborer, namely eight respondents (5.5%), and almost no one worked as an entrepreneur, namely four respondents (2.8%).

Several theories support the results of this study. Mothers who work outside the home, there will be a reduction in the time and role of mothers in taking care of the family, and one of them is taking care of their children. It usually takes much working time outside the home, so there will be very little time for quality time with children. The children are often cared for by other people who do not necessarily understand the importance of stimulating children's development from an early age (Katkic, Morovic, & Kovacic, 2017).

It could be seen that the occupation of the mother in this study. Among the respondents, most of them were housewives that is 13 (64%) a small number of traders were only two respondents (8%); and teachers were only two respondents (8%). According to research by Astarani, & Werdiningsih, (2012), the mother occupation in this study was 30 respondents (46.1%), private sector had 19 respondents (29.2%), civil servants (15.3%), entrepreneurs had five respondents (7, 7%), and there was one farmer (1.7%).

Based on the analysis results, the researcher concluded that respondents in Cibadung Village, Gunung Sindur Sub-district, mothers were jobless or housewives. Then mothers who did not work would spend more time with their children, which effect parenting self-efficacy positively for mothers.

### **d. Readiness to be a parent**

Based on the frequency distribution of respondents, among 145 mothers, it shows that more than half of the respondents were in the category of readiness to become good parents, as many as 94 respondents (64.8%). Then almost half of the respondents were ready to be good parents. In the appropriate category of readiness to become parents, there were 49 respondents (33.8%). Meanwhile, only some respondents were ready to become parents, namely two respondents (1.4%).

Several theories support the results of this study. According to Yousafzai *et al.*, (2016), a mother's readiness to become a parent is significantly related to a child's social development, especially in terms of social behavior. Children who are cared for by mothers with excellent emotional levels will make children more comfortable and readily receptive to psychosocial stimulation. Mothers will be more likely to provide more profound affection and closeness when providing care (Katkic, Morovic, & Kovacic, 2017).

According to the research of Pratiwi and Rahmi (2022), 17 respondents (37.4%) were with good readiness to be parents with high Parenting Self-Efficacy and good readiness to become parents with low parenting self-efficacy, as many as 13 respondents (27.1%). While the low category of readiness to become parents with high Parenting Self-



Efficacy had ten respondents (18.5%), the poor category of readiness to become parents with low Parenting Self-Efficacy had nine respondents (17.0%).

Based on the analysis results, the researchers concluded that respondents in RW 06, Cibadung village, Gunung Sindur sub-district, were prepared to become good parents. These results caused their parenting self-efficacy to be high because mothers in this area were in late adulthood, their education was good, namely High School, and mothers were jobless or homemakers.

#### **e. Social Support**

The frequency distribution of 145 respondents, based on social support, shows that the respondents were in the category of adequate social support, namely as many as 82 respondents (56.6%). Then some respondents were in the category of good social support, namely 52 respondents (35.9%). Meanwhile, a small proportion of respondents were in the category of poor social support, with as many as 11 respondents (7.6%).

Several theories support the results of this study. As an important source of social support for adolescents, parental social support refers to the availability of resources parents can provide their children to help them cope with problems, The person must be loved and cared for, valued, respected, and must be involved in a communication network with mutual responsibility. Social support is stated to protect parenting self-efficacy from the negative impacts caused by sources of stress in life. Social support is an essential predictor of parenting behavior and is influenced by parenting self-efficacy (Taylor, 2011; Yang, Ke, & Gao, 2020).

According to Pratiwi and Rahmi (2022), the result of the analysis shows a good family social support with high Parenting Self-Efficacy, as many as 14 respondents (31.4%) and good family social support with low Parenting Self-Efficacy, as many as 13 respondents (24.1%). Meanwhile, social support for poor families with high Parenting Self-Efficacy was 12 respondents (25.5%) and social support for poor families with low Parenting Self-Efficacy were 11 respondents (19.0%).

This study is in line with research conducted by Albintary, Rahmawati, & Tantiani (2018), which stated that the social support received by parents of children with ASD in Blitar City was mainly in the high category, namely 82.9% or as many as 29 people out of a total of 35 respondents. The medium category had a percentage of 16% or as many as six subjects. Meanwhile, none of the respondents were in a low category.

Based on the analysis results, the researchers concluded that respondents in RW 06, Cibadung village, Gunung Sindur sub-district had sufficient social support because the environment provided social support to mothers well. For example, families respect all mothers' decisions in caring for their children and families, help mothers, and encourage mothers to take care of their children.

#### **f. Marital Support**

According to the respondents' frequency distribution based on marital support, 145 respondents, shows that most of the respondents were in the good marital support category, namely 128 respondents (88.3%). Then a small number of respondents were in the appropriate marital support category, as many as 16 ( 11.0%). Meanwhile, there were only a few respondents in the category of poor marital support, namely, one respondent (0.7%).

