



The relationship between breastfeeding contact with breastfeeding self-efficacy in Wangaya Hospital Denpasar City

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ABSTRAK

Latar belakang : Menyusui adalah perawatan terbaik untuk bayi di awal kehidupan. Kurangnya rasa percaya diri ibu merupakan salah satu penyebab kegagalan menyusui. Breastfeeding self-efficacy dapat digunakan untuk melihat atau mengidentifikasi ibu yang berisiko tinggi untuk menghentikan proses menyusui sebelum waktunya. Intervensi yang dapat meningkatkan adalah memberikan dukungan dan konseling selama manajemen antenatal, perinatal dan postnatal. Untuk mencapai keberhasilan menyusui, WHO telah menetapkan waktu khusus untuk kontak dengan konselor laktasi atau klinik laktasi yang dikenal dengan Breastfeeding Contact.

Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan antara kontak menyusui dengan breastfeeding self-efficacy di RS Wangaya Kota Denpasar.

Metode: Penelitian ini dirancang dengan observasional analitik dengan pendekatan cross sectional, pada bulan Februari-April 2022. Data dikumpulkan dari ibu menyusui yang mengajak bayinya kontrol untuk pertama kali dan atau berusia 7 hari. Pengambilan sampel dilakukan dengan metode total sampling, analisis data menggunakan bivariat dan uji statistik menggunakan uji Chi-square.

Hasil : Hasil penelitian menunjukkan bahwa dari 38 responden, 73.68% memiliki kontak ASI yang baik dan 57.89% memiliki BSE yang baik. Hasil tabulasi silang, responden yang memiliki kontak menyusui yang baik dan memiliki BSE yang baik adalah 55.26%. Hasil penelitian ini menunjukkan bahwa terdapat hubungan yang signifikan antara kontak menyusui dengan efikasi diri menyusui di RSUD Wangaya Kota Denpasar dengan nilai sebesar 0.001.

Kesimpulan : Dengan melakukan Kontak ASI secara teratur dapat meningkatkan kepercayaan diri ibu untuk menyusui.

KATA KUNCI : kontak menyusui; konseling laktasi; kemandirian menyusui

ABSTRACT

Background : Breastfeeding is the best care for babies in early life. Lack of self-confidence of mothers is one of the causes of breastfeeding failure. Breastfeeding self-efficacy can be used to see or identify mothers who are at high risk for stopping the breastfeeding process prematurely. Interventions that can improve breastfeeding self-efficacy care providing support and counseling during antenatal, perinatal and postnatal management. To achieve successful breastfeeding, WHO has set a special time for contact with lactation counselor or lactation clinic known as Breastfeeding contact.

Objectives : This study aims to analyze the relationship between breastfeeding contact and breastfeeding self-efficacy in Wangaya Hospital, Denpasar City.

Methods :The study was designed with an observational analytic approach with a cross-sectional approach, in Februari-April 2022. The data were collected from breastfeeding mothers who bring their babies control for the first time and or 7 days old. The sampel was obtained by total sampling method, data analysis using bivariate and statistical testing using Chi-square test.

Results :The results showed that of 38 respondents, were 73.68% had good breastfeeding contact and 57.89% had a good of breastfeeding self-efficacy. The results of cross tabulation, respondents who had good breastfeeding contacts and had a good breastfeeding self-efficacy were 55.26%. The results of this study indicate that there is a significant relationship between breastfeeding contact and breastfeeding self- efficacy in Wangaya Hospital Denpasar City with p -value is 0.001.

Conclusions : Having regular breastfeeding contact can increase the breastfeeding self-efficacy.

