



FACTORS AFFECTING THE EFFICACY OF BREASTFEEDING IN PUBLIC MOTHERS IN BERINGIN RAYA PUSKESMAS BENGKULU CITY

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Abstract

Efficacy is the mother's confidence in breastfeeding. Breastfeeding self-efficacy can determine the mother's desire to breastfeed the baby or not, self-efficacy as a form of effort made to breastfeed and efforts in dealing with breastfeeding problems. One of the factors that influence the provision of Exclusive Breastfeeding includes self-efficacy, parity, husband's role, work and socio-economics. Bengkulu City is the city with the lowest breastfeeding coverage out of 9 cities and districts in Bengkulu province in 2022 at 38%. The purpose of this study was to determine the effect of parity, education, work, and husband's support on breastfeeding efficacy in postpartum mothers at the Beringin Raya Health Center in Bengkulu City. This type of research is descriptive research with a cross-sectional approach. The sampling technique uses a purposive sampling technique, so that the determination of the sample in this study uses certain criteria or objectives. The sample obtained was 97 postpartum mothers, data collection using a questionnaire that was distributed directly. The analysis was carried out univariately, bivariate using the Chi Square test and multivariate using logistic regression with the help of the SPSS program. The results of statistical tests on parity factors ($p = 0.790$), education ($p = 0.464$), employment ($p = 0.232$) and husband's support ($p = 0.000$). So it can be concluded that there is no significant relationship between parity, education and employment factors. There is a significant relationship between husband's support and breastfeeding efficacy with a value of $p = 0.000$, QR value = 3.84.

Keywords: Efficacy of Breastfeeding Mothers, Parity, Education, Work, Husband's Support

INTRODUCTION

Breastfeeding self-efficacy refers to a mother's confidence in her capacity to successfully breastfeed, as well as her efforts to address breastfeeding issues. Higher levels of nursing self-efficacy can help moms succeed with breastfeeding since they feel more equipped and self-assured to deal with any issues. Low breastfeeding self-efficacy, on the other hand, might worsen anxiety and uncertainty, which can hinder breastfeeding success. According to a number of earlier studies, nursing behavior (breastfeeding activity), breastfeeding length, and exclusive breastfeeding success are all substantially correlated with breastfeeding self-efficacy. Thus, one of the crucial elements that

needs to be taken into account in order for breastfeeding to be successful is nursing self-efficacy. (Yuliani et al., 2022).

For a minimum of six months, the Indonesian Pediatrician Association (IDAI) advises exclusive breastfeeding. According to Government Regulation No. 33/2012, newborns only receive breast milk for the first six months of their lives; they are not allowed to consume any other food or beverages other than medication, vitamins, and minerals. Furthermore, Minister of Health Regulation No. 25/2014 governs health services for infants and children, including full basic vaccinations, child health monitoring, and exclusive breastfeeding until six months of age, breast milk until two years of age, and complementary foods beginning at six months of age. (Jaya & Pratiwi, 2022) and (Ministry of Health RI, 2022).

There are several factors associated with exclusive breastfeeding including self-efficacy, parity, husband's role, occupation and socio-economic. Among these factors the most influential self-efficacy in exclusive breastfeeding. Breastfeeding self-efficacy is said to increase when the mother is confident in herself in providing breast milk and vice versa, if the mother is not confident that she can breastfeed, the mother's self-efficacy level will also be low (Jaya & Pratiwi, 2022).

Based on Riyanti's research, it shows that the mother's desires, beliefs and perceptions regarding the baby's satisfaction when breastfeeding, the support of her husband and parents encourage the success of exclusive breastfeeding. Meanwhile, mothers' strong beliefs and perceptions about breastfeeding are the strongest positive determinants for breastfeeding success (Riyanti et al., 2019).

