

THE RELATIONSHIP BETWEEN AGE AND PARITY TO BREASTFEEDING SELF-EFFICACY IN POSTPARTUM MOTHERS

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ABSTRACT

Background: Breast milk (ASI) is the main intake for the growth and development of infants. One of the factors that influence the success of breastfeeding from psychological factors is breastfeeding self-efficacy. Breastfeeding self-efficacy is the ability and confidence of a mother to breastfeed her baby. To achieve breastfeeding success, postpartum mothers need to know the factors that influence breastfeeding. The coverage of babies receiving exclusive breastfeeding in 2020 is 66.06%. Two provinces have not reached the 2020 Strategic Plan target, namely Maluku and West Papua. For the East Nusa Tenggara region, the coverage of babies who received exclusive breastfeeding was 74.5%.

Objective: to determine the relationship between age and parity in breastfeeding self-efficacy in postpartum mothers.

Methods: quantitative research type with an analytic survey using the cross-sectional approach with purposive sampling technique with a total sample of 88. Data analysis using statistical methods *Pearson correlation*.

Results: obtained *p-Value* $0.028 < \alpha (0.05)$, then there is a significant relationship between mother's age and breastfeeding self-efficacy, and for parity test results obtained a *p-value* of $0.039 < \alpha (0.05)$, then there is a significant relationship between parity and breastfeeding self-efficacy.

Conclusion: There is a relationship between age and parity in the self-efficacy of breastfeeding mothers in postpartum mothers. One of the factors that determine success in breastfeeding is the condition of the mother which can be seen through her self-confidence, so that postpartum mothers can exclusively breastfeed their babies for 6 months.

Keywords: Age, Parity, Breastfeeding self-efficacy, Postpartum

INTRODUCTION

Breast milk is the first and main food for newborns and is the best and most natural, containing all the nutrients needed for optimal baby growth and development ((Ignasensia, mirong & Yulianti, 2017). Mother's milk (ASI) is the best food for babies, breast milk is beneficial for the development of the baby's brain because the baby's brain will get better if the baby drinks lots of milk ((Fita Nuzulia, 2013). Breastfeeding is an important health-promoting behavior, providing many health benefits for both mother and baby. Mother's milk is the right food for babies. There is no other food that can replace it (Nursan et al.,

2014) Breastfeeding requires a very stable emotional condition, considering that the mother's psychological factors greatly affect milk production. Breastfeeding self-efficacy is a mother's strength that influences breastfeeding responses such as effort and thoughts which then affect the initiation of breastfeeding behavior. Strong self-efficacy will encourage mothers to learn new things(Nisa et al., 2022)

The coverage of babies receiving exclusive breastfeeding in 2020 is 66.06%. This figure has exceeded the 2020 Strategic Plan target of 40%. The highest percentage of exclusive breastfeeding coverage was in West Nusa Tenggara Province (87.33%), while the lowest percentage was in West Papua Province

(33.96%). Four provinces have not reached the 2020 Strategic Plan target, namely Maluku and West Papua. Whereas for the East Nusa Tenggara region, the coverage of babies who receive exclusive breastfeeding is 74.5% (Kemenkes RI, 2020)

The problem of non-smooth breastfeeding often occurs in postpartum mothers which causes optimal nutrition for the baby. Postpartum mothers are one of the conditions that have a risk of breast milk problems because postpartum mothers will experience psychological changes. Psychological changes that occur can affect the level of self-efficacy of postpartum mothers in breastfeeding their babies (Agustin, 2020). Breastfeeding self-efficacy is a person's belief in himself in breastfeeding his baby, according to Bandura self-efficacy includes confidence in one's ability to organize and carry out actions to achieve the goals set and try to find solutions if problems arise in the process of achieving their goals (Fitri, 2022)

Postpartum mothers are one of the conditions for mothers who have a risk of non-fluent breastfeeding because postpartum mothers experience visible physiological changes, namely the size of the uterus becomes larger, there is lochia fluid in the uterine cavity and vagina, breast enlargement due to milk production. whereas the psychological changes that usually occur in postpartum mothers, namely fatigue and anxiety, greatly affect the production of the hormone oxytocin in the reflex process of expressing breast milk, which results in delays in expressing milk. (Ignasensia, mirong & Yulianti, 2017). From the foregoing, breastfeeding self-efficacy interventions are important to improve breastfeeding outcomes (Otsuka et al., 2014).

