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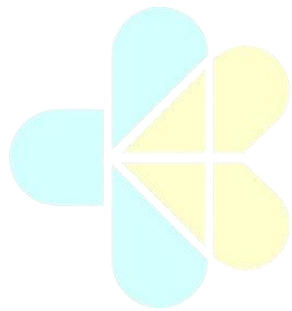
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INFORM CONSENT

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

Assalamualaiikum,

Introduce my name Riri Agustina. I am currently studying at one of the universities with the DIV Study Program for Applied Nursing at Poltekkes of the Ministry of Health of Bengkulu. The purpose and objectives of this research aim to analyze whether there is a relationship between maternal psychological wellbeing and parity with breastfeeding self efficacy. Responden is expected to fill in the quiz $\pm$ 20–30 minutes. Identity is kept secret and only for research purposes. Responden is free to revoke or terminate the participation at any time without sanction.

I hope that mothers is ready to be a responden in this research. All the information that I gave was guaranteed to be confidential. However, if Iika feels objectionable, then she has the right to ask. After reading the meaning of the research above, I decided to fill in the name and signature under the name if I was willing.

I am hereby willing to participate in this research and am willing to fill in the complete data that has been provided

They respond

Wassalamualaikum

Appendix 2

RESPONDENT'S APPLICATION LETTER

With Hoirmat,

I am a student of the Applied Undergraduate Study Program of the Ministry of Health of Bengkulu:

Name: Riri Agustina

NIM: P01720322088

I will conduct a research entitled "The relationship between maternal psychological wellbeing and parity with breastfeeding self efficacy in post partum mothers at PMB Bengkulu city".

In connection with this purpose, I humbly invite you to participate in this research. The data obtained from this research can be useful for the community, health workers, and educational institutions. Information about the data collected will be guaranteed confidentiality and will only be used for research data. for his attention and participation I would like to thank you.

My Hoirmat,

Riirri Agustiina

Appendix 3 Pwbs Scale Questionnaire

RESEARCH COORDINATOR

A. Data Demografi Responden

Mother Name :
Age Mother :
Parity/Number of children consecrated :
Post Partum How many days :
Address :

B. Kuesioner Psychological Well-Being Scale (PWBS)

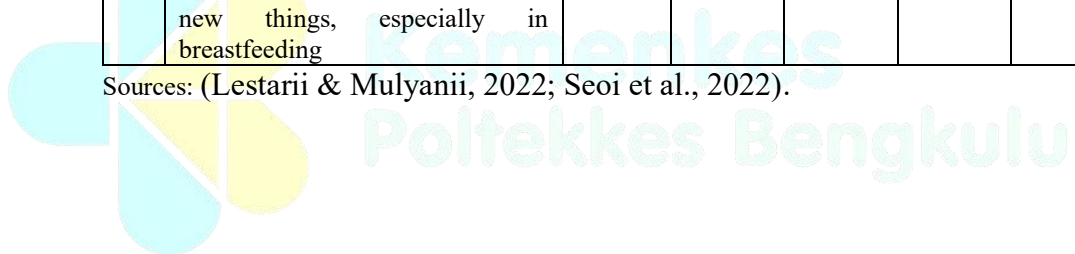
Filling Instructions:

Put a mark (√) on the choice that is at least in accordance with your opinion. Choose a statement that is in accordance with your opinion, by giving a checkmark (√) on the answer quorum provided:

C	Questions	Strongly Disagree (1)	Disagree (2)	Simply Agree (3)	Setuju (4)	Strongly agree (5)
1	I feel satisfied with being scolded as a mother who can pregnant and bless					
2	I am proud of my achievement to become a mother who can breastfeed a child with adequate breast milk					
3	I can accept my limitations as a young/new mother					
4	I have a close and warm relationship with my closest friends during pregnancy and while breastfeeding					
5	I have never felt a sense of relief during breastfeeding proceedings					
6	The nearest Orang trusted me and relied on me during the breastfeeding proises					
7	I believe in being jealous of my decisions during my time as a mother and breastfeeding					
8	I am not easily influenced by the opinions of others					

9	I have found a life way that suits my point grateful					
10	I feel able to manage my daily tasks as a mother					
11	I don't feel any difficulty in managing my daily responsibilities as a mother and wife					
12	I am good at managing my time and work as a mother and wife					
13	I know my purpose in hiidup as a mother					
14	My life has a clear purpose during breastfeeding					
Yes	Questions	Strongly Disagree (5)	Disagree (4)	Simply Agree (3)	Agree (2)	Strongly agree (1)
15	I don't feel like life is a continuous process of learning and developing					
16	I don't try to be a good mother during breastfeeding					
17	I feel like I haven't improved in the last few years					
18	I don't think it's serious to learn new things, especially in breastfeeding					

Sources: (Lestarii & Mulyanii, 2022; Seoi et al., 2022).



Appendix 4 BSE-SF Research Questionnaire

C. Kuesioner Breastfeeding Self-Efficacy Scale – Short Form (BSE-SF)

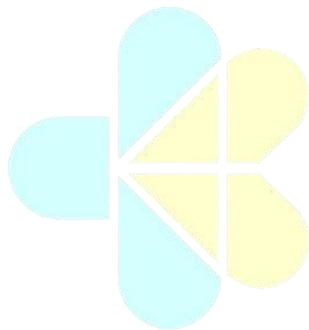
Filling Instructions:

Put a mark (√) on the choice that is at least in accordance with your opinion. Choose a statement that is in accordance with your opinion, by giving a checkmark (√) on the answer quorum provided:

Yes	Questions	Very Unsure (1)	Not Sure (2)	Pretty sure (3)	Confi dent (4)	Very Confide nt (5)
1	I always make sure that my baby gets enough breast milk					
2	I've always been hasiil overcoming problems encountered during breastfeeding					
3	I will always be able to breastfeed my baby without using foirmula milk as a supplement					
4	I will always be able to make sure that my baby is properly attached to the breast during breastfeeding					
5	I will always be able to manage breastfeeding proises for Creating Satisfaction					
6	I'll always be able to breastfeed even though my baby is menangiis					
7	I will always be able to keep my desire to stay Breastfeeding					
8	I will always be able to breastfeed comfortably, with My family's Angrily Annoyance.					
9	I will always be satisfied with my breastfeeding experience					
10	I will always be able to accept the fact that breastfeeding It can take time					
Yes	Questions	Very Unsure (5)	Not Sure (4)	Pretty sure (3)	Confi dent (2)	Very Confide nt (1)
11	I don't always be able to breastfeed from one breast until it's finished					

12	I will never be able to continue breastfeeding my baby as soon as possible. Time to breastfeed					
13	I will always be able to meet the breastfeeding needs of my baby.					
14	I will always be able to know when my baby finishes breastfeeding, and when the baby should be breastfed					

Sources: (Diki retno et al., 2023).



