

The Effect of Education Breastfeeding to Breastfeeding Self Efficacy in Klaten, Central Java, Indonesia

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ABSTRACT

The low coverage of exclusive breastfeeding is influenced by several internal factors. Breastfeeding Self-efficacy can be increased through knowledge, skills about breastfeeding. Efforts to build knowledge and skills of mothers in breastfeeding can be done through breastfeeding education. This study aims to determine the effect of providing breastfeeding education with booklets on the breastfeeding self-efficacy in post-partum mothers in Klaten, Central Java, Indonesia. This research is quantitative research with one group pretest - post test design. This research was conducted at 2 independent midwifery in Klaten on July to September 2020. Sampling technique used was purposive sampling with inclusion criteria. Statistical analysis used Univariate analysis and Bivariate analysis using paired t-test. There was a significant increase in the mean breastfeeding self-efficacy before and after breastfeeding education with booklets with a significant (p value $< 0,05$) There is the effect of breastfeeding education with a booklet on self-efficacy of breastfeeding on postpartum mother. Education breastfeeding can be used by midwives or health promotion to educate pregnant women and post-partum mothers to increase self-efficacy to support the successful of exclusive breastfeeding.

Keywords: Education; Breastfeeding; Self Efficacy

INTRODUCTION

The success of exclusive breastfeeding greatly supports the success of the government program on 1000 first day of birth. The low coverage of exclusive breastfeeding is a reflection of the failure of breastfeeding caused by several factors. One of the factors that determine the success of

breastfeeding is the mother's own condition, such as her self-confidence or confidence in breastfeeding. Dennis states that the self-efficacy of breastfeeding is a mother's self-confidence in her ability to breastfeed or provide exclusive breastfeeding to her baby ⁽¹⁾. Breastfeeding self-efficacy is a major factor for initiating breastfeeding, duration

of breastfeeding and supporting the success of exclusive breastfeeding practices ⁽²⁾.

The low coverage of exclusive breastfeeding is influenced by several internal factors. The results of the research stated that these internal factors included good knowledge about breastfeeding as much as 38.8%, negative perceptions of the ability to breastfeed by 51% and the condition of the mother's health by 52%. The confidence of mothers who feel that they do not pollute the production of breast milk to meet the nutritional needs of the baby is a major factor in mothers not giving breastfeeding exclusively or stopping breastfeeding prematurely ⁽³⁾.

Breastfeeding Self-efficacy in mothers is very important to appear early, even before pregnancy or immediately after delivery. This is in line with research which states that mothers with high self-efficacy provide breast milk longer than mothers with low self-efficacy ⁽⁴⁾. This study also states that there is a positive correlation between self-efficacy on the first day of post-partum and the length of breastfeeding. Mother's self-efficacy in the process of breastfeeding plays a role in determining the choice of behavior, determining the amount of effort in overcoming obstacles, influencing thought patterns and emotional reactions and as a prediction of subsequent behavior ⁽⁵⁾.

The role of a mother is very important as a health agent for children and families in an effort to meet the nutritional needs of babies. Mothers must have the right knowledge, attitudes and skills and have high self-confidence so that breastfeeding practices are carried out properly. Efforts to build knowledge and skills of mothers in breastfeeding can be done through breastfeeding education using booklets. This is in accordance with the results of research showing that health education in pregnant women improves breastfeeding knowledge, attitudes and practices. Health workers should enhance breastfeeding education

programs to solve problems and overcome barriers to breastfeeding ⁽⁶⁾.

Based on a preliminary study on post partum mothers, in the research area it was found that four postpartum mothers had the desire to be successful in giving exclusive breastfeeding to their babies, but they lacked confidence in being able to breastfeed properly because they had to return to work after giving birth. The psychological impact experienced is thinking that they do not have confidence in breastfeeding (self-efficacy) and feel that they are not getting enough milk so that they are hesitant to be able to provide breast milk to the baby, emotionally the mother experiences distress and irritability. Meanwhile, the physical impact that is felt is often experiencing headaches, lack of appetite, nausea, palpitations, little milk that comes out, swollen breasts, sore and bleeding nipples, also often experiences severe dizziness, and is extremely tired ⁽⁴⁾. This study aims to determine the effect of providing breastfeeding education with booklets on the breastfeeding self-efficacy in postpartum mothers in Klaten area, Central Java, Indonesia.

METHOD

This study used a quasi-experimental one group pre-test-post-test design. This research was conducted in 2 independent midwives in the Klaten area, Central Java, Indonesia for 3 months, namely July, August and September 2020. The population in this study were 34 postpartum mothers who gave birth at the study site. The sampling technique used in this study was purposive sampling. The inclusion criteria were postpartum mothers for 0-10 days, giving breast milk to their children. Mother and baby have no health problems. Meanwhile, the exclusion criteria were mothers with mental health problems, children from the unwanted pregnancy. The sample obtained in this study which fit the inclusion criteria was 30 postpartum mothers.

Analysis data with SPSS 24. Measuring breastfeeding confidence using the Breastfeeding self-efficacy scale (SEBS) questionnaire. Breastfeeding self-efficacy will be measured before and after the lactation education intervention with Booklet. The provision of education is carried out on the first day of post-partum by researchers and enumerators. The validity and reliability tests of SEBS with a Cronbach alpha value of 0.872. Univariate analysis using frequency distribution. Bivariate analysis using paired t-test with $\alpha = 0.05$ and 95% confidence level. This research has obtained ethical permission from the ethics committee of Poltekkes Ministry of Health Surakarta with No. LB.02.02 / 1.3 / 8802/2020.

