

## Pengaruh *Breastfeeding Self efficacy Treatment* (BEST) terhadap *self efficacy* menyusui ibu di Puskesmas Ngampilan dan Wirobrajan Yogyakarta

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### Intisari

**Latar belakang:** *World Health Organization* (WHO) dan *United Nation Children's Fund* (UNICEF), merekomendasikan menyusui setidaknya sampai 2 tahun. *Self efficacy* menyusui merupakan faktor prediktor kuat pada durasi menyusui sehingga tenaga kesehatan perlu memberikan tindakan untuk meningkatkan *self efficacy* menyusui. Tujuan penelitian ini untuk mengetahui efektivitas *Breastfeeding Self efficacy Treatment* (BEST) terhadap *self efficacy* menyusui.

**Metode:** Penelitian ini menggunakan desain *quasi experimental* yang dilakukan pada 22 ibu hamil di Puskesmas Ngampilan dan Wirobrajan sebagai kelompok intervensi serta 23 ibu hamil di Puskesmas Umbulharjo 1 dan Gedongtengen sebagai kelompok kontrol. Kelompok intervensi mengikuti BEST selama 120 menit pada usia kehamilan 34-36 minggu. Sedangkan kelompok kontrol hanya mendapat *booklet* pada usia kehamilan yang sama. *Repeated ANOVA* digunakan untuk mengetahui peningkatan *self efficacy* menyusui pada saat *posttest 1*, *posttest 2*, *posttest 3* dan *independent t test* digunakan untuk mengetahui keefektifan BEST dibandingkan dengan *booklet* saja. Analisis regresi linear digunakan untuk mengetahui faktor paling dominan mempengaruhi *self efficacy* menyusui.

**Hasil:** BEST memberikan efek sedang terhadap *self efficacy* menyusui sesaat setelah pemberian intervensi ( $d=0.48$ ), 6 jam-3 hari *postpartum* ( $d=0.68$ ) dan memberikan efek besar terhadap *self efficacy* menyusui pada 7-28 hari *postpartum* ( $d=0.89$ ). Faktor yang paling dominan mempengaruhi *self efficacy* menyusui adalah BEST dengan  $p\ value= 0.004$  dan  $R^2= 0.297$

**Kesimpulan:** BEST efektif meningkatkan *self efficacy* menyusui. Tenaga kesehatan dapat mempertimbangkan BEST dalam upaya peningkatan *self efficacy* menyusui.

**Keyword:** *breastfeeding self efficacy, breastfeeding self efficacy intervention*

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## The Impact of Breastfeeding Self Efficacy Treatment (BEST) to the Breastfeeding Self-Efficacy of the Mother at Ngampilan and Wirobrajan Public Health Center in Yogyakarta

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### Abstract

**Background:** World Health Organization (WHO) and United Nation Children's Fund (UNICEF) recommend to continue the breastfeeding up to two years old of the baby. Breastfeeding Self-Efficacy (BSE) is a strong predictor of the duration of breastfeeding, so that the health-care provider need to provide intervention to improve the BSE. The aim of this study was to test the effectivity of the Breastfeeding Self Efficacy Treatment (BEST) to the BSE of the mother.

**Method:** A quasi experiment was done in the intervention group of 22 pregnant women at Ngampilan and Wirobrajan public health center, and the control group of 23 pregnant women at Umbulharjo 1 and Gedongtengen public health center. The intervention given to the intervention group was BEST for about 120 minutes in their 34-36 weeks of pregnancy. While the control group was given the booklet in the similar pregnancy weeks. Repeated ANOVA was performed to test the BSE improvement on the first post test, second post test, third post test, while independent t-test was used to test the effectivity of BEST compared to the booklet only intervention to the BSE. A linear regression was used to identify the dominant factors affecting the BSE.

**Result:** BEST showed a medium effect on BSE after the intervention ( $d=0.48$ ), 6 hours to 3 days *postpartum* ( $d=0.68$ ) and showed a large effect at 7 to 28 days *postpartum* ( $d=0.89$ ). Statistically BEST is also the most dominant factor to affect the BSE by  $p = 0.004$  and  $R^2 = 0.297$ .

**Conclusion:** BEST is effective to improve the BSE. The health-care provider may consider BEST in improving the BSE of the mother.

**Keywords:** Breastfeeding self-efficacy, breastfeeding self-efficacy treatment

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