

Effectiveness Of Breastfeeding Educatiun Class (TO) On Improving Maternal Self-Efficacy Post Partum At Sangurara Health Center Year 2023

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ABSTRACT. Self-efficacy is a person's belief about his or her ability to produce a planned level of performance in carrying out a series of actions that are consideret nnecessary to achieve the desired results. Providing Educational Classes (KE) to post partum mothers using modules on the importance of breast milk for babies so that this can increase the efficacy of mothers in breastfeeding their babies at the beginning og the postpartum priode 0-7 days. This study aims to determine the effectivebess of brestfeeding education classes on increasing the self-efficacy of postpartum mothers at UPT Puskesmas Sangurara in 2023. This type of research is a quast experiment with a two group pretest-posttest design. the number of sampel was 30 respondents (15 control group respondents who received questionnaires without educational classes and 15 intervention group respondents who received educational classes and questionnaires). Sampel were obtained using purposive sampling technique. Evaluastion of maternal efficacy was carried out on day 7 post partum both control and intervention groups. The results of this study indicate the of an increase in efficacy in the control group and the intervention group. Where in the control group there is a difference of 1.48 before and after being give educational classes and the interventional group there is a difference of 2.94 before and after being given educational classes. Based on the results of the paired T test, the value of $p=0.00 < \alpha=0.05$ shows that there is on difference in the average before and after being given educational classes but there is a difference between the control group and the intervetion group so it can be concluded that educational classes are effective in increasing the efficacy of partum mothers.

Keywords: Education Class, Efficacy, Postpartum Mothers

BACKGROUND

Breast milk is the first, main and best food for infants, WHO (Word Health Organization) and UNICEF (United Nations Children's Fund) recommend exclusive breastfeeding for 6 months without giving other foods or drinks including water, formula or other foods, except medicines, vitamins or mineral drops. (Word Health Organization, 2014).

Based on WHO (World Health Organization) research in 2018 recommends that babies should only be breastfed with breast milk for at least 6 months and breastfeeding is continued until the baby is 2 years old, but only 44% of babies born in the world get breast milk for the first 1 hour at birth, even fewer babies are exclusively breastfed.

Exclusive breastfeeding coverage in Central Africa is 25%, Latin America and the Caribbean is 32%, East Asia is 32%, South Asia is 47% and developing countries are 46%, overall less than 40% of children under 6 months of age are exclusively breastfed, which is not in line with WHO targets.

From the results of the 2012 SDKI report, the achievement of exclusive breastfeeding was 42% and based on reports from the provincial health office in 2013, the coverage of breastfeeding 0-6 months was 54.3%. Therefore, breastfeeding coverage in Indonesia has not reached the expected figure of 80% (Ministry of Health, 2014). Based on data from the central Sulawesi Provincial Health Office in 2019, the achievements of infants aged less than 6 months who received exclusive breastfeeding was 54.7% (Central Sulawesi Provincial HealthOffice,2019). Health Office of Central Sulawesi Province, 2019).

Based on data from the Health Office of Palu City, exclusive breastfeeding coverage for the last 3 years has experienced a fluctuating trend. Sequentially, the exclusive breastfeeding coverage of Palu City in the last three years, namely in 2017 reached 58.3%, in 2018 it increased to 59.9%, in 2019 it decreased to 57.8%. The lowest exclusive breastfeeding coverage in 2019 was in the Bulili Health Center working area with a percentage of 37.17%, while the highest coverage in the Sangurara Health Center working area with a percentage of 75.31%.

Breastfeeding mothers need to believe that they can provide breast milk for their babies until the agreed time limit. Breastfeeding self-efficacy in mothers should already exist since they are pregnant so that they carry out lactation management to support breastfeeding success.

From the results of previous research in the journal Breastfeeding Self-Efficacy 2017, it shows that there is a significant increase in the self-efficacy of breastfeeding mothers before and after the Educational Class intervention. One of the causes is the seriousness and seriousness and the need for participants to get information according to the Educational Class material.

Low efficacy in terms of breastfeeding can lead to negative perceptions and motivation, and tend not to give breast milk to babies and replace it with others such as formula milk. Breastfeeding self-efficacy is influenced by 4 factors, namely achievement in the form of previous successful breastfeeding experiences, the experience of others by observing others breastfeeding, verbal persuasion in the form of reinforcement or advice given by influential people to be a source of strength for mothers, the last is a physiological response. Wardani stated that the experience of breastfeeding success, knowledge and

experience regarding breastfeeding techniques is an important factor in the efficacy of breastfeeding mothers.