The smooth production of breast milk is influenced by many factors such as frequency of breastfeeding, baby's weight at birth, gestational age at birth, mother's age and parity, stress and acute illness, early initiation of breastfeeding, presence of smokers, alcohol consumption, breast care, use of contraceptives, nutritional status. Besides that, wrong breastfeeding techniques, baby's condition, mother's nutritional intake, side effects of certain drugs, lifestyle factors that are not good, physical and psychological mother, (R & Sitorus, 2020). This research conducted by Aquilina (2019) states that mothers who work after giving birth have a low level of self-efficacy while mothers who stay at home. Mothers who return to work have two roles, namely the role of mother and also the role of worker. Both of these roles are a challenge for breastfeeding mothers where patience, attitude and a very high level of self-efficacy are needed in order to facilitate the continuation of breastfeeding (Karmila et al., 2022).

Bengkulu City is the city with the lowest breastfeeding coverage out of a total of 9 districts or cities in Bengkulu province in 2015, amounting to 38%. Based on data from the Bengkulu City Health Service in 2021, there are 3 community health centers that have not achieved the target of initiating

early breastfeeding for new babies. births include the Beringin Raya Care Health Center with a percentage of 1.5% of the 130 newborns but 2 babies have received early breastfeeding initiation (IMD). Followed by the Sawah Lebar Community Health Center with a percentage of 10.9% of the 220 newborns but the 24 babies have received early breastfeeding initiation (IMD) and are in third place at the Kampung Bali Community Health Center with a percentage of 14.8% of the 546 newborns, but 81 babies have received Early Breastfeeding Initiation (IMD) (Bengkulu City Health Service, 2021).

Apart from that, the results of the initial survey conducted at Midwives Armainis and Rudiwati were 12 pregnant women in the third trimester who came for routine pregnant women's examinations wanting to give their babies exclusive breast milk, but it was still found that 9 people did not know how to increase breast milk production. All of them had received information about exclusive breastfeeding but felt dissatisfied with the counseling they had received because the methods and media used were less interesting. Three pregnant women are more interesting and comfortable if the resource person is a mother who has successfully provided exclusive breastfeeding, so they will be more comfortable asking further questions.

Based on the description above, researchers are interested in conducting research on "Factors that Influence the Efficacy of Postpartum Women at the Beringin Raya Community Health Center, Bengkulu City".

MATERIAL AND METHODS

This type of research is a descriptive study using a cross sectional approach. This research was conducted at the Beringin Raya Community Health Center, Bengkulu City, which is located at Jl. Beringin Raya, Kandang Limun Village, Muara Bangka Hulu District, Bengkulu City and this research was conducted in May 2023. The variables in this study consisted of independent variables consisting of education, parity, employment, and husband's support, then the dependent variable, namely breastfeeding self-efficacy . The sampling technique in this research uses a purposive sampling technique, so that the sampling in this research uses certain criteria or objectives. Sampling criteria in this study are as follows: Postpartum mother at the Beringin Raya Community Health Center, Postpartum mothers at the Beringin Raya Health Center who breastfeed inclusively, Postpartum mothers who are willing to be research respondents.

The samples obtained from total sampling technique were 97 postpartum mothers, then the data collection technique used in this research used a questionnaire that was distributed directly. Analysis was carried out univariately, bivariately using the Chi Square test and multivariately using logistic regression with the help of the SPSS program.

The self-efficacy questionnaire has been tested for validity and reliability, showing a Cronbach Alpha value of $0.85 > 0.70$, meaning that the questionnaire items can be said to be valid and reliable, so the researcher does not conduct validity and reliability tests again (Intan, 2018), and the questionnaire has been modified by (Risti, 2015).

