



## Exclusive Breastfeeding and The Importance of Breastfeeding Self-Efficacy in Working Women at Korpri Primary Health Care

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| Article Information                                                                       | ABSTRACT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <b>Article History</b><br>Received: 23-03-24<br>Revised : 26-03-24<br>Accepted : 30-05-24 | Exclusive breastfeeding in the first 6 months of life can reduce 13 of toddler deaths and is one of the dimension strategies to ameliorate the nutritive status and survival of toddlers. In 2020 exclusive breastfeeding until the baby is 6 months old in Indonesia is still low, videlicet only 15.3. Failure to give exclusive breastfeeding is frequently a problem for suckling maters. This problem can be caused by several factors, similar as knowledge, social support, tone- confidence to breastfeed, or suckling tone- efficacy( BSE). This study aims to determine the relationship between breastfeeding tone- efficacy( BSE) and the success of furnishing exclusive breastfeeding to working maters in the Korpri Health Center work area, Bandar Lampung City. This exploration uses across-sectional exploration design. The repliers in this study were postpartum maters in the Korpri Health Center working area in Bandar Lampung City. Samples were named using intentional slice ways and establishing addition and rejection criteria. The sample in this study was 50 repliers. The exploration results show that there's a significant relationship between breastfeeding tone- efficacy and exclusive breastfeeding for working maters. suckling tone- efficacy is a factor that must be considered by the government to increase exclusive breastfeeding content. |
| <b>Keywords:</b><br>Breastfeeding<br>Self-Efficacy<br>Working                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

### Introduction

Breastmilk is a source of maximum nutritional intake for babies up to 24 months of age and can provide physical and psychological health benefits for both mother and baby. Exclusive breastfeeding for 6 months is one of the main parts of the Sustainable Development Goals (SDGs), which is the world's global action plan to improve health by 2030. Indonesia's Department of Health using a multi-sectoral approach is required to accelerate stunting reduction in Indonesia to deliver an integrated nutrition intervention at critical periods during

the first 1,000 days of life. This intervention includes provision of adequate nutrients for pregnant mothers and children under two, appropriate exclusive breastfeeding and complementary feeding practices, growth monitoring, access to improved sanitation and drinking water, early childhood development, and promotion of good parenting practices. Exclusive breastfeeding for the first 6 months of life can reduce 13% of under-five deaths and is one of the measurement strategies to increase nutritional status and survival of children under five (Motee & Jeewon, 2014). Data from the

World Health Organization shows that 800,000 toddlers died in 2016 due to inadequate exclusive breastfeeding. So that the target of exclusive breastfeeding for 6 months by 2025 is 50% (Jama et al., 2020). The United Nations Children's Emergency Fund (UNICEF) also targets that every country must be able to reach the figure of 80% to reduce the impact of various health problems in children under five (Arif, Khan, Aslam, & Farooq, 2021).

Failure to provide exclusive breastfeeding often becomes a problem for breastfeeding mothers, especially for working mothers. This problem can be caused by several factors, such as knowledge, social support, self-confidence to breastfeed or breastfeeding self-efficacy (Chipojola, Chiu, Huda, Lin, & Kuo, 2020). Other factors such as social support provided by both family and health workers indicate that non-exclusive breastfeeding for babies is almost 3 times greater for mothers who have low social support (Lau, Lok, & Tarrant, 2018). Because of their poor BSE, mothers do not exclusively breastfeed. One of the factors that determines whether or not women are successful in providing exclusive breast milk is their perception that their milk supply is insufficient to meet their baby's demands. This perception is the primary cause of mothers not providing exclusive breast milk or quitting breastfeeding too soon. Additionally, studies indicate a connection between exclusive breastfeeding success and breastfeeding self-efficacy (BSE) (Economou et al., 2021).

The results of the 2020 Basic Health Survey in Indonesia indicate that only 15.3% of mothers in the country exclusively breastfeed their babies until they are six months old. In 2020, 59.4% of women in Lampung Province breastfed exclusively. According to the Bandar Lampung City Health Profile Data for 2021, 88.9% of women exclusively breastfed their children; this is a rise from 72.3% in 2020. The Korpri Community Health Center is one of the sub-districts where exclusive breastfeeding coverage falls short of the objective, according to statistics from the Bandar Lampung City Health Service. Just 50% of infants under six months old in the Korpri Community Health Center region receive exclusive breast milk.

Coverage of exclusive breastfeeding at the Korpri Community

Based on preliminary studies, no research has been conducted on breastfeeding self-efficacy and exclusive breastfeeding at the Korpri Primary Health Care. This is because the topic related to breastfeeding self-efficacy is not widely known by the community. Research is required to determine the percentage of exclusive breastfeeding in the area as well as the level of self-efficacy among mothers to breastfeed (breastfeeding self-efficacy) because Korpri Health Center is one of the health centers in Bandar Lampung City with low coverage of exclusive breastfeeding. The purpose of this study is to ascertain the correlation between working women's success in receiving exclusive breastfeeding care at the Korpri Health Center in Bandar Lampung City and their level of breastfeeding self-efficacy.

