

CHAPTER VII

CONCLUSIONS AND SUGGESTIONS

A. Conclusion

Based on the results of the research, data collection and discussion can be concluded as follows:

1. The description of the Maternal Psychological Wellbeing (MPWB) condition in post partum mothers was mostly in the highest category, and partly with multi/grande multipara, and almost all mothers with low BSE.
2. There is a scientific relationship between MPWB and BSE at the PMB Bengkulu city in 2026.
3. There is a scientific relationship between parity and BSE in the post partum mothers at PMB Bengkulu city in 2026.

B. Suggestions

Based on the conclusions from the results of the research and discussion that have been described above, the researcher concluded that several suggestions that are expected to have a positive impact and can be used as a reference for various parties, including the following:

1. Sharing PMB in Bengkulu City

It is recommended for the PMB in Bengkulu city to be able to increase the monitoring of the psychological condition post partum mothers and provide education and assistance for breastfeeding in a routine manner. Special attention needs to be given to the primipara mothers because based on the results of their research, they have a higher risk of experiencing low breastfeeding self-efficacy compared to multipara.

2. For the Institute of Nursing Education

It is recommended for nursing education institutions that it is expected to strengthen learning about the psychological well-being of the mother post partum and the factors that affect

breastfeeding. This research can also be used as a reference in maternity nursing learning related to efforts to increase maternity confidence in breastfeeding.

3. A Mother's Choice of Partum

It is recommended that the mother of the post partum is expected to be able to maintain MPWB during the period and be more active in seeking information about breastfeeding. In addition, the mother is expected to take advantage of the support from her family and health workers so that the BSE is not increased.

4. For further researchers

It is recommended that researchers then be able to research other factors related to breastfeeding self-efficacy, such as husband support, family support, breastfeeding knowledge, education, and mother's work. Or you can continue the test until you reach Multivariat.

