


## The Influence Of Health Education On Increasing Self-Efficacy Of Post Partum Mothers At The UPT Ulaweng Public Health Center In 2023

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Article Info	ABSTRACT
<b>Keywords:</b> Health Education Post Partum Mother Self-Efficacy	Health services for neonates (0-28 days) at least 2 times, once at the age of 0-7 days and one more time at the age of 8-28 days. The coverage of neonates visits in 2019 was 90.00%, decreasing in December 2020 by 85.00% (UPT Puskesmas Ulaweng). Providing Education Classes (KE) to Post Partum mothers using a module on the importance of breastfeeding for babies so that this can increase neonatal visits and the efficacy of mothers in breastfeeding their babies at the beginning of the postpartum period of 0-7 days through education . This study aims to determine the effectiveness of breastfeeding education class (KE) to increase the self-efficacy of post-partum mothers at the Ulaweng Public Health Center, Bone Regency in 2023. This type of research is a quasi-experimental design with a two group pretest-posttest design. The total sample size is 30 respondents (15 control group respondents who received a questionnaire without education class and 15 respondents in the intervention group who received education class and questionnaire). Samples were obtained using purposive sampling technique. Evaluation of maternal efficacy was carried out on the 7th day post partum both the control group and the intervention group.
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### INTRODUCTION

Mother's milk is the first, main and best food for babies, who (word health organization) and unicef (united nations children's fund) recommend exclusive breastfeeding for 6 months without giving other food or drink, including water, formula milk or other foods, except medicines, vitamins or mineral drops [1].

Based on who (world health organization) research in 2018, it is recommended that babies should only be breastfed with breast milk (asi) for at least 6 months and continued breastfeeding until the baby is 2 years old. However, only 44% of babies born in the world receive breast milk 1 in the first hours of birth, even a small number of babies are exclusively breastfed.

Coverage of exclusive breastfeeding 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. Not yet in accordance with who's target, namely increasing exclusive breastfeeding for the first 6 months by at least 50%. This is who's fifth target by 2025 [2].

In 2015 the coverage of exclusive breastfeeding in indonesia was 52.3%, while in central java the coverage of breastfeeding was 60%, the city of semarang was 64.68%. However, the coverage of breastfeeding has not yet met the 2014 target of 80%. The target is the province of west nusa tenggara 84.7% while the 3 lowest are the provinces of west java, papua and north sumatra.

Indonesia has launched republic of indonesia government regulation number 33 of 2012 concerning exclusive breastfeeding. Exclusive breastfeeding is given to babies after birth up to 6 months of age, after 6 months, babies receive complementary breast milk (mpasi) and breast milk continues until they are 2 years old. Government has promoted various educational programs to introduce exclusive breastfeeding through various media, but in reality, in the field, there are still many mothers who do not know the meaning of exclusive breastfeeding and what is even sadder is that mothers who have been educated about exclusive breastfeeding still choose formula milk because of various myths [3].

Exclusive breastfeeding is very important because it has various benefits for both the baby and the mother [4]. The benefits of exclusive breastfeeding for babies include reducing the risk of contracting various infectious diseases such as diarrhea, ear infections, lower respiratory tract infections, allergies, meningitis, leukemia, etc. This can reduce morbidity and infant mortality rates, besides reducing the risk of obesity in children, increasing intelligence and strengthening the inner relationship between mother and baby [5]

From the results of the 2012 idhs report, the achievement of exclusive breastfeeding was 42% and, coverage of breastfeeding for 0-6 months was 54.3%. Therefore, breastfeeding coverage has not yet reached the expected [6]. The target of the south sulawesi provincial health service for the community nutrition improvement program related to exclusive breastfeeding in 2018 is 83% and by the fourth quarter the realization was only 68%. Breastfeeding mothers need confidence that they can provide breast milk for their babies until the agreed time limit. Breastfeeding self-efficacy in mothers should have existed since the mother was pregnant so that the mother carries out lactation management to support successful breastfeeding. The higher the breastfeeding self-efficacy, the harder the effort [7].

