

THESIS

**THE RELATIONSHIP BETWEEN MATERNAL PSYCHOLOGICAL
WELLBEING AND PARITY WITH BREASTFEEDING SELF
EFFICACY IN POST PARTUM MOTHERS
AT PMB BENGKULU CITY IN 2026**



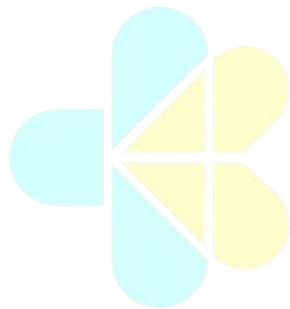
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**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC OF THE MINISTRY OF HEALTH
BENGKULU BACHELOR OF NURSING PROGRAM
NURSING APPLICATIONS
YEAR 2026**

THESIS TITLE PAGE
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Submitted as one of the requirements to obtain an Applied Bachelor of Nursing
(S.Tr) in the Applied Bachelor of Nursing Study Program, Department of Nursing
Polytechnics, Ministry of Health, Bengkulu



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THESIS APPROVAL PAGE
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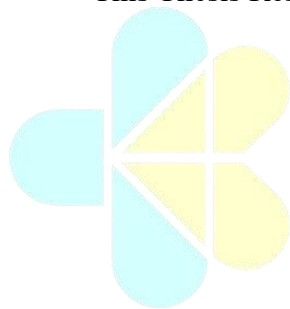
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THE RELATIONSHIP BETWEEN MATERNAL PSYCHOLOGICAL WELLBEING AND PARITY WITH BREASTFEEDING SELF EFFICACY IN POST PARTUM MOTHERS AT PMB BENGKULU CITY IN 2026

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I hereby declare that this thesis is my own work (ORIGINAL) and the content of this thesis does not contain any work that has ever been submitted by others to obtain an academic degree in an educational institution and to the best of my knowledge there are also no works or opinions that have been written and/or published by others, except those that are referred to in writing in this manuscript and mentioned in the bibliography.

Thus this statement and if in the future it is proven in the thesis that there is an element of plagiarism in this thesis, I am willing to take responsibility in accordance with the applicable regulations.

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MOTTO AND PRESENTATION

" إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ " "

"Verily, my prayer, my worship, my life, and my death are only for Allah, the Lord of the worlds"

MOTTO:

Sometime may you be brave, life is not ahead of each other, dream alone, no one knows when you will reach your goal and believe me, it is not your business to answer that, tell yourself tomorrow maybe we until tomorrow may be achieved.
"India 2026"

PRESENTATION:

With the completion of the preparation of this thesis, I sincerely dedicate to:

- ❖ Alhamdulillahirabbil'alamin. All praise to Allah SWT who is always good, giving protection, help, sustenance and opportunities for life so that you can feel this thesis process until it is finished.
- ❖ Prayers and greetings are always poured out to the Prophet Muhammad SAW, a noble figure who becomes light and inspiration in life. Through his example, the author learns about patience in the process, sincerity in fighting, and the confidence to continue to face every challenge until the completion of this thesis.
- ❖ To my two beloved parents who always give their love that never tires and is always enthusiastic in providing sustenance, protection, warmth, and responsibility. My dear Ayahandaku, thank you and thousands of apologies for all the mistakes and difficulties that you have made during your life. And to my dear mother, thank you for the ear that always hears my complaints, the hands that caress my head and shoulders, and the warm embrace at all times. Thank you for your efforts, endless prayers so that your child's affairs will be smoothed out during this lecture. Have a healthy and long life, guys.
- ❖ For my dear brother is the only brother that God has entrusted in my life. Thank you for being here and being one of my biggest reasons to keep fighting until this point. Wow, I never expected you to be like me, because

my expectations were so much bigger than that. Wow, I want your life to be easier than I've ever lived, your dreams are higher than I've ever hung upon, and your future is brighter than I've ever imagined. If today wah is trying and fighting with all your might, one of the reasons is so that in the future you will have a better path to take. Continue to grow into a good, strong, and proud person. No matter what happens, remember that you will always have a brother who loves you, prays for you, and tries to give your best. May your life be filled with blessings, happiness, and success that far surpass what you have ever achieved.

