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INTRODUCTION

Breastfeeding self-efficacy is one of the predictors of exclusive breastfeeding. Presence breastfeeding self-efficacy will greatly influence in exclusive breastfeeding (1). Breastfeeding self efficacy It is a mother's beliefs related to the baby's ability to breastfeed that are the benchmark for whether the mother chooses to breastfeed or not, how much effort is made, improves her ability or not, and how to respond to the

THE CORRELATION BETWEEN EARLY BREASTFEEDING INITIATION (IMD) AND BREASTFEEDING SELF EFFICACY (BSE) IN POSTPARTUM MOTHERS

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ABSTRACT

Introduction: Breastfeeding self-efficacy (BSE) is a key predictor of exclusive breastfeeding. Various factors, such as maternal age, occupation, delivery type, breastfeeding experience, postpartum depression, and social support, can influence BSE. This study aims to analyze the relationship between early breastfeeding initiation (IMD) and BSE in postpartum mothers. **Method:** A correlational, cross-sectional research design was used. The study involved 104 postpartum mothers aged 0-6 weeks from the Kasreman Ngawi Health Center, selected through purposive sampling. The variables studied were Early Initiation of Breastfeeding (IMD) and Breastfeeding Self-Efficacy (BSE). Data were collected using an IMD implementation checklist and the Breastfeeding Self-Efficacy Scale-Short Form (BSES-SF). Spearman's Rho test was used for statistical analysis, with a significance level set at $p < 0.05$. **Results:** The study found a significant relationship between IMD and BSE ($p = 0.000$), with a strong positive correlation ($r = 0.650$). **Discussion:** The results suggest that Early Breastfeeding Initiation (IMD) is positively associated with higher Breastfeeding Self-Efficacy (BSE). A higher IMD was linked to a stronger sense of self-efficacy in breastfeeding among mothers. Future studies should explore additional variables to further understand these relationships.

Keyword: Early Breastfeeding Initiation (IMD), Breastfeeding Self Efficacy (BSE), Exclusive Breastfeeding, Postpartum Mothers.

difficulty of breastfeeding emotionally (2). Mothers who have breastfeeding self-efficacy are more likely to breastfeed their babies exclusively compared to mothers who have breastfeeding self-efficacy low (1). One of the factors causing the low breastfeeding self-efficacy is the mother's previous breastfeeding experience, if the mother does not have previous breastfeeding experience, the mother tends to have less confidence to breastfeed her child (3).

One of the experiences of breastfeeding mothers can be obtained through early breastfeeding initiation (IMD). IMD is a breastfeeding process that begins immediately after birth by means of skin-to-skin contact between the baby and its mother and lasts for at least 1 (one) hour (National Health Profile, 2022). When carrying out early breastfeeding initiation, there is touch and sucking of the baby which helps stimulate the mother's brain to stimulate the hormone prolactin in producing breast milk and the hormone oxytocin in milk production (4). The more often the baby sucks, the more milk production will be, this can cause mothers to be more confident to breastfeed their babies so that it can increase breastfeeding self-efficacy so that the mother will carry out exclusive breastfeeding (5).

The World Health Organization (WHO) reported that the implementation of IMD in 2021 in the world reached 48.6%, this figure still does not reach the IMD target of 80%. Meanwhile, in Indonesia, the IMD figure in 2023 was recorded at 86.6%, but the implementation has not been evenly distributed in all provinces (Indonesian Health Profile, 2023). Based on data from districts and cities, it is known that the scope of IMD implementation in East Java in 2023 is 73.3%. Meanwhile, the coverage of the IMD implementation rate in Ngawi Regency in 2023 of 62.6% is still below the national target of 80% (Ministry of Health R1, 2023). The coverage rate for the implementation of IMD in the Kasreman Health Center area in 2023 is still low, at 27.8% (Ngawi Regency Health Profile, 2023). This shows that the implementation of IMD in the region is still below average. Meanwhile, the coverage rate for Exclusive Breastfeeding at the Kasreman Health Center itself in 2023, namely babies who are given exclusive breastfeeding, is 69.1%. It can be seen from the data that the percentage of exclusive breastfeeding at the Kasreman Health Center itself is still below the national target of 80%.

