

BAB I

INTRODUCTION

A. Background

Exclusive breastfeeding continues to be an important issue in global circles. Based on the report United Nations Children's Fund (UNICEF), (2023), only about 48% of babies worldwide receive exclusive breastfeeding. World Health Organization (WHO) and UNICEF globally target an increase in the number of exclusive breastfeeding to at least 50% by 2025 and at least 60% by 2030 (WHO & UNICEF, 2024). This low level of achievement also contributes to the high rate of infant illness and mortality, as well as the potential for an increased risk of non-communicable diseases in the future (WHO, 2023).

The achievement of exclusive breastfeeding in the city of Bengkulu Province in 2023 is 72.44%, in 2024 it will be 73.94% (Central Statistics Agency, 2024). Exclusive breastfeeding in Bengkulu in 2023 is 61.9%, in 2024 it shows a positive increase of 3.2% to 65.1% (Bengkulu City Health Office, 2024). Although the achievement in Bengkulu City has increased, it is still lower than the achievement in Bengkulu Province. Likewise when compared to national targets. This condition needs to be a concern considering the importance of exclusive breastfeeding for the growth and development of babies. It is therefore important to identify the factors that determine the success of breastfeeding.

One of the strongest psychological factors that affect the success of breastfeeding is breastfeeding self efficacy (BSE) (Rolantika, 2024; Ummah & Rosida, 2022). BSE is a mother's confidence in her success in breastfeeding (G. S. Ahmadinezhad & et al., 2024; Khusniyati, 2024). A study in Indonesia states that more than 50% of breastfeeding mothers have low BSE (Titaley et al., 2021). Recent studies have informed that mothers who experience levels of stress, anxiety or psychological

wellbeing Low (PWB) tend to have low BSE breastfeeding, so there is a risk of facing difficulties in maintaining exclusive breastfeeding (G. S. Ahmadinezhad et al., 2024).

Maternal psychological wellbeing (MPWB) forms mental readiness, adaptability, and motivation of mothers to breastfeed consistently. Mothers with good PWB levels generally show self efficacy who are taller, have adaptive coping skills, and are better able to maintain optimal breastfeeding practices, compared to mothers who experience emotional stress or anxiety post partum (Fujianty et al., 2024; Kabariyah & Anggorowati, 2023). One study conducted in Turkey, reported a significant correlation between PWB and BSE. Mothers who have a high level of PWB tend to be more confident in breastfeeding practices. Systematic studies show that postpartum depression is significantly negatively correlated with BSE (Barnes & others, 2023; Dias & Frey, 2023), The results of this study further strengthen the urgency to consider aspects of MPWB (Brown) et al., 2024). Research in Indonesia has also begun to explore the positive aspects of maternal PWB. A study in Pekalongan indicates that compassion (self-compassion) has a correlation with BSE (Ulya & Ratnawati, 2024).

Previous breastfeeding experience reflected in parity also plays an important role in determining the success of exclusive breastfeeding. Systematic findings suggest that parity is one of the significant factors influencing the success of exclusive breastfeeding, with strong evidence supporting its role as an important predictor (Belachew et al., 2023; Wu et al., 2022). A study of postpartum mothers in Japan found that in a specific analysis based on parity, multikipara mothers with higher levels of self-efficacy and lower levels of postpartum stress showed better exclusive breastfeeding outcomes than primipara mothers (Takegata et al., 2020). Nonetheless, other studies have shown that parity is not always the primary predictor of breastfeeding success if psychological

factors are not properly considered (M. Fujianty et al., 2024; Nurokhmah et al., 2021).

Based on the results of a preliminary study conducted by researchers at the Mutiara Agma Clinic, which is one of the clinics with the highest number of visits compared to other Midwives Independent Practice (PMB) in Bengkulu City in 2025, it shows relevant population data, namely 205 deliveries in the last six months (May-October 2025). Through a brief interview with the coordinating midwife, it was known that the phenomenon of breastfeeding failure was in line with the research variables. An interesting phenomenon observed is that some multipara mothers also experience breastfeeding failure despite having previous experience. Two mothers described her lack of confidence in breastfeeding successfully as making her fail to breastfeed. This phenomenon indicates the need for psychological-based research to improve MPWB and BSE. Based on this description, the researcher is interested in analyzing the relationship between maternal psychological wellbeing and parity, and breastfeeding self efficacy in postpartum mothers at PMB Bengkulu City in 2026.

B. Problem Formulation

Based on the background and problems that have been described, the formulation of the problem in this study is Is there a relationship between maternal psychological wellbeing and parity with breastfeeding self efficacy in postpartum mothers at PMB Bengkulu City in 2026?

C. Research Objectives

1. General Purpose

To find out the relationship between maternal psychological wellbeing and parity with breastfeeding self efficacy in postpartum mothers at PMB Bengkulu City in 2026.

2. Special Purpose

- a. Knowing the picture of maternal psychological wellbeing, parity and breastfeeding self efficacy in postpartum mothers in Bengkulu City in 2026
- b. To find out the relationship between maternal psychological wellbeing and breastfeeding self efficacy in postpartum mothers in Bengkulu City in 2026.
- c. Knowing the parity relationship with breastfeeding self efficacy in postpartum mothers in Bengkulu City in 2026.

D. Research Benefits

1. For Nurses

The results of this study are expected to be a source of knowledge for nurses in providing education and support to breastfeeding mothers, especially to increase self-efficacy in breastfeeding so that breastfeeding success can be achieved.

2. Divide Research Places

The results of this research can be used as evaluation material for hospitals in improving breastfeeding promotion programs and as a basis for developing policies or training for health workers related to breastfeeding support.

3. For Educational Institutions

The results of this research can add to the treasure of maternity nursing science and become a learning resource for nursing students in understanding the role of nurses in supporting breastfeeding mothers.

4. For the Next Researcher

The results of this study can be used as a reference and comparison for further research on other factors that affect breastfeeding success or interventions that can improve breastfeeding self-efficacy.