- ❖ Respect and gratitude to the supervisor of 1 writer, Mrs. Dr. Nur Elly., S.Kp., M.Kes who has spent a lot of time in the midst of very busy activities to take the time to direct, correct and give enthusiasm in confusion during the writing of this thesis, while being guided by the mother to form the writer into a person who is disciplined, consistent and must have a target. Thank you very much and apologize for the shortcomings of both the author and the thesis that the author made. There are many things that make the author amazed and proud of the mother who is willing to take vacation time at home only for guidance students, the mother who is much more excited for the author to complete this thesis,
- ❖ Infinite respect and gratitude also to the supervisor of 2 writers, Mrs . Ns. Dwi Wulandari, S.Kep., M.A.N, thank you very much for playing a lot of important roles in the writer's life during lectures where initially the writer did not have a laptop in the 2nd semester and was still confused about how to operate, my mother has given a lot of knowledge since then until today, My mother remembered that the author used to participate in accreditation at that time she was still shy and scared but when she gave her trust to the author from then on, the writer became a braver child to interact with other lecturers. Many things that the author has gone through and my mother is involved a lot in it and the writer will always remember that, I do not only guide in academics but also guide in the daily life of the writer, thousands of words of thanks will not be enough to repay my mother's services to the writer of course, the hope of the writer is always in the protection of Allah.

My mother once said "**make it easier for other people, then your affairs will be much easier allah**" the writer always remembers that and will always try to apply it.

- ❖ With great respect and gratitude, I would like to express my deepest appreciation and gratitude to the honorable board of examiners, Mrs. Ns. Rahma Annisa., M.Kep. and Mrs. Ns. Kheli Fitria Annuril, M.Kep., Sp.Kep.Mat. Thank you for your time, attention, patience, as well as various inputs, constructive criticisms, and directions that have been given during the process of preparing this thesis. Every suggestion that you give not only helps to perfect this thesis, but also provides learning, motivation, and insights, which are very valuable for the author in developing competencies and going through the journey as a nurse in the future. Hopefully all the kindness and knowledge that has been given will get the best return.
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live. Your presence has taught us that the struggle does not have to be passed alone. Every story, support, and memories we carve together will always be a valuable part of this life's journey. May the friendship that grows from this struggle be maintained, even though we will later step on different paths. (Diva, Della, Eyin, Tasya, Yanka and all the 2022 batch).

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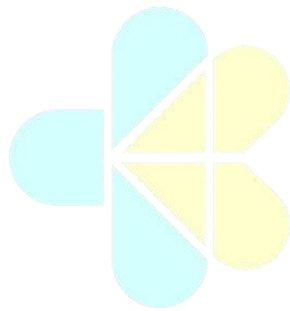
FOREWORD

Praise be to Allah SWT who has given His grace and grace, so that the author can complete this thesis with the title "The relationship between maternal psychological wellbeing and parity with breastfeeding self efficacy in postpartum mothers" In completing this thesis, the author received a lot of material and moral help from various parties, for which the author would like to thank the:

1. Mrs. Linda, SST., M.Kes, as the Director of the Health Polytechnic of the Ministry of Health Bengkulu
2. Mrs. Ns. Erni Buston, SST., M.Kes as the Head of the Nursing Department of the Bengkulu Ministry of Health.
3. Mrs. Dr. Nur Elly, S.Kp., M.Kes, as supervisor I who provided a lot of support, input, direction, suggestions, time, and motivation to continue to be enthusiastic about working on this thesis until it can be completed.
4. Mrs. Ns. Dwi Wulandari, S.Kep., MAN, as Supervisor II who was always present with direction, input, and sincere support during the process of preparing this thesis. Thank you for the time, patience, and motivation that continues to be given to the author, especially in difficult times, so that the author still has the spirit to continue to step forward and complete this thesis to completion.
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6. Mrs. Ns. Kheli Fitria Annuril, M.Kep., Sp.Kep. Matt. As Examiner I who has provided attention, input, criticism, and very valuable advice in the process of preparing this thesis. Every correction and direction given is a motivation as well as a learning for the author to produce better scientific works.
7. As well as all Lecturers and Staff of the Department of Nursing of the Ministry of Health of the Ministry of Health of Bengkulu. I realize that this thesis

certainly still has many shortcomings and errors both in writing and preparation. hopefully it can have a positive impact both for the target, the research location, the Department of Nursing and for myself.

The author is fully aware that this thesis, as an initial academic work, certainly still contains various shortcomings and errors, both in terms of writing, argument preparation, and applied methodology. Despite the maximum efforts made to minimize this, the author's limited knowledge and experience as a student may still affect the overall quality. Therefore, the author really hopes for constructive criticism and suggestions from readers, lecturers, and related experts, in order to improve and improve this thesis in the future. Hopefully this research can provide practical benefits to the academic world, society or parties in need, as well as contribute significantly to the development of science in relevant fields. The author would like to thank you for all the input provided.