Kemenkes
Poltekkes Bengkulu

APPENDIX 5 MASTER TABLE

Yes	Independent Midwife Practice (PMB)	Review Day	Initials Name	How Much Day Post Partum	Address	Paritas	Category	Code	Category	Code	Category	Code
1	PMB Bd.Susi irma bride,SST	31 January 2026	Ny. Pu	4	Bentiring permai	2	Multipara	1	Height	1	Height	1
2	PMB Bd.Susi irma bride,SST	31 January 2026	Ny. Ev	3	Jl.Majid Attaqwa RT 25	1	Primipara	0	Low	0	Low	0
3	PMB Bd.Susi irma bride,SST	February 1, 2026	Ny. Tr	7	Jl.Bumi Ayu 8	3	Multipara	1	Height	1	Height	1
4	PMB Bd.Susi irma bride,SST	February 1, 2026	Ny. In	7	Jl.Surabaya	2	Multipara	1	Height	1	Height	1
5	PMB Bd.Susi irma bride,SST	February 1, 2026	Ny.Ti	6	Air Sebakul	1	Primipara	0	Low	0	Low	0
6	PMB Bd.Susi irma bride,SST	February 2, 2026	Ny. An	4	Kompi	2	Multipara	1	Height	1	Height	1
7	PMB Bd.Susi irma bride,SST	February 2, 2026	Ny.Si	6	Jln.Danau	4	Multipara	1	Height	1	Height	1
8	PMB Bd.Susi irma bride,SST	February 2, 2026	Ny. De	7	Kompi Gang Nangka	3	Multipara	1	Height	1	Height	1
9	PMB Bd.Susi irma bride,SST	February 2, 2026	Ny.No	4	Panorama	3	Multipara	1	Height	1	Height	1
10	PMB Bd.Susi irma bride,SST	February 2, 2026	Ny.Di	4	Pasar Minggu Gang Mangga	4	Multipara	1	Height	1	Height	1
11	PMB Bd.Susi irma bride,SST	February 3, 2026	Ny.Si	5	Pasar Minggu Belakang pondok	2	Multipara2	1	Height	1	Height	1
12	PMB Bd.Susi irma bride,SST	February 5, 2026	Ny.Ti	2	Penurunan	3	Multipara	1	Height	1	Height	1

13	PMB Bd.Susi irma bride,SST	February 6, 2026	Ny.Di	3	Nusa Indah	2	Multipara	1	Low	0	Low	0
14	PMB Bd.Susi irma bride,SST	February 6, 2026	Ny.Me	5	Kebun Tebeng	2	Multipara	1	Height	1	Height	1
15	PMB Bd.Susi irma bride,SST	February 10, 2026	Ny.Op	5	Lempuing	2	Multipara	1	Height	1	Height	1
16	PMB Bd.Susi irma bride,SST	13 February 2026	Ny.An	3	Lempuing	3	Multipara	1	Height	1	Height	1
17	PMB Bd.Susi irma bride,SST	13 February 2026	Ny.Nu	4	Sawah Lebar Baru	2	Multipara	1	Height	1	Height	1
18	PMB Bd.Susi irma bride,SST	16 February 2026	Ny. Su	2	Lempuing gang Bayam	2	Multipara	1	Height	1	Height	1
19	PMB Bd.Susi irma bride,SST	19 February 2026	Ny.Ta	2	Jl.Seruni	2	Multipara	1	Height	1	Height	1
20	PMB Bd.Susi irma bride,SST	19 February 2026	Ny.Re	2	Bentiring Permai Belakang lapas	3	Multipara	1	Height	1	Height	1
21	PMB Bd.Susi irma bride,SST	February 20, 2026	Ny. Se	2	Jl Jawa 2 sukamerindu	2	Multipara	1	Low	0	Low	0
22	PMB Bd.Susi irma bride,SST	February 20, 2026	Ny.Su	3	Cimanuk	3	Multipara	1	Height	1	Height	1
23	PMB Bd.Susi irma bride,SST	February 20, 2026	Ny.Ne	2	Pasar Ikan	4	Multipara	1	Height	1	Height	1
24	PMB Bd.Susi irma bride,SST	February 20, 2026	Ny.Di	3	Batanghari	3	Multipara	1	Height	1	Height	1
25	PMB Bd.Susi irma bride,SST	February 20, 2026	Ny.Li	4	Sawah Lebar Baru RT 25	2	Multipara	1	Height	1	Height	1
26	PMB Bd.Susi irma bride,SST	21 February 2026	Ny.He	2	Jl.Seruni no 72A	2	Multipara	1	Height	1	Height	1
27	PMB Bd.Susi irma bride,SST	21 February 2026	Ny.Am	3	Jln.Basuki Rahmat Gang Mangga	1	Primipara	0	Low	0	Low	0

