

Increased Self Efficacy Fathers in Growth Stimulation and Development Under Five Years (BALITA) with the Health Promotion Model Approach

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Abstract: Growth and development of infants influenced by self-efficacy of mother and providing stimulation from mother that can be obtained from following activities like Posyandu father. The goal of health promotion model application is to improve self efficacy of father in stimulation Design quasi experiment with pre post control group. This research carries out a health promotion development model in improving self efficacy from the father's stimulus to the development and growth of children with modules. All the fathers who have the children in POSYANDU father. The population of all fathers who had children (1-5years) of 102, 40 samples has taken with simple random sampling were divided into intervention group 20 and control group 20. Variable of self efficacy father research and growth of development children analysis with t test $\alpha = 0.05$ The results show a change in self-efficacy of the father in the pre test and post test in the intervention group with $p = 0.000$. Using a module as a guide in health promotion activities aims to improve the self efficacy of the father. A simple module containing information and pictures will make it easier for fathers to stimulate the growth and development of the children.

1 BACKGROUND

The interaction of mothers, fathers and toddlers is largely determined by the quality of togetherness that exists between the fathers, mothers and toddlers because care is a shared responsibility between mother and father.

Growth and development in toddlers requires maximal stimulation by parents (father and mother) for their children to grow and develop optimally (Yusuf, 2005). Especially in the Golden period of the 1000-day period of childhood is a very important period for the growth and development of a baby to get growth stimulation in the form of nutrition and stimulation of development in order to achieve optimal intelligence. Efforts to optimize the growth and development of children have been done by the government and the community to increase the role of people around the mother, father and family in order to have self-efficacy or confidence in the ability to provide stimulant growth and development.

POSYANDU activities consist of POSYANDU, coaching family centre (BKB) and PAUD is an

activity organized by the community and for the community so that the community is able to independently stimulate growth and development which in turn the children can grow and develop optimally.

POSYANDU which has been run by female cadres and who deliver children to POSYANDU also mother, grandmother, aunt is a woman. But children also need the stimulation of a father activities can be obtained through the activities.

POSYANDU father The expectations of a father also crave a close relationship with his children from pregnancy and subsequently play an active role in the lives of his children. But how can fathers do if society promotes traditional gender roles where women are considered primary caregivers.

As an effort to evaluate the self efficacy of the father in providing stimulation of growth and development on balita can be done through the theory of Health Promotion Model by the pattern of J.Pender (Bandura, 1997). Model of health promotion concept is optimal health which in toddler we can see from growth and optimal development. Optimal growth and development one of them is

influenced by the stimulation provided by the father. A father can provide good stimulation if the father has knowledge of stimulation that can be obtained through activities at POSYANDU father.

Model Theory Health promotion suggests the importance of cognitive processes called social cognitive theory including self-belief in behavioral change. Social cognitive social learning theory includes self efficacy that is influenced from aspects of cognition and affection of specific behavior (Bandura, 1977).

The concept of Barbara Resnick theory self Efficacy is based on the behavior of a person is something that is thought, believed, and will affect one's feelings in the ability to perform an action. Self Efficacy process in a person who plays a role is 1) cognitive process is action a person begins with something to think about first. 2) The process of motivation is self-impulse and directing action through the previous stage of thought. 3) Affective process is the process of regulating emotional states and emotional reactions. 4) Selection process is the ability of individuals to choose certain activities and situations⁶. Through increased self efficacy a father will have an increased confidence in the ability to provide stimulation of growth and development. One way to improve self efficacy is verbal persuasion: Verbal is used extensively to persuade a person that they have the ability to achieve goals through direct education.

From the research of Ririn et al, 2017 that the development of health promotion model in improving self efficacy of father stimulation of growth and development of balita at posyandu of Losari village father of Ploso sub-district of Jombang Regency are all influential variable in increasing self efficacy of father that is benefit variable, obstacles variable, self-confidence variable, influence variable caused by stimulation, interpersonal influence variable, situational influence variable giving stimulation of growth and development of toddler, self efficacy variable of father, father commitment variable, father behavior variable, growth variable and infant development with value $t > 1.96$. and improvement of self efficacy of father in giving stimulation of growth and development can be done through verbal persuasion by using a guidance in the form of learning module (Ririn, n.d).

The purpose of this research is to apply health promotion development model in improving self efficacy of father stimulation of growth and development of BALITA by using a module at posyandu father of Jombang district.

2 METHODS

Research design using pre post-experiment with control (Kuntoro, 2010). In this research will be implementation of health promotion development model in improving self efficacy of father stimulation of growth and development of BALITA by using a module at posyandu father of Jombang district.

Implementation model is done to prove the effectiveness of a model increase self-efficacy father in stimulation growth and development of BALITA which was in POSYANDU father.