A preliminary study conducted by researchers at the District Health Office on

August 29, 2024 was conducted by researchers on Mrs. Reni's health worker at the Ngawi Regency Office, one of the causes of low IMD is due to the lack of understanding of health workers and maternity mothers on the importance of IMD for newborns which will affect the success of exclusive breastfeeding. At the Kasreman Health Center itself, there are still few mothers who breastfeed for up to 6 months, because mothers' confidence and education about the importance of exclusive breastfeeding are still lacking. Health workers also revealed that they have made several efforts to increase the success of the implementation of IMD and Exclusive Breastfeeding, namely by educating about the benefits of IMD as soon as possible after the baby is born and the importance of implementing Exclusive Breastfeeding.

IMD increases the confidence of mothers in their ability to breastfeed and educate their babies so that IMD is one of the important processes in improving Self-efficacy mother (6). Mothers need support to implement IMD which will affect the level of breastfeeding self-efficacy that the mother has (7). The higher it is breastfeeding self-efficacy that the mother has will also have a higher the success of exclusive breastfeeding (8). Breastfeeding self-efficacy impact on various individual responses, such as mindset, emotional reactions, effort, determination, and decisions related to breastfeeding initiation, the ability to breastfeed effectively, and the continuation of exclusive breastfeeding (9). Mothers with high self-confidence to successfully breastfeed their babies (Self-efficacy), will affect the duration of breastfeeding and the success of exclusive breastfeeding (10). Therefore, this study aims to analyze the relationship between early initiation of breastfeeding (IMD) and breastfeeding self-efficacy (BSE) in postpartum mothers.

METHOD

The research design used is a descriptive quantitative method with a correlational research design with an approach cross

sectional. The population in this study is the target population, namely the population that meets the sampling criteria set by the researcher. The target population of this study is a population of postpartum mothers 0-6 weeks in the working area of the Kasreman Health Center of 141 people. The researcher in this study uses sampling techniques or sampling methods with Nonprobability Sampling kind Purposive Sampling. The sample size in this study was calculated using the Slovin formula and the result was 104 respondents. The independent variables in this study were early breastfeeding initiation (IMD) and dependent variables are Breastfeeding Self Efficacy (BSE). The questionnaire for IMD uses a list of 5 questions about the steps to implement IMD according to Ministry of health. Questionnaire for measurement

Breastfeeding Self Efficacy using a standard questionnaire instrument namely Breastfeeding Self Efficacy Scale (BSES) which has been developed into Breastfeeding Self Efficacy Scale-Short Form (BSES-SF) by Dennis & Faux (2003). The location of the research is the working area of the Kasreman Ngawi Health Center, East Java Province. The research was carried out in November - December 2024. The collection of research data was carried out in the following ways: door to door namely making door-to-door visits. The collected data was then analyzed by descriptive statistical analysis. This research has met the ethical feasibility requirements from the Health Research Ethics Commission (KEPK) of the Faculty of Nursing, Universitas Airlangga with certificate number 3445-KEPK dated November 12, 2024.

RESULT

Table 1 Demographic characteristics of mothers by age, last education, occupation, income, age of marriage, number of deliveries, gestational age at birth, type of delivery, and complications during pregnancy.

No	Characteristic	Indicators	Frequency (f)	Percentage (%)
1.	Mother's age	17-25 years old	32	30,8%
		26-35 years old	40	38,5%
		36-45 years old	32	30,8%
2.	Mother's education	SD	17	16,3%
		JUNIOR	18	17,3%
		SMA	59	56,7%
		College	10	9,6%
3.	Mother's work	IRT	82	78,8%
		PNS	8	7,7%
		Private	9	8,7%
		Self employed	5	4,8%
4.	Mother's income	<UMR(2.241,054.00)	82	78,8%
		≥UMR(2.241,054.00)	22	21,2%
5.	Age of marriage	<5	60	57,7%
		≥5	44	42,3%
6.	Number of deliveries	Primipara	46	44,2%
		Multipara	49	47,1%
		Largemultipara	9	8,7%
7.	Gestational age at childbirth	Premature (28-36)	6	5,8%
		Aterm (37-41)	97	93,3%
		Postterm (>42)	1	1%
8.	Types of delivery	Usual	70	67,3%
		Caesarea Section	34	32,7%
9.		None	83	79,8%

No	Characteristic	Indicators	Frequency (f)	Percentage (%)
.	Pregnancy complications	Hyperemesis	3	2,9%
		Preeclampsia	15	14,4%
		Anemia	3	2,9%
		Total	104	100%

Based on table 1, most of the respondents aged 26-35 years amounted to 40 mothers (38.5%), the last education history of the mother was 59 mothers (56.7%) high school graduates/equivalent, most of the respondents did not work or became housewives (IRT) with a total of 82 mothers (78.8%) with the highest respondent income was <UMR (2.241 054.00) as many as 82 mothers (78.8%). The marriage age of the most respondents was <5 years old with a total of 60 mothers (57.7%). The majority of

respondents had a number of double or multiple births with a total of 49 mothers (47.1%), for gestational age at childbirth, most of them were aterm or sufficient months amounting to 97 mothers (93.3%), with the most types of deliveries being vaginal or normal as many as 70 mothers (67.3%), and for the most pregnancy complications that occurred the most were none or mothers did not experience complications in their pregnancy totaling 83 mothers (79.8%).