28	PMB Bd.Susi irma bride,SST	21 February 2026	Ny.Ar	4	Sawah Lebar Baru RT31	3	Multipara	1	Height	1	Height	1
29	PMB Bd.Susi irma bride,SST	23 February 2026	Ny.Ci	6	Jln. May Salim Kebun Ros	1	Primipara	0	Low	0	Low	0
30	PMB Bd.Susi irma bride,SST	23 February 2026	Ny.An	2	Rawa Makmur	3	Multipara	1	Height	1	Height	1
31	PMB Bd.Susi irma bride,SST	23 February 2026	Ny.Fi	7	Lempuing raya kampar 1	2	Multipara	1	Height	1	Height	1
32	PMB Bd.Susi irma bride,SST	23 February 2026	Ny.Ze	4	Pasar Minggu Belakang Pondok	2	Multipara	1	Height	1	Height	1
33	PMB Bd.Okta Nopisia,S.Tr.,Keb	31 January 2026	Ny. Ay	4	Pagar Dewa	1	Primipara	0	Low	0	Low	0
34	PMB Bd.Okta Nopisia,S.Tr.,Keb	31 January 2026	Ny. Si	2	Lempuing Kampar 4	2	Multipara	1	Height	1	Height	1
35	PMB Bd.Okta Nopisia,S.Tr.,Keb	02 February 2026	Ny.Si	2	Pagar Dewa	1	Primipara	0	Low	0	Low	0
36	PMB Bd.Okta Nopisia,S.Tr.,Keb	03 February 2026	Ny.Ar	2	Padat Karya	2	Multipara	1	Height	1	Height	1
37	PMB Bd.Okta Nopisia,S.Tr.,Keb	03 February 2026	Ny.Ye	5	Pagar dewa	1	Multipara	1	Low	0	Low	0
38	PMB Bd.Okta Nopisia,S.Tr.,Keb	05 February 2026	Ny.Nu	7	Jl Sawah Lebar Baru	1	Primipara	0	Low	0	Low	0
39	PMB Bd.Okta Nopisia,S.Tr.,Keb	08 February 2026	Ny.Pu	4	jl.Padat karya	2	Multipara	1	Height	1	Height	1
40	PMB Bd.Okta Nopisia,S.Tr.,Keb	February 10, 2026	Ny.Ha	4	Jl.Timur Indah	1	Primipara	0	Low	0	Low	0
41	PMB Bd.Okta Nopisia,S.Tr.,Keb	15 February 2026	Ny.Sr	2	jl.basuki rahmat no 29 rt 7	2	Multipara	1	Height	1	Height	1
42	PMB Bd.Okta Nopisia,S.Tr.,Keb	15 February 2026	Ny.De	3	Jl.Muhajirin	2	Multipara	1	Height	1	Height	1

43	PMB Bd.Okta Nopisia,S.Tr.,Keb	February 17, 2026	Ny. Ri	2	Terminal 2	2	Multipara	1	Height	1	Height	1
44	PMB Bd.Okta Nopisia,S.Tr.,Keb	February 20, 2026	Ny.Mi	2	Talang Kering	2	Multipara	1	Low	0	Low	0
45	PMB Bd.Okta Nopisia,S.Tr.,Keb	February 20, 2026	Ny.Si	3	Rawa Makmur	3	Multipara	1	Low	0	Low	0
46	PMB Bd.Okta Nopisia,S.Tr.,Keb	21 February 2026	Ny.De	2	Jl. Seruni 1 Gang Lembayung	2	Multipara	1	Height	1	Height	1
47	PMB Bd.Okta Nopisia,S.Tr.,Keb	21 February 2026	Ny.An	5	Pagar Dewa	2	Multipara	1	Low	0	Low	0
48	PMB Bd.Okta Nopisia,S.Tr.,Keb	22 February 2026	Ny.Er	7	Bentiring	3	Multipara	1	Height	1	Height	1
49	PMB Bd.Okta Nopisia,S.Tr.,Keb	22 February 2026	Ny.Sy	6	Padat Karya	2	Multipara	1	Height	1	Height	1
50	PMB Bd.Okta Nopisia,S.Tr.,Keb	24 February 2026	Ny. Ch	4	Sawah Lebar	2	Multipara	1	Height	1	Height	1
51	PMB Bd.Okta Nopisia,S.Tr.,Keb	24 February 2026	Ny.Si	2	Jl.Kinibalu	4	Multipara	1	Height	1	Height	1
52	PMB Bd.Okta Nopisia,S.Tr.,Keb	27 February 2026	Ny.Ci	3	Pagar Dewa Polda	2	Multipara	1	Height	1	Height	1
53	PMB Bd.Okta Nopisia,S.Tr.,Keb	27 February 2026	Ny.Na	4	Sawah Lebar belakang stadion	2	Multipara	1	Low	0	Low	0
54	Pratama Mutiara Agma Clinic	31 January 2026	Ny. Mi	6	Pekan Sabtu	3	Multipara	1	Height	1	Height	1
55	Pratama Mutiara Agma Clinic	31 January 2026	Ny.Ra	6	Bumi Ayu	3	Multipara	1	Height	1	Height	1
56	Pratama Mutiara Agma Clinic	02 February 2026	Ny.Sh	7	Timur Indah Kota bengkulu	3	Multipara	1	Height	1	Height	1
57	Pratama Mutiara Agma Clinic	03 February 2026	Ny.Di	6	Betungan	3	Multipara	1	Height	1	Height	1

58	Pratama Mutiara Agma Clinic	03 February 2026	Ny.Ri	6	Bandara	2	Multipara	1	Low	0	Low	0
59	Pratama Mutiara Agma Clinic	03 February 2026	Ny.De	6	Bandara	3	Multipara	1	Height	1	Height	1
60	Pratama Mutiara Agma Clinic	04 February 2026	Ny.Ro	4	Betungan	3	Multipara	1	Height	1	Height	1
61	Pratama Mutiara Agma Clinic	04 February 2026	Ny.Is	4	Terminal 2	4	Multipara	1	Height	1	Height	1
62	Pratama Mutiara Agma Clinic	04 February 2026	Ny.Ri	5	Bumi Ayu	2	Multipara	1	Height	1	Height	1
63	Pratama Mutiara Agma Clinic	04 February 2026	Ny.Sa	5	Bumi Ayu	3	Multipara	1	Height	1	Height	1
64	Pratama Mutiara Agma Clinic	07 February 2026	Ny.Na	3	Kandang Mas	3	Multipara	1	Height	1	Height	1
65	Pratama Mutiara Agma Clinic	07 February 2026	Ny.Re	4	Jl.Panti Asuhan 6b Selebar	2	Multipara	1	Height	1	Height	1
66	Pratama Mutiara Agma Clinic	07 February 2026	Ny.Am	3	Jl.Bumi Ayu 8	1	Primipara	0	Low	0	Low	0
67	Pratama Mutiara Agma Clinic	08 February 2026	Ny.Sa	3	Jl.Tanah Patah	2	Multipara	1	Height	1	Height	1
68	Pratama Mutiara Agma Clinic	08 February 2026	Ny.At	5	Jl.Hibrida Raya	3	Multipara	1	Height	1	Height	1
69	Pratama Mutiara Agma Clinic	08 February 2026	Ny.Sh	3	Jln,Timur Indah 3	2	Multipara	1	Height	1	Height	1
70	Pratama Mutiara Agma Clinic	February 10, 2026	Ny.Su	3	Jln,Suka Rami	2	Multipara	1	Height	1	Height	1
71	Pratama Mutiara Agma Clinic	February 10, 2026	Ny.Ru	4	Pagar Dewa	2	Multipara	1	Height	1	Height	1
72	Pratama Mutiara Agma Clinic	February 10, 2026	Ny.Ki	2	Jln.Natadirja	2	Multipara	1	Height	1	Height	1
73	Pratama Mutiara Agma Clinic	15 February 2026	Ny.In	3	Jln. Raden Patah	2	Multipara	1	Height	1	Height	1