METHODS

This research uses a descriptive research design with a cross-sectional approach, the sample collection technique in this research is

purposive sampling, using the Slovin formula for a sample of 88 postpartum mothers. The independent variables (age and parity) were measured using a questionnaire and the dependent variable was measured using a breastfeeding self-efficacy measurement questionnaire or the breastfeeding Self-efficacy scale Short Form (*BSES-SF*) adopted by Dennis and Faux 1999). Data analysis using the Pearson correlation statistical test, research time from April to July 2023 in the work area of the Alak Health Center, Kupang City.

RESULTS AND DISCUSSIONS

1. Univariate Analysis

The purpose of this analysis is to predict the characteristics of the sample and the variables studied according to their respective data types in the form of a frequency distribution table and presentation, which will only explain without explaining the causal relationship as presented in the following table.

Table 1. Characteristics of Research Respondents

Variable	Frequency	Percentage
Age Of Respondents	1	1.1
<20 years	61	69.3
20-35 years	26	29.5
< 35 years		
Total	88	100
Parity		
Primipara	25	28.4
Multipara	55	62.5
Grande Multipara	8	9.1
Total	88	100
Breastfeeding		
Self-Efficacy	76	86.4
High Efficacy	12	13.6
Low Efficacy		
Total	88	100

Analysis based on the table above, 69.3% of respondents are aged 20-35 years, which is a healthy reproductive age, at this age the reproductive organs have reached maturity and can still work optimally so that breast milk production will be sufficient. Parity 62.5%

Multiparous, where there is a relationship between parity and correct skills regarding breastfeeding in postpartum mothers, and 86.4% have high self-efficacy. where high breastfeeding confidence can increase the success of breastfeeding mothers.

2. Bivariate Analysis

Table 2. Relationship between Age and Parity on Breastfeeding Self-Efficacy

		Age	Parity
Breastfeeding	Pearson	0.028	0.039
Self Efficacy	Correlation	0.792	0.712
	Sig. (2-tailed)	88	88
	N		

*.correlaton is Significant at the 0.05 level (2-tailed)

From the table above, the value is obtained $p\text{-value } 0.028 < \alpha (0.05)$, then there is a significant relationship between the mother's age and breastfeeding self-efficacy, and for parity test results obtained a $p\text{-value}$ of $0.039 < \alpha (0.05)$, then there is a significant relationship between parity and breastfeeding self-efficacy. So in conclusion there is a relationship between age and parity in the self-efficacy of breastfeeding mothers in postpartum mothers.

This is to the results of Alice Leiwakabessy's research, et al, found that there is a relationship between age, parity, and frequency of breastfeeding with milk production ((Leiwakabessy & Azriani, 2020). Meanwhile, according to Maria Ratnawati's research, parity affects subjective norms (Wicaksana & Rachman, 2018). This is in contrast to the results of research by Melinda Widyamukti, et al where there is no relationship between maternal age and self-efficacy regarding breastfeeding. In this study, there was also no relationship between breastfeeding self-efficacy and educational status, previous breastfeeding experience, experience of receiving education (information) about breastfeeding, employment status, and parity. However, there is a relationship between social support and self-efficacy

regarding breastfeeding (Widyanykti et al., 2020).

