
**BREASTFEEDING SELF EFFICACY AND BEHAVIOR OF SEXIO
POST MOTHERS FOR BREAST MILK IN SOURCE LIVING
HOSPITAL AMBON**

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Abstract

Caesarean section is an act of delivery assistance through a surgical process that results in changes in tissue continuity and causes pain. The impact that occurs in post-cesarean section patients includes infection in the suture marks, uterine infections, keloids, blood vessel injuries, and amniotic fluid entering the blood vessels. In addition, the discomfort felt by post-sectional patients can cause mother's dependence on nurses and families in meeting the needs of activities and the relationship between mother and baby is disrupted because the mother is more focused on the pain of the surgical wound. In addition, the process of physical and psychological adaptation of the mother will be more severe when the mother undergoes a surgical delivery process. The pain felt by the mother after childbirth and the physical limitations in carrying out activities tend to have the potential to affect the mother's ability to care for her baby and breastfeed her baby. Mother's Milk (ASI) is the best nutrition for babies because it provides adequate nutrition and is in accordance with the baby's needs. The mother's lack of confidence in her ability to breastfeed her baby can be caused by the mother not making initial contact with her baby. This can affect the welfare of the baby in the future. This research is quantitative research. The design used is cross sectional or cross sectional. The sampling technique was done by consecutive sampling. This study aims to analyze the effect of breastfeeding self-efficacy on breastfeeding behavior of post-cesarean mothers. The results of statistical analysis using chy-square showed that breastfeeding self-efficacy for post-cesarean mothers affected poor breastfeeding behavior by 80.9%. On the other hand, mothers who had poor BSE only 31% had good breastfeeding behavior. These results indicate that there is an effect of BSE on the breastfeeding behavior of post-cesarean mothers at the source of life hospital in Ambon (p value = 0.012). There is an influence between breastfeeding self efficacy on the behavior of breastfeeding mothers after cesarean section at Sumber Hidup Hospital in Ambon.

Keywords : Breastfeeding Self Efficacy, Mother's Breastfeeding Behavior Post Caesarean Section

INTRODUCTION

The World Health Organization (WHO) states that about 5-15% of deliveries through cesarean section out of 1000 births in the world (Organization, 2015). According to the results of a survey conducted by the Indonesian Ministry of Health through the Indonesian Health Demographic Survey (IDHS, 2017) stated that 17% of mothers gave birth through a caesarean section with clear medical indications. The results of the 2018 Regional Health Research (Risksda) showed the number of mothers who gave birth through a cesarean section in Maluku was 8.2%. Meanwhile, data from the medical records of Sumber Hidup Hospital, 49.66% of mothers gave birth through cesarean section. Mubarak, (2010) said that cesarean section causes discomfort due to pain due to disruption of tissue continuity.

Committee, (2003) stated that the impact on post-cesarean section patients includes infection of the suture marks, uterine infections, keloids, blood vessel injuries, and amniotic fluid entering the blood vessels. In addition, the discomfort felt by post-sectional patients can

cause mother's dependence on nurses and families in meeting the needs of activities and the relationship between mother and baby is disrupted because the mother is more focused on the pain of the surgical wound. In addition, the process of physical and psychological adaptation of the mother will be more severe when the mother undergoes a surgical delivery process. The pain felt by the mother after childbirth and the physical limitations in carrying out activities tend to have the potential to affect the mother's ability to care for her baby and breastfeed her baby. Mother's Milk (ASI) is the best nutrition for babies because it provides adequate nutrition and is in accordance with the baby's needs. In addition, breast milk is easily digested in the baby's intestines. Exclusive breastfeeding (ASI) is breast milk given after delivery until the baby is 6 months old (Pusdiknakes, 2003). According to Entwistle, Umboh et al., (2013) it shows that the benefits of breastfeeding are not only for the health of the baby but also for the mother and the country. Various studies have proven that breastfeeding is very important, but the rate of exclusive breastfeeding has not been satisfactory. Based on IDHS data (2017), it shows that 48% percent of infants in Indonesia have not been exclusively breastfed.