74	Pratama Mutiara Agma Clinic	15 February 2026	Ny.Ap	2	Teluk Sepang	3	Multipara	1	Height	1	Height	1
75	Pratama Mutiara Agma Clinic	15 February 2026	Ny.Ve	3	Sukarami	2	Multipara	1	Low	0	Low	0
76	Pratama Mutiara Agma Clinic	22 February 2026	Ny.Si	3	Jl.Hibrida Raya	2	Multipara	1	Height	1	Height	1
77	Pratama Mutiara Agma Clinic	22 February 2026	Ny.El	3	Jl.Raden Patah	2	Multipara	1	Height	1	Height	1
78	Pratama Mutiara Agma Clinic	22 February 2026	Ny.Bu	4	Lingkar Barat	2	Multipara	1	Height	1	Low	0
79	Pratama Mutiara Agma Clinic	24 February 2026	Ny.Tu	4	Jln.Merawan	2	Multipara	1	Height	1	Height	1
80	Pratama Mutiara Agma Clinic	24 February 2026	Ny.Me	2	Pekan Sabtu	1	Primipara	0	Low	0	Low	0
81	Pratama Mutiara Agma Clinic	24 February 2026	Ny.Ay	5	Kapuas	2	Multipara	1	Height	1	Height	1
82	Pratama Mutiara Agma Clinic	28 February 2026	Ny.Nu	7	Hibrida 6C	1	Primipara	0	Low	0	Low	0
83	Pratama Mutiara Agma Clinic	28 February 2026	Ny.Ay	2	Selebar	2	Multipara	1	Height	1	Height	1
84	Pratama Mutiara Agma Clinic	28 February 2026	Ny.Nl	5	Singaran Pati	3	Multipara	1	Height	1	Low	0
85	Pratama Mutiara Agma Clinic	28 February 2026	Ny.Di	3	Puri	2	Multipara	1	Low	0	Low	0

Appendix 6 SPSS Output Analysis Results

1. Results of MPWB Frequency Distribution Analysis Test

Crosstab

Count

		BSESF		
		Low	Height	Total
PSWB	Low	13	12	25
	Height	6	54	60
Total		19	66	85

2. Results of the Analysis Test on the Relationship Between MPWB Variables and BSE

Chi-Square Tests MPWB Dengan BSE

	Value	df	Asymptotic Significance (2-sided)	Exact (2-sided)	Sig. (1-sided)
Pearson Chi-Square	17.935 ^a	1	.000		
Continuity Correction ^b	15.597	1	.000		
Likelihood Ratio	16.700	1	.000		
Fisher's Exact Test				.000	.000
Linear-by-Linear Association	17.724	1	.000		
N of Valid Cases	85				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 5,59.

b. Computed only for a 2x2 table

Risk Estimate

		95% Interval	Confidence
Value		Lower	Upper
Odds Ratio for PSWB (Low / High)	9.750	3.081	30.853
For cohort BSESF = Rendah	5.200	2.228	12.134
For cohort BSESF = Tinggi	.533	.352	.809
N of Valid Cases	85		

1. Results of the Parity Frequency Distribution Analysis Test

Crosstab

Count

	BSESF		Total
	Low	Height	
PARITAS Primipara	11	0	11
Multistop/Large	8	66	74
Total	19	66	85

2. Results of the analysis test on the relationship between parity variables with BSE

Chi-Square Tests Paritas Dengan BSE

	Value	df	Asymptotic Significance (2-sided)	Exact (2-sided)	Sig. (1-sided)
Pearson Chi-Square	43.890 ^a	1	.000		
Continuity Correction ^b	38.902	1	.000		
Likelihood Ratio	39.631	1	.000		
Fisher's Exact Test				.000	.000
Linear-by-Linear Association	43.374	1	.000		
N of Valid Cases	85				

a. 1 cells (25,0%) have expected count less than 5. The minimum expected count is 2,46.

b. Computed only for a 2x2 table

Risk Estimate

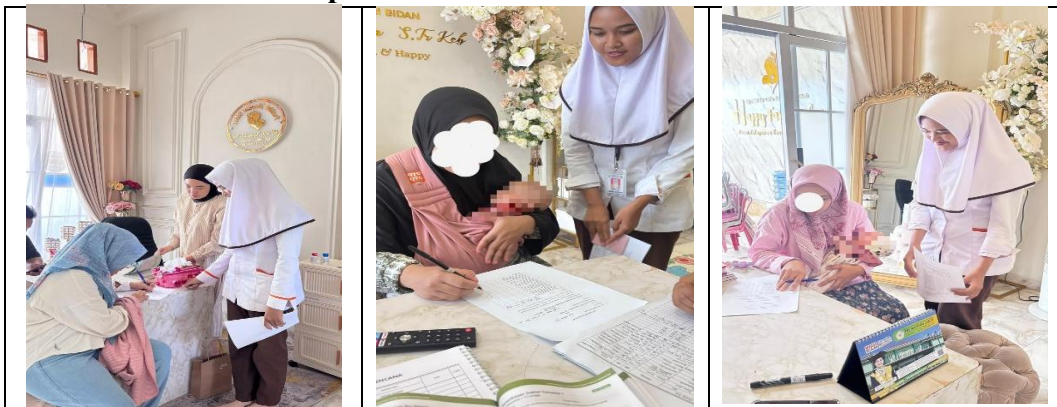
	Value	95% Interval Lower	Confidence Upper
For cohort BSESF =9.250 Rendah		4.808	17.797
N of Valid Cases	85		

