

## THE ROLE OF BREASTFEEDING SELF-EFFICACY IN SMOOTH BREASTFEEDING IN BREASTFEEDING MOTHERS IN THE STATE HEALTH CENTER AREA, NORTH LAMPUNG: A CROSS-SECTIONAL STUDY

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### Abstract

Exclusive breastfeeding is the provision of breast milk to infants aged 0-6 months without being given additional food or drink other than drugs for therapy (treatment of disease). Exclusive breastfeeding is a form of public health behavior, behavior influenced by predisposing factors, such as knowledge, individuals, attitudes, self Efficacy, traditions, social norms, and other elements contained in individuals and society. The achievement of exclusive breastfeeding in North Lampung district in 2021 was 61.5% with a total of 3,904 babies. Meanwhile, in 2022 it fell to 57.9% with 1,949 babies. The number of exclusive breastfeeding achievements in 2022 in the Gedung Negara health center area is 65%. The achievement target in 2023 is 57%, the achievement in TW II in the Gedung Negara Health Center area is 44%. Design of this research Analytical observational study with cross sectional approach. By purposive sampling technique obtained a sample of 32 respondents, independent variables Breastfeeding Self Efficacy using a questionnaire BSES-SF (Breastfeeding Self Efficacy Scale-Short Form) and the dependent variable Smooth Breast Milk with questionnaire. Used statistical tests chi-square to determine the relationship between the two variables. The results of the study from 32 respondents were obtained by most respondents of the High Breastfeeding Self Efficacy criteria as many as 20 respondents (62.5%). And found most respondents of the smooth breast milk criteria as many as 18 respondents (56.3%). Analyzes using Chi-Square statistical test obtained the results of  $p = 0.01 < 0.05$  then  $H_0$  was rejected and  $H_1$  accepted which means there is a relationship between breastfeeding self efficacy on smooth breast milk in breastfeeding mothers in the region Gedung Negara Health Center. Changes in mindset and self-motivation greatly affect the habits and parenting styles for mothers and babies. Family and environmental support is needed to build self-motivation or good self-confidence for mothers during the breastfeeding process.

**Keywords:** Breastfeeding self Efficacy, Smooth Breast Milk

### Introduction

A study from Brown University found some evidence that breastfeeding is good for the baby's brain. The study used *Magnetic Resonance Imaging (MRI)* to see the growth of the baby's brain (Liu et al., 2023; Nyaradi et al., 2015). Researchers found that at the age of 2 years, those who received exclusive breastfeeding for at least three months experienced better development compared to children who were only given formula milk or a combination of breastfeeding and formula milk (Aulia et al., 2023). According to the results of the study, the most prominent addition is in the part of the brain related to language, emotions, and cognitive abilities (Dr. Nurmiati et al., 2022).

Exclusive breastfeeding coverage According to WHO, exclusive breastfeeding coverage in 2018 worldwide was only around 36% during the period 2007-2014. The proportion of exclusive

