

Model Kemandirian Ibu Diabetes Melitus dalam Pemberian ASI Eksklusif dengan Pendekatan
Experiential Learning Care Berbasis *Theory of Goal Attainment* di Pekanbaru

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Abstrak

Kemandirian dan perilaku menyusui umumnya dikonseptualisasikan sebagai hal yang mempengaruhi kesehatan anak yang disusui saja. Namun, menyusui juga dapat dikonseptualkan dalam konteks kerangka teori perjalanan hidup di mana perilaku pasangan ibu dan anak yang menyusui juga berdampak pada anggota keluarga yang lain, sedangkan *Experiential Learning* tidak terlepas dari kemandirian seseorang untuk berkembang. Kemandirian dan penyesuaian diri identik dengan keinginan seseorang untuk mencapai tujuan mereka atau *of goal Attainment*

Rancangan Penelitian terdiri dari 2 tahap, adapun tahap pertama menggunakan metode kuantitatif *non eksperimen*. Jenis Pendekatan yang peneliti gunakan adalah jenis pendekatan analisis *deskriptif* dengan penelitian *explanatory research* dan menggunakan metode Survey. Penelitian Tahap II menggunakan metode penelitian eksperimen kuasi dengan pola *non equivalent control group design (pretest-posttest)* yang tidak ekuivalen). Eksperimen itu sendiri adalah observasi di bawah kondisi buatan (*artificial condition*). Subjek penelitian tahap I berjumlah 189 orang yang tersebar di 21 Puskesmas di Kota Pekanbaru dan Penelitian Tahap 2 terdiri dari 2 Kelompok yakni Kelompok Intervensi dan kelompok Kontrol masing-masing sebanyak 20 Responden. Data dikumpulkan menggunakan instrumen kuesioner yang telah dilakukan *Outer Loding Validity* untuk melihat hasil *Validity* dan *Reliability* melalui teknik analisis *Partial Linier Square* (PLS).

Hasil penelitian tahap I dianalisis melalui model persamaan *structural* berbasis *variance* atau *component based* yang disebut SEM-PLS (*Structural Equation Model-Partial Least Square*). Sedangkan teknik *structural model* atau *Structural Equation Modeling* (SEM) menganalisis variabel dependen dan independen secara simultan dari model ini didapatkan hasil Pengetahuan Pemberian ASI Eksklusif Terhadap *Experiential Learning Care* memiliki nilai *Path Coefisien* 0,6874 dan nilai *t statistik* 19,4052 ($t > 1,96$). Selanjutnya pada Keputusan Pemberian ASI Eksklusif Berdasarkan *Experiential Learning Care* memiliki nilai koefisien jalur 0,6173 dan nilai *t statistik* 12,4414 ($t > 1,96$), begitujuga dengan Tindakan Pemberian ASI Eksklusif Terhadap *Experiential Learning Care* memiliki nilai *Path Coefisien* 0,2806 dan nilai *t statistik* 3,9609 ($t > 1,96$). Hal ini menunjukkan bahwa pada ada Pengetahuan, Tindakan dan Keputusan memiliki hubungan yang signifikan antara Pemberian ASI Eksklusif Terhadap *Experiential Learning Care*. Tanda positif pada nilai *Path Coefisien* menandakan adanya hubungan yang searah dan dapat diartikan bahwa semakin positif Tindakan Pemberian ASI Eksklusif maka akan berdampak baik pada *Experiential Learning Care* dalam kemandirian pemberian ASI Eksklusif. Selanjutnya dilakukan Evaluasi *Inner Model* didapatkan bahwa nilai paling besar Signifikan adalah variabel Pengetahuan pemberian ASI Eksklusif Pada Kontruks *Experiential Learning* berbasis *Theory of Goal Attainment* nilai *R square* 0,251 sedangkan variabel *Experiential Learning Care* yakni nilai *R square* 0,408.

