

ABSTRAK

Common cold menyumbang angka morbiditas dengan angka kematian balita mencapai 15-20% pertahun. Ketergantungan ibu terhadap tenaga terapis menyebabkan kemampuan penanganan mandiri di rumah masih terbatas. Pendampingan melalui telehealth diharapkan dapat meningkatkan *self-efficacy* dan keterampilan ibu. Penelitian ini bertujuan untuk mengetahui efektivitas pendampingan telehealth terhadap peningkatan *self-efficacy* dan keterampilan ibu dalam melakukan pijat aromatherapy pada bayi dengan *common cold* di wilayah layanan Mutiara Baby Spa Medan Amplas. Penelitian ini menggunakan desain *pre-experimental* dengan pendekatan *one group pretest-posttest design*. Populasi sekaligus sampel berjumlah 70 ibu yang ditentukan dengan teknik total sampling. Instrumen penelitian berupa kuesioner *self-efficacy* dan lembar observasi keterampilan pijat aromatherapy, kemudian dianalisis menggunakan uji *Wilcoxon Signed Rank Test* dengan tingkat kemaknaan $\alpha = 0,05$. Hasil penelitian menunjukkan bahwa sebelum intervensi, sebagian besar responden memiliki *self-efficacy* kategori kurang (51,4%), sedangkan setelah pendampingan telehealth sebagian besar berada pada kategori baik (64,3%). Hasil uji *Wilcoxon* menunjukkan adanya peningkatan yang signifikan pada *self-efficacy* ($p = 0,000$) dan keterampilan ibu ($p = 0,000$) setelah diberikan pendampingan telehealth. Kesimpulannya pendampingan telehealth efektif meningkatkan *self-efficacy* dan keterampilan ibu dalam melakukan pijat aromatherapy pada bayi dengan *common cold*.

Kata kunci: *common cold*; keterampilan; pijat aromatherapy; *self-efficacy*; telehealth.

ABSTRACT

The common cold contributes to morbidity, with the under-five mortality rate reaching 15–20% per year. Mothers' reliance on therapists means that their ability to manage care independently at home remains limited. Support via telehealth is expected to improve mothers' self-efficacy and skills. This study aims to determine the effectiveness of telehealth guidance in improving mothers' self-efficacy and skills in performing aromatherapy massage for infants with the common cold in the service area of Mutiara Baby Spa in Medan Amplas. This study employed a pre-experimental design using a one-group pretest-posttest approach. The population and sample consisted of 70 mothers selected using total sampling. The research instruments consisted of a self-efficacy questionnaire and an aromatherapy massage skills observation sheet, which were analyzed using the Wilcoxon Signed-Rank Test with a significance level of $\alpha = 0.05$. The results showed that before the intervention, the majority of respondents had low self-efficacy (51.4%), whereas after the telehealth support, the majority fell into the "good" category (64.3%). The results of the Wilcoxon test showed a significant increase in self-efficacy ($p = 0.000$) and maternal skills ($p = 0.000$) after telehealth support was provided. In conclusion, telehealth support is effective in improving self-efficacy and maternal skills in performing aromatherapy massage on infants with the common cold.

Keywords: common cold; skills; aromatherapy massage; self-efficacy; telehealth.