



The correlation of family's knowledge and support in exclusive breastfeeding practice towards the level of maternal breastfeeding self-efficacy in sub-district area

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Abstract

Exclusive breastfeeding practice is influenced by maternal personal factors and behavior, as well as environmental factors. These three factors form the mother's self-efficacy which affects the sustainability of breastfeeding. One component of the environment is a family. The data to support evidence of a direct correlation between family impact towards the maternal level of breastfeeding self-efficacy isn't yet available. The purpose of this study is to determine the correlation between the family's knowledge and support in exclusive breastfeeding practice towards the level of maternal breastfeeding self-efficacy. The study was conducted in September until November 2019 in Soreang District, Bandung. This is an analytical correlational study with a cross-sectional approach. Subject selection was conducted using a clustered random sampling method in 105 posyandu population groups in Soreang District. Data were obtained by questionnaires fulfillment by 52 participants from each family member and breastfeeding mother, respectively. The data were analyzed with non-parametric bivariate Correlation Rank Spearman's analysis. The family's knowledge, 24 participants (46%) have high level of. Majority of family also giving high level of family support in exclusive breastfeeding practice. As many as 58% breastfeeding mothers have very high level of breastfeeding self-efficacy. The positive correlation between family knowledge and maternal self-efficacy was obtained with a significance value of 0.038 ($p < 0.05$). The correlation of family support for maternal self-efficacy in breastfeeding was obtained with a significance value of 0.000 ($p < 0.05$). This finding emphasizes the importance of family towards its member health behavior and supports towards the level of breastfeeding self-efficacy is expected to become a valid reference for government conducting and increasing a comprehensive community-based intervention to family members of breastfeeding mothers that would hopefully elevate breastfeeding practice among mothers.

Keywords: breastfeeding practice, family's knowledge, self-efficacy

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INTRODUCTION

Exclusive breastfeeding is the most ideal method to provide nutrition for infants in the first sixth months of their life. (Motee & Jeewon, 2014) This method is proven to reduce mortality and morbidity in infants (Sankar et al., 2015) Exclusive breastfeeding also has enormous direct benefits for the growth, development and nutritional status of children (Victoria, 2016) Research shows significant correlation between the low rate of breastfeeding and the high incidence of stunting. (Kumar & Singh, 2015; Terati et al., 2018) Other studies also prove the correlation between non-breastfeeding infants and the increasing incidence of obesity in children (Yan et al., 2014) The Ministry of Health of the Republic of Indonesia records the number of exclusively national

breastfeeding amounted to 35.73% in 2017. This number is still far from national breastfeeding prevalence target set at 80% (Kementerian pemberdayaan perempuan dan perlindungan anak & Badan Pusat Statistik, 2019)

Breastfeeding is a natural part of the reproductive process of a woman (WHO and UNICEF, 2003) A lot of problems that arise in the breastfeeding process are usually caused by problems that can be prevented, such as lack of proper attachment, the wrong position of the baby during the nursing process, and mothers who do

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