



## The Impact Of Breastfeeding Compenion to Increase Breastfeeding Self-Efficacy And Motherly Ability to Breastfeed

*Author:*

**Faizzatus Shiddiqoh<sup>1</sup>, Krisdiana Wijayanti<sup>2</sup>, Djamaluddin Ramlan<sup>3</sup>**

<sup>1</sup>Poltekkes Kemenkes Semarang ; Jl. TirtoAgung, Pedalangan, Banyumanik, 024-7460274

<sup>2</sup>Poltekkes Kemenkes Semarang ; Jl. TirtoAgung, Pedalangan, Banyumanik, 024-7460274

<sup>3</sup>Poltekkes Kemenkes Semarang ; Jl. TirtoAgung, Pedalangan, Banyumanik, 024-7460274

Corresponding Email: [faizzahshiddiq@gmail.com](mailto:faizzahshiddiq@gmail.com)

### About the Author

- 1st Author : (Faizzatus Shiddiqoh, M.Tr.Keb)  
Affiliation : (Kebidanan Magister Terapan, Poltekkes Kemenkes Semarang)  
Mailing address : (Jl. TirtoAgung, Pedalangan, Banyumanik, Semarang, Jawa Tengah-Indonesia 50268)  
Email of author : ([faizzahshiddiq@gmail.com](mailto:faizzahshiddiq@gmail.com))  
Orcid ID : <https://orcid.org/0009-0009-8134-0683>  
Google Scholar URL : [https://scholar.google.com/citations?view\\_op=new\\_profile&hl=id](https://scholar.google.com/citations?view_op=new_profile&hl=id)  
Phone number : 0858-5992-3805

2nd Author : (Dr. KrisdianaWijayanti, Bdn, M.Mid)  
Affiliation : (Kebidanan, Poltekkes Kemenkes Semarang)  
Mailing address : (Jl. TirtoAgung, Pedalangan, Banyumanik, Semarang, Jawa Tengah-Indonesia 50268)  
Email of author : ([Wijayanti.k@hotmail.com](mailto:Wijayanti.k@hotmail.com))  
Orcid ID : <https://orcid.org/0000-0001-6175-0428>  
Google Scholar URL : <https://scholar.google.com/citations?hl=id&user=viUDjYMAAAAJ>  
Phone number : 0813-2518-5071

3th Author : (Dr. Djamaluddin Ramlan, SKM. M.Kes)  
Affiliation : (Keperawatan, Poltekkes Kemenkes Semarang).  
Mailing address : (Jl. TirtoAgung, Pedalangan, Banyumanik, Semarang, Jawa Tengah-Indonesia 50268)  
Email of author : ([djamaluddinramlan@gmail.com](mailto:djamaluddinramlan@gmail.com))  
Orcid ID : <https://orcid.org/0000-0001-7539-5009>  
Google Scholar URL : <https://scholar.google.co.id/citations?user=awSf52cAAAAJ&hl=id>  
Phone number : 0858-4291-2996

## ABSTRACT

**Background:** Some mothers stopped breastfeeding cause mother's confidence and a lack of information about the benefits and techniques of proper and correct nursing. It requires cooperation from all sides in achieving exclusive breastfeeding.

**Objective:** To analyse the impact of breastfeeding on self efficacy and mother's ability to breastfeed.

**Methods:** The Research is an experimental quasicl with a quantitative using Non Equivalent Control Group Design design. Sampling with a cluster random sampling with an intervention group 25 respondents and a control group 25. Given pre-test and post-test in each group as well as breastfeeding treatment for 6 weeks with 4 visits. The results were analyzed using paired t-test and independent t-tests.

**Results:** There was an influence of BFSE and mother's ability to breastfeed in the intervention and control groups, but there was a difference increase self efficacy score 10.24 in intervention groups and 5.28 in control. While in breastfeeding, there was an increase breastfeeding skill rating of 30.64 in the intervention group and the control 25.40. There was increase in knowledge level in the intervention group of 2.96 while the control 1.52.

