

BOOK OF ABSTRACTS: The 1st International Conference on Public Health (ICPH) 2018



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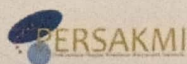
The 1st International Conference on Public Health (ICPH) 2018

The Indonesian Public Health Association, Southeast Sulawesi Province



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THE EFFECT OF LACTATION EDUCATION ON MOTHER'S SELF-EFFICACY AND EXCLUSIVE BREASTFEEDING

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Abstract:

Background: Self-efficacy is a belief that a mother has that she can breastfeed her baby. If the mother is confident, she will give exclusive breastfeeding until the baby is 6 months old without additional formula or other foods.

Aim: To determine the effect of lactation education on the mother's self-efficacy and exclusive breastfeeding.

Methods: The study design was the quasi experiment, pre-test, and post-test with control group design. Samples of mothers (gestational age $\geq 28-32$ weeks) were divided into 3 groups: 1) those who received lactation and modification modules ($n = 21$), 2) a group that only received modification modules ($n = 21$) and 3) a group that only received the maternal and child health books ($n = 20$). Data were collected using questionnaires, self-efficacy measurements were performed before lactation education was performed, and after 6 months of age.

Results: Initial measurement results (t_0), the median self-efficacy score of respondents was between 60-79, while the median self-efficacy score of the mother at the final measurement (t_1) was between 60-88. The highest score increase occurred in group 1, then group 3. The median test result showed there was self-efficacy difference between the three groups ($p = 0.002$). The Wilcoxon test in group 1 showed no difference in exclusive breastfeeding in infants aged 3 months and 6 months, whereas in group 2 there was no difference in breastfeeding in the third month, but in the sixth month found the difference ($p = 0.006$). In group 3, breastfeeding differences were found since the third month ($p = 0.015$) and the sixth month ($p = 0.015$). This finding means that lactation education has an effect on the practice of exclusive breastfeeding. This can be seen in group 1 which has the highest self-efficacy score and also has the highest percentage of exclusive breastfeeding percentage of all groups.

Conclusion: Lactation education improves the self-efficacy of the mother and also increases the duration of exclusive breastfeeding.

Keywords: lactation education, self-efficacy, and exclusive breastfeeding.