RESEARCH METHODS

The type of research used by research used by researchers is a type of quantitative research with the quasi Experiment method. the design used in this research is a two group pretest-posttest design. this research design examines the effectiveness of educational classes in experimental groups using a control group comparison. Researchers made the first observation (pretests) which allowed researchers to test changes that occurred before the experiment and changes after the experiment (post test). the model of this research design is as follows.

Respondents :

01	×	02
03		03

Description

01 : Experimental Group Before treatment (pretest)

02 : Experimental Group after being treated (posttest)

03 : Control Group

X : Breastfeeding Education Class (KE)

RESULTS AND DISCUSSION

Based on the results of research conducted at UPT Puskesmas Sangurara With a sample size of 30 people, the following results were obtained.

1. Univariate Analysis
 - a. Characteristics of respondents based on age

Tabel 1 Frequency Distribution of Respondents by age March to July 2023 UPTD

Puskesmas Sangurara 2023.

Age Group	Number respondents	Percentage (%)
< 20 yrs	2	6,7
20 yrs-35 yrs	25	83,3
>30 yrs	3	10,0
Amount	30	100

source: Promer Data years 2023

From tabel 1 the above table shows that there are 30 respondents used in this study with an age group of <20 years as many as 2 people (6,66%), age 20-30 years as many as 24 puerperas (80%) and age above 30 years as many as 4 people (13,33).

b. Characteristics of respondents education

Tabel 2 Frequency distribution of respondents based on last education March to July 2023
UPT Puskesmas Sangurara 2023.

Last education	Number of respondents	Percentage (%)
Not in school	2	6,7
SD	6	20,0
SMP	4	13,3
High School	15	50,0
PT	3	10,0
Amount	30	100,0

Source: Primary Data Year 2023

Data Tabel 2. shows that the last education of postpartum mothers who did not go to school was 2 people (6,66%), elementary school (SD) as many as 6 people (20%), junior high school (SMP) as many as 4 people (13.33%), senior high school (SMA) as many as 15 people (50%) and college (PT) as many as 3 People (10%).

c. Characteristic of respondents based on Occupation

Tabel 3 Frequency distribution of respondents based on work UPT Puskesmas Sangurara
March to June 2023.

Jobs	Number of respondents	Percentage (%)
Work	11	36,7
Not working	19	63,3
Amount	30	100,0

Source: Primary Data Year 2023

Tabel 3 shows that there are 11 working mothers (36,66%) and 19 non-working mothers with a percentage of (63,33).

d. Characteristics of respondents based on income

Tabel 4 Frequency distribution of respondents based on income UPT Puskesmas Sangurara
March July 2023.

Income	Number of respondents	Percentage (%)
>1.000.000	15	50,0
1.000.000	4	13,3
<1.000.000	11	36,7
Total	30	100,0

Source: Primary Data Year 2023

Data table 4 shows that postpartum women earning above 1.000.000 are 15 people (50%), while those earning 1.000.000 are 4 people (13,33%) and those earning less than 1.000.000 are 11 people (36,66%)

e. Characteristics of respondents based on family support

Tabel 5 Frequency distribution of respondents based on support UPT Puskesmas Sangurara
March to June 2023.

Support	Number of respondents	Percentage (%)
Good	30	100,0
Not Good	0	0
Amount	30	100,0

Source: Primary Data Year 2023

Data table 5 shows that 30 post partum women who were respondents received good support with a percentage of 100%.

2. Bivariate Analysis

1. Normality Test Results

Table 6 Results of Normalty Test Wit Shapiro-wilk pre post test control and intervention
Efficacy and knowledge.

	Shapiro-wilk	
	statistics	sig
Pre post test control Efficacy	0,899	0,091
Pre post test control knowledge	0,890	0,068
Pre post intervention Efficacy	0,942	0,413
Pre post test Intervention Knowledge	0,914	0,156

Source: Primary Data Year 2023

Basedon the table above, it shows that the test is normally distributed with a significant value ($p > 0,05$).