Penelitian Tahap II berupa pengujian Model berdasarkan Uji *Independent sample t-test* didapatkan pengetahuan responden sebelum dilakukan perlakuan pada kelompok intervensi dengan pengetahuan Baik (28.6%) dan setelah perlakuan meningkat menjadi (57.1%). Sedangkan pada kelompok Kontrol sebelum perlakuan pengetahuan Baik (30.0%) dan setelah perlakuan meningkat menjadi (40.0%). Hasil analisis diketahui *Sig.Levene's Test For Equality of Variance* adalah sebesar $0.462 > 0.05$ artinya antara kelompok Intervensi dan kelompok Kontrol adalah homogen atau sama, Dimana Mean Difference sebesar 0.468. Nilai ini menunjukkan selisih antara pengetahuan sebelum diberi Teori ASI Eksklusif pada kelompok Intervensi dan kelompok Kontrol adalah sebesar 4.607. Sehingga asumsi nilai sig. (*2-tailed*) sebesar $0.468 > 0.05$ maka dapat di

artikan tidak ada perbedaan yang signifikan antara rata-rata antara pengetahuan sebelum diberi Teori ASI Eksklusif pada kelompok Intervensi dan kelompok Kontrol. Sedangkan hasil setelah perlakuan diketahui *Sig. Levene's Test For Equality of Variance* adalah sebesar $0.031 < 0.05$ dengan *Mean Difference* sebesar 0.000. Nilai ini menunjukkan selisih antara pengetahuan sebelum diberi Teori ASI Eksklusif pada kelompok Intervensi dan kelompok Kontrol adalah sebesar 23.500. Sehingga asumsi nilai *sig. (2-tailed)* sebesar $0.000 < 0.05$ maka dapat diartikan terdapat perbedaan yang signifikan antara rata-rata antara pengetahuan setelah diberi Teori ASI Eksklusif pada kelompok Intervensi dan kelompok Kontrol

Kesimpulan pada penelitian Model Kemandirian Ibu Diabetes Melitus dalam Pemberian ASI Eksklusif dengan Pendekatan *Experiential Learning Care* Berbasis *Theory of Goal Attainment* dapat disimpulkan semakin membaik Pengetahuan ibu DM Pemberian ASI Eksklusif. Maka semakin positif Tindakan pada Pemberian ASI Eksklusif. Temuan baru dalam penelitian ini adalah kemandirian ibu DM pada Pemberian ASI Eksklusif lebih meningkat dengan pendekatan *Experiential Learning Care (ELC)* berbasis *Theory of Goal* berupa *Diary Special Breastfeeding Eksklusif*. Kehadiran ibu DM dalam proses intervensi akan memicu proses berpikir dan menimbulkan kesadaran. Kesadaran akan direfleksikan dalam proses berpikir dan dijadikan pijakan dalam bertindak dan memperoleh ketrampilan baru untuk dapat memecahkan masalah.

Kata kunci: Kemandirian, Ibu Diabetes Melitus, ASI Eksklusif, *Experiential Learning Care Theory of Goal Attainment*

Model of Independence of Diabetes Mellitus Mothers in Exclusive Breastfeeding with the Experiential Learning Care Approach Based on the Theory of Goal Attainment in Pekanbaru

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Abstrak

Breastfeeding independence and behavior are generally conceptualized as affecting the health of the breastfed child only. However, breastfeeding can also be conceptualized in the context of a life course theoretical framework where the behavior of the mother and child breastfeeding also impacts other family members, while Experiential Learning is inseparable from a person's independence to develop. Independence and self-adjustment are identical to a person's desire to achieve their goals or of goal Attainment

The research design consists of 2 stages, the first stage uses a non-experimental quantitative method. The type of approach used by the researcher is a descriptive analysis approach with explanatory research and using the Survey method. Phase II research uses a quasi-experimental research method with a non-equivalent control group design pattern (non-equivalent pretest-posttest). The experiment itself is an observation under artificial conditions. The subjects of the first stage of research amounted to 189 people spread across 21 Health Centers in Pekanbaru City and Phase 2 research consists of 2 groups, namely the Intervention Group and the Control Group, each with 20 Respondents. Data were collected using a questionnaire instrument that had been tested for Outer Lodging Validity to see the results of Validity and Reliability through the Partial Linear Square (PLS) analysis technique.