In the intervention group use the media of a module with verbal persuasion that contains 1) identifies the types of games that can be used, how to use games to stimulate, how to assess progress. 2) practice how to weigh weight 3) how to read KMS to assess the minimal weight change. In the control group get education using media leaflet (conventional method) done before going home in the activity POSYANDU father. In the intervention and control group At week 2. 3. 4 were assessed by visiting home to see self efficacy of the father stimulating growth and development of BALITA.

The population, sample and time⁹ All fathers who have BALITA in POSYANDU Father of Losari Village, Ploso sub-district jombang 2017 with a sample of 20 respondents intevens and 20 groups of with simple random sampling. Data September - October 2017. The data analysis using paired T test with $\alpha = 0.05$.

3 RESULTS

In table 1 there was no significant change in self-efficacy before and after intervention. In table 2 there was no significant change in self efficacy of the father before and after intervention. In table 3 there was no significant growth in of the baby before and after intervention. In table 4 there was significant growth in of the baby before and after intervention. In table 5 there was no significant growth in of the baby before and after intervention.

Tabel 1: The level of self-efficacy of the father after and before intervention in the intervention group.

Level	Category	Frequency Before		Frequency after	
		Σ	%	Σ	%
<i>self efficacy</i>	Good	2	10	4	20
	Enough	4	20	14	70

ayah	Less	14	70	2	10
	amount	20	100	20	100
p = 0.000					

Tabel 2: The level of self-efficacy of the father after and before intervention in the control group.

Level	Category	Frequency Before		Frequency after	
		Σ	%	Σ	%
self efficacy ayah	Good	3	15	3	15
	Enough	6	30	7	35
	Less	11	55	10	50
	amount	20	100	20	100
p = 0.743					

Tabel 3: Growth of BALITA in the intervention group and Control Group.

Changes in weight		Intervention		Control	
		Σ	%	Σ	%
Weight	increased	10	50	4	20
	Decreased	2	10	2	10
	stable	8	40	14	70
	Amount	20	100	20	100
p = 0.743					

Tabel 4: Development of BALITA on a group of interventions.

Characteristic	Indicator	Frekuensi			
		Before		After	
		Σ	%	Σ	%
Gross motor	Appropriate	17	85	19	95
	doubtful	3	15	1	5
	deviation	0	0	0	0
Fine motor	Appropriate	17	85	19	95
	doubtful	3	15	1	5
	deviation	0	0	0	0
Sosiliasasi	Appropriate	16	70	19	95
	doubtful	4	20	1	5
	deviation	0	0	0	0
language	Appropriate	16	80	18	90
	doubtful	2	10	2	10
	deviation	2	10	0	0
p = 0.001					

Tabel 5: Development of BALITA on a group of control.

Indicator	Indicator	Frekuensi			
		Before		After	
		Σ	%	Σ	%
Gross motor	Appropriate	16	70	17	75
	doubtful	3	15	2	10
	deviation	1	5	1	5
Fine motor	Appropriate	15	75	15	75
	doubtful	5	25	5	25
	deviation	0	0	0	0

Sosiliasasi	Appropriate	16	70	17	75
	doubtful	4	20	3	15
	deviation	0	0	0	0
language	Appropriate	16	80	16	80
	doubtful	2	10	2	10
	deviation	2	10	0	0
p = 0.732					

Tabel 6 : Analysis of health education on self efficacy of fathers in control and intervention groups.

Indicator Self efficacy	Mean ± SD	p	Significant
Intervensi	8.90±0.894	0.000	Significant
Control	12.70±1.594	7.143	

4 DISCUSSIONS

Most (70%) self-efficacy fathers before being given an education on how to stimulate growth and development of BALITA using a module is less and after being given self efficacy education most fathers (70%) enough in table 3 appears to change after intervention using a book modules used to provide growth stimulation and development of the Balinese. In Table 4 Self-efficacy of the father in the control group before and after does not appear to change. In the control group intervention was given as usual using a leaflet during a visit to POSYANDU father.

Bandura (1997) defines self-efficacy as a person's belief in his ability to organize and execute actions to achieve defined goals and seek to assess levels and strengths across activities and contexts (Bandura, 1997). Myers (1996) also says that self-efficacy is how one feels able to do a thing. Self-efficacy in the father is a belief that has to provide stimulation of growth and development of the Balinese in order to achieve growth and development of optimal BALITA. Bandura 1997 Self-efficacy is influenced by age, experience, work most of the father's age between 20-40 years. Age is the length of a person experiencing life, in a life of a father will experience the learning process in setting up a child-generating home as the next generation of the family. A father has a role as head of the family who is the head in educating children other than the main role is as the main breadwinner in the family. Self-efficacy is formed through a social learning process that can last for life. Older individuals tend to have more time and experience in coping with what happens when compared to younger individuals, who may still have little experience and events in their lives. The older individual will be

better able to overcome the obstacles in his life compared to the younger individual, it is also related to the experience that individuals have throughout their life span. The higher the age of the father is expected to have experience in educating children in the form of stimulation of growth and development of BALITA.