KEYWORD : breastfeeding contact; lactation counselling; breastfeeding self-efficacy

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INTRODUCTION

Breastfeeding is the best care for babies in early life. Breastfeeding is a skill that mothers and babies learn, both of which require time and patience to fulfill nutrition in infants (1). WHO recommends exclusive breastfeeding for the first six months of a child's life. Exclusive breastfeeding can be defined as breastfeeding alone for the first six months without providing additional fluids or other foods (2). Based on data from the Health Office, the coverage of exclusive breastfeeding in the province of Bali, especially in the city of Denpasar in 2020 is 50,7% (3). There is still below the national target of 80%. Exclusive breastfeeding is known to be the main supporting factor in the physical and mental development of children in early life. The benefits of breastfeeding are associated with the content of breast milk which is rich in various factors that support development. In Fact, breast milk produced by mothers exposed to Covid contains high levels of Ig. A high anti-Sars-CoV-2, has anti-infected, and anti-impantation properties as well as an immunomodulator from breast milk that can protect babies during the Pandemic (4). Lack of self-confidence of mothers is one of the causes

of breastfeeding failure. Self-Efficacy is a person's level of confidence in himself in terms of his ability to complete task to achieve the desired result (5). On of the factors causing on the non achievement of breastfeeding coverage is mother's belief or breastfeeding self-efficacy. A mother's self-efficacy can be determining factor whether a mother's decides to breastfeed, how much effort a mother has made to breastfeed, whether her mindset can be constructive or destructive and how she overcomes problems and difficulties during the breastfeeding process. Breastfeeding self-efficacy can be used to see or identify mothers who are at high risk for stopping the breastfeeding process prematurely (6). The Breastfeeding self-efficacy of mothers is a key factor positively associated breastfeeding practices and is a modifiable factor that may improve breastfeeding rates (7). Breastfeeding self-efficacy theory purports that women with higher breastfeeding self-efficacy will have better breastfeeding outcomes (8). Interventions that can improve breastfeeding self-efficacy are providing support and counseling during antenatal, perinatal and postnatal management. To achieve successful breastfeeding, WHO has set a special

time for contact with lactation counselor or lactation clinic known as Breastfeeding contact. Lactation counselor will provide counseling according to the conditions and problems faced by mother (9). Breastfeeding Contact affects the success of breastfeeding. However, not all health facilities have Lactation Clinic facilities with Breastfeeding Contact, so that support for mothers from the antenatal to postnatal period is not optimal. Future breastfeeding educational programs incorporating the theories of breastfeeding self-efficacy and planned behavior would be helpful in promoting sustained breastfeeding practices among mothers (10).

The purpose of this study was to determine the relationship between Breastfeeding Contact and Breastfeeding Self-Efficacy at Wangaya Hospital, Denpasar City, to identify the quantity of breastfeeding contact, to identify Breastfeeding Self-Efficacy and to analyze the relationship between Breastfeeding Contact and Breastfeeding Self-Efficacy at Wangaya Hospital, Denpasar City.

MATERIALS AND METHODS

This study used an observational analytic research design with a cross sectional subject approach model. The study population was breastfeeding mothers who visited the Children's Polyclinic at the Wangaya Hospital, Denpasar City. The data were collected from breastfeeding mothers who control their babies for the first time and or 7 days old. The sample was obtained by total sampling technique that met the inclusion criteria. The research was conducted starting from February to April 2022. The Primary data were collected using a questionnaire on the characteristic of the number of from the research ethics committee of Wangaya Hospital Denpasar City, with breastfeeding contact and BSE- SF questionnaire whose validity has been tested (11). Data analysis using bivariate and statistical testing using Chi-square. Ethical Clearance no 018/II.3/KEP/RSW/2022.

RESULTS AND DISCUSSION

RESULT

The study was carried out by the researcher himself without to help an enumerator. The number of visit population during the study period was 56 people, obtained samples that meet the inclusion criteria as many 38 people. Quantity of Breastfeeding Contacts for breastfeeding mother at Wangaya Hospital, Denpasar City Breastfeeding contacts are categorized as good if the respondent has done breastfeeding contact is more than 3 time, while it is categorized as less if the respondent makes contact 3 time or less. The results obtained is as follows.