**Conclusion:** Accompanying breastfeeding can increase breastfeeding self efficacy and mother's ability

**Keywords:** Breastfeeding compenion, Breastdeeding Self Efficacy, mother's ability to breastfeed

## ABSTRAK

**Latar Belakang:** Beberapa ibu mengemukakan alasan bahwa menghentikan menyusui antara lain kepercayaan diri ibu dan kurangnya informasi tentang manfaat dan teknik menyusui yang tepat dan benar. Diperlukan kerjasama dari berbagai pihak dalam menyukseskan menyusui eksklusif.

**Tujuan:** Menganalisis pengaruh pendampingan menyusui terhadap *self efficacy* dan kemampuan ibu menyusui.

**Metode:** Penelitian merupakan jenis penelitian kuasi eksperimen dengan pendekatan kuantitatif menggunakan desain *Non Equivalent Control Group Design*. Sampling menggunakan teknik *cluster random sampling* dengan kelompok intervensi 25 dan kelompok kontrol 25 responden. Diberikan pre-test dan post-test pada masing-masing kelompok serta perlakuan pendampingan menyusui selama 6 minggu dengan 4 kali kunjungan. Data hasil dianalisis dengan menggunakan uji paired t-test dan independent t-test.

**Hasil:** Terdapat pengaruh pendampingan menyusui terhadap *self efficacy* dan kemampuan ibu menyusui baik pada kelompok intervensi maupun kontrol ( $p=0.000$ ), namun terdapat perbedaan kenaikan nilai rata-rata *self efficacy* yaitu 10,24 pada kelompok intervensi sedangkan 5.28 pada kelompok kontrol. Sementara pada kemampuan menyusui terdapat perbedaan kenaikan nilai rata-rata keterampilan menyusui yaitu 30.64 pada kelompok intervensi sedangkan pada kelompok kontrol 25.40. Terdapat kenaikan rata-rata tingkat pengetahuan pada kelompok intervensi yaitu 2,96 sementara pada kelompok kontrol 1,52.

**Kesimpulan:** Pendampingan menyusui mempengaruhi peningkatan *self efficacy* dan kemampuan ibu menyusui

**Kata Kunci:** Pendampingan Menyusui, Efikasi diri dalam Menyusui, kemampuan ibu menyusui

## INTRODUCTION

Postpartum is the period after the birth of the placenta and will end the reproductive organs return to their before pregnancy conditions. All mothers will experience psychological and physiological changes. Some of these changes will affect the confidence of the mother in performing her role. The mother will also play her role in the process of breastfeeding the baby. Mother's confidence

during the period of birthing and lactation will be a psychological factor in the success of the mom in giving exclusive milk to her baby.(Rahmadani & Sutrisna, 2022)

The process of lactation is the whole process of breastfeeding, from milk being produced, secreted to milk production to the process of the baby sucking and swallowing milk. The success of exclusive breastfeeding is influenced by a number of factors such as mother's level of knowledge from pregnancy to lactation, education, breast care, husband/family support, Early breastfeeding Initiation, health workers support. (Laily et al., 2019)

Providing information about the right breastfeeding techniques is often overlooked, so there are still many nursing mothers who lack an understanding of the importance of breast-feeding, the physiological nature of breastfeed, the position and adhesion of good breastfeeds so that the baby can suck effectively. Marks of adequate breastfeeding can be measured by the post-lactation response, frequency of urinate & defecate and weight loss not more than 7% of birth weight. Not maximizing of the breastfeeding process will result in a poor result because the breast-feeding of the baby has a strong influence on the stimulation of further milk production.

According to the WHO, 40% of babies receive exclusive breastfeeding, while the world's target of achieving exclusive milk is 70% at 2030 (WHO and UNICEF, 2021). According to Indonesia's Health Profile, the exclusive Breastfeeding coverage in Indonesia is 56.9% this figure has exceeded the target in 2021, which is 45%. The presence of exclusive milk Coverage in Central Java at 2021 is 67.4%, whereas the milk coverage of Semarang City is 71.9% with the lowest access of Puskesmas Rowosari of 56.3%.

The Government's policy on breastfeeding has been regulated by PP No. 33 of 2012 on Exclusive Breastfeeding. The Government of the Republic of Indonesia's Regulation on Exclusive Breastfeeding states that every mother giving birth is obliged to breastfeed exclusively the baby she is giving birth to. The government has issued a national policy to increase exclusive breastfeeding by undertaking various efforts such as providing nursing counselling training for health workers, providing lactation rooms in some public facilities, up to maternity leave and breast-feeding leave for staff and employees. Nevertheless, exclusive milk coverage is still below the target.