## **Method**

A cross-sectional research design is used in this study. There were 256 breastfeeding women in the Korpri Health Center work area in Bandar Lampung City who participated in this study as respondents. Purposive sampling was the method of sampling that was employed in this study. A minimum of 38 working women will make up the sample, which will consist of mothers in the Korpri Community Health Center area who are breastfeeding infants between the ages of 6 and 24 months. Applying the Slovin formula to determine the sample size. Postpartum moms between the ages of 6 and 24 months who lived in the Korpri Health Center's operating region, had a formal or informal job, and were willing to participate in the study were the inclusion criteria.

Data collection was done by The Breastfeeding Self-Efficacy Short Form (BSE-SF), a set of 14 questions designed to assess breastfeeding self-efficacy, was employed as the study's questionnaire (Awaliyah, Rachmawati, & Rahmah, 2019).

Bandura developed the Breastfeeding Self-Efficacy Scale-Short Form (BSES-SF) in 1997 as a questionnaire to assess breastfeeding self-efficacy. The BSES-SF is a very effective tool for assessing breastfeeding self-efficacy and is thought to be able to discern perceptions of a

mother during the breastfeeding process. BSES-SF is a questionnaire containing 14 statement items regarding beliefs and self-confidence regarding breastfeeding. Each item has a 5-point Likert scale and is then added up to obtain a total score ranging from 14 to 70. Siti Awaliyah's research in 2019 used the BSES-SF. If the total score was less than 55, it was categorized as low, and if the total score was more than 56, it was categorized as high (9). A mother can successfully breastfeed her infant if she gives exclusively breast milk for the first six months of life, without supplementing or swapping it out for other foods or beverages. Bivariate analysis makes use of basic logistic regression and the chi-square test, while univariate analysis uses a frequency table to characterize the characteristics of respondents.

## Results

Table 1. Characteristic of Respondent

| Variable                   | Amount | Percentage |
|----------------------------|--------|------------|
| <b>Mother's Occupation</b> |        |            |
| Lecturer                   | 6      | 15.8       |
| Teacher                    | 5      | 13.2       |
| Civil servant              | 5      | 13.2       |
| Private sector             | 22     | 57.8       |

Every respondent in this study was a mother who worked. Table 1 indicates that the majority of mothers work in the private sector; of the respondents, up to 22 (57.8%) are employed by private companies, and 6 (15.8%) are lecturers.

Table 2. Exclusive breastfeeding and breastfeeding self-efficacy percentage

| Variable                           | Amount | Percentage |
|------------------------------------|--------|------------|
| <b>Exclusive Breastfeeding</b>     |        |            |
| Yes                                | 14     | 36.8%      |
| No                                 | 24     | 63.2%      |
| <b>Breastfeeding Self-Efficacy</b> |        |            |
| High                               | 17     | 44.7%      |
| Low                                | 21     | 55.3%      |

Table 2 displays the percentage of exclusive breastfeeding as well as the level of nursing self-efficacy. There were 14 respondent (36.8%) who exclusively breastfed, and there were 24 respondent (63.2%) who did not exclusively breastfed. However, there were 17 respondent

(44.7%) who had high breastfeeding self-efficacy and 21 respondent (55.3%) who had low breastfeeding self-efficacy.

Table 3. The relationship between breastfeeding self-efficacy and exclusive breastfeeding

| BSE |      |     | P-value |
|-----|------|-----|---------|
|     | High | Low |         |
| EBF |      |     |         |
| Yes | 11   | 3   | 0.002   |
| No  | 6    | 18  |         |

Table 3 shows the relationship between exclusive breastfeeding and maternal breastfeeding self-efficacy. There were 11 mothers who gave exclusive breastfeeding and had high breastfeeding self-efficacy. Meanwhile, there were 18 mothers who did not give exclusive breastfeeding and had low self-efficacy. Based on the analytical results, it was determined that the p-value was less than 0.05 considered to be statistically significant, in which case the null hypothesis should be rejected. From this finding, there is a significant relationship between exclusive breastfeeding and breastfeeding self-efficacy. Respondent who have high breastfeeding self-efficacy more likely to give exclusive breastfeeding.

