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VIDEO-BASED MINDFULNESS-BASED STRESS THERAPY ON PSYCHOLOGICAL WELL BEING AND SELF-EFFICACY OF MOTHERS WITH STUNTED CHILDREN

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ABSTRACT

Having a child diagnosed with stunting is one of the stressors for a mother. Feelings of guilt, shock, pressure, and fear of being stigmatized as a failed mother haunt mothers with children diagnosed with stunting. Mothers are required to be able to improve the nutrition of their children as soon as possible without seeing the burden they are feeling. This will disrupt the psychological well-being of mothers with stunting children. The purpose of this study was to determine the effect of mindfulness-based stress reduction video-based therapy on improving the psychological well-being of mothers with stunting children. The research design used was a quasi-experimental one-group pre-test post-test design. Respondents in this study were 15 mothers with children diagnosed with stunting at the Posyandu in Gempolan Village. The intervention was given via video in 8 sessions. Data collection with a questionnaire that is given before and after treatment. Data analysis was carried out using the paired sample T-test. The results showed that the average psychological well-being before intervention was 86 and after the intervention was 128. Self-efficacy before therapy had an average of 35 and after therapy was 53. The results of the paired sample t-test showed p-value = 0.012 for self-efficacy and p-value = 0.021 for psychological well-being. It was concluded that mindfulness-based stress reduction therapy was effective in improving psychological well-being and self-efficacy for mothers with stunting children.

Keywords: mindfulness-based stress therapy; mother; psychological-wellbeing; self efficacy; stunting

INTRODUCTION

Nutritional problems are still one of the indicators of the health of infants and children. Nutrition is still an important factor that determines the growth and development of children, especially in the first 1000 days of life. Nutritional problems are still one of the health problems in infants and children in Indonesia. One of the nutritional problems in children is stunting (Leroy & Frongillo, 2019). Stunting or poor linear growth (height-for-age-Z score ≤ -2) has become a global child health problem. At least 22% of the world's children (151 million) children under 5 years of age were stunted in 2017. More than half of the figure came from Asia. The prevalence of stunting in Indonesia itself is quite high, 30-30% of children under 5 years old in Indonesia experience stunting (Titaley et al., 2019).

Children with stunting will be more at risk of increased morbidity, mortality, and not optimal cognitive and motor development. The problem of stunting is caused by various factors, one of which is chronic nutritional deficiency during the first 1000 days of life including nutritional deficiencies during pregnancy (Meylia et al., 2020; Vaivada et al., 2020). This condition makes mothers with stunted children feel like a failure as a mother. The results of

previous studies showed that mothers with stunted children felt guilty for their children and felt like a failure as a mother. In addition, the fear of society's stigma as a failed mother makes mothers with stunted children even more afraid and guilty. This condition will certainly affect the mother's psychological problems and her ability to solve problems (Darwis et al., 2021; Giyaningtyas & Hamid, 2019).

Psychological well-being is a psychological condition felt by a person in carrying out their daily activities. When a person faces a problem such as stunting, the stress response can affect this psychological condition. In addition, stress can also trigger various psychological responses that can trigger anxiety, feelings of guilt, trauma to depression which not only affects their psychological well-being but can also reduce their ability to overcome problems or self-efficacy. From the results of previous studies, it was found that mothers were afraid to take care of their children with stunting because they felt they had failed in taking care of them. Both of these problems can worsen the condition of children with stunting because mothers cannot carry out their roles optimally (Darwis et al., 2021; Giyaningtyas & Hamid, 2019; Rufaindah & Patemah, 2021).

So interventions are needed to reduce stress in mothers with stunting children. Stress-reducing therapy will make the mother feel relaxed, increase comfort and restore focus. This condition is expected to have a positive impact on psychological well-being and self-efficacy for mothers with stunting children (Aghababaei & Taghavi, 2020; Nurhidayah & Zuhara, 2021). The purpose of this study was to determine the effectiveness of mindfulness-based stress therapy on increasing psychological well-being and self-efficacy in mothers with stunting children.

METHOD

The research design used was a quasi-experimental one-group pre-test post-test design. The sampling technique used in this research is total sampling because all mothers with stunting children give treatment because all of them need treatment for psychological well-being dan improves self-efficacy. Respondents in this study were 15 mothers with children diagnosed with stunting at the Posyandu in Gempolan Village in October 2020. The intervention was given via video in 3 sessions for 30 minutes in each session. Psychological well-being and self-efficacy were measured before and after the intervention with questionnaire. Data analysis was carried out using the paired sample T-test.

RESULT

Respondent Demographics

The characteristics of the respondents in this study were general data which included: age, education, occupation and marital status.

Based on the table above, it is known that more than a half of the respondents were 20-35 years old (53,3%). Most of the respondents have a high school education (60%), work as housewives (53,3%), and are married (86,6%) from a total of 15 respondents.

Table 1.
 Characteristics of Respondents (n=15)

No.	Characteristics	f	%
Age			
1	<20 years old	2	13,4
2	20-35 years old	8	53,3
3	>35 years old	5	33,3
Educasi			
1	Elementary School	3	6,7
2	Junior High School	3	20,0
3	Senior High School	9	60,0
4	University	2	13,3
Profession			
1	Housewife	6	53,3
2	Farmer	4	26,7
3	Entrepreneur	2	13,4
4	Private	1	6,7
Marital Status			
1	Janda	2	13,4
2	Kawin	13	86,6

Psychological well-being before and after treatment

Table 2.
 Psychological Well Being in Mothers Before and After Mindfulness-Based Stress Reduction Therapy

	N	Min	Max	Mean	Sd
<i>Psychological Well Being Pre Test</i>	15	78	117	86	1,242
<i>Psychological Well Being Post Test</i>	15	114	146	128	2,052

Based on the table above, it is known that the average psychological well-being assessment score of mothers before the mindfulness-based stress reduction therapy is 86 with the lowest score is 78 and the highest is 117. After the therapy, the average score psychological well-being of mothers after treatment was 128 with the lowest score 114 and the highest 146.