According to a study by Lestari (2020), exclusive breastfeeding will reduce the number of baby pains and prevent stunts. The problem of stunting has become a global problem especially for developing countries. According to the SSGI, 24.4% of Indonesian youths suffer from stunting. Babies who do not receive exclusive breastfeeding are 4.6 times more likely to suffer stunting in infancy. Baby with exclusive breastfeeding will have a good nutritional status (Umar & Puspita, 2021)

Breast milk is the primary source of nutrition for babies that contains a variety of substances that babies need in preventing various diseases, as well as ensuring the baby's growth for the first 1,000 days of life. Exclusive breastfeeding will reduce the baby's pain rate and prevent the baby from stunting. (Wrottesley et al., 2015). The problem of stunting has become a global problem especially for developing countries. According to the SSGI, 24.4% of Indonesian youths suffer from stunting. Although this figure has been reduced by 3.27% from the stunting figure of 27.67% in 2019, this figure is still a long way from Renstra's target of 16% in 2023. Babies who do not

receive exclusive breastfeeding are 4.6 times more likely to suffer stunting in infancy.(Khoirun & Siti Rahayu, 2015)

Based on Riskesdas 2018 data states that 67.5% of mothers failed to give exclusive milk to their babies because of the mother's lack of understanding of the correct breastfeeding techniques, so the nipples often crack and crack. One factor in breastfeeding success is influenced by the support of both husbands, families, and professionals. Support can be judgmental, instrumental, emotional and information support. Professional support will have an impact on the successful implementation of exclusive breastfeeding. (Septiani et al., 2017)

Based on the issues and needs that have been raised, the author wishes to develop research on the influence of breastfeeding accompanying with the provision of smart books as an educational medium in an effort to enhance the self efficacy of nursing mothers and the quality of breastfeeding babies.

This research has received a letter of ethical approval from Ministry of Health Polytechnic Semarang Ethics Commission with the number: No.0756/EA/KEPK/2023

## **METHOD**

### *Participant characteristics and research design*

This research is a kind of experimental research using a quantitative approach using a Non Equivalent Control Group Design design. The research was conducted in the Puskesmas Rowosari work area of Semarang City from May to June 2023. The criteria for inclusion in the study were pregnant mothers 38-41 weeks until the first breathing mother, healthy newborns, no congenital abnormalities that can complicate the baby when breastfeeding such as labioxysis or labiopalatoschysis, short tongue tie. The exclusion criterion is that there are complications during the breathing period and the baby is given food/drinks other than milk and medicines or has problems during observation. The study lasted two weeks with four visits to each of the respondents.

### *Sampling procedures*

Samples are selected using simple random sampling techniques. Started by identifying the entire population characteristics. Then the researcher determines the target sample based on its consideration. The population in this study is the first-day parent in the Puskesmas Working Region of Rowosari 116 but due to the inclusion and exclusion criteria. The total sample of 50 respondents was divided into two groups, namely 25 respondents in the intervention group and 25 in the comparison group. Research recommendations are obtained from Poltekkes Kemenkes Semarang and permission is given by the research site.

### *Sample size, power, and precision*

Sample number using the Lameshow formula and obtained each group of 25 respondents. The total sample is 25 intervention groups and 25 comparison groups. The variables that are seen here are independent variables, namely the delivery of breastfeeding accompanied by the provision of educational books and dependent variables which are improved self-effectiveness and mother's ability to breastfeed. The instruments in this study are the research subject characteristics sheets,

the observation sheets of the nursing mother's skills, the knowledge questionnaire of breastfeeding, the self-effectiveness quiz, and the husband's support quiz and the intelligent book of breastfeeding as educational media.

*Measures and covariates*

Method of collecting data this research is using primary data, because researcher collect the data by them self using checklist how to breastfeed and some questioner which had been tested for validity and reliability

*Data analysis*

The univariate analysis performed produced the mean/ median value of each variable studied and the distribution of the characteristics of the respondent. Bivariate analysis is used to identify breastfeeding as an attempt to improve self efficacy and mother's ability to breastfeed. They found normal-distributed data using non-parametric tests namely Paired t test and Independent t test. This analysis is done using a computer program, the statistical test results using a degree of significance of 95% and the error rate ( $\alpha$ ) = 5%. For the interpretation of the result if the p value of the value  $\alpha$  is 0.05.