RESULT

The age range of respondents was mostly at the age of 20-35 years, namely 27 respondents (90%). 29 respondents (97%) are Moeslim. 17 respondents (56.7%) have high school education. 17 respondents (56.7%) were multiparous, 18 respondents (60%) were working mothers, 18 respondents (60%) had a history of normal labor, and 16 respondents (53.3%) had no breastfeeding experience. Characteristics of the respondents can be seen in table 1.

Table 1. Respondent Characteristics

Characteristics	Category	Frequency	%
Age	<20	1	3,3
	20-35	27	90
	>35	2	6,7
Trust	Muslim	29	96,7
	Non-muslim	1	3,3
Education	Basic	3	10
	High school	17	56,7
	Collage	10	33,3
Parity	Primiparous	13	43,3
	Multiparous	17	56,7
Job Status	Work	18	60
	Housewife	12	40
Childbirth History	Normal	18	60
	Artificial	3	10
	Sectio chaesarea	9	30
Breastfeeding Experience	Have	14	46,7
	experience Nothing	16	53,3

The results showed that there was an increase in breastfeeding self-efficacy before and after providing education through booklets. The mean score of breastfeeding self-efficacy at pretest and posttest increased by 3,266, namely the average pretest self-efficacy of breastfeeding was 47,90 to 51,16. The results of statistical tests with paired test showed p value 0,000 and CI 95% of 4,115; -2,417. This means that there is an effect of providing breastfeeding education on breast feeding self-efficacy in postpartum mothers in Klaten, Central Java, Indonesia.

Table 2. SEB Comparison before and after breastfeeding education with booklets

	Pretest Mean ±(SD)	Posttest Mean ±(SD)	Mean difference ±(SD)	CI 95%	t	p-value
SEB	47,90 ±(4,765)	51,16 ±(5,119)	-3,266 ±(2,273)	-4,115 -2,417	-7,871	0,000 (sig*)

DISCUSSION

The number of children or breastfeeding experience is a dominant factor in breastfeeding self-efficacy. Multipara's mother has experience in dealing with breastfeeding related problems so that it is easier and more responsive to solve problems that arise during breastfeeding. Multiparous who do not have

breastfeeding experience or fail to breastfeed certainly do not want to repeat this failure so that they have more preparation for the breastfeeding process which ultimately has an impact on breastfeeding confidence for the better ⁽⁸⁾. this study most of the respondents were of healthy reproductive age. This supports the ability and physical and psychological

maturity to support the breastfeeding process. Breastfeeding self-efficacy in adult mothers is influenced by education, support, or psychosocial⁽⁹⁾. Breastfeeding self-efficacy is defined as a mother's confidence in her ability to breastfeed her new baby and has been positively associated with breastfeeding duration and exclusivity in various cultures and age groups⁽¹⁰⁾.

From the respondent's research data, it was shown that mothers who had a history of breastfeeding were 47.6%, the rest had no experience of breastfeeding. However, the results of SEB after being given breastfeeding education have improved. This study is also in line which states that breastfeeding education affects the level of self-confidence and breastfeeding success. In this study, the media and education providers are also important things in this study. Good educational media also affects the understanding of information received by postpartum maternal patients. Communication skills are also very influential on the implementation of education with good communication skills, so you can be sure that breastfeeding education can run smoothly and can increase the understanding and trust of mothers to breastfeed their babies⁽¹¹⁾.

Based on the results of the study, it showed that there was a significant effect on providing breastfeeding education with booklets on breastfeeding self-efficacy in breastfeeding mothers. In providing breastfeeding education, researchers carried out gradually through booklets which were equipped with attractive and easy to understand pictures. Mothers are also taught how to do breast care and oxytocin massage. This study is in line with research which states that women who have made choices for breastfeeding need breastfeeding self-efficacy-based interventions starting from pregnancy to breastfeeding that combine various formats and models. Mothers with stronger confidence in their breastfeeding capacity were more likely to breastfeed exclusively for longer periods of time⁽⁹⁾.

Breastfeeding education and counseling were conducted in this study to help mothers have confidence in breastfeeding success. So that the mean SEB results between before giving education and after giving education have increased significantly. Supported by the opinion that states breastfeeding education and home visits and assistance are effective for the promotion and implementation of breastfeeding. The results of this study indicate that interactive education can improve maternal knowledge, breastfeeding practice management, breastfeeding self-efficacy, and infant growth⁽¹²⁾.

The limitation in this study is that respondents only provide education without involving other things such as cultural background and other things that affect breastfeeding self-efficacy in mothers.

CONCLUSION

There is a significant effect on providing breastfeeding education with booklets on the breastfeeding self-efficacy in postpartum mothers. This was indicated by an increase in the mean self-efficacy of breastfeeding before and after breastfeeding education with booklets with a p value of 0,000 ($> 0,000$), which means that providing education through booklets can increase breastfeeding self-efficacy.

Assistance in presenting education needs to be improved again. The breastfeeding booklet used for education has received a certificate of intellectual property rights. Therefore, it can be used by midwives or health promotion personnel to educate pregnant women and post-partum mothers to increase SEB in supporting the success of exclusive breastfeeding.

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