



# THE RELATIONSHIP BETWEEN SELF-EFFICACY AND BREASTFEEDING IN POST-CESAREAN SECTION MOTHERS USING THE ERACS METHOD AT HARAPAN & DOA HOSPITAL, BENGKULU CITY

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## **Abstract**

Harapan dan Doa Regional Hospital in Bengkulu provides cesarean section services using ERACS design. One of the main challenges after surgery is achieving exclusive breastfeeding, which could be affected by psychological factors example, self-efficacy. This study aimed to determine correlation among self-efficacy also breastfeeding between post-cesarean mothers undergoing the ERACS method at Harapan dan Doa Regional Hospital in 2025. Research utilized cross-sectional models also 75 respondents selected through total sampling based on inclusion also exclusion indicators. Data gathered utilized questionnaires also analyzed with chi-square at a significance level of  $\alpha=0,05$ . Analysis revealed no significant association among age or parity also breastfeeding. However, significant correlation was tracked among self-efficacy and breastfeeding ( $p=0.029$ ). Self-efficacy plays an important role in breastfeeding success among post-cesarean mothers using the ERACS method. Hospitals are advised to provide interventions such as counseling, healthcare support, and family involvement to enhance maternal self-efficacy and encourage breastfeeding.

**Keywords:** Self-Efficacy, Post-Cesarean Section, ERACS Method, Age, Parity, Breastfeeding.

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## **INTRODUCTION**

The postpartum period begins approximately two hours after delivery and ends when the reproductive organs return to their pre-pregnancy state, which generally lasts for 42 days. Postpartum complications can range from baby blues to postpartum depression. These postpartum complications negatively impact both mother and baby, and the problems experienced by the mother can impact the baby's well-being. The baby's basic needs for breast milk and care will not be met optimally, which can increase morbidity and mortality (Walyani and Purwoastuti, 2022).

Effective breastfeeding can improve infant health and survival. The United Nations Children's Fund (UNICEF) and the World Health Organization (WHO) recommend initiating breastfeeding within the first hour of birth, followed by exclusive breastfeeding for six months, and continuing breastfeeding until two years of age or beyond. Approximately 44% of infants aged 0-6 months worldwide received

exclusive breastfeeding between 2015 and 2020. Optimal breastfeeding is crucial, as it can save the lives of more than 820,000 children under five each year (WHO, 2023).

In 2023, the percentage of infants receiving exclusive breastfeeding nationally reached 63.9%, still below the program's target of 80%. The province with the highest exclusive breastfeeding coverage was West Nusa Tenggara at 80.3%, while West Papua recorded the lowest rate at 10.9%. Bengkulu Province ranked 13th with a percentage of 66.5% (Indonesian Health Profile, 2023).

Based on data from the Bengkulu Provincial Health Office, the coverage of exclusive breastfeeding in Bengkulu reached 68% in 2021. This figure increased to 69% in 2022, but decreased to 63.9% in 2023. In 2022, Bengkulu City ranked fourth lowest in exclusive breastfeeding coverage among the 10 districts and cities in Bengkulu Province, with a percentage of 58.14% (Bengkulu City Health Profile, 2023).

One of the successes of providing exclusive breastfeeding to babies is shown by self-efficacy confidence (mothers who feel they do not have sufficient breast milk production to meet the baby's needs are the main factor for mothers not providing exclusive breastfeeding or stopping breastfeeding prematurely (Masri, Suhartatik and Syam, 2022).

Mothers who have had a cesarean section are 41% more likely to not exclusively breastfeed their babies. The incidence of non-initiation of breastfeeding among women who delivered vaginally was 35.34%, compared to 50.49% among those who delivered by cesarean section. Women who underwent cesarean section had a higher risk of not exclusively breastfeeding within three days of delivery.

The growing public interest in cesarean sections has also led to an improvement in perioperative care. To enhance the clinical benefits of cesarean sections, Enhanced Recovery After Cesarean Section (ERACS) is an effective approach. ERACS, a rapid recovery program after cesarean sections and postoperative care until patient discharge, is also used in various hospitals. Previous research has shown a correlation between breastfeeding success and the ERACS delivery method, indicating a link between self-efficacy and breastfeeding (Khoirunnisa, 2023).

Harapan dan Doa Hospital (RSHD) is a hospital owned by the Bengkulu City Government which was established in 2013. RSUD Harapan dan Doa Kota Bengkulu meets the classification of Class C General Hospital and RSUD Harapan dan Doa Kota Bengkulu obtained a Hospital Accreditation Certificate from the Hospital Accreditation Commission (KARS) and was declared to have passed the

intermediate level (three stars). One of the services provided by RSUD Harapan dan Doa is a type of cesarean section operation using the ERACS method.

Based on preliminary data obtained by researchers, ERACS operations at Harapan and Doa Hospital (RSHD) Bengkulu City in 2023 were 233 patients (55.4%) and increased in 2024 to 294 patients (63.3%) with a length of care for post-ERACS clients for 1-3 days. After conducting an initial survey on 5 Post-Cesarean Section mothers regarding Self-Efficacy, 4 mothers (80%) of the 5 mothers did not know what Self-Efficacy was and still lacked confidence in providing breast milk to their babies.