**RESULTS AND DISCUSSION**

*Characteristic of Respondents*

The study showed that the proportion of mothers in the age group was 20-25 years in the intervention group was 72% compared to the control group was 80%. The educational rate of the most mothers was 60% in the middle school category in intervention groups compared with 68% in control groups. Most mothers obtained early initiation of breastfeeding (IMD) after childbirth as many as 17 respondents (68%) in the intervention group, whereas in the control group 16 (64%) did not obtain early initiation of breastfeeding.

The statistical test of the confounding variable early initiation of breastfeeding and the Breastfeeding Promotion obtained p value from all data  $>0,05$  and could be concluded that there were no differences in early breastfeeding initiation and exposure to the milk promotion formula both intervention groups and comparison groups so that it did not influence the given treatment. While on the husband support variable obtaining p value of all data  $<0,05$  which means there is a difference in the spread of husband support between the intervention group and the comparison that means the husband's support variables can be confusing.

**Table 1. Increased Self efficacy of nursing mothers before and after breastfeeding**

<i>Variables</i>	Group	Pre-test	Post-test	<i>p-value</i>
		Mean $\pm$ SD	Mean $\pm$ SD	
<i>self efficacy</i>	Intervention	29.60 $\pm$ 3.916	39.84 $\pm$ 1.599	0.000
	Control	29.28 $\pm$ 3.298	34.56 $\pm$ 2.417	0.000

Table 1, of the intervention group shows a p-value ( $<0.05$ ) which means that there is a significant difference between the pre- and post-treatment in which intervention groups were treated. The average pre-test score was 29.60, while the average post-test rating rose to 39.84. It can be concluded that breastfeeding can improve the self-effectiveness of nursing mothers in the intervention group. In the control group, it shows that the self efficacy variable shows a p-value of 0,000, which means that there is a difference before and after the treatment given to which control group. The average on the pretest is 29.28, while the post test is up to 34.56, which means that it can be concluded that supplementation and leaflet can also improve the self efficacy of nursing mothers.

**Table 2. The Influence of Breastfeeding assistance to Improving Self Efficacy of breastfeeding mothers**

Variables	Group		p-value
	Intervention	Control	
Self efficacy			
N	25	25	0.000
Mean±SD	10.24±3.643	5.28±2.441	

From the able above t it can be seen that obtained s-value  $0,000 < 0.05$ , then it is possible to conclude that there is a difference self efficacy nursing mothers between control group and intervention. In the intervention group had a higher mean value with a mean value of 10.24 compared to the control group with an average value of 5.28.

**Table 3 – The difference of increasing breastfeeding skill of nursing mother before and after the interventions**

Variabel	Group	Pre-test	Post-test	p-value
		Mean ±SD	Mean ±SD	
breastfeeding skill	Intervention	64.20±5.916	94.84±4.007	0.000
	Control	63.36±4.821	88.76±4.024	0.000

The variable analysis of the nursing mother's skills in the intervention group resulted in a p-value of 0,000 (p-values  $<0.05$ ) which means that there was a difference before and after treatment in intervention groups. Meanwhile, the analysis on the control group skill variable has a p-value of 0,000, which means that there is a difference in the breastfeeding mother's skills in the controlling group before and after the treatment. The average value in the pretest is 63.36 whereas the post score is 88.76. From the above analysis, it can be concluded that breastfeeding can improve the nursing mother's skills in the intervention and control groups.

**Table 4. The difference of increasing knowledge of nursing mother before and after the interventions**

Variables	Group	Pre-test	Post-test	p-value
		Mean ±SD	Mean ±SD	

knowledge of nursing mom	Intervention	13.96±2.282	16.92±1.730	0.000
	Control	12.88±1.666	14.40±1.384	0.000

Based on the table it can be analyzed that the knowledge variable of nursing mothers in the intervention group has a p-value of 0,000 which means there is a significant difference between before and after the treatment. The average pre-test value is 12.88 while the average post test value rises to 14.40. Whereas in the control group the p-valuation of 0.000 is obtained, the difference between prior and post-treatment. The mean value in the pretest is 13.96 where as the average score in the post-test is 16.92. It can be concluded that the provision of breastfeeding support as well as the smart book of lactation can enhance the knowledge of the nursing mother on the intervention and control groups.

