

The Influence of Self Efficacy Towards The Success of Breastfeeding Mothers: a systematic literature review

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Abstract. Background: Mother's milk is an ideal nutrition for the growth and development of newborn baby, and it has unparalleled benefits in biological and emotional effects on mother and newborn baby health. Breast condition is one most important problem that can happen during breastfeeding, especially in the first days of breastfeeding. Breastfeeding belief in mother and breastfeeding behavior of newborns is a factor for exclusive breastfeeding. Purpose: To find out, conclude and examine literature relating to self efficacy breastfeeding. Method: In this case, the article that filtered in critical appraisal phase amounted 7 articles according to breastfeeding self efficacy. Result: Based on 7 articles chosen and in accordance with a good quality, next conducted data extraction. Discussion: The research shows that the confidence in breastfeeding is still become one most important factor that helps mothers continuing this practice, where it includes individual experience, socio-demography, mother confidence, intervention (education) Conclusion: In breastfeeding intention, support and confidence are important factors in breastfeeding. Suggestion: pay more attention to prenatal care so that the mother is ready to face the breastfeeding process early in the third trimester.

Keywords: Health, Phone, Antenatal Care, Pregnancy

Introduction

Mothers milk is an ideal nutrition for the growth and development of newborn baby, and it has unparalleled benefits in biological and emotional effects in mother and newborn baby health. (As'adi, Kariman, Mojab, & Pourhoseingholi, 2017). According to World Health Organization (WHO), breastfeeding is one of the most natural and cost effective feeding process for baby aged under 24 months until get enough nutrition that needed for growth and development. (Simmer, 2018). Mothers milk provides optimal baby nutrition and has short term and long term health benefits for baby and mother. Thus, World Health Organization and American Academy of Pediatrics recommend the exclusive mother milk giving (EBF) (that is, only give human milk, includes milk and medicines and no other fluid or food) for the first 6 bulan dari months of baby life. The practice of breastfeeding in United States is suboptimal. US general surgeons issued ideas in 2011 with initiatives reflected in health planning 2020, which aim to increase breastfeeding levels forever for breast milk and EBF 6 months to

81.9% and 25.5%. (Tuthill, Mcgrath, Graber, Cusson, & Young, 2015)

There are many psychological factors that play role in the confidence of breastfeeding mothers such as normative belief, mother confidence, social lesson, and behaviour belief about breastfeeding. In individual level, affective characteristic, "quality that represents how other people feel," has been showed as important determinant of breastfeeding. Confidence, or "one's belief in a person's ability to succeed in certain situations, thus, the ability to measure self-confidence appropriately is useful for facilitating breastfeeding (Brockway, Benzies, Carr, & Aziz, 2018).

Mother belief in breastfeeding and behaviour of newborn baby breastfeeding is a factor for breastfeeding exclusively. A midwives must monitor the breastfeeding behavior for newborn and not only give mothers important information about breastfeeding but also help them develop the mother belief in breastfeeding after childbirth. (Loke & Chan, 2013).

Methods

This writing used methodology to categorize writing as suggested by Arksey and O'Malley (Arksey et al, 2005) and develop further by Levac et al (2005). There are four reasons to conduct scope review: (1) to examine the range and nature of research activities, (2) to determine value of conducting full systematic review. (3) to summarize and disseminate the research findings, and (4) to indentify research gap in the existing literature. The steps taken in this scope review consist of: (1) identify research question, (2) identify relevant studies, (3) choose the study, (4) mapping data, (5) arrange, summarize and report the result.

Step 1: Research Questions Identification

This writing is specifically aims to find out: How breastfeeding self efficacy towards breast milk production is smooth in individual, socio-demographic experience, self-confidence and intervention?

Step 2: Relevant Studies Identification

In search of articles 803 articles were identified, after title, abstract, research method are filtered, 31 articles were obtained to be taken and reviewed independently based on inclusion and exclusion criteria. Then, further filtering of the article was conducted to find appropriate and complete references on the mother's experience and found 26 articles for critical appraisal. The author screens critical appraisal results and gets 7 articles for final review.

Step 3: Study Selection

In search of article, 803 articles were identified, after filtered for relevance, 26 articles were obtained. Then, the for the next article, the filtering was conducted to find out the right article and complex references about the use of self-efficacy self of breastfeeding mothers obtained 7 articles that will be used for Review Review. The writer filter the title and abstract of all articles that will be used as inclusion criteria. Full text studies are taken and reviewed independently based on these criteria. So leave 7 articles for the final review.

Step 4: Mapping Data

The data of 7 articles were extracted to put the main criteria such as research location, research population, research pusposes, methodology, and findings or recommendations. Independent writer noted information and then compare the data taken. The writer also consulted to supervisor until the whole contents were analyzed and become a theme.

