

**HUBUNGAN *COPARENTING* DAN *PARENTING SELF-EFFICACY*
DENGAN *PARENTING STRESS* SEBAGAI VARIABEL
MODERATOR PADA IBU BARU YANG PERNAH MENGALAMI
*MOM SHAMING***

SKRIPSI

Diajukan kepada Universitas Islam Negeri Sunan Ampel Surabaya Memenuhi
Salah Satu Persyaratan dalam Menyelesaikan Program Studi Strata Satu (S1)
Psikologi (S.Psi)



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2023

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Dengan ini saya menyatakan bahwa skripsi yang berjudul “Hubungan *Coparenting* dan *Parenting Stress* dengan *Parenting Self Efficacy* pada Ibu baru yang pernah mengalami *Mom Shaming*” merupakan karya asli yang diajukan untuk memperoleh gelar Sarjana Psikologi Universitas Islam Negeri Sunan Ampel Surabaya. Karya ini sepanjang pengetahuan saya tidak terdapat karya atau pendapat yang pernah ditulis atau diterbitkan oleh orang lain, kecuali secara tertulis diacu dalam naskah ini dan disebutkan dalam daftar pustaka.

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INTISARI

Penelitian ini bertujuan untuk menguji pengaruh *coparenting* terhadap *parenting self-efficacy* serta peran *parenting stress* sebagai moderator pada ibu baru yang pernah mengalami *mom shaming*. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan subjek sebanyak 151 ibu yang dipilih melalui *purposive sampling*. Alat ukur yang digunakan adalah *self-efficacy for parenting tasks index-toddler scale* (SEPTI-TS) versi pendek, *the brief measure of coparenting* (BRIEF CRSS), dan skala *Parental Stress*. Analisis data dilakukan menggunakan regresi linier sederhana dan *moderated regression analysis* (MRA) dengan bantuan SPSS. Hasil penelitian menunjukkan bahwa *coparenting* berpengaruh positif dan signifikan terhadap *parenting self-efficacy* ($p < 0,05$), sedangkan *parenting stress* memoderasi hubungan antara *coparenting* dan *parenting self-efficacy*, sehingga tingkat *parenting stress* tidak memperkuat maupun memperlemah pengaruh *coparenting* terhadap *parenting self-efficacy* ($p > 0,05$). Dengan demikian, *parenting self-efficacy* lebih dipengaruhi oleh *coparenting* tanpa adanya efek moderasi dari *parenting stress*.

Kata Kunci: *coparenting*, *parenting stress*, dan *parenting self-efficacy*



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ABSTRACT

This study aims to examine the effect of coparenting on parenting self-efficacy and the role of parenting stress as a moderator in new mothers who have experienced mom shaming. This study used a quantitative correlational approach with 151 mothers selected through purposive sampling. The measuring instruments used were the short version of the self-efficacy for parenting tasks index-toddler scale (SEPTI-TS), the brief measure of coparenting (BRIEF CRS), and the parental stress scale. Data analysis was performed using simple linear regression and moderated regression analysis (MRA) with help of SPSS. The results showed that coparenting had a positive and significant effect on parenting self-efficacy ($p < 0.05$), while parenting stress moderated the relationship between coparenting and parenting self-efficacy, so that the level of parenting stress did not strengthen or weaken the effect of coparenting on parenting self-efficacy ($p > 0.05$). Thus, parenting self-efficacy was more influenced by coparenting without any moderating effect from parenting stress.

Key Word: coparenting, parenting stress, and parenting self-efficacy



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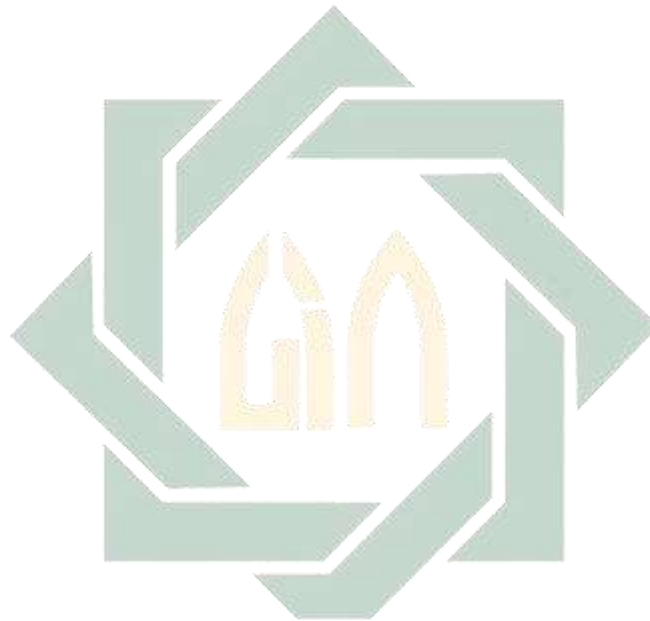
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