Several theories support the results of this study. The husband's support can be interpreted as assistance or support received by the other individuals as the closest person among prominent family members. The support provided by the partner can be realized in several forms, including emotional support, namely, kind and gentle words (Taylor, 2011; Yang, Ke, & Gao, 2020).

Mahardina & Setyawan (2020) showed that 68.9% of public high school teacher pairs in West Jakarta were in the "very positive" category, and the remaining 31.1% were in the "positive" category.

Based on the analysis results, the researchers concluded that respondents in Cibadung village, Gunung Sindur sub-district, had good marital support because their husbands could provide comfort for mothers who complained about perceptions of parenting and cooperate in the decision-making process in parenting (Latifah *et al.*, 2021).

### g. Parenting Self-Efficacy

According to the respondents' frequency distribution based on parenting self-efficacy (PSE) from 145 respondents, it shows that almost half of the respondents were in the parenting self-efficacy (PSE) category, namely 56 respondents (38.6%). Then some respondents had good parenting self-efficacy (PSE), as many as 47 respondents (32.4%). Meanwhile, nearly half of the respondents fell into the category of poor parenting self-efficacy (PSE), namely 42 respondents (29%).

Parenting self-efficacy is parents' perception of their ability to influence behavior and development in children positively. With parents' confidence in their ability to raise children, it is expected that the process of child development will also lead to positive development. Parenting self-efficacy describes parents' belief in their ability to perform parenting roles successfully. Parenting self-efficacy refers to parents' belief in their ability to effectively manage various parenting tasks and situations (Wittkowski *et al.*, 2017).

According to Ardi *et al.* (2021), the results of filling out a questionnaire about parenting self-efficacy by 54 respondents in Onyam Village, Gunung Kaler District, were primarily obtained from 50 respondents (92.6%) who had an understanding of parenting self-efficacy. Good efficacy. According to Rahmawati and Ratnaningsih (2018), it was known that, in general, the level of parenting self-efficacy possessed by the subject was 72.3%, in the high category, while 27.6% had very high parenting self-efficacy, and 2.12% had low parenting self-efficacy.

Based on the analysis results, the researchers concluded that respondents in RW 06, Cibadung village, Gunung Sindur sub-district, had high parenting self-efficacy, where the perception of parents in parenting was also good. When the mother's perception of her ability to care for children is good, it will also affect the child's growth and development process, which is expected to be positive.

## 2. Bivariate Analysis

### a. Analysis of the Relationship between Readiness to Become a Parent and Parenting Self-Efficacy (PSE) of Mothers in Cibadung Village, Gunung Sindur District.

The analysis shows that the significance value or significance (2-tailed) of 0.015 because of the value of sig. (2-tailed)  $0.015 < 0.05$ . It indicated that the correlation was significant (poor correlation) or that the null hypothesis was rejected. So there was a relationship between the variable of readiness to become a parent and parenting self-efficacy (PSE). The correlation coefficient was 0.201. That was, the level of strength of the relationship between the variable of parenting readiness and parenting self-efficacy (PSE) was 0.201 or very low. The correlation coefficient in the results above was negative, namely 0.201, so the relationship between the two variables was not in the same direction.

This study is in line with the research results by Pratiwi and Rahmi (2022), which showed a relationship between parental readiness and parenting self-efficacy in the village of Warung Menteng, Bogor. The analysis showed that the readiness to become good parents with high parenting self-efficacy was 17 respondents (37.4%), and the category of readiness to become parents with low parenting self-efficacy was 13 respondents (27.1%). The chi-square statistical test results obtained a *p-value* of  $0.001 \leq 0.05$ . Therefore,  $H_a$  was accepted, so the conclusion was that there was a significant relationship between parenting self-efficacy and parental readiness in the village of Warung Menteng, Bogor.

This study is also in line with Pratiwi and Rahmi, (2022) research, which stated that there was a relationship between parental readiness and parenting self-efficacy in mothers who married early, with a *p-value* = 0.002. Based on the analysis results, the researchers concluded that there was a relationship between the variable readiness to become parents and parenting self-efficacy (PSE) with a *p-value* of 0.015. This analysis shows that parenting self-efficacy was high when the readiness to become a parent was high.

### b. Analysis of the Relationship between Social Support and Parenting Self-Efficacy (PSE) of Mothers in Cibadung Village, Gunung Sindur District

The analysis results show that the significance value or sig. (2-tailed) of 0.607, because of the value of sig. (2-

tailed)  $0.607 > 0.05$ . It indicated there was no relationship between the variable of social support and parenting self-efficacy (PSE). The social support scale refers to the theory that divides social support into four aspects: emotional or esteem support, tangible or instrument support, informational support, and companionship support. This study does not align with the results of research conducted by Albintary, Rahmawati, and Tantiani (2018). There was a significant positive relationship between social support and parenting self-efficacy for parents of children with ASD in Blitar City. The higher the parenting self-efficacy, they have otherwise. However, according to this study, the social support and parenting self-efficacy of parents of children with ASD had a low correlation. There was no relationship between the social support variable and parenting self-efficacy (PSE), with a  $p$ -value of 0.607. It could be seen from the cross-tabulation, which stated that social support was fair while parenting self-efficacy was fair. That is, the strength level of the relationship (correlation) between the social support variable and parenting self-efficacy (PSE) was 0.043, or the relationship was less significant. So, the relationship between the two variables was unidirectional. So, there was no relationship between social support and parenting self-efficacy.