Table 1. Breastfeeding contacts for breastfeeding mothers at Wangaya Hospital, Denpasar City

| Breastfeeding Contact | Amount | Percentage (%) |
|-----------------------|--------|----------------|
| Good | 28 | 73.68 |
| Less | 10 | 26.32 |
| Total | 38 | 100 |

The results showed that of 38 respondents, were 73.68% had good breastfeeding contacts. This means that the respondent has made breastfeeding contacts more than three times. Lactation counselling that is carried out at each stage through breastfeeding contacts aims to increase the knowledge and attitudes of mothers towards breastfeeding so that mothers are more confident to breastfeed. This is in line with Nalsalisa (2020), which states that lactation counselling can increase knowledge, change wrong perceptions and increase mother's confidence in exclusive breastfeeding (12).

Breastfeeding Self-Efficacy for breastfeeding mothers at Wangaya Hospital, Denpasar City. Breastfeeding Self-Efficacy is a mother's belief in her ability to breastfeed or breastfeed her baby. The category used is if the breastfeeding self-efficacy score obtained is more than the average group score it is category as good and vice versa. In this study, the maximum score obtained by

the respondent was 60, the minimum score was 41 and the average score was 51.36. From the average, then each score obtained by respondents categorized in the good or less category. As for the result data breastfeeding self-efficacy score categorization can be seen as follows.

Table 2. Breastfeeding self-efficacy for nursing mothers at Wangaya Hospital, Denpasar City

| BSE score | Amount | Percentage(%) |
|-----------|--------|---------------|
| Good | 22 | 57.89 |
| Less | 16 | 42.11 |
| Total | 38 | 100 |

The results showed that of 38 respondents, were 57.89% had a good of Breastfeeding Self-Efficacy and 42.11% had less of Breastfeeding Self-Efficacy.

Table 3. Category breastfeeding self-efficacy (BSE) lack of breastfeeding mothers at Wangaya Hospital, Denpasar City

| Less BSE | Amount | Percentage (%) |
|---|--------|----------------|
| 1 | 2 | 3 |
| Not sure if can just breastfeed without formula | 6 | 37.5 |
| Not sure convinced when switch to the breast next to it | 6 | 37.5 |
| Not sure the baby getting enough milk | 5 | 31.25 |
| Not sure how to be patient with breastfeeding as a baby | 4 | 25 |

| | | |
|--|---|-------|
| Not sure can breastfeed comfortably | 3 | 18.75 |
| Not sure can breastfeed every time baby want | 3 | 18.75 |
| Not sure can meet needs breastfeeding a baby | 3 | 18.75 |
| Not sure can breastfeeding properly | 2 | 12.5 |
| Not sure can still breastfeed do a lot of things | 2 | 12.5 |
| Not sure still comfortable breastfeeding when there other family members | 2 | 12.5 |
| Not sure are satisfied with the experience breastfeed | 2 | 12.5 |
| Not sure know the sign the baby is done | 2 | 12.5 |

Mothers with low BSE feel less confident with abilities listed in the BSE-SF questionnaire. After further investigation, most of the respondents felt less confident about their ability to provide breast milk alone without additional formula and were unsure when to switch to the other breast when breastfeeding their baby. Lack of self-confidence can be caused by lack of knowledge, mother's condition and mother's experience. If the breast milk is released smoothly, it can increase the Breastfeeding Self-Efficacy of a mother. Behavior is influenced by internal factors, one of which is experience. In line with research conducted by

Table 4. Bivariate analysis of the relationship between breastfeeding contact with breastfeeding self-efficacy at Wangaya Hospital, Denpasar City

| Research variabel | | BSE score | | | | Total | p-value |
|-------------------|------|-----------|-------|------|-------|-------|---------|
| | | Good | | Less | | | |
| | | n | % | n | % | n | % |
| Breastfeeding | Good | 21 | 55.26 | 7 | 18.42 | 28 | 73.68 |
| Contact | Less | 1 | 2.63 | 9 | 23.69 | 10 | 26.32 |
| Total | | 22 | 57.89 | 16 | 42.11 | 38 | 100 |

Era Dwi Agustin (2018), observations of others, verbal persuasion, physical and emotional conditions affect BSE 74.1% while 25.9% other factors. Mothers who give exclusive breastfeeding come from mothers who have breastfeeding experience (13).