Exclusive breastfeeding that is still low can be influenced by several factors, namely maternal, infant and environmental factors. One element of the mother that affects the success of breastfeeding mothers is the mother's belief and confidence in her ability to breastfeed her baby (self-efficacy). The results of the study by Hitijahubessy, (2022) showed that 27% of mothers with low breastfeeding confidence in the first week of postpartum stopped breastfeeding sooner. In addition to phenomenological research with in-depth interviews, it was found that the main factor causing mothers to stop breastfeeding was the mother's confidence and confidence in the early postpartum period (Phavaphutanon et al., 2009). Breastfeeding Self-Efficacy (BSE) is the mother's belief and confidence in her ability to breastfeed her baby (Dennis & Faus, 1999 in (Mardiyarningsih et al., 2021). The mother's lack of confidence in her ability to breastfeed her baby can be caused by the mother not making initial contact with her baby. This can affect the welfare of the baby in the future. According to Klaus and Kennell (1982) in (Hitijahubessy, 2022) that prolonged separation due to prematurity or illness can increase the risk of neglect, violence and developmental disorders. Developmental disorders that can occur in infants are conditions of failure to thrive without organic disease, susceptible to disease, or emotional problems due to maternal abuse and neglect.

METHOD RESEARCH

This research is quantitative research. The design used is cross sectional or cross sectional. The sampling technique was done by consecutive sampling. The sample in this study were post partum mothers with inclusion criteria including post-section on the first day, aged between 20-35 years, experience of the first caesarean section, married, not in a risky pregnancy condition, able to read, write and speak Indonesian and willing to participate in the study. this. The number of samples in this study were 105 people. This research was conducted at Sumber Hidup Hospital, Ambon for three months (March to May 2022). The research was conducted with reference to the ethical principles of research. The instrument used in this study was a questionnaire. The questionnaire consisted of demographic data containing age, education, marital status, Breastfeeding Self Efficacy Scale (BSES) is an instrument developed by Dennis and Faux (1999) in Indonesian version which has been tested for validity and reliability by researchers, while for breastfeeding behavior, researchers also use a standard questionnaire that has been used in previous research.

Before the research was carried out, an ethical test was carried out by the Ethics Committee of the Poltekkes of the Ministry of Health, Maluku. Data analysis included univariate analysis (age, education, occupation, delivery history, breastfeeding self-efficacy and mother's breastfeeding behavior); bivariate analysis using Chysquare to determine the

effect of BSE on breastfeeding behavior of mothers.

RESULT AND DISCUSSION

Characteristics are characteristics or traits inherent in a person, which can be described through his attitudes and behavior. Behavior in a person does not arise by itself, but is the result of personal experience and the values or norms that apply in society. Characteristics of respondents in this study include maternal age and history of cesarean section. The age distribution of post-cesarean section mothers who were treated at Sumber Hidup Ambon Hospital is set out in the table below.

Table 1. Characteristics of Respondents

Characteristics	Frequency (n)	Persentase (%)
Age		
< 20 Years	36	34,3
20-30Years	60	57,1
>30 Years	9	8,6
Total	105	100
Cesarean Section History		
Never	105	100
>1 Time SC	0	0
Total	105	100

Source: Primary Data 2022

The results showed that the average age of the mother when she gave birth by section at the Sumber Hidup Hospital in Ambon was between 20-35 years of 57.1%. This is in accordance with the reproductive age of women who are safe for pregnancy and childbirth according to Subiyanto (2012). It was emphasized that although this age range is said to be safe, it is better for a woman to be able to manage the distance between her pregnancies so that her quality of life is getting better. In addition to the age factor, another part of the characteristics of the respondents in this study is the history of cesarean section. The results of the study showed that all mothers involved in this study did not have a history of cesarean section, so that the current section was their first experience.

Guide (2003) stated that the impact on post-cesarean section patients includes infection of the suture marks, uterine infections, keloids, blood vessel injuries, and amniotic fluid entering the blood vessels. In addition, the discomfort felt by post-sectional patients can cause mother's dependence on nurses and families in meeting the needs of activities and the relationship between mother and baby is disrupted because the mother is more focused on the pain of the surgical wound. In addition, the process of physical and psychological adaptation of the mother will be more severe when the mother undergoes a surgical delivery process. The pain felt by the mother after childbirth and the physical limitations in carrying out activities tend to have the potential to affect the mother's ability to care for her baby and breastfeed her baby.

