Evaluation Intervention In Improving Breastfeeding Self Efficacy: 
A Systematic Review

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Abstract: Introduction: Breastfeeding is one of the most effective ways to ensure the health and survival of children, the failure factor in the breastfeeding process is due to the emergence of several problems, both mother and infant. Factors that influence effective breastfeeding actions include self-confidence capable of breastfeeding effectively. Breastfeeding self efficacy is a person's self-confidence in something that has not been done that can increase the motivation for breastfeeding, the amount of effort a mother will make to breastfeed, whether to have a constructive or destructive mindset and how to respond to problems and difficulties during breastfeeding. Methods: review the article with this systematic method of review by using an article search from multiple databases is Scopus, Ebsco host, Proquest, Sciedirect, Journal ners UNAIR and Google Scholar doaj, sagepub and medline with time limits used from January 2006 to February 2018. Results: A total of fifteen studies raised in this study, interventions using educational interventions, peer counseling, bilingual computer-based education and direct skin-to-skin contact of newborns may improve breastfeeding self efficacy given pregnancy Conclusion: Breastfeeding self efficacy is the mother's self-confidence in breastfeeding that can be a predictor whether the mother will decide to breastfeed, stop breastfeeding or not breastfeed.

1 INTRODUCTION

Breastfeeding is one of the most effective ways to ensure the health and survival of the child (WHO, 2015). (UNICEF, 2013) that breastfeeding is the most inexpensive and effective life saver of children in the history of human health, it is expected that at least six months of breastfeeding mothers, wherever possible exclusively (six months without any fluid / intake other than breastmilk). Ironically, only less than half of the world's children enjoy this golden opportunity. Breastfeeding factors that support effective breastfeeding practices include self-confidence capable of breastfeeding exclusive. Self efficacy is the confidence that a person has for something that has not been done that can increase motivation (Bandura A, 1994)

Breastfeeding self efficacy is the self-confidence that mothers have in terms of breastfeeding that can become predictor whether the mother will decide to breastfeed, how much effort a mother will do to breastfeed, whether to have a constructive or destructive mindset and how to respond to various problems and difficulties during breastfeeding (Rodriguez and & Dennis, 2003). The research by (Kohan, Heidari and Keshvari, 2016) that with empowerment in breastfeeding mothers should be considered because of the main factors of breastfeeding process of the mother's own decision, husband, family, and community support. A mother with low self-efficacy breastfeeding proved to tend to use alternative techniques to breastfeed their babies when faced with problems during breastfeeding (Keemer F., 2011). The results of this study open new discourse that breastfeeding self efficacy is closely related to the success of breastfeeding practice.

2 METHODS

Design Systematic review is used to review published journals that describe what interventions can improve Breastfeeding self efficacy.

a. Inclusion criteria and Exclusion criteria

The 9th International Nursing Conference 2018
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Inclusion criteria:

a) Literature published in English
b) Original result
c) Intervention research:
   • Quasy-experimental studies
   • Randomized controlled trials
d) Breastfeeding self-efficacy as an outcome measure

Exclusion criteria

a) Studies published in a language other than English
b) Editorial/ opinion papers/ systematic reviews/ literature reviews/ concept analysis

Search Literature Strategy

The strategy in searching the literature used is by searching on Scopus, Ebsco host, Proquest, ScienceDirect, Journal ners UNAIR and Google Scholar doaj, sagepub and medline with time limits used from January 2006 to February 2018. By use keywords intervention, improve, breastfeeding self efficacy

Quality Study Assessment

Quality Study Assessment Method used to examine the data of research results using 2 stages of validity (validity), reliability (reabel) and Applicability (applicable).

Measurement

Compare the journals that have been obtained then the data is extracted by using the author and the year of publication, design, research objectives, population, intervention, method of implementation and outcome to be achieved.

Data Synthesis

Synthesis of data using data from journal extraction that has been done then done the conclusion.