In order to successfully breastfeed, what is meant at this time is effective breastfeeding and continued breastfeeding. From the results of previous research in the 2017 breastfeeding self-efficacy journal showed a significant increase in the self-efficacy of breastfeeding mothers before and after being given the Education Class intervention. One of the causes was the sincerity and seriousness as well as the participants' need to obtain information in accordance with the Education Class material.

Low efficacy in breastfeeding can lead to negative perceptions and motivation, as well as a tendency not to give breast milk to babies and replace it with something else, for example formula milk. Breastfeeding self-efficacy is influenced by 4 factors, namely achievement in

the form of previous successful breastfeeding experiences, other people's experiences, namely by observing other people breastfeeding

Verbal persuasion is in the form of reinforcement or Advice given by influential people becomes a source of strength for the mother, the last of which is the physiological response. Wardani stated that the experience of successful breastfeeding, knowledge and experience regarding breastfeeding techniques are important factors in the efficacy of breastfeeding mothers.

Data from the Ulaweng Community Health Center, Bone Regency, recorded that the number of mothers giving birth in 2017 was 174 mothers and only around 80 post partum mothers were actively breastfeeding (45.97%) while in 2018 of the 194 post partum mothers only around 105 were actively breastfeeding or around 54.12% and in the period January to November 2019 there were 120 people out of 193 postpartum mothers who had been treated at the Ulaweng Community Health Center or around 62.17%. (Postpartum Cohort Data, 2019), Meanwhile in Bone Regency there has been a regional regulation issued by the Bone Regent regarding Early Breastfeeding Initiation (IMD) and Exclusive Breast Milk (ASI) Number 8 of 2014.

### Literature Review

This is the maternal dependency phase that lasts from the first day to the second day after giving birth. At this time, the focus of the mother's attention is mainly on herself, so that the experience during labor is often repeated by the mother to everyone who visits her [8]. Fatigue makes the mother need rest and want to sleep. It is best to pay extra attention to fatigue and communicate well and provide adequate nutritional intake [9]. After the fatigue begins to decrease, now the mother begins to realize that labor is a real thing. The taking-in period lasts for 1-2 days.

This phase lasts between 3-10 days after giving birth. During this phase, the mother always feels worried about her inability and responsibility to care for the child. The mother's feelings are sensitive so she is easily offended. Mothers really need support from other people. This moment is an excellent opportunity to provide guidance in caring for yourself and your child. This period is considered a period of moving from a state of dependence to a state of independence [8]. Gradually the mother's energy level increase, feel more comfortable, and focus on the baby being born. Now the mother is starting to be independent until finally she has the initiative to care for herself.

Controlling body functions, eliminating, paying attention to activities. Failure in the talking hold phase causes post partum depression, namely the feeling of not being able to care for the baby. This phase is the phase of accepting responsibility for her new role which lasts 10 days after giving birth. The mother has been able to adjust to her dependence. Now her desire to care for herself and her baby is complete increases, feels more comfortable, and gradually begins to take over responsibility, and understands the baby's needs.

It is a bond of affection that starts from an early age as soon as the baby is born. Bonding is the relationship between mother and child, so the bonding attachment process will continue to increase along with the mother's acceptance of her baby.

The decision not to breastfeed a baby even though the breast milk is still runny is not

ideal, because breast milk is not the best choice for a baby but is the only food for a baby in the opinion of Dr.dr.Dwiana Ocviyanti SpOG (K) RSU Pusat Negri Cipto Mangunkusumo, Jakarta This is in line with AIMI's observations, which for the past 2 years has been aggressively campaigning for a return to breast milk. The breastfeeding process will build a relationship between mother and baby, make it easier for the baby to adapt outside the womb after the birth process and also help the mother adapt to her baby after birth thereby reducing the risk of post partum blues. to postpartum depression in the mother.

Breastfeeding a baby will not be a difficult decision if mothers are aware of the various benefits of breast milk. Not only for the baby, but also mothers, ongoing research on breast milk shows the many health benefits of breastfeeding for babies. Breast milk is able to provide babies with protection including reducing risk of digestive, bladder and respiratory tract infections, reduces the risk of ear infections, prevents diarrhea and the risk of SIDS (Sudden infant death syndrome), allergies, diabetes and even obesity in the future.