**Tabel 5. The Influence Breastfeeding assistance to increase nursing mom ability to breastfeeding**

Variables	Group		p-value
	intervention	control	
Knowlegde			
N	25	25	0.001
Mean±SD	2.96 ± 1.791	1.54 ± 0.830	
Breastfeeding skill			
N	25	25	0.000
Mean±SD	30.64 ± 4.725	25.40 ± 4.830	

The Independent t-test obtained a sig value of  $0.001 < 0.05$ , so it can be concluded that there is a difference in the knowledge of nursing mothers between control and intervention groups. In the intervention group has a higher mean value with an average value of 2.94 compared to the control group with a mean value of 1.54. Whereas in the Independent Nursing Skills test obtains a sig score of  $0,000 < 0.05$  then it may be inferred that there are differences in breastfeeding skills between control groups and interventions.

**Tabel 6. Analisis Hubungan Variabel Confounding Terhadap terhadap *self efficacy* dan kemampuan ibu menyusui**

Variables	Husband support	Formula milk promotion	Early initiation of breastfeeding
	p- value	p-value	p-value
Self efficacy	0.001	0.497	0.031
Ability to breastfeed			
Skill	0.146	0.042	0.072
Knowledge	0.094	0.226	0.463

\*spearman

The test results revealed that the confounding variable of husband support and IMD had a p-value of 0.001 ( $<0.05$ ), which means that husband's support and the IMD have a significant relationship to self efficacy but have no relationship to breastfeeding ability.

The history of getting promoted formula milk as a milk substitute has a significant relationship with the nursing mother's skills because it has a p-value of 0.042 ( $<0.05$ ). This is consistent with Agustina's study (2022) that promoting formula dairy relates to exclusive breastfeeding. This is because some birthplaces are still targets for sufor manufacturers and even there are health workers working together to market formula milk. (Agustina et al., 2020)

Confounding IMD variable test results have a p-value of 0.035 ( $< 0.05$ ), which means that IMD has a significant relationship to self efficacy. Previous research by Sinaga (2020) mentioned that the success of IMD in mothers will improve the self efficacy of mothers. The longer the mother's time in breastfeeding, the greater the boundary between the mother and the baby so that the confidence of the mother will also increase. (Sinaga & Bustami, 2020)

The support of the husband and the people around him will affect the self efficacy of the nursing mother. Postnatal mom with less social support had a 15.56 times greater risk of having low breastfeeding self efficacy compared to mothers who received good social support. The support of a husband who has obtained support of the breast-feeding father will improve the knowledge of the lactating mother. (Masruroh, 2019)

Increase in indicators of feeling happy and calm while breastfeeding in this study. Mothers with high breastfeeding self efficacy will have longer to breastfeed their babies. The group that received breastfeeding had increased confidence that the baby would get enough milk. By conducting health education demonstration with an emotional approach will increase your self-confidence (Cahya Rosida et al., 2020). Breastfeeding accompanying with involvement of a health care professional or a mate of a mother who has experience in breastfeeding self efficacy will increase the confidence of the mother in doing breastfeed self effecacy.

Self-effectiveness in nursing mothers will be an indicator of mother's success in giving exclusive milk to the baby. This is in line with a study by Rahmadani in 2022 on 60 respondents. There were 24 mothers who did not give exclusive breastfeeding, 17 of whom had less self-effectiveness, making it difficult for them to cope with the problems that occurred during the first six months of exclusive nursing. Mother with low self-effectiveness, tends to be restless and relaxed so it's hard to control her actions. Breastfeeding self efficacy will also affect the baby's attachment process during breastfeeding. (Saputra et al., 2019)

The accompanying health media that is performed on nursing mothers in some studies has been assessed to be able to increase the level of confidence of nursed mothers. According to Hanifah in 2022, a mother who has been educated about breastfeeding since pregnancy will help increase her confidence in exclusive breast-feeding. Relevant to research conducted by Rochana that health education using e-booklets can affect breastfeeding self efficacy (Rochana et al., 2022)