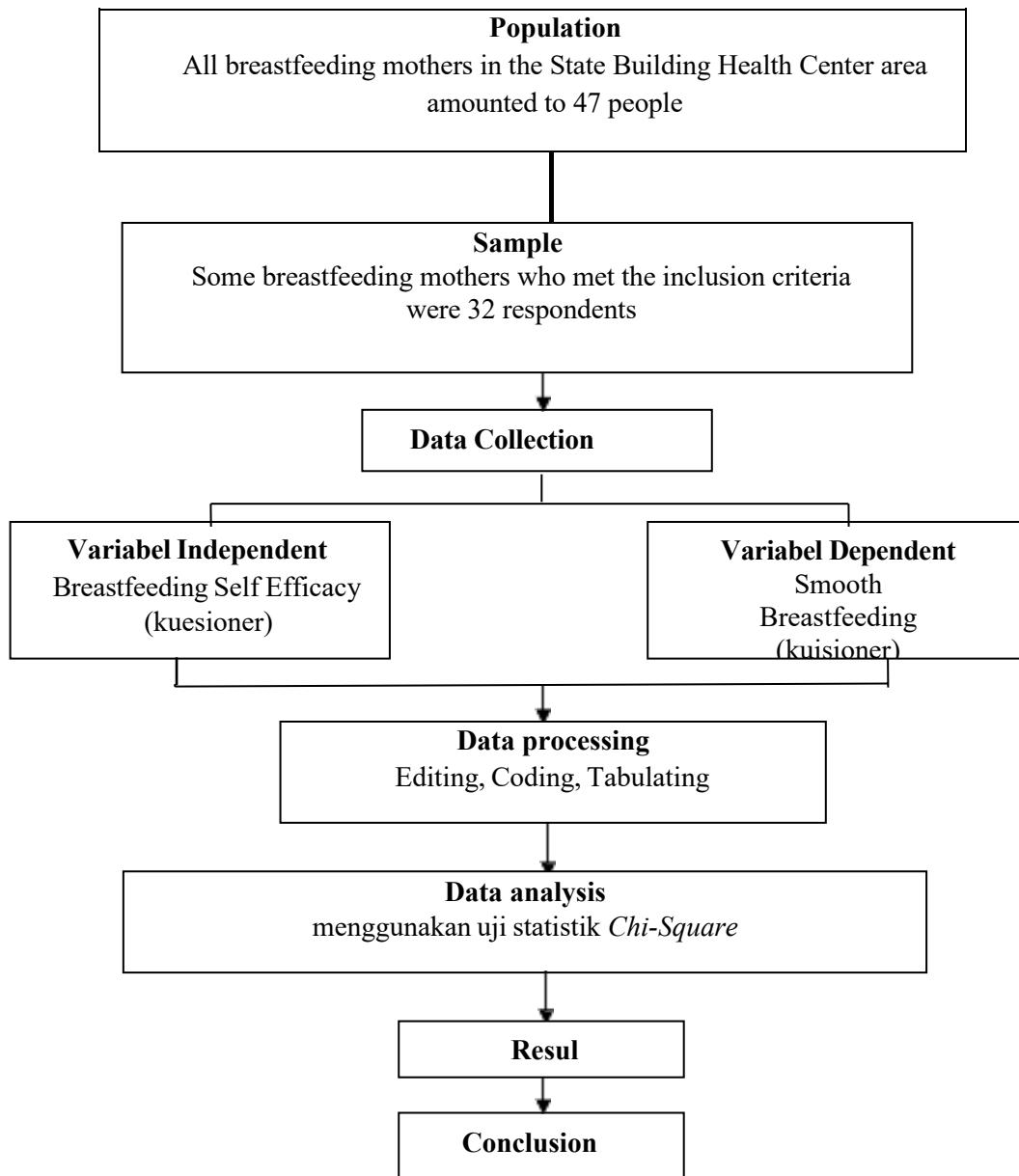
breastfeeding for babies aged 0-5 months in Indonesia is only 37.3%). The achievement of exclusive breastfeeding in Indonesia in 2021 is 56.9%, this figure has reached the 2021 target of 40%, but has decreased when compared to the achievement in 2020, which is 66.1%. The coverage of babies receiving exclusive breastfeeding in Lampung Province in 2021 was 73.6%, the achievement of exclusive breastfeeding in Lampung province in 2022 was 75.37%. The achievement of exclusive breastfeeding in North Lampung district in 2021 is 61.5%. Meanwhile, in 2022 it dropped to 57.9%. The number of achievements of Exclusive Breastfeeding in 2022 in the State Building health center area is 65%, the target achievement in 2023 is 57% (Lampung, 2024).

The issue of breastfeeding babies should be a serious concern for the government and the community, considering that breast milk is very important for babies. Breastfeeding means providing high-value nutrients needed for the growth and development of nerves and brain, providing immune substances against several diseases and creating an emotional bond between mother and baby (Syah, 2022). Breastfeeding self-efficacy is the mother's confidence in breastfeeding. Breastfeeding self-efficacy can determine the mother's desire to breastfeed the baby or not, how efforts are made to breastfeed the baby and how the mother handles the breastfeeding problems faced, so that it can affect the success of breastfeeding (Awaliyah et al., 2019; Zulkarnaini et al., 2023).

Based on the background and results of research on Exclusive Breastfeeding, the author is interested in conducting a research entitled "The Role of Breastfeeding Self-Efficacy on the Smooth Breastfeeding of Breastfeeding Mothers in the State Building Health Center Area".

## **Method**

This study uses the *Observational Analytical research method*, which is a research design that is used to determine the causal relationship between two variables in an observational manner, where the form of relationship can be: difference, relationship or influence is only carried out once for each research variable where the researcher only makes observations, without providing intervention on the variable to be studied (Notoatmojo, 2012). The research approach used in this study is a *cross sectional approach*, namely research in which the independent variable and the bound variable are measured simultaneously and carried out momentarily or once.