Step 5: Arrange, Summarize, and Result Reporting

Similar to Levac et al. The writer took phase three approach to compile, summarize, and report the result. First, the descriptive numeric analysis is provided that includes number of articles, publication year, and research type. Second, the strength and weakness in literature were identified through thematic analysis from research that includes in the report. The final step of this phase is review from the implication of findings relating to future research, practice and policy.

Table 2.1 Data Extraction

DATA EXTRACTION					
NO	TITLE / AUTHOR / YEAR / LEVEL / STATE / JOURNAL	AIM	RESEARCH DESIGN	SAMPLE / SIZE	RESULTS
1	Effectiveness of the efficacy of interventions confidence breastfeeding Hospital Services	This research aims to evaluate the effects of self-efficacy intervention of breastfeeding and exclusive breastfeeding breast feeding, then rated the differences effect by type of hospital routine.	RCT	This study tested this with the control group, 781 pregnant women were recruited from 2 " Baby-Friendly 'hospital (BFH) and (nBFH) in Japan, and were allocated to the intervention or control group. Participants in the intervention group was given the confidence to breastfeed in the third trimester.	Interventions to increase the independence of breastfeeding and exclusive breastfeeding at 4 weeks postpartum just BFHs. However, no positive effect was observed on nBFHs, where supplementation for breastfed infants and the separation of mother and baby are common practice.
2	The confidence of breastfeeding and breastfeeding for premature infants and at the end of treatment on the family. Integrated: protocol mix method. Karen M. Benzie ¹ , Eloise Carr ¹ and Khalid. Brockway et al. International Breastfeeding Journal (2018) 13:29 https://doi.org/10.1186/s13006-018-0168-7	This study was designed to determine if feeding improves confidence nursing mothers and the level of milk production resulting in mothers of premature babies and ending admitted level II NICU	RCT	Here, researchers will examine the confidence score of participants in the intervention group study. Using the maximum sampling variation, we will choose some samples of the highest maternal and score changes showed breastfeeding.	Increased breastfeeding can have a huge impact on the whole baby, outgrowth, and bonding mother-baby and will improve the long-term health outcomes for premature babies at the beginning and end,
3	In the practice of breastfeeding, there is the support and confidence of mothers among women working in the Rural Health Clinic in Selangor	This research to determine the prevalence of breastfeeding among working mothers of children aged three months to two years and the factors associated with the practice of breastfeeding including employment support and confidence of the mother.	Cross-sectional	involve 84 working mothers of children attending the clinic for follow-up of their baby. The sample size was calculated based on a formula that compares the proportion between the two groups.	The prevalence of breastfeeding among working mothers a high 97.6%. We found a significant association of the practice of breastfeeding with work support breastfeeding (p = 0.005) and self-efficacy (p = 0.017). We also noted a significant

					correlation between reastfeeding support in the workplace and breastfeeding self-efficacy ($r = 0.40$, $p < 0.01$)
4	Effect of Intervention Program on confidence breastfeeding and duration of exclusive breastfeeding in pregnant women in Ahvaz, Iran	This research to the influence of education programs in confidence mothers during breastfeeding and duration of exclusive breastfeeding in pregnant women in Ahvaz, Iran.	RCT	130 pregnant women over 36 weeks of their first pregnancy were recruited. Beginning in April and carried out by December 2010. The criteria were age over 18 years old, have at least a basic education, and the intention to breastfeed. Women with breast disease and systemic disorders were excluded from the study. Among 32 health care centers.	that intervention programs can increase the confidence of the mother during breastfeeding and duration of exclusive breastfeeding. Given the importance of breastfeeding and the nutritional benefits of exclusive breastfeeding, can attract the attention of authorities to the importance of educational programs for mothers on exclusive breastfeeding
5	Belief in self breastfeeding mothers and breastfeeding behavior of the newborn in the practice of exclusive breastfeeding.	This research toknowing confidence of Chinese women breastfeeding, breastfeeding behavior of the newborn, and the relationship with the results of breastfeeding at 6 weeks after giving birth.	Descriptive correlation study	All postnatal Chinese women claiming to be from mid-February 2010 to mid-March 2010 with the intention of feeding. A total of 199 women after childbirth recruited.	Confidence in breastfeeding mothers and breastfeeding behavior of the newborn is a strong factor for exclusive breastfeeding. A midwife must monitor the behavior of breast-feeding newborns and mothers not only provide factual information about breastfeeding but also help them to develop confidence in breastfeeding mothers before

