

## ABSTRACT

**Background:** confidence in caring for a baby is key to achieving identity as a mother. Maternal self-efficacy, an emotion related aspect of parenting, plays an important role in shaping the adaptation of both mother and children, as well as influencing children's development. Low maternal self-efficacy, coupled with high level of anxiety, depression, and stress, can particularly affect teenage mothers, who may be physically or psychologically unprepared for the responsibilities of parenthood due to their ongoing developmental processes.

**Purpose:** this research aims to identify the determinant factors that influence maternal self-efficacy among adolescent mothers in Gorontalo.

**Methods:** this study is a quantitative research using a cross sectional approach. Several variables in this study include the mother's age, post partum support system, depression, and infant temperament as independent variables and maternal self-efficacy as dependent variable. All variables will be analyzed through multivariate analysis. The research conducted the entire area of Gorontalo City and Regency with a sample size of 90 respondents using purposive sampling techniques.

**Results:** In the bivariate analysis, a relationship was found between maternal self-efficacy and support systems, with a p-value of 0.013. Additionally, there was a relationship between maternal self-efficacy and the occurrence of depression, with a p-value of 0.026. However, no significant relationships were found for other variables such as maternal age, age at marriage, education, and occupation.

**Conclusion:** There is a relationship between the support system and maternal self-efficacy. This indicates that the support received by mothers can positively influence their confidence and abilities in parenting

**Keywords:**

Maternal self-efficacy; depression; post partum support system.