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RESULTS AND DISCUSSION

Table 1: Results of Frequency Distribution of Education, Parity, Occupation, Husband's Support and Efficacy of Breastfeeding Mothers in Postpartum Mothers at the Beringin Raya Health Center in Bengkulu City

Variable	Frequency (n=97)	Percentage (100%)
Education		
SD	3	3,1
JUNIOR HIGH SCHOOL	17	17.5
SMA/SMK	55	56,7
College Tall	22	22,7
Parity		
Primipara	29	29,9
Multiparous	67	69,1
grands	1	1.0
Work		
Work	50	51.5
No Work	47	48.5
Support Husband		
Support Tall	77	79.4
Support low	20	20,6
Efficacy		
Tall	79	81.4
Low	18	18,6

Based on table 1 shows that most of the respondents have high school/vocational school education (56.7%), the results also show that some respondents (69.1%) parity with multiparas, who work (51.5%), high husband support (79.4%) and high efficacy (81.4%).

Table 2 : Correlation between Education, Parity, Occupation, and Husband Support with Efficacy of Breastfeeding Mothers in Postpartum Mothers at Beringin Raya Health Center, Bengkulu City

Variables	Efficacy of Breastfeeding Mothers				Total		CI (95%)	X ²	P = values
	Low		Tall		F	P%			
	F	P%	F	P%					
Education									
SD	0	0.00	3	100	3	100	1,353	0.470	0.464
JUNIOR	1	6,25	15	93.75	16	100	(0.447-		
HIGH	11	20.0	44	80.0	78	100	4.087)		
SCHOOL	5	21.74	18	78.26	23	100			
SMA/SMK									
College									
Parity									
Primipara	6	20,69	23	79,31	29	100	1,352	0.470	0.790
Multiparous	11	16,42	56	83.58	67	100	(0.447-		
Grandepara	0	0.00	1	100	1	100	4.087)		
Work							0.519	1,429	0.023
Doesn't	6	12.77	4	87,23	47	100	(0.175-		
work	11	2	30	78.00	50	100	1.539)		
Work		2.00							
Husband's									
Support	13	65.00	7	35.00	20	100	33.89	39,28	0.000
Low	4	5,19	73	94.81	77	100	(8,675-		
Support							132,425)		
High									
Support									

Based on the results of Bivariate Analysis in table 2 shows that as big (80.00%) Mother with education intermediate own efficacy breast-feed Which tall. Results test *Chi-Square* obtained mark $p=0.464$ ($p>0.05$). so that it can be concluded that there is no educational relationship with efficacy breastfeeding with an OR value of 0.250 which means education SD / SMP chance 0.25 times more tall own efficacy breast-feed compared to education SMA/SMK, College Tall.

Based on the results of Bivariate Analysis in table 3 shows that (83.58%) of multiparous mothers had high breastfeeding efficacy. Results test *Chi-Square* obtained mark $p=0.790$ ($p>0.05$), so that can concluded means No There is connection parity with efficacy breast-feed with an OR value of 1.352 which means parity multiparas have a 1.3 times chance breastfeeding mothers have higher self-efficacy than primiparous parity grande.

Based on the results of Bivariate Analysis in table 4 show that from primary school working mothers (78.00%) working mothers have higher breastfeeding efficacy tall. The results of the *Chi-Square* test obtained a value of $p = 0.023$ ($p < 0.05$), so it can be concluded that there is a relationship between work and breastfeeding efficacy own mark OR 0.519 which mean respondents do not have the opportunity to work 0.51 time more tall own efficacy self Mother breast-feed compared to respondents Which Doesn't work.

Based on the results of Bivariate Analysis in table 5 shows that as big (94.81%) Mother with support husband tall own efficacy breastfeeding is high. The results of the *Chi-Square test* obtained a value of $p = 0.000$ ($p < 0.05$), so that it can be concluded that there is a relationship between husband support and efficacy of breastfeeding mothers with an OR value of 33.84, which means mothers who have High husband support has a 33.8 times chance of having breastfeeding mother efficacy tall compared to husband support low.