E-booklets are one of the pocket book educational media that is considered quite effective in raising knowledge in general, including material about breastfeeding, how to prevent and deal with

stress in nursing mothers as a tool to channel health information. The pocket book media will make it easy for mom to read repeatedly to get some information packed with pictures and explanations that are easily understood by society. Breastfeeding education can mother get start at third trimester in pregnancy. This education can increase the ability and knowledge mom about breastfeeding. (Nuryati et al., 2022)

The provision of education/information to nursing mothers is very helpful and effective done continuously and it is very important the support of family and health personnel to give motivation to breastfeed the baby by paying attention to the correct breastfeeding techniques so that the rate of success of nurses in giving milk alone from the age of the baby 0-6 months (Anik et al., 2022). If a mother didn't get any information about techniques how to breastfeed well they can have sore nipples (Rini et al., 2019)

Health education media can help overcome barriers to understanding, motivate targets to pass on information to others, facilitate the transmission of information, make it easier for someone to receive information. According to research, 75-87% of human knowledge is acquired through the eye, 13-25% from other senses, encouraging the desire to know, to deepen, and to gain a better understanding and to help consolidate the gained understanding (Soekidjo Notoatmodjo, 2012).

The average increase in breastfeeding in the intervention group was larger, 30.64 compared to 25.40 in the control group. This is in line with Shovie's (2019) research that the use of pocket book printing media can improve the skills and ability of mothers in giving exclusive breastfeeding. Mother's ability to breastfeed about how the breastfeeding technique is right. The ability to breastfeed will affect breastfeeding because the failure of the nursing mother is caused by the fact that she doesn't know how to breast-feed properly (Lisnawati et al., 2023).

## **LIMITATION OF THE STUDY**

The researchers realized there was a limitation in this study, the first of which was that the duration of the intervention was too short. The researchers have not yet been able to approach the respondent's family and considering the still high culture of breast-time care in the area that can be a factor in the success of breastfeeding ability and breast-feeding self efficacy, it is better for the researchers to carry out further examination of the indicators of self-efficacy of nursing mothers if there are cultural factors in the region.

## **CONCLUSIONS AND SUGGESTIONS**

Giving breastfeeding accompaniment for two weeks along with giving a module book can improve the self efficacy of the nursing mother and the mother's ability to breastfeed. For further researchers to undertake further research on breastfeeding ability in working mothers, more research on how to increase milk production, conduct more in-depth research on indicators of self efficacy of nursing mothers using a qualitative approach.

## ETHICAL CONSIDERATIONS

### Funding

The authors did not receive any financial support from any institution or organization for the submitted article. There was no funding was received for the preparation until completion of this manuscript.

### Conflict of Interest

No conflict of interest that is directly or indirectly related to the current article was found.