Table 3.
 Results of Paired Sample T-Test The Effect of Mindfulness-Based Stress Reduction Therapy on Psychological Well Being in Mothers of Stunting Children

	Pre Test			Post Test			Paired Sample T Test (t)	p
	N	Mean	SD	N	Mean	SD		
<i>Psychological Well-Being</i>	15	86	1,242	15	128	2,052	100,347	0,012

The table above shows the effect of mindfulness-based stress reduction therapy on psychological well-being in mothers of stunting children (p-value = 0,012 <0,05, so H0 was rejected). There is an effect of mindfulness-based stress reduction on psychological well-being in mothers of stunting children at Posyandu Gempolan.

Self-efficacy before and after treatment

Table 4.

Self-efficacy in Mothers Before and After Mindfulness-Based Stress Reduction Therapy

	N	Min	Max	Mean	Sd
Self-efficacy Pre Test	15	13	56	35	13.92
Self-efficacy Post Test	15	32	71	53	24.73

Based on the table above, it is known that the average self-efficacy assessment score of mothers before the mindfulness-based stress reduction therapy is 35 with the lowest score is 13 and the highest is 56. After the therapy, the average score psychological well-being of mothers after treatment was 53 with the lowest score 32 and the highest 71.

Table 5.

Results of Paired Sample T-Test The Effect of Mindfulness-Based Stress Reduction Therapy

	Pre Test			Post Test			Paired Sample T Test (t)	p
	N	Mean	SD	N	Mean	SD		
Self-Efficacy	15	35	13.92	15	53	224.73	-2.70	0.021

on Self-Efficacy in Mothers of Stunting Children

The table 5, the effect of mindfulness-based stress reduction therapy on self-efficacy in mothers of stunting children (p -value = 0.021 < 0.05, so H_0 was rejected). There is an effect of mindfulness-based stress reduction on self-efficacy in mothers of stunting children at Posyandu Gempolan.

DISCUSSION

Effect of Mindfulness Based-Stress Reduction Therapy on Psychological well-being

The results showed that mindfulness-based stress therapy had an influence on psychological well-being. Psychological well-being is a reflection of positive mental health, happiness, and emotional well-being. Another definition by Ryff about psychological well being is a condition of individual, have a positive attitude towards themselves and others, can make their own decisions and regulate their behavior, can create and regulate an environment that is compatible with their needs, has a purpose in life, and makes life more meaningful, and trying to explore and develop themselves. Good psychological well-being happens when a person has self-acceptance, autonomy, the ability to have a sense of personal growth positive relationships with others, and sustainable development. So we can be concluded that a mother that has good psychological well-being has the ability to accept herself as she is, be independent of social pressure, determine warm relationships with others, have meaning in life, control the external environment, and realize her potential continuously (Aghababaei & Taghavi, 2020; Fiori, 2020; Nurhidayah & Zuhara, 2021).

Good psychological well-being for a mother is characterized by considering childcare is important and committed to maintaining good childcare, managing feelings to deal with it, managing thoughts, accepting herself well, can controlling the environment, and having positive relationships with others. The improvement of psychological well-being after given therapy shows that mindfulness will bring mother awareness about the experience to the moment. Mindfulness is a skill that can help mothers not be reactive or afraid of what is

happening today and have awareness. Mindfulness improves the skill to interpret positive, negative, and neutral events so that they can overcome feelings of fear, sadness, depression and create self-welfare. After treatment mother will increase awareness of feelings, thoughts, and focus of attention so that they are fully aware of reality. After creating focus, they will have acceptance of the current condition. Mindfulness is related to the ability to get the ability to control thoughts, feelings, and activities (Afiffatunnisa & Sundari, 2021; Fiori, 2020; Nurhidayah & Zuhara, 2021). Several studies have shown a significant relationship between mindfulness and psychological well-being. Research conducted by Nurhidayah and Zuhara (2021) shows that mindfulness-based stress reduction has a positive effect on psychological well-being in mothers with mentally retarded children

Effect of Mindfulness Based-Stress Reduction Therapy on Self-Efficacy

Self Efficacy is a personal ability to solve problems. So that it can be said that self-efficacy is how a person judges himself to be able to overcome a problem and he shows the ability to overcome the problem. So that self-efficacy does not only refer to self-confidence but also refers to one's skills in overcoming the problem. Self efficacy has an important role in improving the performance of mothers in carrying out their roles. When mothers are faced with problems with their children (stunting), self-efficacy will help them to take care of their children. Poor self-efficacy will make the mother feel incapable, afraid and fail so that the performance of her role will be less than optimal. On the other hand, if the mother has good self-efficacy, she will try to do her role as best as possible (Abarashi et al., 2014; Nurhidayah, 2017).

The results of the study show that mindfulness-based stress reduction therapy can increase maternal self-efficacy. this is because mindfulness-based-stress reduction therapy will reduce stress, anxiety and various other psychological problems so that awareness and focus will be optimal again. When the focus returns, the individual will try to do adaptive coping and will increase self-confidence. This will help the mother in trying out her role in caring for and pursuing growth after being diagnosed with stunting (Abarashi et al., 2014; Salomonsson et al., 2013).

CONCLUSION

It was concluded that mindfulness-based stress reduction therapy was effective in improving psychological well-being and self-efficacy for mothers with stunting children

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