The results of the first phase of the study were analyzed using a variance-based structural equation model or component based called SEM-PLS (Structural Equation Model-Partial Least Square). While the structural model technique or Structural Equation Modeling (SEM) analyzes the dependent and independent variables simultaneously from this model, the results obtained are Knowledge of Exclusive Breastfeeding Against Experiential Learning Care has a Path Coefficient value of 0.6874 and a t-statistic value of 19.4052 ($t > 1.96$). Furthermore, the Decision to Provide Exclusive Breastfeeding Based on Experiential Learning Care has a path coefficient value of 0.6173 and a t-statistic value of 12.4414 ($t > 1.96$), as well as the Action of Providing Exclusive Breastfeeding Against Experiential Learning Care has a Path Coefficient value of 0.2806 and a t-statistic value of 3.9609 ($t > 1.96$). This shows that there is a significant relationship between Knowledge, Action and Decision between Exclusive Breastfeeding and Experiential Learning Care. A positive sign on the Path Coefficient value indicates a unidirectional relationship and can be interpreted that the more positive the Action of Exclusive Breastfeeding, the better the impact on Experiential Learning Care in the independence of Exclusive Breastfeeding. Furthermore, an Inner Model Evaluation was carried out and it was found that the most significant value was the variable Knowledge of Exclusive Breastfeeding in the Experiential Learning Construct based on the Theory of Goal with an R square value of 0.251 while the variable Experiential Learning Care had an R square value of 0.408.

Phase II research in the form of Model testing based on Independent sample t-test obtained respondents' knowledge before treatment in the intervention group with Good knowledge (28.6%) and after treatment increased to (57.1%). While in the Control group before treatment Good knowledge (30.0%) and after treatment increased to (40.0%). The results of the analysis are known Sig. Levene's Test For Equality of Variance is $0.462 > 0.05$ meaning that the Intervention group and the Control group are homogeneous or the same, Where the Mean Difference is 0.468. This value shows the difference between knowledge before being given the Exclusive Breastfeeding Theory in the Intervention group and the Control group is 4.607 So the assumption of the sig value. (2-tailed) of $0.468 > 0.05$ then it can be interpreted that there is no significant difference between the average between knowledge before being given the Exclusive Breastfeeding Theory in the Intervention group and the Control group. While the results after the treatment are known Sig. Levene's Test For Equality of Variance is $0.031 < 0.05$ with a Mean Difference of 0.000. This value shows the difference between knowledge before being given the Exclusive Breastfeeding Theory in

the Intervention group and the Control group is 23,500. So the assumption of the sig. value (2-tailed) of $0.000 < 0.05$ can be interpreted that there is a significant difference between the average between knowledge after being given the Exclusive Breastfeeding Theory in the Intervention group and the Control group

The conclusion of the study of the Model of Independence of Diabetes Mellitus Mothers in Exclusive Breastfeeding with the Experiential Learning Care Approach Based on the Theory of Goal Attainment can be concluded that the knowledge of DM mothers in Exclusive Breastfeeding is getting better. So the actions in Exclusive Breastfeeding are getting more positive. The new finding in this study is that the independence of DM mothers in Exclusive Breastfeeding is increasing with the Experiential Learning Care (ELC) approach based on the Theory of Goal in the form of an Exclusive Special Breastfeeding Diary. The presence of DM mothers in the intervention process will trigger the thinking process and raise awareness. Awareness will be reflected in the thinking process and used as a basis for acting and acquiring new skills to be able to solve problems.

Keywords: *Independence, Mothers with Diabetes Mellitus, Exclusive Breastfeeding, Experiential Learning Care Theory of Goal Attainment*