Lactation is an integrated part of the reproductive process that provides ideal and natural nutrition for babies and has a biological and psychological basis which is needed for growth. Breast milk (ASI) is the ideal food for the growth of neonates. A number of components contained in it, breast milk as a source of nutrition for growth and first protection against infection. The process of forming milk is a complex process involving the hypothalamus, pituitary and breasts, which starts from the fetus until the postpartum period.

Breast milk and colostrum are the best food for babies, colostrum is a thick, yellowish liquid produced by the alveoli of the mother's breasts in the final period or third trimester of pregnancy [10]. Colostrum is released on the first day after delivery, the amount of colostrum will increase to reach the composition of normal/mature breast milk of around 3-14 day [11]. Breast milk is a very important nutrient for newborn babies. Apart from that, breast milk has a very useful immune function, especially for unstable babies (premature babies and sick babies). This immune and protective function is mainly found in colostrum in the early days of life [12]

Breast milk is an emulsion of fat in a protein solution, lactose which is secreted by both of the mother's secretory glands. Exclusive breastfeeding is giving breast milk as early as possible after birth until the baby is 6 months old without giving other food. At the age of 6 months, the baby's digestive system begins to mature. In general, the tissue in the small intestine is like a sand filter, the pores are hollow, allowing the form of protein or germs to directly enter the circulatory system and can cause allergies. The pores in the baby's intestines will close tightly after the baby is 6 months old. With Thus, the baby's intestines after 6 months of age are able to reject allergic factors or germs that enter.

### **Hypothesis**

1. Alternative Hypothesis (HA)

Education Classes (KE) are effective on post partum mothers' self-efficacy in breastfeeding.

2. Null Hypothesis (HO)

Education Classes (KE) are not effective on post partum mothers' self-efficacy in breastfeeding.

## METHOD

### Types of research

The type of research used by researchers is quantitative research with the Quasi Experimental method [13]. The design used in this research was two group pretest-posttest Design. This research design examines the effectiveness of educational classes in the experimental group using a control group as a comparison.

### Research Location and Time

The research will be carried out at the UPT Ulaweng Community Health Center. The research was carried out from March to June 2023

### Population and Sample

The population in this study were all postpartum mothers in the UPT Puskesmas Ulaweng working area from March 21 to June 21 2023. The sample in this study was 30 post partum breastfeeding mothers days 0-7 days in the UPT Ulaweng Health Center working area. Which consists of 15 control groups and 15 intervention groups.

## RESULTS AND DISCUSSION

### Univariate Analysis

- a. Characteristics of respondents based on age.

**Table 4.1** Frequency Distribution of Post Partum Mother Respondents Based on Age UPT Ulaweng Community Health Center in 2023

Age Group	Number of respondents	Percentage (%)
< 20 yrs	2	6,7
20 yrs-35 yrs	25	83.3
>30 yrs	3	10.0
amount	30	100

Source: Primary Data 2023

From table 4.1. Above, it can be seen that there were 30 respondents used in this study with an age group < 20 years as many as 2 people (6.7), aged 20-30 years as many as 25 postpartum mothers (83.3) and above 30 years as many as 3 people (10.0).

- b. Characteristics of respondents based on education

**Table 4.2** Frequency Distribution of Post Partum Mother Respondents Based on UPT Education at Ulaweng Community Health Center in 2023

last education	Amount respondents	Percentage(%)
No school	2	6,7
elementary school	6	20.0
Junior High School	4	13.3
Senior High School	15	50.0
Universities	3	10.0
Amount	30	100.0

Source: Primary Data 2023

Data table 4.2. shows that the final education of postpartum mothers who did not go to school was 2 people (6.7), elementary school (SD) was 6 people (20.0), school

- c. Respondent characteristics based on employment upper middle school (SMP) as many as 4 people (13.3), high school (SMA) as many as 15 people (50.0) and tertiary institutions (PT) as many as 3 people (10.0).