**Image I Purposive sampling**

## Results

**Table 4.1. Frequency Distribution of Respondent Characteristics Based on Respondent's Age at the Puskesmas Gedung Negara**

Age Category	F	Presented
20 - 35 Year	25	78,1
> 35 Year	7	21,9
Total	32	100,0

Source : Sacred Research Questionnaire Muspita Rini

Based on table 4.1 above, it is known that out of 32 respondents, more than half of the respondents were aged 20-35 years, namely 25 respondents (78.1%).

**Table 4.2. Frequency Distribution of respondent characteristics based on education at the Puskesmas Gedung Negara**

Categories Education	F	Presentase
Elementary School	4	12,5
Junior High School	13	40,6
Senior High School	14	43,8
College	1	3,1
Total	32	100,0

Based on table 4.2 above, it is known that out of 32 respondents, the most respondents were obtained with High School Education, which was 14 respondents (43.58%) and Junior High School Education, which was 13 respondents (40.6%).

**Tabel 4.3. Frequency Distribution of respondent characteristics by Job at the Puskesmas gedung Negara**

Job Category	F	Presentase
Housewives	31	96,9
Entrepreneurial	0	0,0
Private employee	0	0,0
Civil Servant	1	3,1
Total	32	100,0

Based on table 4.3 above, it is known that out of 32 Respondents, the most respondents were obtained with a job as a housewife, namely 31 respondents (96.9%).

**Table 4.4. Frequency Distribution of respondent characteristics by number of children at the Puskesmas Gedung Negara**

Number of Children	F	Presentase
1	11	34,4
2	11	34,4
3	8	25,0
>3	2	6,3
Total	32	100,0

Based on figure 4.4 above, it is known that out of 32 respondents, the most respondents were obtained with the number of children 1 which was 11 respondents (34.4%), and the number of children 2 which was 11 respondents (34.4%).

## Univariate Analysis

**Tabel 4.5. Overview of Breastfeeding Self Efficacy Variables at the Puskesmas Gedung Negara**

Category of <i>Breastfeeding Self Efficacy</i>	F	Presentase
Low (Score < 36)	12	37,5
High (Skor > 36)	20	62,5
Total	32	100,0

Based on table 4.5 above, it is known that the Breastfeeding Self Efficacy Variable was obtained by most of the respondents with the High criterion, which was as many as 20 respondents (62.5%).

**Table 4.6. Overview of the variables of Smooth Breastfeeding at the Puskesmas Gedung Negara**

Categories of Smooth Breastfeeding	F	Presentase
Breast milk is not smooth	14	43,7
Smooth Breastfeeding	18	56,3
Total	32	100,0

Based on table 4.6 above, it is known that the variable of Smooth Breastfeeding was obtained by most of the respondents for the Smooth Breastfeeding criterion, which was as many as 18 respondents (56.3%).

### Analisis Bivariate

**Table 4.7. Identification of Breastfeeding Self efficacy Results with Smooth Breastfeeding**

		Smooth breastfeeding	<i>p</i> value
		Breast milk is not smooth	Smooth Breastfeeding
<i>Breastfeeding</i>	Low	9 (28,1%)	3 (9,4%)
<i>Self Efficacy</i>	High	5 (15,6%)	15 (46,8%)

Based on table 4.7, it shows that the results of Breastfeeding Self Efficacy are low for 12 respondents, and Breastfeeding Self Efficacy is High for 20 respondents. Smooth breastfeeding, most of the respondents were in the Current Breastfeeding category with a total of 18 Respondents and the Informal Breastfeeding Category with 14 Respondents.

**Table 4.8 Results of Chi Square Analysis of the Role of Breastfeeding Self Efficacy on Smooth Breastfeeding in Breastfeeding Mothers at the Puskesmas Gedung Negara**

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	7,619 <sup>a</sup>	1		,006	
Continuity Correction <sup>b</sup>	5,723	1		,017	
Likelihood Ratio	7,871	1		,005	
Fisher's Exact Test					,010
Linear-by-Linear Association	7,381	1		,007	,008
N of Valid Cases	32				

a. 0 cells (0,0%) have expected count less than 5. The minimum expected count is 5,25.

b. Computed only for a 2x2 table

Based on table 4.8 above, the results of the chi square test show a value of  $p = 0.01 < 0.05$ , then  $H_0$  is rejected and  $H_1$  is accepted, which means that there is a relationship between Breastfeeding Self Efficacy and Smooth Breastfeeding in Breastfeeding Mothers in the region of Puskesmas Gaedung Negara.