Table 3 : The Most Dominant Factors on Self-Efficacy in Breastfeeding Mothers at the

Variable	B	SE	Wald	Df	Sig.	OR (CI 95%)
Work	-1.708	0.871	3.843	1	0.050	0.519 (0.175-3.841)
Support	4.076	0.864	22.243	1	0.000	33.89 (8.675- 132.425)

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Based on table 3, the results of the final modeling logistic regression test analysis show that husband's support shows a p-value < 0.05 (alpha) with an Exp(B) value of 33.89. The results of the final modeling Multivariate Analysis showed that the most dominant factor was Husband's Support

DISCUSSION

Relationship between Education and Self-Efficacy of Breastfeeding Mothers

Based on the results of the Univariate Analysis, it showed that out of 97 postpartum mothers, most of them were SMA/SMK respondents, 77 tertiary institutions (79.4%) so that it can be concluded that SMA/SMK education has high efficacy in breastfeeding mothers because the results showed that low maternal education would influence the mindset and decisions that will be taken by the mother regarding her health. Mothers with secondary education will understand the steps they can take to maintain their health and that of their children.

Based on the results of the bivariate analysis, it shows that (94.73%) SD and SMP have high efficacy of breastfeeding mothers. The results of the Chi-Square test obtained a value of $p = 0.464$

($p > 0.05$), so it can be concluded that there is no relationship between education and the efficacy of breastfeeding mothers by having a QR value of 7.81, which means that elementary, junior high school education has a chance of 7.8 times higher have self-efficacy for breastfeeding mothers compared to high school/vocational high school, university education.

Other results show that education is one of the factors that influence the self-efficacy of postpartum breastfeeding mothers. So it can be concluded that education is not related or significant with the self-efficacy of postpartum breastfeeding mothers. Research by Febriyanti and Ernawati (2014) explains that mothers who receive or understand information well and pay attention to it will behave well and have the opportunity to provide exclusive breastfeeding even though breastfeeding mothers have a low level of education, so it can be concluded that a person's high and low education has nothing to do with self-efficacy.

This study shows the results that high school/vocational school education levels have high self-efficacy in breastfeeding mothers, this is different from research conducted by Ratnawati (2013) who explained that higher education levels have high self-efficacy in nursing mothers, this statement supports Rozikhan's research (2021) explained that respondents with higher education were better able to use their understanding in responding to an incident adaptively compared to groups of respondents with low education.

The Relationship between Parity and Self-Efficacy of Breastfeeding Mothers

Based on the results of Univariate Analysis, it shows that of the 97 postpartum mothers, the majority of respondents, 67 (69.1%) respondents with multiparous parity, had high self-efficacy. The results of this study show that multiparous parity has an influence on the efficacy of postpartum mothers breastfeeding at the Beringin Raya Community Health Center, because multiparous parity has more experience than primiparous parity in the efficacy of postpartum mothers breastfeeding at the Beringin Raya Community Health Center.

Based on the results of the bivariate analysis, it showed that multipara parity (83.58%) had high efficacy of breastfeeding mothers. The results of the Chi-Square test obtained a value of $p = 0.790$ ($p > 0.05$), so it can be concluded that there is no relationship between parity and the efficacy of breastfeeding mothers by having a QR value of 5.99, which means that multipara parity has a 5.9 times higher chance of having self-efficacy breastfeeding mothers compared to parity primipara grande.

Research conducted by Muaningsih (2014) shows that multiparous mothers have high breastfeeding self-efficacy scores compared to primiparous mothers. Mothers who have direct breastfeeding

experience tend to be more confident in continuing to breastfeed their babies. Previous research contrasts with research by Polwandari and Wulan from (2021) which explains that paritas grande has high efficacy in breastfeeding mothers.

Research conducted by Rahayuningsih (2013) shows that parity has no influence on the efficacy of breastfeeding mothers, because experience before becoming a mother does not necessarily contribute to building strong confidence in building one's self-efficacy. The results of this study indicate that multipara parity has high self-efficacy.

The Relationship between Work and the Efficacy of Breastfeeding Mothers

Based on the results of the Univariate Analysis, it showed that from 97 postpartum mothers. Most of the 50 respondents (51.5%) working mothers have high self-efficacy because the research results show that working mothers can have two roles, namely as a mother and also the role of worker. Both roles can be carried out by respondents well, so that working mother respondents have high self-efficacy in breastfeeding.