					they go home ..
6	A randomized controlled trial in Determining the Effects of Prenatal Breastfeeding Workshop on Mother with confidence breastfeeding and duration of breastfeeding.	This research aims to determine the impact of prenatal breastfeeding workshop on confidence in breastfeeding and duration of breastfeeding.	RCT	samples 110 primiparous women expected their first child, born with normal, and there are plans to breastfeed.	Self efficacy value of breastfeeding mothers increased in both groups. Women who attended the workshop had high self-efficacy scores and a higher proportion of exclusive breastfeeding than women who did not attend the workshop.
7	Effect of maternal confidence on breastfeeding exclusive breastfeeding and duration of breastfeeding.	This study was to determine to test the effects of hospital-based standard prenatal breastfeeding class breastfeeding self-efficacy.	quasi-Experiments	30 participants breastfeeding class as the experimental group and 30 postpartum women who do not have formal lactation education as a control group. BSES-SF given to the intervention group before breastfeeding class, at the end of the class, prior to the hospital, and at 2 weeks postpartum. The control group received a survey prior to hospital discharge and at 2 weeks postpartum	There is no difference between intervention and control groups at discharge ($t = -.412$ (47), $p = 0.686$). nurses and lactation professionals are in a position to generate social change by examining the impact of breastfeeding self-efficacy and use the findings to establish breastfeeding education,

Result

Breastfeeding self efficacy influences the fluently of mothers milk. Phsycological factor that plays role in breastfeeding confidence such as normative belief, mother confidence, social lesson, and belief in breastfeeding behaviour. This research has shown that confidence in breastfeeding still become the most important factor that helps mother in continuing this practice, work support for breastfeeding also has been found to be important influence to improve

the practice of breastfeeding. (Rashid et al., 2018)Breastfeeding Self Efficacy in breastfeeding mothers includes individual experience, socio-demography, mother confidence, and intervention (education).Individual Experience is

The result of research in Hong Kong shows that mother who has breastfeeding experience of older children are more confident to start and extend the duration of breastfeeding the next baby. The results of other studies conducted in Hong Kong showed that high scores on the

breastfeeding independence scale were positively associated with exclusive breastfeeding at weeks 1, 4 and 6 (Loke & Chan, 2013). Socio-demography is age, marital status, family income, and prenatal intention collected before the birth when registration. Data of weight, birth type, birth experience, and each free formula receives collected postpartum. (Noel-weiss, Rupp, Cragg, Bassett, & Woodend, 2006). The main socio-demographic factors that influence breastfeeding practices including age, marital status, education, and income level. There is strong evidence that older, married and higher incomes are each related to breastfeeding duration again. These factors cannot be developed to change by midwives once a woman is pregnant. Knowing that longterm breastfeeding success is inversely correlated with being young, educated, unmarried and living in relative poverty helps midwives better target their education and support for women groups (Noel-weiss et al., 2006). The results of self-confidence are found that mother breastfeeding with self-confidence and breastfeeding behavior are strong predictions of achieving exclusive breastfeeding. A midwife must monitor the breastfeeding behavior of a newborn baby and not only provide the mother with important information about breastfeeding but also help them to develop mother confidence in breastfeeding (Loke & Chan, 2013). Intervention where self-efficacy is modified variable and can be regenerated and improved by applying the right training program. The confidence of breastfeeding mother is the theoretical framework that appropriate to direct the intervention, that supposed to be considered to improve breastfeeding duration and breastfeeding cessation. (Ansari et al., 2014)

From the journal of Ansari, et al, it was found that maternal breastfeeding independence increased, that is for women who attend the workshop to have a high score of self-ability in exclusive breastfeeding compared to women who did not attend the workshop. There was a

slight difference in the average length of breastfeeding, but the intervention group had less weaning. This workshop increases the independence for breastfeeding mothers exclusively. (Ansari et al., 2014).

Discussion

This writing indentified 7 relevant publications. Where the word "confident" is translate into "Self-efficacy" in research literature. "Self efficacy" is defined as individual's trust in their abilities is considered to conduct certain duties or behaviors. Self-efficacy affects the individual choice, purpose, emotional reaction, overcome and persistent. The factors that influence the self efficacy in breastfeeding mothers that contained in the journal found is from individual experience (from the mother herself), Socio-demography, confidence and intervention. Those factors have great influence in breastfeeding.

Conclusion

Breastfeeding as health behaviour can be protected and supported by intervention that combine factors which influence confidence and belief in women. In breastfeeding intention, support, and belief are important factors in breastfeeding behaviour. Women that have a strong intention for long term breastfeeding, are confident with their ability for breastfeeding and supported by their own family shows positive and extend breastfeeding behavior. The intervention study used to extend breastfeeding is usually combined and varied with strategy and procedure used. The most effective intervention has combination with education, support, and good guidance during antenatal and postnatal period.

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