### **c. Analysis of the Relationship between Marital Support and Parenting Self-Efficacy (PSE) of Mothers in Cibadung Village, Gunung Sindur District**

According to the analysis, shows that the significance value or sig. (2-tailed) of 0.911, because of the value of sig. (2-tailed)  $0.911 > 0.05$ . It indicated that there was no relationship between the variable of marital support and parenting self-efficacy (PSE). According to the analysis, it shows that the significance value or sig. (2-tailed) of 0.911 because of the value of sig. (2-tailed)  $0.911 > 0.05$ . It indicated that there was no relationship between the variable of marital support and parenting self-efficacy (PSE).

Husband support can be both verbal and non-verbal communication, advice, real help, or behavior given by husbands to pregnant women. The husband's support could be a form of affection and attention. Husband can provide support physically and psychologically. To determine the mother's health status, the husband's significant role is important. Good husband support can motivate mothers to check their pregnancy (Taylor, 2011; Yang, Ke, & Gao, 2020). This study is not in line with the results of research conducted by Astutiningrum & Bayuana (2021). This study contains husband support had a relationship with the level of parenting self-efficacy in post-partum with a cesarean section with  $p$ -value = 0.009, entitled Husband Support for Parenting Self-Efficacy in Postpartum Mothers with Caesarean Section.

## **CONCLUSION**

According to the research conducted on the relationship between readiness to become a parent, social support, and marital support with Parenting Self-efficacy (PSE) of mothers in Cibadung Village, Gunung Sindur District, the following conclusions were obtained:

a. It identified characteristics (Age, Education, Occupation). The age of most respondents was between 31-40 years old, with as many as 68 respondents (46.9%), while based on education, most respondents were in High School and a Primary School education which had the same frequency, namely 49 respondents (33.8%). Meanwhile, based on the occupation of most respondents, there were 118 respondents (81.4%).

b. It identified readiness to become parents as a good category for as many as 94 respondents (69.8%).

c. It identified that the highest social support was 94 respondents (69.8%).

d. It identified adequate social support. There were 82 respondents (56.6%).

e. It identified most respondents in the good category of marital support, namely 128 respondents (88.3%).

f. It identified most respondents in the fair category of parenting self-efficacy, namely 56 respondents (38.6%).

g. It identified the relationship between parenting self-efficacy (PSE) and readiness to become a parent in mothers in Cibadung Village, Gunung Sindur District, obtained a  $p$ -value = 0.015. Then it could be concluded that  $H_a$  was accepted, and  $H_o$  was rejected.

h. It identified no relationship between social support and parenting self-efficacy (PSE) in mothers in RW 06 Cibadung Village, Gunung Sindur District, and obtained a  $p$ -value = 0.043. Then it could be concluded that  $H_o$  was

accepted, and  $H_a$  was rejected.

i. It identified no relationship between marital support and parenting self-efficacy (PSE) in mothers in Cibadung Village, Gunung Sindur District, and obtained a  $p$ -value = 0.911. Then it could be concluded that  $H_0$  was accepted, and  $H_a$  was rejected.

## Recommendation

### 1. For Health Services

Health services should improve educational services regarding the importance of readiness to become parents, social support and marital support with parenting self-efficacy.

### 2. For Educational Institutions

Researchers hope that this research can be a reference for students especially nursing students in the Widya Dharma Husada Tangerang School of Health Science to conduct further research and add insight into health science, especially in the health sector.

### 3. For the Community

It is hoped that this research can become a source of information and knowledge for the community regarding the relationship between readiness to become parents, social support and marital support with parenting self-efficacy.

### 4. For Researchers

The researcher hopes that the research made will be able to add to the knowledge of researchers regarding parenting self-efficacy and the researcher hopes that further researchers can continue this research from other factors of parenting self-efficacy so that they are able to find out which factors really influence parenting self-efficacy among mothers in Cibadung Village, Gunung Sindur District.

Husbands, family and neighbors should provide social and marital support to mothers so that the level of parenting self-efficacy increases.

## Conflict of Interest

The authors declare that they have no conflict of interest.

## ACKNOWLEDGMENT

The authors are thankful to Widya Dharma Husada Tangerang School of Health Science Bogor National Unity and Politics Agency, Bogor Health Service, Society and ethics committee from Jember University who have provided support for the research. The authors are thankful to those who helped in this research, especially the Proofreaders.

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