## Discussion

Breastfeeding Self Efficacy is very important for breastfeeding mothers because self-efficacy during breastfeeding can affect the mother's efforts to overcome problems during the breastfeeding process (Gonzales, 2020; Mahfuzi & Novita, 2024). In this study, it was found that most of the respondents had high self-efficacy in breastfeeding. Mothers with high self-efficacy feel that their babies have received enough milk so that mothers do not give additional formula milk to their babies (Nisa et al., 2021). Mothers feel satisfied with their experience during breastfeeding, confident that they can fulfill their child's desire to breastfeed, and know when the baby has finished breastfeeding.

While mothers with low self-efficacy feel dissatisfied with their breastfeeding experience, mothers are uncomfortable if there are family members or other people when breastfeeding, mothers feel less able to fulfill their baby's desire to breastfeed, so most mothers give additional formula milk to their babies.

The impact of Self Efficacy that has been formed is in the form of individual responses including: behavioral choices, effort and persistence, mindsets and emotional reactions. The individual's response will determine the behavior taken by a person starting from initiating breastfeeding, active breastfeeding to maintaining breastfeeding consistently. Confidence in the mother's ability to breastfeed her baby

Breast milk production is said to be smooth if there is an average weight gain of 500 grams per month (Umairo et al., 2024). Breast milk production is said to be smooth if the production of breast milk marked by breast milk will drip and will radiate rapidly when sucked by the baby (Susanti et al., 2023; WHO, 2020). Signs of unsmooth breastfeeding, such as: breast milk cannot come out spontaneously and requires assistive devices, before breastfeeding the breast feels soft, the baby pees less than 8x/day, and the baby's weight does not increase according to age (Zakarija-Grkovic & Stewart, 2020).

Things that can affect the smooth production of breast milk include: breast care, food, child suction factors or breastfeeding frequency, baby birth weight, gestational age during childbirth, stress and disease (Farlikhatun & Sumiyati, 2024). Breast care carried out is beneficial in influencing the pituitary to secrete the hormones prolactin and oxytocin, the hormone prolactin affects the amount of breast milk production and the hormone oxytocin affects the production of breast milk (Lestari et al., 2022). The food consumed by breastfeeding mothers greatly affects breast milk production, eating enough nutrition and a regular diet, then breast milk production will run smoothly (Muliani et al., 2020). In this factor of child suction or breastfeeding frequency, the baby is breastfed at least 8x/day, because the more often the baby suckles on the mother's breast, the smoother the production and production of breast milk will be.

## Conclusion

Based on the results of research that has been carried out in the region of Puskesmas Gedung Negara In 32 respondents about the relationship of Breastfeeding Self Efficacy to the smooth flow of breast milk in breastfeeding mothers, it can be concluded as follows:

1. Breastfeeding Self Efficacy was obtained by most of the respondents with High criteria, namely 20 respondents (62.5%). Mothers with high self-efficacy feel that their babies have received enough milk so that mothers do not give additional formula milk to their babies. Mothers feel satisfied with their experiences during breastfeeding, mothers are confident that they can fulfill their child's desire to breastfeed, and know when the baby has finished breastfeeding.
2. Smooth breastfeeding was obtained by most of the respondents in the Smooth Breastfeeding criterion, which was as many as 18 respondents (56.3%), the Smooth Breastfeeding category of

the baby indicators was a baby who had a bowel movement at least 6-8 times and defecated 2-5 times for 24 hours, slept 2-4 hours after breastfeeding, and the mother said that the baby's weight increased every month. From the maternal indicators, it was found that the mother felt that her breasts felt tense filled with breast milk, the mother felt relaxed during breastfeeding, the mother breastfed with both breasts alternately, the mother breastfed the baby unscheduled, and the mother felt that her breasts were empty after breastfeeding until she was full and the baby fell asleep.

3. Based on the statistical test using *Chi-Square*, the result is  $p = 0.01 < 0.05$ , then  $H_0$  is rejected and  $H_1$  is accepted, which means that there is a relationship between Breastfeeding Self Efficacy and Smooth Breastfeeding in Breastfeeding Mothers in the region of Puskesmas Gedung Negara.

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