Table 2 Demographic characteristics of infants by age, sex, birth weight, and nutritional provision.

No.	Characteristic	Indicators	Frequency (f)	Percentage (%)
1.	Baby's age	1 week	15	14,4%
		2 weeks	18	17,3%
		3 weeks	16	15,4%
		4 weeks	25	24,0%
		5 weeks	14	13,5%
		6 weeks	16	15,4%
2.	Gender	Man	54	51,9%
		Woman	50	48,1%
3.	Birth weight of the baby	<3 kg	34	32,7%
		≥3 kg	69	66,3%
4.	Nutrition	Full Breast Milk	76	73,1%
		Breast milk with formula	28	26,9%
		Total	104	100%

Based on table 2, it shows that the age of the most respondents' babies was 4 weeks old with a total of 25 babies (24.0%), with the largest gender being males with 54 babies (51.9%). The majority of the baby's weight at

birth was ≥3 kg which amounted to 69 babies (66.3%), for the most nutrition was full breast milk amounting to 76 (73.1%) given by the respondents to their babies.

Table 3 Distribution of Early Breastfeeding Initiation (IMD) in postpartum mothers

Variable	Category	Frequency (f)	Percentage (%)
Early Breastfeeding Initiation (IMD)	Perfect IMD	63	60,6%
	IMD is not perfect	41	39,4%
Total		104	100%

The data in table 3 shows that most of the mothers have done IMD perfectly, namely as many as 63 mothers (60.6%) and there are

still 41 people (39.4%) who do not perform IMD perfectly.

Table 4 Distribution of Breastfeeding Self Efficacy (BSE) in postpartum mothers

Variable	Category	Frequency (f)	Percentage (%)
Breastfeeding Efficacy (BSE)	Self Height (52-70)	79	76%
	Medium (33-51)	23	22,1%
	Low (14-32)	2	1,9%
Total		104	100%

The data in table 4 shows that most mothers have confidence in their ability to breastfeed their babies in the high category as many as 79 mothers (76%) then for the medium

category there are 23 mothers (22.1%) and there are still mothers who have Breastfeeding Self Efficacy (BSE) was low in 2 mothers (1.9%).

Table 5 Frequency Distribution of Breastfeeding Self Efficacy (BSE) Indicators

Indicators	Category	Frequency (f)	Percentage (%)
Task difficulty (<i>magnitude</i>)	Tall	75	72,1%
	Keep	28	26,9%
	Low	1	1%
Field of task or behavior (<i>generality</i>)	Tall	71	68,3%
	Keep	30	28,3%
	Low	3	2,9%
Strength	Tall	83	79,8%
	Keep	19	18,3%
	Low	2	1,9%
Total		104	100%

The data in table 5 shows that in the indicator of task difficulty (*magnitude*) obtained, respondents had the most categories at a high level of 75 respondents (72.1%). In the broad indicator of the field of task or behavior

(*generality*), the most categories were obtained at a high level of 71 respondents (68.3%). In the strength indicator, the majority of respondents were in the high category with a total of 83 respondents (79.8%)

Table 6 Distribution of the Relationship between Early Breastfeeding Initiation (IMD) and Breastfeeding Self Efficacy (BSE) in Postpartum Mothers

Early Breastfeeding Initiation (IMD)	Breastfeeding Self Efficacy (BSE)						Total	
	Tall		Keep		Low		f	(%)
	f	(%)	f	(%)	F	(%)	f	(%)
Perfect IMD	62	98,4%	1	1,6%	0	0%	63	60,6%
IMD is not perfect	17	41,5%	22	53,7%	2	4,9%	41	39,4%
Total	79	76%	23	22,1%	2	1,9%	104	100%

Spearman's Rho test p= 0.000; r=0.650

The data in table 6 is the result of the Spearman's Rho correlation test, a value of $p=0.000$. This value is significant because $\alpha < 0.05$ which means that the hypothesis is accepted. This explains that there is a significant relationship between Early Breastfeeding Initiation (IMD) and