Appendix 7 Research Documentation

Independent Practice of Midwives "S"



Independent Practice of Midwives "O"





Midwife Independent Practice "H"



APPENDIX 8 PRE-RESEARCH COVER LETTER PMB "S"



Kementerian Kesehatan
Direktorat Jenderal
Sumber Daya Manusia Kesehatan
Politeknik Kesehatan Bengkulu
Jalan Indragiri No.3 Padang Harapan
Bengkulu 38225
(0736) 341212
<https://www.poltekkesbengkulu.ac.id>

19 Desember 2025

Nomor : PP.06.02/F.XXIII.1/ ~~9387~~ /2025
Perihal : Izin Pra Penelitian

Yth.
Ka PMB Bd. Susi Irma Novia, SST
di
Tempat

Sehubungan penyusunan tugas akhir dalam bentuk Skripsi Mahasiswa Progam Studi Keperawatan Program Sarjana Terapan Jurusan Keperawatan Politeknik Kesehatan Kemenkes Bengkulu Tahun Akademik 2025/2026, dengan ini mohon Bapak/Ibu dapat memberikan izin pengambilan data, Pra Penelitian pada mahasiswa dibawah ini :

Nama Mahasiswa : Riri Agustina
Nim : P01720322088
Tempat : PMB Bd. Susi Irma Novia, SST
Judul : Hubungan Maternal Psychological Wellbeing Dan Paritas Dengan Breastfeeding Self Efficacy Pada Ibu Post Partum Pada Ibu Post Partum Di PMB Kota Bengkulu Tahun 2026
No Handphone : 085273235135

Demikianlah, atas perhatian dan kerjasamanya kami mengucapkan terimakasih.



Wakil Direktur Bidang Akademik

Septiyanti, S.Kep, Ners, M.Pd

APPENDIX 9 PRE-RESEARCH COVER LETTER PMB "O"

 **Kemenkes**
Poltekkes Bengkulu

Kementerian Kesehatan
Direktorat Jenderal
Sumber Daya Manusia Kesehatan
Politeknik Kesehatan Bengkulu
Jalan Indragiri No.3 Padang Harapan
Bengkulu 38225
(0736) 341212
<https://www.poltekkesbengkulu.ac.id>

19 Desember 2025

Nomor : PP.06.02/F.XXIII.1/ *JMS* /2025
Perihal : Izin Pra Penelitian

Yth.
Ka PMB Bd. Okta Nopisia, S. Tr., Keb
di
Tempat

Sehubungan penyusunan tugas akhir dalam bentuk Skripsi Mahasiswa Progam Studi Keperawatan Program Sarjana Terapan Jurusan Keperawatan Politeknik Kesehatan Kemenkes Bengkulu Tahun Akademik 2025/2026, dengan ini mohon Bapak/Ibu dapat memberikan izin pengambilan data, Pra Penelitian pada mahasiswa dibawah ini :

Nama Mahasiswa : Riri Agustina
Nim : P01720322088
Tempat : PMB Bd. Okta Nopisia, S. Tr., Keb
Judul : Hubungan Maternal Psychological Wellbeing Dan Paritas Dengan Breastfeeding Self Efficacy Pada Ibu Post Partum Di PMB Kota Bengkulu Tahun 2026
No Handphone : 085273235135

Demikianlah, atas perhatian dan kerjasamanya kami mengucapkan terimakasih.


Wakil Direktur Bidang Akademik
Septiyanti, S.Kep, Ners, M.Pd



APPENDIX 10 PRE-RESEARCH COVER LETTER PMB "H"

	Kementerian Kesehatan Direktorat Jenderal Sumber Daya Manusia Kesehatan Politeknik Kesehatan Bengkulu Jalan Indragiri No.3 Padang Harapan Bengkulu 38225 (0736) 341212 https://www.poltekkesbengkulu.ac.id
19 Desember 2025	
Nomor :	PP.06.02/F.XXIII.1/ gsk /2025
Perihal :	Izin Pra Penelitian
Yth. Ka Klinik Pratama Mutiara Agma di Tempat	
Sehubungan penyusunan tugas akhir dalam bentuk Skripsi Mahasiswa Progam Studi Keperawatan Program Sarjana Terapan Jurusan Keperawatan Politeknik Kesehatan Kemenkes Bengkulu Tahun Akademik 2025/2026, dengan ini mohon Bapak/Ibu dapat memberikan izin pengambilan data, Pra Penelitian pada mahasiswa dibawah ini :	
Nama Mahasiswa :	Riri Agustina
Nim :	P01720322088
Tempat :	Klinik Pratama Mutiara Agma
Judul :	Hubungan Maternal Psychological Wellbeing Dan Paritas Dengan Breastfeeding Self Efficacy Pada Ibu Post Partum Pada Ibu Post Partum Di PMB Kota Bengkulu Tahun 2026
No Handphone :	085273235135
Demikianlah, atas perhatian dan kerjasamanya kami mengucapkan terimakasih.	
 Wakil Direktur Bidang Akademik Septiyanti, S.Kep, Ners, M.Pd	
 Dipindai dengan CamScanner	

APPENDIX 11 PRE-RESEARCH COVER LETTER OF THE HEALTH OFFICE TO PMB

Penang...