DISCUSSION

Based on the cross tabulation, 55.26% respondents had good breastfeeding contacts and had a good breastfeeding self-efficacy, 18.42% respondent had less breastfeeding contacts but good breastfeeding self-efficacy. Respondent who have less breastfeeding contacts but good breastfeeding self-efficacy there are 2.635 and 23.69% respondent who have less breastfeeding contacts and less BSE. From the test result with *chi-square*, the *p-value* is 0.001.

Responden with good breastfeeding contact and good BSE were 55.26%. Breastfeeding contact that is carried out regularly can increase knowledge, change wrong perceptions and increase mother's confidence in giving exclusive breastfeeding. In line with the research of Vidayanti and Wahyuningsih (2017), lactation counselling that is carried out regularly can increase the self-efficacy and ability of breastfeeding mothers (14).

Respondents with good breastfeeding contact but less breastfeeding self- efficacy were 18.42%. Respondents have made breastfeeding contact more than three times, but the mothers feels less confident to breastfeed. Substandard breastfeeding, failure of previous breastfeeding experiences and lack of support can affect the mother's self-confidence. In line with research by Riyanti *et al* (2019), mothers who have strong beliefs to breastfeed their babies and have family support, mothers will find it easier to breastfeed and overcome existing problems (15).

Respondents with less breastfeeding contact but having good breastfeeding self-efficacy there was 2.63%. This particular respondent is a primiparous respondent, have made breastfeeding contact only three times

at Wangaya Hospital, but very enthusiastic about seeking knowledge about breastfeeding since pregnancy, participating in telecounseling through social media and receiving full support from the family because it is the first child. This is in line with the research of Wong, *et al.* (2021), which states that primiparous mothers seek more information on breastfeeding and get full support from their families, so more confident to breastfeed (16). Respondent who had less breastfeeding contact and less breastfeeding self-efficacy were 23.69%. The less breastfeeding contact causes the mother's lack of self-confidence. This is in line with WHO (2018), which states that if breastfeeding contact is carried out only during the antenatal period, it will reduce the possibility of not breastfeeding early in labour. If breastfeeding contact is made during the antenatal and perinatal period it can reduce the possibility of not breastfeeding in the first four weeks and if breastfeeding contact is made from antenatal to postnatal period it can reduce the possibility of not breastfeeding for up to six months (17).

The results of the *chi-square* test obtained *p-value* of 0.001 which is less than 0.05. It can be said that there is a significant relationship between Breastfeeding Contact with Breastfeeding Self-Efficacy in Wangaya Hospital, Denpasar City. This in line with the research of Awaliyah's *et al.* (2019), Education and promotion of breast milk and breastfeeding provided by professional healthcare providers encouraged the successful of breastfeeding programs. Assistance by a health care provider or counselor during the seven contacts breastfeeding initiated during pregnancy until after delivery should be applied so that the mother is informed about breastfeeding (18).

CONCLUSION AND RECOMMENDATION

Based on the results of research that has been carried out, it can be concluded that as follows. Most breastfeeding mothers in Wangaya

Hospital, Denpasar City have good Breastfeeding Contact. Most breastfeeding mothers in Wangaya Hospital, Denpasar City have good Breastfeeding Self-Efficacy. There is a relationship between Breastfeeding Contact with Breastfeeding Self-Efficacy in Wangaya Hospital, Denpasar City with a significant value of 0.001 (α value < 0.05). Based on this research, breastfeeding contact can increase the breastfeeding self-efficacy. Lactation counselors should be able to provide quality counseling, motivate mothers to make breastfeeding contact to increase the confidence of breastfeeding mothers so that they are able to breastfeed exclusively.

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