Based on the results of the bivariate analysis, it shows that (87.23%) not working has a high breastfeeding mother's efficacy. The results of the Chi-Square test obtained a value of $p=0.023$ ($p<0.05$), so it can be concluded that there is a relationship between work and the efficacy of breastfeeding mothers with an OR value of 3.84, which means that respondents who do not work have a 3.8 times higher chance of having efficacy. breastfeeding mothers compared to working respondents.

Work can affect the efficacy of breastfeeding mothers, and the results of this study used the chi-square test and work variables with efficacy. Based on the results of the analysis of the work of mothers with high levels of maternal self-efficacy, in providing exclusive breastfeeding, it was found that mothers who had less than or equal to 7 working hours had a moderate level of efficacy. The results of this research are supported by research conducted by Wartami (2020) which explains that working mothers have a high level of efficacy compared to mothers who do not work. Working mothers are required to leave their babies for long periods of time.

The previous statement was also supported by Ariani's research (2010) which explained that postpartum mothers who work can breastfeed well, because working mothers will continue to provide exclusive breastfeeding, namely by giving expressed milk to their babies when the mother is working. Babies are breastfed before going to work and during the day or during breaks the mother comes home for a while to breastfeed the baby until they are full, or give breast milk that

has been expressed at the workplace. When the mother is at home, breastfeed the baby as often as possible and breastfeed a lot at night.

Relationship between Husband's Support and Efficacy of Breastfeeding Mothers

Based on the results of the univariate analysis, it showed that from 97 postpartum mothers. Most of the respondents 77 (79.4%) received high husband support and had high breastfeeding mother efficacy because the majority of respondents had husbands with secondary education levels, so they had good knowledge about health and were therefore able to provide high support.

Based on the results of the bivariate analysis, it shows that (94.81%) husband's support has high breastfeeding mother's efficacy. The Chi-Square test results obtained $p = 0.000$ ($p < 0.05$), so it can be concluded that there is a relationship between husband's support and mother's efficacy breastfeeding with an OR value of 3.84, which means that high husband support is 3.8 times more likely to have self-efficacy for breastfeeding mothers than low husband support.

The results showed that husband's support was one of the strong factors or candidates that influenced postpartum mothers to have high efficacy for breastfeeding. Research by Warren et al., (2017) explained that high self-efficacy and strong husband support for breastfeeding mothers will increase exclusive breastfeeding. Social support and positive feedback about the mother's performance, especially from her partner and the mother, are positively associated with increasing the mother's confidence in baby care skills in the puerperium period.

The previous statement is supported by Rokhmah's research (2022) explaining that partner support is something that is very supportive for someone in all respects. Because spouses are people who are in contact with mother and child almost every day, which will provide many opportunities for forms of influence to occur, whether intentional or unintentional. Mothers whose partners support and care for them will be able to continue to breastfeed.

The most dominant factor in influencing the Self-Efficacy of Breastfeeding Mothers

Based on the final modeling logistic regression test that husband's support is the most dominant factor on efficacy with a value of $p = 0.000$ that husband's support is the dominant factor in influencing self-efficacy in postpartum mothers who breastfeed. The husband is a person who is in contact with the mother almost every day, which will have an influence, whether intentional or unintentional. Therefore, high self-efficacy and strong husband support for breastfeeding mothers will increase exclusive breastfeeding.

CONCLUSION

The results of the research entitled "Factors that Influence the Efficacy of Breastfeeding in Postpartum Mothers at the Beringin Raya Community Health Center, Bengkulu City" concluded that: the highest parity is multipara, the occupation is a housewife, the highest education is high school, there is 1 relationship, namely Husband's Support and Mother's Breastfeeding Efficacy, and the most dominant factor influencing breastfeeding efficacy is Husband's Support

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