The age of an individual is calculated from the time of birth to the last birthday. The healthy reproductive age range is at the age of 20-35 years. This period is the best period for pregnancy, childbirth, and breastfeeding. During the period of healthy reproduction, milk production will be sufficient because the function of the reproductive organs can still work optimally. Mothers who are over 35 years old are considered at risk because their reproductive organs and other organs have decreased so the risk of complications in pregnancy, childbirth, and breastfeeding is very high (Sarwono, 2014). According to research by Polwandari et al, 84% of respondents aged 20-35 years are adults at this age, mothers can solve problems well, one of which will seek accurate information regarding exclusive breastfeeding, mothers aged <20 years are considered to still immature. spiritually and physically so that the mother will rely on other people to give exclusive breastfeeding. Mothers > 35 years of age begin to experience changes in their hormonal system so milk production will decrease and will become an obstacle in exclusive breastfeeding(Polwandari & Wulandari, 2021). Age is related to breastfeeding behavior because according to Alice's research results the mother's age is related to weight gain baby's body. This shows that the production of breast milk produced by the mother meets the baby's needs as seen by the baby's weight gain. (Leiwakabessy & Azriani, 2020).

The results of Moneca's research by Diah, et al showed that mothers aged less than 20 years or more than 35 years had low self-efficacy and 50% high. While mothers aged 20-35 years mostly have high breastfeeding self-efficacy as much as 57.15. The age range

is the adult phase(Diah et al., 2022), and according to Melinda, et al. most mothers aged 20-35 years 81% have high self-efficacy (Widyanykti et al., 2020).

Parity is a woman who has given birth, divided into several terms, namely primipara, which is someone who gives birth to the fetus she is carrying for the first time, and multipara is someone who has given birth to a fetus more than once, and grande multipara is a woman who has given birth to fetuses more than five times. (Sarwono, 2014). Parity is one part of the experience factor where primiparous mothers have no experience so their self-efficacy towards breastfeeding is low. Multiparous and grande multiparous mothers have a 4.60 times chance of giving exclusive breastfeeding compared to primiparous mothers. Parity is associated with the mother's experience of breastfeeding. Mothers with more than one parity will be more confident and able to overcome obstacles that occur during the breastfeeding process. (Polwandari & Wulandari, 2021). Maternal parity is also related to milk production. The amount of breast milk will be produced in mothers who give birth more than once. This is because they have more knowledge and experience about the breastfeeding process so that lactation management will be carried out properly(Leiwakabessy & Azriani, 2020). Parity shows that there is a significant relationship to the self-efficacy of breastfeeding mothers (Diah et al., 2022).

The results of Alice Leiwakabessy's research, ddk found that there was a relationship between age, parity, and frequency of breastfeeding with milk production(Leiwakabessy & Azriani, 2020). There is a strong relationship between breastfeeding self-efficacy variables and the smoothness of breastfeeding in postpartum mothers. The self-efficacy level of breastfeeding

mothers in providing breast milk to their babies can affect the production of the mother's hormone oxytocin in the process of the let down reflex or reflex of milk ejection, to achieve smooth milk ejection. This can provide promotive and preventive efforts to increase people's self-efficacy in smooth breastfeeding so that it reaches exclusive breastfeeding standards. Postpartum mothers are expected to be able to maintain a high level of breastfeeding self-efficacy so that there is a smooth expulsion of breast milk to optimize the nutritional needs of their babies (Agustin, 2020).

High self-efficacy and exclusive breastfeeding of 90.3% and there is a significant effect between breastfeeding self-efficacy and exclusive breastfeeding. 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 is self-efficacy in exclusive breastfeeding. (Ayuningtyas, 2023). Whether or not a mother is successful in giving exclusive breastfeeding is the result of a mother's belief in breastfeeding before. So mothers who have the confidence to breastfeed will make a mother breastfeed exclusively.

CONCLUSIONS AND RECOMMENDATIONS

This study concludes that there is a relationship between age and parity in the self-efficacy of breastfeeding mothers in postpartum mothers. One of the factors that determine success in breastfeeding is the condition of the mother which can be seen through her self-confidence so that postpartum mothers can exclusively breastfeed their

babies for 6 months and continue for up to 2 years.

Based on this conclusion, it is suggested that research should be carried out on giving suggestions or affirmations to breastfeeding mothers that can help mothers increase their self-confidence because every great mother can provide good breastfeeding. Increasing self-efficacy can be a predictor of breastfeeding. Mothers can increase self-efficacy by increasing their knowledge about breastfeeding, attending breastfeeding classes or counseling, and seeking support from family, medical personnel, or breastfeeding mother support groups.

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