3 RESULT

In this systematic review, research articles found are 56 journals, the whole is an international journal published from 2006 to 2018, then determined 15 journals in accordance with inclusion criteria. The designs used in the study mostly use the method Randomized Controlled Trial (n=11), and Quasy-experimental (n=4). The most widely used research design is Randomized Controlled Trial with the highest number of samples that is 150 respondents. Of the fifteen journals dianalis obtained results as follows. The Research by (Ashish Joshi, Chioma Amadi a, Jane Meza, Trina Aguire, 2016) To evaluate the educational impact of bi-lingual interactive computer-based education feeding, this program on breastfeeding knowledge, self-efficacy and the intent to breastfeed in rural women's communities, results in an increase in breastfeeding knowledge and the intention to breastmilk (p <0,05).

Research by (Chan Man Yi and Chow, 2016) to determine the effectiveness of self-efficacy-based self-efficacy breastfeeding program (SEBEP) in improving breastfeeding self-efficacy, breastfeeding duration and exclusive breastfeeding rate of the research results that significant difference (p <0.01) changes in BSES-SF mean score between mothers receiving SEBEP and those not receiving SEBEP. In addition, there are seven journals providing education-based breastfeeding self efficacy interventions from the results of these interventions showed significantly greater improvement in breastfeeding self-efficacy.

A study conducted by (Aghdas, K., Talat, K. and Sepideh, 2014) aims to evaluate the direct skin effect of skin to mother-baby skin on primipara enhancing breastfeeding self efficacy. The results showed that in the routine care group significantly higher in the skin-to-skin contact group (p = 0.0003) and successful breastfeeding initiation rate was 56.6% in the skin-to-skin contact group compared with 35.6% in the routine care group (p = 0.02), time to initiate first feed was 21.98  9.10 SD min in SSC group vs. 66.55  20.76 min in routine care group (p < 0.001).

Research by (Srinivas et al., 2015) aims to evaluate breastfeeding rates and breastfeeding self-efficacy by providing peer counseling. The results of this study showed that women who received peer counseling had significantly higher breastfeeding rates at 1 month (odds ratio = 3.2; confidence interval 95%, 1.02-9.8). The intervention group is slightly more likely to achieve their breastfeeding goals (43% vs 22%, P = 073). There are two journals having interventions with peer counseling and peer counseling in improve breastfeeding self efficacy.

Of the fifteen journals using the same instrument Breastfeeding Self-efficacy Scale-Short Form (BSES-SF) questionnaire The BSES-SF consists of 14-items on a 5-point likert scale questionnaire with response options from 1 = not confident to 5 = always confident, with scores ranging from 1 to 5. The minimum and maximum scores for the BSES-SF scale was 14 and 70 respectively, with scores less than 50 indicating a higher risk for breastfeeding cessation.
In the (Otsuka, K., Taguri, M., Dennis, C. L., Wakutani, K., Awano, M., Yamaguchi, T., 2014) study by providing interventions giving the breastfeeding self efficacy workbook in the third trimester during pregnancy. The results showed a significant increase (p = 0.037) in the four postpartum weeks, while the twelve week decreased breastfeeding self efficacy.

4 DISCUSSION

The study examined in this Systematic Review is about various interventions in improving breastfeeding self efficacy in both the community and the hospital. Interventions of health promotion for breastfeeding show its effectiveness in some countries. In the study (Kohan, Heidari and Keshvari, 2016) that empowerment in breastfeeding mothers needs to be considered because of the main factors of breastfeeding process of the mother's own decision, husband, family, and community support.

Research by (Handayani, L, Kosnin, AM, 2010) research proves that there is a close relationship between social support, knowledge, attitude and self efficacy with breastfeeding behavior. The results (Me et al., 2016) that the majority of respondents stated the decision on breastfeeding and child feeding was made by the mother alone. The result of (McQueen, K. A., Dennis, C.-L., Stremler, R., & Norman, 2011) study that the higher breastfeeding self efficacy, the harder the mother effort can successfully breastfeed her baby, and vice versa. Breastfeeding self efficacy effect on individual response in the form of mindset, emotional reaction, effort and persistence and decision to be taken hence need education since antenatal period to help the mother’s readiness when entering the postpartum period.

5 CONCLUSIONS

Educational self-efficacy based theory, peer counseling, bilingual computer-based education and direct contact of skin to mother-newborn skin can improve breastfeeding self efficacy. Of the many educational journals, interventions are often given to improve breastfeeding self efficacy, educational research is required to the public because of social, cultural, and economic influences that may also affect maternal beliefs for breastfeeding.

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