Breastfeeding Self Efficacy (BSE) in postpartum mothers. Meanwhile, the results of Spearman's Rho correlation coefficient show a value of $r=0.650$ which means that the direction of correlation is a direct (positive) relationship with strong strength. The direction of this positive correlation shows

that the more perfect the Early Breastfeeding Initiation (IMD) of the mother's Breastfeeding Self Efficacy (BSE) the higher the mother. It is strengthened by the data in the table that out of the total respondents, there are 2 respondents who have low Breastfeeding Self Efficacy (BSE) and do not perform IMD perfectly. Then respondents who had high Breastfeeding Self Efficacy (BSE) mostly performed IMD perfectly, namely there were 62 people.

DISCUSSION

3.1 Initiation of Early Breastfeeding (IMD)

Based on the results of the research conducted, it was obtained that some postpartum mothers had done IMD perfectly, totaling 61 respondents and 43 respondents had not done IMD perfectly. The results of filling out the questionnaire show that the mother has done IMD perfectly in accordance with the SOP, namely the baby is born immediately except for the hands without cleaning the vernix, then after the baby is born, if the baby does not need resuscitation, the baby is lying on the mother's chest with the baby's skin attached to the mother's skin and the baby's eyes are at the height of the mother's nipple, then the mother stimulates and touches the baby and the baby is left to look for the mother's nipples themselves. And lastly, the baby's skin is in contact with the mother's skin for at least one hour, if the initial breastfeeding occurs before an hour, the baby is left to remain on the mother's chest for up to an hour.

The failure of IMD to be perfect that the researcher encountered was the difficulty of the baby to find his mother's nipple in less than 1 hour due to the position of the breast that was already bulging, and the small nipple, was stopped before an hour and the baby had not managed to find his mother's nipple because the condition of the existing health medical personnel could not make maximum observation of the implementation of IMD due to busyness, and the implementation of IMD was stopped or not carried out because the mother could not carry out the IMD due to the delivery process. The demographic distribution data of the respondents in this study showed that out of

104 people, there were 18 postpartum mothers who did not carry out IMD perfectly were mothers with primipara. The experience that postpartum mothers have with primipara is still lacking, so many postpartum mothers with primipara have not been able to carry out IMD perfectly. This is in line with research conducted by Puspawati (2024)) which states that primipara mothers often fail to do IMD because the primipara respondents are inexperienced and do not know how important it is to successfully implement IMD. Other research conducted by Vagina (2023) Stating that parity is closely related to early breastfeeding initiation can be shown that women with more than one child have had earlier initiation than women who have just had their first child (13).

It is different with the type of childbirth, according to the demographic data of the study above respondents who have experienced childbirth by SC or Caesarean section totaling 34 respondents. However, of the respondents who experienced SC delivery, only 1 respondent did IMD perfectly. Mothers with SC childbirth will affect the success of IMD because after childbirth, the mother's condition is not able to do IMD and the mother needs a longer recovery time than normal childbirth. These results are in line with previous research by Scarlet and Violet (2023)) which states that vaginal or normal delivery increases the success of IMD by 24.88 times when compared to SC delivery.

3.2 Breastfeeding Self Efficacy (BSE) in Postpartum Mothers

Some postpartum mothers have Breastfeeding Self Efficacy (BSE) was high with 79 respondents (76%). Mothers with high BSE feel more confident and are able to overcome challenges that arise during breastfeeding, such as latching problems (attachment of the baby's mouth to the breast) or unsmooth milk production. So that mothers who have high levels of BSE are more likely to give exclusive breastfeeding to their babies according to the demographic data of the respondents of this study which shows that 69 respondents gave nutrition to

their babies with full breast milk without formula milk had a Breastfeeding Self Efficacy (BSE) high. This is in line with research conducted by Susanti (2022) The result is that there is a significant relationship between Breastfeeding Self Efficacy with exclusive breastfeeding. This shows that breastfeeding mothers who have a high level of confidence will be successful in giving exclusive breast milk to their babies (15).

Factors that will affect breastfeeding self-efficacy is when a mother determines her ability to breastfeed her baby based on whether she has previous breastfeeding experience, observed breastfeeding behavior by others, or received encouragement from others to breastfeed. In addition, his current physiological and affective conditions, including fatigue, stress, and anxiety, are important to note (16). In this study, multipara mothers which means that they already have experience of successful breastfeeding before (Performance Accomplishment) has a high level of BSE so it can increase the confidence or confidence of the mother which will give rise to a strong desire to breastfeed her baby. This is also in line with research conducted by Al-Thubaity (2023), in this study, multipara mothers with exclusive breastfeeding experience have a higher probability of getting BSE in the high category.