## REFERENCES

- Agustina, A., Hamisah, I., & Mutia, Y. (2020). Hubungan promosi susu formula, produksi ASI dan psikologis ibu dengan pemberian ASI Eksklusif. *Jurnal SAGO Gizi Dan Kesehatan*, 1(2), 159. <https://doi.org/10.30867/gikes.v1i2.409>
- Anik, D., Setiarini, K., Nawangsari, H., & Kristianingrum, D. Y. (2022). Penyuluhan Teknik Menyusui yang Benar. *Jurnal Abdi Medika*, 2(57), 53–58.
- Cahaya Rosida, D. A., Nuraini, I., & Rihardini, T. (2020). Usaha untuk Meningkatkan Cakupan ASI Eksklusif dengan Pendekatan Emotional Demonstration “ASI Saja Cukup.” *Dedication : Jurnal Pengabdian Masyarakat*, 4(1), 25–32. <https://doi.org/10.31537/dedication.v4i1.290>
- Khoirun, N., & Siti Rahayu, N. (2015). Faktor Yang Berhubungan Dengan Kejadian Pada Balita. *Media Gizi Indonesia*, 10(1), 13–19. <https://doi.org/10.36341/jomis.v6i1.1730>
- Laily, U. N., Yuliasari, D., & Yantina, Y. (2019). Faktor-faktor yang Mempengaruhi Keberhasilan Menyusui Pada 2 Bulan Pertama. In *Faktor-Faktor Yang Mempengaruhi Keberhasilan Menyusui Pada 2 Bulan Pertama* (Vol. 3, Issue 2, pp. 65–69).
- Lisnawati, N., Wilis Putu, & Anggit Rizkika. (2023). Edukasi Pemberian ASI pada Bayi yang Baik dan Benar Pada Ibu Menyusui Melalui Media Booklet. *Jurnal Kreativitas Pengabdian Masyarakat*, 6(3), 948–961.
- Masruroh, N. (2019). Family Support for Increasing Exclusive Breastfeeding. *Jurnal Aisyah : Jurnal Ilmu Kesehatan*, 4, 59–62. <https://doi.org/DOI : 10.30604/jika.v4i1.194>
- Nuryati, E., Hashim, F., & Ponnampalam, P. (2022). Breastfeeding Education for Third Trimester Pregnant as an Effort for the Success of Exclusive Breastfeeding. *Jurnal Aisyah : Jurnal Ilmu Kesehatan*, 7(1), 181–186. <https://doi.org/10.30604/jika.v7i1.839>
- Rahmadani, E., & Sutrisna, M. (2022). Hubungan Breastfeeding Self Efficacy Ibu Terhadap Puskesmas Kandang Kota Bengkulu. *Research & Learning in Nursing Science*, 6, 64–69.
- Rini, W., Sutiyah, Puspita, L., & Umar, M. Y. (2019). Hubungan Teknik Menyusui dengan Puting Lecet Pada Ibu Menyusui di Wilayah Kerja Puskesmas Way Sulan Kabupaten Lampung Selatan Tahun 2019. *Jurnal Aisyah : Jurnal Ilmu Kesehatan*, 141–149.
- Rochana, S., Aksari, S. T., & Alfiani, T. (2022). Pengaruh Edukasi Kesehatan Dengan E - Booklet Terhadap Breastfeeding Self Efficacy Dan Maternal Depressive Symptom Di Masa Pandemi Covid 19. *Jurnal Kesehatan Al-Irsyad*, 15(1), 104–115.
- Saputra, A., Arista Putri Pertiwi, A., Artanty Nisman, W., Studi Ilmu Keperawatan, P., Kader Bangsa Palembang, U., Studi Magister Keperawatan, P., & Gadjah Mada, U. (2019). Pengaruh breastfeeding self efficacy treatment (BEST) terhadap perlekatan dan respon ibu-bayi selama proses menyusui di puskesmas ngampilan dan wirobrajan yogyakarta. *Babul Ilmi Jurnal Multi Science Kesehatan*, 7(1), 42–66.

- <http://ejournal.stikesmp.ac.id/index.php/maskermedika/article/view/301>
- Septiani, H., Budi, A., & Karbito. (2017). Faktor-faktor yang Berhubungan dengan Pemberian ASI Eksklusif oleh ibu Menyusui yang bekerja sebagai Tenaga Kesehatan. *Jurnal Aisyah : Jurnal Ilmu Kesehatan*, 159–174.
- Sinaga, D. A. B., & Bustami, A. (2020). Hubungan Breastfeeding Self Efficacy Terhadap Lamanya Menyusui Pada Ibu Nifs Wilayah Kerja Puskesmas Sumur Batu Kota Bandar Lampung. *Manuju: Malahayati Nursing Journal*, 1(2), 274–282.
- Soekidjo Notoatmodjo. (2012). *Promosi Kesehatan dan Perilaku Kesehatan*. Rineka Cipta.
- Umar, M. Y., & Puspita, L. (2021). Exclusive Breastfeeding to Infant Nutritional Status. *Jurnal Aisyah : Jurnal Ilmu Kesehatan*, 6, 175–178. <https://doi.org/10.30604/jika.v6is1.781>
- WHO and UNICEF. (2021). Global Breastfeeding Scorecard 2021. *Global Breastfeeding Scorecard, October*, 1–4. <https://www.globalbreastfeedingcollective.org/media/1591/file>
- Wrottesley, S. V., Lamper, C., & Pisa, P. T. (2015). Review of the importance of nutrition during the first 1000 days: Maternal nutritional status and its associations with fetal growth and birth, neonatal and infant outcomes among African women. *Journal of Developmental Origins of Health and Disease*, 7(2), 144–162. <https://doi.org/10.1017/S2040174415001439>