**Table 4.3.** Distribution Frequency respondents Post Partum Mother based Work at UPT Ulaweng Health Center in 2023

Work	Number of respondents	Percentage(%)
Work	11	36.7
Doesn't work	19	63.3
amount	30	100.0

Source: Primary Data 2023  
Data table 4.3. shows that there are 11 mothers who work (36.7) And Which No

- d. Respondent characteristics based on income Work as many as 19 people(63.3).

**Table 4.4.** Frequency distribution of respondents for post-partum mothers based on income at UPT Puskesmas Ulaweng in 2023

Income	Amount respondents	Percentage(%)
>1,000,000	15	50.0
1,000,000	4	13.3
<1,000,000	11	36.7
Amount	30	100.0

Source: Primary Data 2023

Data table 4.4 shows that postpartum mothers earn income on 1,000,000 as many as 15 people (50.0).temporary Which earning 1,000,000 as many as 4 people (13.3) and those with an income of less than 1,000,000 were 11 people (36.7).

- e. Respondent characteristics based on family support

**Table 4.5.** Distribution Frequency respondents Post Partum mothers based on support UPTUlaweng Health Center in

Support	Amount respondents	Percentage(%)
Good	30	100.0
Not good	0	0
amount	30	100.0

Source: Primary Data 2023

Data table 4.5. showed that 30 postpartum mothers were respondents

### Bivariate Analysis

- a. Normality Test Results get support Whichgood with a percentage of 100.0

**Table 4.6.** Normality Test Results with Shapiro-Wilk pre-post test control and intervention Efficacy and knowledge.

	Shapiro Wilk statistics	sig
Pre post test Efficacy control	0.899	0.091
Pre post test knowledge control	0.890	0.068
Pre post test intervention efficacy	0.942	0.413
Pre post test knowledge intervention	0.914	0.156

Source: Primary Data 2023

Based on the table above, it shows that the test is normally distributed with a significant value ( $p > 0.05$ )

- b. Differences in the effectiveness of educational classes in increasing the self-efficacy of breastfeeding mothers

**Table 4.7.** Differences in self-efficacy and knowledge of postpartum mothers before and after in the control and intervention groups at UPT Puskesmas Ulaweng March to June 2023

Group	before Mean elementary school	after Mean elementary school	Value of $\rho$ $\alpha$	
Self-efficacy				
Control	72.476.82	76.86 5.34	0.00	
intervention	73.177.63	80.39 4.69	0.00	0.05
Knowledge				
control	67.669.23	75.66 7.03	0.00	
intervention	74.339.42	86.00 6.03	0.00	0.05

Source: Primary Data 2023

Based on table 4.7 using the paired T test, the self-efficacy of the control and intervention groups previously showed that in the control group the average was 72.47 with SD 6.82 and the intervention group averaged 73.17 with SD 7.63 while afterwards in the control group the average was 76.86 with SD 5.34 and the intervention average was 80.39 with SD 4.69. This shows that there was an increase before being given treatment compared to after being given treatment with an increase of 0.7 with a value of  $\rho = 0, 00 < 0.05$  which means  $H_0$  is rejected and  $H_a$  receiving education is effective in increasing maternal self-efficacy

In the control group previous knowledge showed the average value was 67.66 with SD 9.23 and the intervention group average value was 74.33 with SD 9.42 while afterwards in the control group the average was 75.66 with SD 7.03 while the intervention group average was 86.00 with SD 6.03 which shows the value  $\rho = 0.000 < 0.05$  which means  $H_0$  is rejected  $H_a$  is accepted so education is effective for mother's knowledge

c. Effectiveness Efficacy and knowledge for Post Partum mothers

**Table 4.8.** Effectiveness Efficacy and knowledge of postpartum mothers in the control and intervention groups at the UPT Ulaweng Community Health Center in 2023

Group	Mean	elementary school	$\rho$	$\alpha$
Control	76.86	5.34		
intervention	80.39	4.69	0.020	0.05