One of the factors affecting self-efficacy is father's level of education. Bandura (1997) Self-efficacy education level is formed through an acceptable learning process of individuals at the level of formal education. Individuals who have higher levels usually have higher self-efficacy, because basically they learn more and receive more formal education, other than that individuals who have higher education will have more chance to learn in overcoming the problem - the problems in his life. Medium father education will affect self efficacy in stimulating growth and development. Stimulation is an activity performed by the father to stimulate growth and development.

Activity stimulation is a father's behavior that can be observed by others in providing stimulation to the Balinese. Secondary education in conducting an activity required clear guidance. In the intervention group with a module that is easily understood by the father for guidelines in providing stimulation of growth and development (Depkes, 2007).

Module is a book to facilitate one in giving stimulation. In a module that contains a picture of the way stimulation makes it easy for a father to do the stimulation, the intermediate educator will easily use a module containing the images.

Most of my father's work still works when my father gets a regular salary every month and every day routine leaves home to work for a living. Permanent work affects the father's self efficacy in stimulating the growth and development of the Balinese.

A father who has a steady job will have a good self efficacy because by working a father earns a salary that can be used to support his wife and children. A portion of the father's salary can be bought to buy tools used for stimulation. A father if able to meet the needs of his child will affect the good self efficacy. On the other hand to work time gathering with children and wives will decrease, especially the time in giving stimulation to BALITA will decrease therefore a father will try to improve self efficacy in giving stimulation by seeking information about stimulation of growth and development.

Mostly middle and late child positions. a child's position may affect a father's experience in stimulating the growth and development of the Balinese. Bandura (1997) One's experience affects self-efficacy. Previous experiences that have had a good impact on stimulating growth and development in previous children will be used by fathers in stimulating children now that will improve the self efficacy of father for the better by before. Direct experience as a result of the experience of doing a task in the past had done the task in the past

In table 3 In the intervention group before and after being given a health education on how to stimulate growth and development using the module there is an increase in self efficacy of the father. Table 5.4 in the control group given health education using the standard on the POSYANDU service father using the leaflet did not experience self-efficacy change father.

Health education is a process to improve people's ability to maintain their capabilities and improve their health. Notoatmojo (2010) self-efficacy owned by someone is also filled with information (Bandura, 1977). The more often a person gets information from sharing media sources increasing his self-efficacy.

Bandura in Hambawany (2007) one way that one can increase self-efficacy is Verbal persuasion is a way to influence a person using verbal that they have the ability to achieve their desired goals (Bandura, 1977). A person who gets verbal persuasion will have the ability to complete the task at his disposal with the maximum possible effort than someone who does not get persuasion verbally. Persuasion verbally is always in use by health personnel to influence a person to be able to act in accordance with the expected behaviour. In the intervention group got a verbal persuasion about how to stimulate growth and development on BALITA by using a module or book that can be used by the father as a guide in providing stimulation. Inside the module there are various ways of stimulating and loading interesting pictures so that the father can easily do the stimulation. A module that includes things that interest the father will make it easier for the father to receive the information contained in the module that will ultimately be easy for father to stimulate the Balinese. In the control group POSYANDU father on table 4 health education provided by a cadre with a leaflet. The leaflet is a simple medium containing information that can also be used as a guide to the father in providing stimulation. Inside the information leaflet is limited to allow the father to

understand precisely what should be done to stimulate his Baldness. Modul is a handbook created for the father's guidance in providing the stimulation already considered with the father's ability to provide stimulation.

Table 8 The t-test results in the intervention and control groups showed that there was a significant difference in self-efficacy in the stimulation of growth and development of BALITA. The accepted research hypothesis is that there is a difference between the father's self effecacy before being given intervention and after being given intervention using the guideline of a stimulation module of growth and development of BALITA by leaflet method.

The theory of the health promotion model suggests that manusia has basic skills such as the symbolization of the process and the transformation of experience as a guide to stimulation appropriately and correctly to achieve optimal growth and development on Balinese.

5 CONCLUSIONS

Health education can increase the self efficacy of the father and with increased self efficacy the increased father can also increase infant growth and development, we suggest that For Health Officers Increasing health education to POSYANDU cadres with a variety of methods and media that make it easy for fathers to receive information on stimulation of growth and development. For the father It is expected that the father actively seek information from sharing media sources how to stimulasi growth and development of Balinese. For POSYANDU's father cadres. It is expected to be more active following activities aimed at improving understanding of growth and developmental stimulation.

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