

Development of the Instruments Program to Promote Self-Efficacy and Reduce Stress of Premature Mothers Visiting Their Babies in the Neonatal Intensive Care Units

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Abstract:

Development of a program to promote self-efficacy in premature mothers with babies in the neonatal intensive care unit (NICU) based on Johnson's (1999) self-regulation concept. To enable mothers to adapt and behave appropriately to the situation and reduce stress when visiting their babies for the first time. Therefore, research instruments should be of reliable quality to accurately and precisely measure self-efficacy and stress reduction. Objective: To develop a program to promote self-efficacy in premature mothers with babies in the NICU based on self-regulation theory. Method: The quality of the instrument was examined by five experts with different expertise. The research instrument development consists of 2 parts. The research instrument consisted of 2 parts: Part 1 was the experimental instrument, which was a program to promote the ability of premature mothers to visit their babies for a total of 60 minutes. They contain 4 relevant content elements: 1) sensory perception of the newborn, 2) etiology of sensory perception, symptoms, and experiences, 3) perception of the sequence of events, and 4) characteristics of the environment in the NICU. Part 2 was an instrument for collecting data from the sample group. It was a questionnaire that can measure the self-efficacy and the stress level of premature mothers. Results: The instruments of the program were valid and appropriate. They had the highest level of validity ($\bar{x} = 4.50$, $SD = 0.527$), the IOC was 0.84, and the reliability was tested with the Cronbach alpha coefficient of 0.93. Conclusion: The developed instrument was reliable and appropriate for use in measuring the self-efficacy and stress of premature mothers at the first babies visit. The benefits gained are beneficial to the health care of premature infants and improve their quality of life.

Keywords:

Instruments development, self-efficacy, stress, premature mothers, premature infants, neonatal intensive care unit.