Source: Primary data for 2023

Based on data from table 4.8, the Efficacy results in the control group obtained an average value of 76.56 with an SD value of 5.34 while in the intervention group. The average value was 80.39 and the SD value was 4.69 with the results of the Independent T Test ( $\rho$  value=0.020>0.05).

d. The relationship between knowledge and self-efficacy of breastfeeding mothers

**Table 4.9.** Relationship between education and self-efficacy of post partum breastfeeding mothers UPT Puskesmas Ulaweng 2023

Group	Regression correlation		$\alpha$
	R	sig	
Education	0.703	0,000	
Efficacy	0.703	0,000	0.05

Source: Primary data for 2023

Based on Table 4.9 above, it shows that the significant value  $\rho=0.000<0.05$ , this shows that that there is a relationship between self-efficacy and knowledge and value ( $\rho=<0.05$ ).

e. The relationship between education and maternal knowledge

**Table 4.10.** Relationship between education and maternal knowledge in the control and intervention groups of post partum mothers at the Ulaweng Community Health Center

Group	mean	elementary school	$\rho$	$\alpha$
Control	75.66	7,037		
Intervention	86.00	6,035	0,000	0.05

Source: Primary data for 2023

Based on Table 4.10. on showed knowledge in the control group the average value was 75.66 with an SD of 7.037 while in the intervention group the average value was 86.00 with an SD value of 6.035 showed that there was an increase in the intervention group, namely 1.002. Based on the results of the independent T test analysis, a significant value of  $\rho=0.000<0.05$  was obtained.

Factors that influence a mother's success in providing exclusive breastfeeding are education, knowledge and experience, apart from that, information on support from the family, community and health service system is needed to increase the mother's self-confidence in providing exclusive breastfeeding and overcome any maternal problems related to breastfeeding. Education Class is a class where Post partum mothers are given information



about the nutritional content contained in breast milk. (Wardani, 2012)

The results of the research showed that of the 15 postpartum mothers in the control group pre and post intervention post test, there were 6 postpartum mothers who scored <70% and 9 of them had an average score of >80%. This shows a significant improvement before and after being given education. with a value of  $\rho=0.000<0.05$  which means  $H_0$  is rejected and  $H_a$  is accepted so that education is effective on maternal self-efficacy.

Based on the journal results of Selly and Retna's research entitled breastfeeding education classes as a support for exclusive breastfeeding in 2017, it was stated that mothers who took prenatal education classes had longer duration of breastfeeding compared to mothers who did not attend prenatal education. Thus, this educational class can have a good impact on the mother's willingness to breastfeed and the mother's belief in the importance of breast milk can increase.

Based on the results of Nurhasanah Nasution's research regarding the Perception of Educational Perceptions of the North Sumatra Branch of the AIMI (Association of Indonesian Breastfeeding Mothers) on the Exclusive ASI program in Medan in 2017, it is stated that the knowledge of informants who took part in the AIMI Education Class in carrying out the Exclusive ASI program can be said to be good because the informants can understand the meaning. and the goal of breastfeeding for 6 months.

The researcher's assumption regarding this research is that efficacy and knowledge have both increased significantly in both the control group and the intervention group because pregnant women have previously received routine pregnancy classes every month which are carried out by village midwives in the UPT Puskesmas Ulaweng working area. Knowledge plays an important role in a person's actions so as to changing behavior requires additional information and knowledge that will support the choices a person will make. Knowledge is seen when a person uses his or her mind to recognize certain objects or events that have never been seen or felt before [14]

The results of this study showed that of the 30 samples taken, 15 were controls, there were 2 post partum mothers with a score <60 and 13 people with a score >60 while in the intervention there were no people with a score <60 and 15 people with a score >60 means there is a significant increase with a value of  $\rho=0.020<0.05$ , which means  $H_0$  is rejected and  $H_a$  is accepted so that education is effective in the mother's knowledge.

Based on research on the influence of health education on lactation management on the self-efficacy of breastfeeding mothers in third trimester primigravida mothers conducted by Rainy Trikurnia Ningtyas in 2017, it shows that the results of this study show that there is an influence of health education on breastfeeding self-efficacy scores of third trimester primigravida mothers regarding lactation management. . Based on the results of the T-test probability value 000, which is less than <0.05, then there is a significant difference between breastfeeding self-efficacy before and after being given health education about lactation management.