Breastfeeding Self-Efficacy (BSE) is a mother's confidence in her ability to breastfeed or breastfeed her baby (Demmis & Faux, 1999 in Muaningsih, 2013). BSE is an important element in the duration of breastfeeding because it predicts whether the mother chooses to breastfeed her baby or not, how much effort the mother makes to breastfeed her baby, how the mother's mindset to breastfeed her baby, increases or gives up and how the mother responds emotionally to difficulties breastfeeding her child. The description of breastfeeding

self efficacy and breastfeeding behavior in post-cesarean section mothers is contained in table 2 below:

Table 2.
Distribution of BSE and Behavior Breastfeeding for Post Sc Mothers in Hospital Source of Life Ambon (n=105)

Characteristics	Frequency (n)	Persentase (%)
Breastfeeding Self Efficacy		
Well	47	44,8
Not good	58	55,2
Total	105	100
Breastfeeding Behavior		
Well	26	24,8
Not good	79	75,2
Total	105	100

Hasil Analisis SPSS versi 22

Table 2 shows that most of the post-cesarean section mothers who were treated at the Sumber Hidup Hospital in Ambon had poor breast-feeding self-efficacy (55.2%) and this also affected breastfeeding behavior, of which 75.3% showed behavior. who are not good at breastfeeding.

The results of bivariate statistical analysis to determine the effect of breastfeeding self-efficacy on breastfeeding behavior for post-cesarean mothers at Sumber Hidup Hospital in Ambon are set out in table 3 below:

Table 3.
The Effect of Breastfeeding Self Efficacy and Breastfeeding Behavior for Post-C-section Mothers at Sumber Hidup Hospital, Ambon

Variabel Independen	Dependent Variable				
	Not Good		Good		P Value
<i>Breastfeeding Self Efficacy</i>	N	%	N	%	
Good	,9	9	,1	12	
Not Good					

SPSS Analysis Results version 22

The results of statistical analysis using chy-square showed that breastfeeding self-efficacy for post-cesarean mothers affected poor breastfeeding behavior by 80.9%. On the other hand, mothers who had poor BSE only 31% had good breastfeeding behavior. These results indicate that there is an effect of BSE on the breastfeeding behavior of post-cesarean mothers at the source of life hospital in Ambon (p value = 0.012). Mothers post cesarean section with poor breastfeeding self efficacy have the opportunity to have poor breastfeeding behavior (95% CI).

Exclusive breastfeeding that is still low can be influenced by several factors, namely

maternal, infant and environmental factors. One element of the mother that affects the success of breastfeeding mothers is the mother's belief and confidence in her ability to breastfeed her baby (self-efficacy). The results of the study by Blyth et al (2012) showed that 27% of mothers with low breastfeeding confidence in the first week of postpartum stopped breastfeeding sooner. In addition to phenomenological research with in-depth interviews, it was found that the main factor causing mothers to stop breastfeeding was the mother's confidence and confidence in the early postpartum period (Dykes & Williams, 2009). The mother's lack of confidence in her ability to breastfeed her baby can be caused by the mother not making initial contact with her baby. This can affect the welfare of the baby in the future.

According to Klaus and Kennell (1982) in Hidayati (2016) that prolonged separation due to prematurity or illness can increase the risk of neglect, violence and developmental disorders. Developmental disorders that can occur in infants are conditions of failure to thrive without organic disease, susceptible to disease, or emotional problems due to maternal abuse and neglect. According to Hasnah et al., (2018) the factors that influence the success of BFE include 1. achievement (performance accomplishment); 2. other people's experiences (vicarious experiences); 3. Verbal persuasion (verbal persuasion); 4. physiological response (physiological response).

Wardani, (2012) states that the experience of successful breastfeeding, knowledge and understanding of breastfeeding techniques are important factors for the mother's self-efficacy for breastfeeding, breast milk. Abbara et al., (2016) stated that knowledge about breastfeeding is strongly correlated with self-confidence in breastfeeding. Women who felt control and involvement in feeding decisions experienced greater feelings of self-efficacy and satisfaction.

According to Kingston et al., (2007), key elements such as previous successful breastfeeding experiences, evidence-based professional assistance, seeing other women breastfeed, positive feedback and consistent advice, and praise are self-confidence-building strategies that help with pain, fatigue, and feeling overwhelmed that can develops in the early hours and days of breastfeeding. Prenatal assessment of self-efficacy and establishment of self-confidence-building interventions with frequent reinforcement provide mothers with the tools they need to persevere despite social barriers to breastfeeding.

CONCLUSION

The majority of post-cesarean mothers who were treated at Sumber Hidup Hospital in Ambon were between 20-35 years old, and had never had a cesarean section. The average of mothers with poor breastfeeding self-efficacy is 5.2%, and breastfeeding behavior is not good at 74.1%. There is an influence between breastfeeding self efficacy on breastfeeding behavior in post-cesarean section mothers at Sumber Hidup Hospital in Ambon (p value.0.012).

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