## Discussion

From the results of this study, it was found that most of the mothers work in the private sector as employees. This study also show that exclusive breastfeeding coverage in the Korpri Health Center in Bandar Lampung City area is 36.8%; this number is still far below the exclusive breastfeeding target for Bandar Lampung City. Based on Bandar Lampung City Health Profile data in 2022, it was found that several community health centers were able to reach up to 100 The Bandar Lampung City Government has also carried out colorful programs to increase the content of exclusive breastfeeding in Bandar Lampung City, such as by providing education about exclusive breastfeeding. Globally, coverage of exclusive breastfeeding in the world has also increased, as more and more people are aware of the importance of giving exclusive breastfeeding to

babies up to 6 months of age (Couto, Dias, & de Jesus Oliveira, 2020)

This exploration shows that breastfeeding self-efficacy is one of the factors related to a women 's success in furnishing exclusive breastfeeding for 6 months. This is in line with exploration by Lau et al.,( 2018) which also proved that breastfeeding tone- efficacy is an important predictor of the durability of breastfeeding. suckling tone- efficacy, or the mama 's tone- efficacy when breastfeeding, is an important variable in the success of exclusive breastfeeding, which will impact 1. whether a mother chooses to breastfeed as the asked system of feeding her baby; and 2. how important trouble she'll expend during breastfeeding. 3. Will the mother persist in her sweats until mastery is achieved? 4. Whether he has a tone- enhancing or tone- defeating mindset. 5. How he responds emotionally to breastfeeding difficulties (Piro & Ahmed, 2020).

Bandura describes that tone- efficacy is a person's capability to demonstrate a geste or do commodity and also tone- efficacy refers to an existent's belief in his or her capacity to execute actions necessary to produce specific performance attainments( De Roza et al., 2019). suckling tone- efficacy is also related to the mama 's perception of the acceptability of bone milk for her baby( Muchtar, Fatmasanti, Musni, & Novianti, 2021). A study illustrates that the position of tone- efficacy in breastfeeding is associated with a advanced position of success in the inauguration and durability of breastfeeding, as well as making maters suppose appreciatively when facing breastfeeding problems and face challenges in a more positive and effective way( Shafaei, Mirghafourvand, & Havizari, 2020). The results of Henshaw's exploration in 2015 showed that in addition to the breastfeeding ways tutored to someone who plays the part of a new mama , equal emphasis must also be given to the mama 's tone- confidence and positive perception of confidence in themselves as a person who's professed and effective in breastfeeding (Henshaw, Fried, Siskind, Newhouse, & Cooper, 2015). Maternal self-confidence is an important factor for a mother to continue breastfeeding her baby. Positive Comprehensions about the mama herself when

breastfeeding and the mama 's tone- efficacy determine the durability of breastfeeding (Wati, Sunarsih, & Daryanti, 2020).

Suckling satisfaction is a feeling of satisfaction attained during breastfeeding performing from a good relationship between mother and baby to fulfill solicitations or requirements. Education and creation of exclusive breastfeeding handed by professional health workers, whether doctors, midwives, or nurses, can be a factor that drives the success of exclusive breastfeeding programs (Jamaludin et al., 2022). Incident by a health service provider or breastfeeding counselor from the morning of gestation until after birth must be enforced so that mater admit information about exclusive breastfeeding( Balogun, Dagvadorj, Anigo, Ota, & Sasaki, 2015).

So far, the development of knowledge related to breastfeeding self-efficacy has developed very rapidly. Research by Chipojola et al., (2020) shows that BSE development is going relatively well. Increasing the self-efficacy of breastfeeding mothers through intervention at the individual level. Recent study assessing individual- position interventions suggests that they calculate on structural conditions that produce lesser conditions for supporting successful breastfeeding, similar as the perpetration of baby-friendly sanitarium programs. May be important for the success of the intervention. A recent control comparison intervention in Japan set up that individual-focused interventions were effectively affected (Henshaw et al., 2015).

Problems during breastfeeding most often occur during the postpartum period, making mothers experience a bad experience when breastfeeding (Zulkarnaini, Hernita, & Ardilla, 2023). The most common problems are the feeling of not having enough breast milk, sore nipples, mastitis, breast abscesses, and breast milk blockages. This problem causes pain for breastfeeding mothers, so it is not uncommon for some mothers to stop breastfeeding because of the pain they experience (Shafaei et al., 2020). Breastfeeding requires quite a struggle for a mother, especially for new mothers. Enhancing mothers' self-efficacy in nursing, particularly for working mothers, can be one of the many

effective strategies to raise the incidence of exclusive breastfeeding.

This research has limitations, namely the small number of respondents and data collection which was only carried out at one community health center. It is hoped that there will be further research that can examine on a larger scale and in a wider area.

### **Conclusion**

This exploration shows that one of the factors that influences exclusive breastfeeding is BSE. For working mothers, BSE is veritably important. Working mothers, apart from having to get support from their husbands, from the workplace, and from health workers, must also get support to increase BSE. Further research is needed to find effective ways to increase BSE in breastfeeding mothers, especially working mothers.

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