Further research about the effectiveness of health education through multimedia and face-to-face on the knowledge and attitudes of pregnant women about breast milk and breastfeeding. The results of the research show that the multimedia method is different from

the face-to-face method in increasing knowledge and attitudes about breast milk and breastfeeding [5].

The researcher's assumption is that education classes with knowledge of breastfeeding mothers in both the control and intervention groups also experienced an increase sample Which obtained is postpartum mother breast-feed Which Previously, pregnant women had received education so that they were familiar with answering the existing questionnaires and at the same time reminded them of the knowledge they had gained in the pregnant women's class. Education is any planned effort to influence more behavior Good and ability society in achieving optimal health on individual, group or society, apart from that, the concept of health education influences also the learning process from Which No you know becomes you know [15]

The results of this research show a relationship between education and efficacy based on a simple linear regression correlation test that has been carried out showing that there is a relationship between education and efficacy seen from the significance value  $\rho=0.000<0.05$  which means there is a relationship with a relationship value of 0.703 or 70.3% . This is in accordance with Arthabdan Evi Wahyuni's journal regarding the influence of breastfeeding education on the self-efficacy of breastfeeding mothers at PKU Muhammadiyah Hospital Yogyakarta in 2019, showing that there is an influence of breastfeeding education on the self-efficacy of mothers breastfeeding babies with a significant value of  $\rho=0.000<0.05$ .

Based on the journal Muhajirin Maliga and Elly Lilianty in 2019 regarding the effectiveness of integrated education in increasing post-operative patient self-efficacy, it shows that there has been an increase in patient self-efficacy seen from the influence of interventions on increasing post-operative operative patient self-efficacy.

The researcher's assumption in this case is that the relationship between education and efficacy is seen in terms of education in the control and intervention groups, the average last high school education, so based on this, it is enough to give them confidence in themselves in terms of breastfeeding and breastfeeding.Support by actively they attend routine pregnancy classes every month. Knowledge is information Which is known or aware of by someone who is not limited to description, hypothesis, concepts, theories, principles and procedures that are likely correct and useful whereas Education is learning knowledge [16]

The research results obtained through the Independent T test show that the significant value is  $\rho=0.020<0.05$ , which means that  $H_0$  is rejected and  $H_a$  is accepted, so it can be said that education and knowledge are closely related. Based on the research journal Bakhtiar and Teuku Tahlil in 2016 regarding increasing knowledge of mothers' attitudes and actions in providing exclusive breastfeeding through group education, it shows that the intervention model using education is more effective and efficient for increase knowledge, attitudes and actions of mothers breastfeeding exclusively breast milk.

Based on the second journal by Defanda Tritya in 2017 regarding differences in knowledge scores related to balanced nutrition in breastfeeding mothers who were given nutritional education through website media and booklets in the city of Malang, it shows that there is a significant increase in knowledge  $\rho < 0.05$  regarding balanced nutrition among breastfeeding mothers. before and after being given nutrition education using websites and

booklets.

The researcher's assumption in this case is that the relationship between education and knowledge has also increased, marked by referring to the knowledge they get in routine pregnancy classes every month and their most recent education, which is at average high school, which of course influences their admission of the health education provided.

## CONCLUSION

Differences in self-efficacy of post partum mothers before and after being given Education Classes (KE) in both the control group and intervention group (each value  $\rho=0.000<0.05$ ). There is a relationship between knowledge and self-efficacy in post partum mothers ( $\rho=0.020<0.05$ ). Effective Education Classes on Postpartum Mothers' Self-Efficacy with a significant value ( $\rho=0.000<0.05$ ). There is a relationship between education and post partum maternal knowledge ( $\rho=0.000<0.05$ ). For future researchers, it is hoped that the research will not end here and can be researched in more depth with different dependent variables in order to achieve an increase in exclusive breastfeeding by implementing educational classes.

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