In this study, it was shown that multipara mothers had a higher level of BSE compared to primipara mothers, which was as many as 39 respondents. Mothers with multipara parity tend to have more breastfeeding experience compared to primipara mothers. If the experience is positive, it tends to strengthen the mother's confidence in the next breastfeeding process and vice versa. These results are in line with research conducted by Princess (2022)) which shows that there is no meaningful relationship between age and BSE in postpartum mothers, but in the cross-table it is shown that in primitive mothers most have low BSE. This shows that most primipara mothers still do not have a strong belief to be able to breastfeed their babies.

3.3 Relationship between Early Breastfeeding Initiation (IMD) and Breastfeeding Self Efficacy (BSE) in Postpartum Mothers

Based on the results of the study, there is a relationship between Early Breastfeeding Initiation (IMD) and Breastfeeding Self Efficacy (BSE) with strong relationship strength and positive direction. The direction of a positive relationship shows that the higher the Early Breastfeeding Initiation (IMD), the higher the level of Breastfeeding Self Efficacy (BSE) owned by the mother. The results of this study are in line with the results of the research Tobing (2023) which explains that there is a positive relationship between skin to skin contact and Self-efficacy breastfeeding in mothers. Research conducted by Gonzales Jr (2020) It also mentions that the better the initiation of early breastfeeding that the mother does, the more self-efficacy Breastfeeding will also increase. Early Breastfeeding Initiation (IMD) is able to increase confidence (Self-efficacy) mother in giving breast milk to her baby. Immediately do IMD such as immediately placing the baby in the mother's stomach (skin to skin contact), can increase the mother's confidence to continue breastfeeding after being discharged from the hospital. And breastfeeding immediately after childbirth can increase the duration of breastfeeding and increase the success of exclusive breastfeeding (21). Breastfeeding mothers who have high BSE can increase the desire to breastfeed for more than 6 months. One of the important factors that causes exclusive breastfeeding failure is because mothers are not facilitated to do IMD (22).

The results of the frequency distribution showed that most mothers who performed IMD perfectly were multiparaphernalia. Multipara mothers already have previous experience in doing IMD, mothers also have experience in breastfeeding their babies. In a study conducted by Augustine (2024) stating that mothers who have direct breastfeeding experience tend to be more confident to continue breastfeeding their babies. The

experience of breastfeeding will have a different impact on self-confidence, depending on the process of achieving it. The success that is often obtained will improve the mother's self-ability, while the failure experienced can reduce a person's perception of their abilities. The experience of breastfeeding can increase the mother's confidence/confidence so that it causes a strong desire to breastfeed her baby (Dennis, 2003). If the mother is confident to breastfeed and succeed, it will increase the level of self-efficacy In breastfeeding mothers, on the other hand, if the mother's confidence is low, the success rate of breastfeeding mothers will also be low (24).

There are respondents who do not perform IMD perfectly have a Breastfeeding Self Efficacy (BSE) high. IMD and BSE are interconnected, but not all mothers have Breastfeeding Self Efficacy (BSE) is low due to not doing IMD perfectly, this is because mothers who have a Breastfeeding Self Efficacy (BSE) which is low even though it has done IMD perfectly, it also has other influencing factors such as age, occupation, and the amount of parity. These results are in accordance with a study by Anal Sex (2021) that maternal age, occupation, type of delivery, IMD, breastfeeding experience, length of breastfeeding in hospital, postpartum depression, and social support affect Self-efficacy.

CONCLUSION

Most of the mothers who are in the work area of the Kasreman Health Center in Ngawi Regency have implemented IMD perfectly. This is because some of the respondents are multipara mothers who have experienced childbirth before. Breastfeeding Self Efficacy (BSE) in postpartum mothers in the working area of the Kasreman Health Center, Ngawi Regency is mostly in the high category. This is because the age of the mother giving birth is physically and psychologically ready starting from pregnancy, childbirth, to postpartum (breastfeeding). There is a relationship between Early Breastfeeding Initiation (IMD) and Breastfeeding Self

Efficacy (BSE) in postpartum mothers. This shows that with the perfect implementation of IMD, the level of Breastfeeding Self Efficacy (BSE) in postpartum mothers is getting higher.

Conflicts of interest

Author declared no conflict of interest.

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