PEMERINTAH KOTA BENGKULU DINAS KESEHATAN

Jl. Letjen Basuki Rahmat No. 8 Kel. Belakang Pondok Kec. Ratu Samban
Kota Bengkulu Telp. 085216000810 Email dinkeskotabengkulu1@gmail.com.
www.dinkes.bengkulukota.go.id Kode Pos 34223

REKOMENDASI

Nomor : 000.9.2 / 2653 / D.Kes / 2025

Dasar Surat dari Wakil Direktur I Bidang Akademik poltekkes Kemenkes Bengkulu Nomor : PP.06.02..F.XXIII.1/8413/2025 Tanggal 07 November 2025 Perihal : Izin Pengambilan data Atas nama :

Nama : Riri Agustina
N I M : P01720322088
Program Studi : Sarjana Terapan Keperawatan
Judul / Data : Hubungan Maternal Psychological Wellbeing Dengan Breastfeeding Self Efficacy Pada Ibu Post Partum
Tempat Penelitian : 1.Dinas Kesehatan Kota Bengkulu
2.Klinik Pratama Mutiara Agma
Lama Kegiatan : 17 Novemver 2025 s/d. 30 November 2025

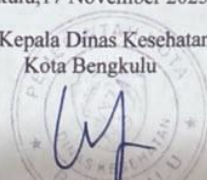
Pada prinsipnya Dinas Kesehatan Kota Bengkulu tidak berkeberatan diadakan pra penelitian/kegiatan yang dimaksud dengan catatan ketentuan :

- Tidak dibenarkan mengadakan kegiatan yang tidak sesuai dengan penelitian yang dimaksud.
- Harap mentaati semua ketentuan yang berlaku serta mengindahkan adat istiadat setempat.
- Apabila masa berlaku Rekomendasi Pra Penelitian ini sudah berakhir, sedangkan pelaksanaan belum selesai maka yang bersangkutan harus mengajukan surat perpanjangan Rekomendasi Pra Penelitian.
- Setelah selesai mengadakan kegiatan diatas agar melapor kepada Kepala Dinas Kesehatan Kota Bengkulu (tembusan).
- Surat Rekomendasi Pra Penelitian ini akan dicabut kembali dan dinyatakan tidak berlaku apabila ternyata pemegang surat ini tidak mentaati ketentuan seperti tersebut diatas.

Demikianlah Rekomendasi ini dikeluarkan untuk dapat dipergunakan sebagaimana mestinya.

Bengkulu, 17 November 2025

Plt. Kepala Dinas Kesehatan
Kota Bengkulu


Nelli Hartati, SKM, MM
Pembina, IV/a
NIP.197204191991012001

Tembusan:
1. Yth.Ka. Klinik Pratama Mutiara Agma
2. Yang Bersangkutan

CS Dipindai dengan CamScanner

CHAPTER 12 OF THE ETHICS OF ETHICS



Kementerian Kesehatan
Poltekkes Bengkulu

📍 Jalan Indragiri No. 3 Padang Harapan
Bengkulu 38225
☎ (0736) 341212
🌐 <https://poltekkesbengkulu.ac.id>

KETERANGAN LAYAK ETIK
DESCRIPTION OF ETHICAL EXEMPTION
"ETHICAL EXEMPTION"

No.KEPK.BKL/020/01/2026

Protokol penelitian versi 1 yang diusulkan oleh :
The research protocol proposed by

Peneliti utama : RIRI AGUSTINA
Principal In Investigator

Nama Institusi : Poltekkes Kemenkes Bengkulu
Name of the Institution

Dengan judul:
Title

**"Hubungan Maternal Psychological Wellbeing Dan Paritas Dengan Breastfeeding Self Efficay Pada Ibu Post Partum
Di PMB Kota Bengkulu Tahun 2026"**

*"The Relationship Between Maternal Psychological Wellbeing and Parity with Breastfeeding Self-Efficacy in Postpartum
Mothers at PMB Bengkulu City in 2026"*

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 01 Januari 2026 sampai dengan tanggal 01 Januari 2027.

This declaration of ethics applies during the period January 01, 2026 until January 01, 2027.



January 01, 2026
Chairperson,

apt. Zamharira Muslim, M.Farm

APPENDIX 13 COVER LETTER FOR RESEARCH PERMIT FROM THE KESBANGPOL OFFICE TO THE BENGKULU CITY HEALTH OFFICE



PEMERINTAH KOTA BENGKULU BADAN KESATUAN BANGSA DAN POLITIK

Alamat : Jl. Melur No.1 Kelurahan Nusa Indah
Email : bkesbangpolkotabengkulu@gmail.com

REKOMENDASI PENELITIAN

Nomor : 000.9.2/257/KESBANGPOL-REK/2026

- Dasar : Peraturan Menteri Dalam Negeri Republik Indonesia Nomor 7 Tahun 2014 tentang Perubahan Atas Peraturan Menteri Dalam Negeri Republik Indonesia Nomor 64 Tahun 2011 tentang Pedoman Penerbitan Rekomendasi Penelitian
- Memperhatikan : Surat dari Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu Nomor : PP.01.01/F.XXIII.1/642/2026 tanggal 26 Januari 2026 perihal Izin Penelitian

DENGAN INI MENYATAKAN BAHWA

Nama : RIRI AGUSTINA
NPM : P01720322088
Pekerjaan : Mahasiswa
Prodi/ Fakultas : Sarjana Terapan Keperawatan
Judul Penelitian : Hubungan Maternal Psychological Wellbeing Dan Paritas Dengan Breastfeeding Self Efficacy Pada Ibu Post Partum di PMB Kota Bengkulu
Tempat Penelitian : Praktik Mandiri Bidan.Okta Nopisia, STr.Keb
Waktu Penelitian : 1 Februari 2026 s.d 1 April 2026
Penanggung Jawab : Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu

- Dengan Ketentuan :
- 1 Tidak dibenarkan mengadakan kegiatan yang tidak sesuai dengan penelitian yang dimaksud.
 - 2 Harus mentaati peraturan perundang-undangan yang berlaku serta mengindahkan adat istiadat setempat.
 - 3 Apabila masa berlaku Rekomendasi Penelitian ini sudah berakhir, sedangkan pelaksanaan belum selesai maka yang bersangkutan harus mengajukan surat perpanjangan Rekomendasi Penelitian.
 - 4 Surat Rekomendasi Penelitian ini akan dicabut kembali dan dinyatakan tidak berlaku apabila ternyata pemegang surat ini tidak mentaati ketentuan seperti tersebut diatas.

Demikianlah Rekomendasi Penelitian ini dikeluarkan untuk dapat dipergunakan sebagaimana mestinya.

