

Factors Affecting the Efficacy of Breastfeeding in Public Mothers in Beringin Raya Puskesmas Bengkulu City

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Abstract

Efficacy is the mother's confidence in breastfeeding. Breastfeeding self-efficacy can determine the mother's desire to breastfeed the baby or not, self-efficacy as a form of effort made to breastfeed and efforts in dealing with breastfeeding problems. One of the factors that influence the provision of Exclusive Breastfeeding includes self-efficacy, parity, husband's role, work and socio-economics. Bengkulu City is the city with the lowest breastfeeding coverage out of 9 cities and districts in Bengkulu province in 2022 at 38%. The purpose of this study was to determine the effect of parity, education, work, and husband's support on breastfeeding efficacy in postpartum mothers at the Beringin Raya Health Center in Bengkulu City. This type of research is descriptive research with a cross-sectional approach. The sampling technique uses a purposive sampling technique, so that the determination of the sample in this study uses certain criteria or objectives. The sample obtained was 97 postpartum mothers, data collection using a questionnaire that was distributed directly. The analysis was carried out univariately, bivariate using the Chi Square test and multivariate using logistic regression with the help of the SPSS program. The results of statistical tests on parity factors ($p = 0.790$), education ($p = 0.464$), employment ($p = 0.232$) and husband's support ($p = 0.000$). So it can be concluded that there is no significant relationship between parity, education and employment factors. There is a significant relationship between husband's support and breastfeeding efficacy with a value of $p = 0.000$, QR value = 3.84.

Keywords

Efficacy of Breastfeeding Mothers, Parity, Education, Work, Husband's Support