2. Difference in the effeteness of educational classes on improving breastfeeding mothers' self-efficacy

Table 7 Difference in self-efficacy and knowledge of postpartum mothers before and after in the control and intervention groups at UPT Puskesmas Sangurara March to June 2023.

Group	Before		After		P Value	α
	Mean	SD	Mean	SD		
Self-efficacy						
Control	72,47	6,82	76,86	5,34	0,00	0,05
Intervention	73,17	7,63	80.39	5,69	0,00	

Source: Primary Data Year 2023

Based on table 7 by using the paired T test in the control and intervention groups, it shows that in the control group the average value is 72,47% and the intervention group has an average value of 73,17%, this shows that there is an increase before treatment and after treatment with an increase of 0,7% with a value of $p = 0,00$, which means that the provision of educational classes is effective in increasing the self-efficacy of postpartum mothers.

3. Effectiveness of Efficacy and knowledge on Post Partum mothers

Table 8 Effectiveness of efficacy and knowledge of postpartum mothers in the control and intervention groups at UPT Puskesmas Sangurara March to June 2023.

Group	Mean	SD	p	α
Control	76,86	5,34	0,020	0,05
Intervention	80,39	4,69		
Control	75,66	7,03	0,000	
Intervention	86.00	6.03		

Source:UPT Puskesmas Sangurara

Based on the data in table 8 tahat the results of the independent T test Efficacy in the control group obtained an average value of 76,56 with an SD Value of 5,34 while in the control grup obtained an average value of 80,39 and an SD Value of 4,69 with a value of $p = 0,020 > 0,05$ which means that Efficacy is effective on Post Partum Mothers and the results of the independent T Test Knowledge show that the average Value is $0,05 > 0,05$ which means that Efficacy is effective on Post Partum Mothers.

4. Relationship between knowledge and self-efficacy of breastfeeding mothers

Table 9 Relationship between education and self-efficacy of post partum breastfeeding mothers UPT Puskesmas Sangurara

Group	Regression correlation		α
	r	sig	
Education	0,703	0,000	0,05
Efficacy	0,703	0,000	

Source : SPSS 16 year 2023

Based on the test results above, it shows that the significant value is 0,000. which means that there is a relationship between self-efficacy and knowledge with a value ($\rho < 0,05$).

5. Relationship between education ant mother's knowledge

Table 10 Relationship between Education and Knowledge of Post Partum Breastfeeding Mother's at Sangurara Health Center.

Group	Regression correlation		α
	r	sig	
Education	0,776	0,000	0,05
Knowledge	0,776	0,000	

Source : SPSS 16 year 2023

Based on table 10 above shows that the correlation value between education and knowledge is $r=0,776$ and a significant value of $\rho=0,000 < 0,05$, which means there is a relationship between education and knowledge.

CONCLUSIONS

1. The difference in self-efficacy of postpartum mothers before and after being given an Educational Class (KE) based on the comparison test or Paired T test ahows a significant Value $> 0,05$, which means that educational classes are effective on the self-efficacy of postpartum mothers and the difference is clearly seen from the difference in values before and after being given a questionnaire with a value range of 0,7%.
2. The effectiveness of efficacy on the knowledge of post partum mothers before and after being given a questionnaire is based on the independent T test which show a significant value of $\rho=0,020 < 0,05$, meaning that efficacy is effective in increasing the knowledge of post partum mothers.

3. The relationship between education and self-efficacy of breastfeeding mothers based on a simpel linear regression correlation test that abtained a significant value of $\rho = 0,000 < 0,05$ which indicates that there is a relationship between education and efficacy.
4. The relationship between education and knowledge of postpartum mothers based on simple linear regression correlation tets that value of $\rho = 0,000 < 0,05$ which means there is a relationship between education and knowledge.

ADVICE

1. For researchers, the results og the study can be a motivation for all postpartum mothers who lose their confidence so that they awitch to breastfeeding by always attending the Postpartum mother Education Class at the health center.
2. For the research site, it is hoped that the post partum Maternal Education Class can be applied in the BOK activities of the puskesmas so that it can become an innovation for further Puskesmas activities.
3. The Palu district government can promote the regent's regulation on IMD and exclusive breastfeeding no 8 of 2014 so that it can support the fulfilment of infants to breast milk and our coverage in health centers can increase which can be applied in Education Classes so that all Puskesmas in Palu Regency can implement Postpartum Mother Education Classes.

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