Bengkulu, 29 Januari 2026

a.n. WALI KOTA BENGKULU
Kepala Badan Kesatuan Bangsa dan Politik Kota Bengkulu,



Syofyan Tosoni, SE, MM
Pembina Utama Muda (IVc)
NIP. 197009021993031006

APPENDIX 14 LETTER OF INTRODUCTION FOR THE HEALTH OFFICE RESEARCH PERMIT TO PMB BENGKULU CITY

 **PEMERINTAH KOTA BENGKULU**
DINAS KESEHATAN
Jl. Letjen Basuki Rahmat No. 8 Kel. Belakang Pondok Kec. Ratu Samban Kota Bengkulu Email
dinkeskotabengkulu1@gmail.com / www.dinkes.bengkulkota.go.id Kode Pos 34223

REKOMENDASI
Nomor : 000.9.2 / 488 / D.Kes / 2026

Dasar Surat

1. Wakil Direktur Bidang Akademik Poltekkes Kemenkes Bengkulu
Nomor : PP.01.01/F.XXIII.1/640/2026 Tanggal 26 Januari 2026
2. Kepala Badan Kesatuan Bangsa dan Politik Bengkulu Nomor :
000.9.2/276/KESBANGPOL-REK/2026 Tanggal 29 Januari 2026,
Perihal : Penelitian untuk penyusunan tugas akhir mahasiswa Atas
nama :

Nama : Riri Agustina
NIM : P01720322088
Program Studi : Sarjana Terapan/Keperawatan
Judul : Hubungan Psychological Wellbeing Dari Paritas Dengan
Breastfeeding Self Efficacy Pada Ibu Post Partum Di Kota Bengkulu
Tahun 2026
Lokasi Penelitian : 1. Klinik Pratama Mutiara Agma
2. Praktik mandiri Bidan Bd.Okta Nopisia ,S.Tr.,Keb
3. Praktik Mandiri Bidan Bd.Susi Irma Novia ,SST
Lama Kegiatan : 01 Februari s/d 01 Maret 2026
No Hp / Email : 085273235135

Pada prinsipnya Dinas Kesehatan Kota Bengkulu tidak berkeberatan diadakan penelitian/kegiatan yang dimaksud dengan catatan ketentuan :

- a. Tidak dibenarkan mengadakan kegiatan yang tidak sesuai dengan penelitian yang dimaksud.
- b. Harap mentaati semua ketentuan yang berlaku serta mengindahkan adat istiadat setempat.
- c. Apabila masa berlaku Rekomendasi Penelitian ini sudah berakhir, sedangkan pelaksanaan belum selesai maka yang bersangkutan harus mengajukan surat perpanjangan Rekomendasi Penelitian.
- d. Setelah selesai mengadakan kegiatan diatas agar melapor kepada Kepala Dinas Kesehatan Kota Bengkulu (tembusan).
- e. Surat Rekomendasi Penelitian ini akan dicabut kembali dan dinyatakan tidak berlaku apabila ternyata pemegang surat ini tidak mentaati ketentuan seperti tersebut diatas.

Demikianlah Rekomendasi ini dikeluarkan untuk dapat dipergunakan sebagaimana mestinya.

Bengkulu, Januari 2026
Plt. Kepala Dinas Kesehatan
Kota Bengkulu

Nelli Hartati, SKM,MM
Pembina, IV/a
Nip. 197204191991012001

Tembusan :

1. Klinik Pratama Mutiara Agma
2. Praktik Mandiri Bidan Bd.Okta Nopisia ,S.Tr.,Keb
3. Praktik Mandiri Bidan Bd.Susi Irma Novia ,SST
4. Yang Bersangkutan

CS Dipindai dengan CamScanner

**ATTACHMENT 15 CERTIFICATE OF COMPLETION OF PMB
RESEARCH IN BENGKULU CITY**



**PEMERINTAH KOTA BENGKULU
DINAS KESEHATAN**

Jl. Letjen Basuki Rahmat No. 8 Kel. Belakang Pondok Kec. Ratu Samban Kota Bengkulu
Email dinkeskotabengkulu1@gmail.com / www.dinkes.bengkulkota.go.id Kode Pos 34223

SURAT KETERANGAN

Nomor: 000.9.2 / 1070 /D.Kes/2026

Yang bertanda tangan dibawah ini :

Nama : Nelli Hartati, SKM, MM
Nip : 19720419 199101 2 001
Pangkat / Golongan : Pembina - IV/a
Jabatan : Plt. Kepala Dinas Kesehatan Kota Bengkulu

Dengan ini menjelaskan dengan sesungguhnya bahwa:

Nama : Riri Agustina
Npm / Nim : P01720322088
Prodi : Keperawatan
Tempat Pendidikan : Poltekkes Kemenkes Bengkulu

Bahwa Yang namanya tersebut diatas benar telah selesai melaksanakan penelitian dengan **BAIK** di :

PMB Bd. Okta Nopisia, S.Tr.Keb (Februari 2026)	:	Hubungan Maternal Psychological Wellbeing dan Paritas dengan Breastfeeding Self Efficacy pada Ibu Post Partum di PMB Kota Bengkulu Tahun 2026
PMB Bd. Susi Irma Novia, S.ST (Februari 2026)	:	Hubungan Maternal Psychological Wellbeing dan Paritas dengan Breastfeeding Self Efficacy pada Ibu Post Partum di PMB Kota Bengkulu Tahun 2026
Klinik Pratama Mutiara Agma (26 Februari s/d 02 Maret 2026)	:	Hubungan Maternal Psychological Wellbeing dan Paritas dengan Breastfeeding Self Efficacy pada Ibu Post Partum di PMB Kota Bengkulu Tahun 2026

Demikian Surat Keterangan selesai penelitian ini dibuat dengan sebenarnya, agar dapat dipergunakan sebagaimana.