Based on the description above, an explanation is needed regarding whether there is a relationship between maternal efficacy in providing breast milk to post-cesarean mothers and the ERACS method. Therefore, the researcher is interested in raising the title, namely the Relationship of Self-Efficacy to Breastfeeding in Post-cesarean Mothers Using the ERACS Method at RSHD Bengkulu City in 2025.

## METHODS

This study used an observational analytical design with a cross-sectional approach, which aimed to examine the relationship between self-efficacy and breastfeeding in post-cesarean section mothers undergoing the ERACS method. The study population consisted of all post-cesarean section mothers at RSHD Bengkulu City. A total of 75 respondents who met the inclusion criteria were selected using purposive sampling.

Breastfeeding Self-Efficacy Scale–Short Form Questionnaire (BSES-SF) is used to measure Self-Efficacy Mothers. Breastfeeding was assessed using categorical data (given and not given). Data collection was conducted through direct interviews and questionnaires. For data analysis, univariate statistics were used to describe the characteristics and variables of respondents, while bivariate analysis with the Chi-Square test was used to determine the relationship between Self-Efficacy mother and breastfeeding. The level of significance was set at  $p < 0.05$ .

## RESULTS AND DISCUSSION

The respondents for this study were 75 breastfeeding mothers at the RSHD in Bengkulu City. Respondent characteristics included maternal age, parity, breastfeeding status, and self-efficacy, which can be analyzed in the following table:

Table 1.1 Frequency Distribution of Characteristics of Age, Parity, Self-Efficacy, and Breastfeeding in Post-Cesarean Section Mothers Using the ERACS Method at RSHD, Bengkulu City (n=75)

Characteristics	Frequency	Percentage(%)
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<b>Age Mother</b>		
<20 years	5	6.7%
20-35 years	62	82.7%
>35 year	8	10.7%
<b>Parity</b>		
Primipara	26	34.7%
Multipara	49	65.3%
<b>Self Efficacy</b>		
Low	48	64%
High	27	36%
<b>Breastfeeding</b>		
Given breast milk	61	81.3%
breast milk with additional other foods	14	18.7%
<b>Total</b>		<b>100%</b>

Based on table 1.1 of the total respondents of 75 people, as many as 61 people (81.35) people mean almost all of them who give breast milk and show the age of 20-35 years give breast milk, namely 51 people, the majority (68%). As many as 61 people (81.35) means Most of the people who give breast milk are mothers with multiparity, namely 40 people, the majority (53.3%).

Self-efficacy of post-cesarean section mothers using the ERACS method at RSHD Bengkulu City is quite low with a low category of 48 or (64%) and a high category of 27 or (36%) post-cesarean section mothers using the ERACS method at RSHD Bengkulu City. Most of the mothers breastfeed their babies. The percentage of mothers who breastfeed without additional food reaches 81.3%, or 61 people.

In this study, the Chi-Square test was used to test the relationship between the independent variables, namely (self-efficacy) and the dependent variable (breastfeeding) at a significance level of 95% ( $\alpha=0.05$ ).

Table 1.2 Relationship between Self-Efficacy and Breastfeeding in Post-Cesarean Section Mothers Using the ERACS Method at RSHD, Bengkulu City (n=75)

		<u>Giving breast milk</u>					Total	P
		Breast milk with other additions		Given breast milk				
		N	%	N	%	N	%	
<i>Self-Efficacy</i>	Low	13	17.3	35	46.7	48	64.0	0.029
	High	1	1.3	26	34.7	27	36.0	
Total		14	18.7	61	81.3	75	100.0	

Based on Table 1.2, of the total 75 respondents, as many as 48 people (64.0%) almost all of them have low self-efficacy and those who give breast milk are 35 people almost half (46.7%) and those who do not give breast milk are 13 people a small portion (17.3%) who do not give breast milk. Mothers who have high self-efficacy are 27 people almost half (36%) and those who give breast milk are 26 people almost half (34.7%) and those who do not give breast milk are 1 person a small portion (1.3%). The results of the Chi-Square statistical test show a p value  $<0.05$  (0.029), which means  $H_0$  is rejected, thus there is a significant relationship between self-efficacy and breastfeeding in post-cesarean section mothers with the ERACS method.

## CONCLUSION

The general characteristics of the respondents in the study revealed that the majority of respondents were aged 20-35 years (62), meaning the majority of mothers underwent post-cesarean section (ERACS) at RSHD Bengkulu City. Infants were 0-3 days old. The average parity of post-cesarean section (ERACS) babies at RSHD Bengkulu City was primiparous (36), representing nearly half of the respondents, and multiparous (49), representing nearly half.

The level of maternal self-efficacy was found to be low (48). Most post-cesarean section mothers (61) at RSHD Bengkulu City breastfed their babies. There was a correlation between self-efficacy and breastfeeding, with a correlation coefficient of 0.029, indicating a moderate and positive correlation. A positive correlation indicates that higher self-efficacy in breastfeeding leads to higher breastfeeding rates.

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## DECLARATION OF INTEREST STATEMENT

State if there is any competing interest of any sort. If there is no financial interest, use the following format: The authors declare that they have no conflict of interests.

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