Kemenkes
Poltekkes Be

Bengkulu, May 9, 2026

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**THE RELATIONSHIP BETWEEN MATERNAL PSYCHOLOGICAL
WELLBEING AND PARITY WITH BREASTFEEDING SELF EFFICACY
ON POSTPARTUM MOTHERS AT PMB KOTA
BENGKULU YEAR 2026**

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ABSTRACT

Background: Breastfeeding Self-Efficacy (BSE) is a mother's belief in her ability to breastfeed which plays an important role in the success of breastfeeding. BSE is influenced by various factors, including the mother's psychological condition as reflected in Maternal Psychological Well-Being (MPWB) and childbirth experience which is reflected through parity. **Objective:** This study aims to determine the relationship between maternal psychological well-being and parity with breastfeeding self-efficacy in postpartum mothers at PMB Bengkulu City. **Methods:** This type of study was an observational analysis involving 85 respondents who were selected using purposive sampling techniques. Instruments include psychological well-being, parity, and Breastfeeding Self-Efficacy Scale Short Form (BSES-SF) questionnaires. The analysis uses the Chi-Square test. **Results:** Results showed that most postpartum mothers had high MPWB (71.8%), multiparapara/grandemultipara parity (87.1%), and high BSE (77.6%). There is a relationship between MPWB and BSE as well as parity with BSE. Mothers with low MPWB are 9,750 times more likely to experience low BSE. In addition, primipara mothers are 9,250 times more at risk of experiencing low BSE than multipara/grandemultipara mothers. **Conclusion:** It was concluded that there was a relationship between Maternal Psychological Well-Being and parity with Breastfeeding Self-Efficacy in postpartum mothers. **Recommendation:** Health workers are advised to conduct regular screening, education, and breastfeeding assistance to increase maternal confidence and the success of exclusive breastfeeding.

Kata Kunci: Breastfeeding Self-Efficacy, Paritas, Postpartum, Psychological Well-Being

**HUBUNGAN *MATERNAL PSYCHOLOGICAL WELLBEING* DAN
PARITAS DENGAN *BREASTFEEDING SELF EFFICACY*
PADA IBU *POST PARTUM* DI PMB KOTA
BENGKULU TAHUN 2026**

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ABSTRAK

Latar belakang: *Breastfeeding Self-Efficacy* (BSE) merupakan keyakinan ibu terhadap kemampuannya dalam menyusui yang berperan penting dalam keberhasilan pemberian ASI. BSE dipengaruhi oleh berbagai faktor, di antaranya kondisi psikologis ibu yang tercermin dalam *Maternal Psychological Well-Being* (MPWB) dan pengalaman melahirkan yang tercermin melalui paritas. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara *maternal psychological well-being* dan paritas dengan *breastfeeding self-efficacy* pada ibu postpartum di PMB Kota Bengkulu. **Metode:** Jenis penelitian ini adalah observasional analitik melibatkan 85 responden yang dipilih menggunakan teknik *purposive sampling*. Instrumen meliputi kuesioner *psychological well-being*, paritas, dan *Breastfeeding Self-Efficacy Scale Short Form* (BSES-SF). Analisis menggunakan uji Chi-Square. **Hasil:** Hasil menunjukkan Sebagian besar ibu postpartum memiliki MPWB tinggi (71,8%), paritas multipara/grandemultipara (87,1%), dan BSE tinggi (77,6%). Terdapat hubungan antara MPWB dengan BSE serta antara paritas dengan BSE. Ibu dengan MPWB rendah berisiko 9,750 kali lebih besar mengalami BSE rendah. Selain itu, ibu primipara berisiko 9,250 kali lebih besar mengalami BSE rendah dibandingkan ibu multipara/grandemultipara. **Kesimpulan:** Disimpulkan bahwa Terdapat hubungan antara *Maternal Psychological Well-Being* dan paritas dengan *Breastfeeding Self-Efficacy* pada ibu *postpartum*. **Rekomendasi:** Tenaga kesehatan disarankan melakukan skrining rutin, edukasi, dan pendampingan menyusui untuk meningkatkan kepercayaan diri ibu serta keberhasilan ASI eksklusif.

Kata Kunci: *Breastfeeding Self-Efficacy*, Paritas, *Postpartum*, *Psychological Well-Being*

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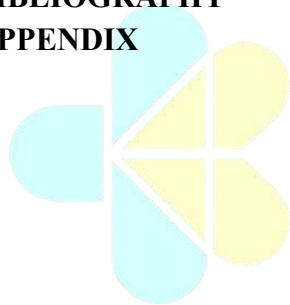
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Appendix 14 Letter of introduction for health office research permit to PMB
Bengkulu city

Appendix 15 Certificate of Completion of PMB Research in Bengkulu City

Appendix 16 ACC Sheet Research Title

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GLOSSARY

MPWBS	: Maternal Psychological Wellbeing
PC	: Psychological Wellbeing
BSE	: Breastfeeding Self Efficacy
ABOUT	: Breast Milk
PWBS	: Psychological Wellbeing Scale
BSE-SF	: Breastfeeding Self Efficacy Scale-Short Form
WHO	: World Health Organization
UNICEF	: United Nations Children's Fund
SPSS	: Statistical Package For The Social Science

