

Tantri Puspita 2015: Factors Predicting Maternal Self-Care Behaviors during Pregnancy in Garut District, West Java, Indonesia. Master of Nursing Science (Family and Community Health Nursing), Major Field: Family and Community Health Nursing, Boromarajonani College of Nursing Nopparat Vajira. Thesis Advisor: Miss Peranan Jerayingmongkol, R.N., Ph.D. 117 pages.

The purpose of this study was to identify factors predicting maternal self-care behaviors during pregnancy in Garut District, West Java, Indonesia. A self-care behavior is an important factor determining pregnant women's health during pregnancy and childbirth. Therefore, it is important to identify factors predicting self-care behaviors of women during pregnancy.

A cross-sectional survey design was used in this study with multi stage sampling technique. Self-administered questionnaire was used to collect the data from 313 pregnant women in five Public Health Centers (PHCs) in Garut District. Pearson product moment correlation, Spearman's rank correlation, Point Biserial correlation, and multiple regressions were used for data analysis. The results revealed that there were significant correlations between knowledge about maternal self-care behaviors during pregnancy, perceived benefits of maternal self-care behaviors during pregnancy, perceived self-efficacy in maternal self-care behaviors during pregnancy, social support satisfaction, and maternal self-care behaviors during pregnancy ($r = .130, p < 0.05$; $r = .271, p < 0.01$; $r = .438, p < 0.01$; $r = .312, p < 0.01$, respectively). The strongest predictor was perceived self-efficacy in maternal self-care behaviors during pregnancy followed by social support satisfaction and knowledge about maternal self-care behaviors during pregnancy. In conclusion, maternal self-care behaviors during pregnancy need to be improved and health promotion programs should focus on pregnant women's perceived self-efficacy in maternal self-care behaviors during pregnancy, sufficient social support satisfaction, and knowledge about maternal self-care behaviors during pregnancy.

Students's Signature

Thesis Advisor's Signature