Bengkulu, Maret 2026
Plt. Kepala Dinas Kesehatan
Kota Bengkulu

Nelli Hartati, SKM, MM
Pembina - IV/a
NIP.19720419 199101 2 001

Tembusan:
1.Yth. Sdr. Dir. Poltekkes Kemenkes Bengkulu
2.Yang Bersangkutan



Dipindai dengan CamScanner

APPENDIX 16 SHEETS OF ACC RESEARCH TITLE

HALAMAN PERSETUJUAN JUDUL SKRIPSI MAHASISWA PRODI SARJANA TERAPAN KEPERAWATAN JURUSAN KEPERAWATAN POLTEKKES KEMENKES BENGKULU

Nama : Riri Agustina
Tempat, Tanggal Lahir : Tanjung Kurung 11 Agustus 2003
Nomor Induk Mahasiswa : P01720322088
Judul Skripsi yang Diajukan : Hubungan Maternal ^{Psychological} Wellbeing dengan Breastfeeding Self-Efficacy pada Ibu Postpartum di *Pom*.
Disetujui Pada Tanggal :

Bengkulu, 6 Agustus 2025

Pembimbing 1



(Dr.Nur Elly,S.Kp.,M.Kes)

NIP. 196311281986032001

Pembimbing 2

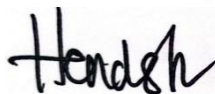


(Ns.Dwi Wulandari S.Kep.,MAN)

NIDN. 0216038902

Mengetahui

 Ketua Program Studi Sarjana Terapan Keperawatan
Jurusan Keperawatan Poltekkes Kemenkes Bengkulu

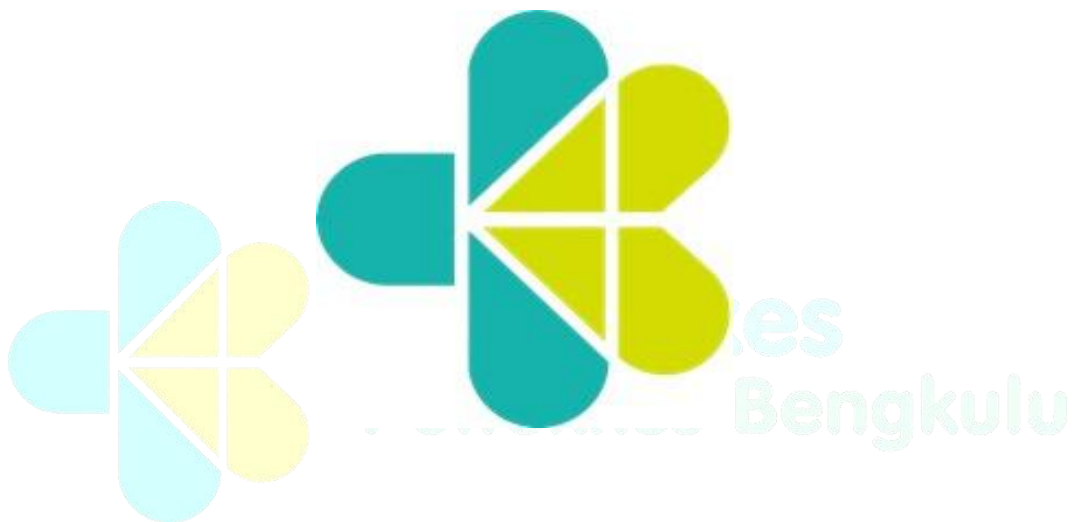


(Ns. Hendri Heriyanto,M.Kep)

NIP. 198205152002121004

GUIDEBOOK

THESIS LEVEL IV STUDENTS APPLIED NURSING UNDERGRADUATE STUDY PROGRAM



NAME : Riri Agustina

NIM : P01720322088

**POLTEKKES OF THE MINISTRY OF HEALTH
BENGKULU
APPLIED BACHELOR OF NURSING STUDY
PROGRAM FOR THE ACADEMIC YEAR
2025/2026**

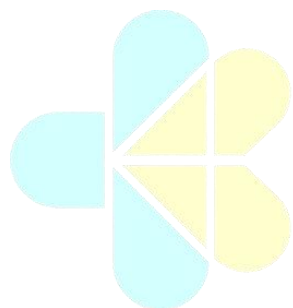
**THESIS GUIDANCE CONSUL SHEET
(SUPERVISOR 1)**

Name : Dr. Nur Elly, S. Kp. M. Kes
 NIM : Riri Agustina
 Study Program : P017203220088
 Supervisor 1 : The relationship between maternal psychological
 wellbeing and parity with breastfeeding self efficacy in
 PMB Bengkulu City

Yes	Day/Date	Topics	Supervisor's Input	Signature
1	Friday August 1, 2025	Consul Title	1. Search for research related issues of interest Reasons for taking titles	
2	Monday August 11, 2025	Consul Title	1. Increase references related to titles of interest Conducting field surveys, looking for data on research patients	
3	Friday August 29, 2025	Consul Title	1. Briefing on journal references - Proceed to proposal preparation	
4	Thursday 18 September 2025	Consul Repair Chapter I	1. Improvements to the background 2. Improvement of writing, citation, punctuation 3. Fixes to the problem objective 4. Add EBN related to the title -	
5	Thursday October 2, 2025	Consul Repair Chapters I and III	1. Improvement of the justification for the selection of research places 2. Improvement of Operational Definitions, conceptual frameworks, hypotheses. - Addition of research sites	
6	3 November 2025	Consular repair chapters III and IV	1. Improvement of operational definitions, titles. 2. Improvement of research design, sample and population	

			3. Research questionnaire -	
7	Tuesday Dec 10, 2025	Proposal Revision and ACC Proposal	1. Check revision results 2. Additions to bivariate data - Acc proposal	
8	March 3, 2026	Consultation on SPSS data processing results	- Consultation on SPSS data processing results and questionnaire master data - Preparation of data processing according to specific objectives and operational definitions - Make sure the data entered is correct and double-check if there are any data errors - Continue to write CHAPTER 5	
9	March 9, 2026	Consultation CHAPTER 5 Research results	- The content of CHAPTER 5 adapts to the Special Purpose - The table and interpretation of the results of univariate analysis research were changed to one group only - Improved table presentation - Improved reading of table interpretation results - The results of the data normality and equality analysis are shown in chapter 5	
10	11 May 2026	Consultation on the revision of CHAPTER 5	- Pay attention to the typo of writing in the table contents and interpretations, both univariate and bivariate analysis results - The data that is interpreted is only the most dominant data	
11	12 June 2026	Revision Consultation CHAPTER 1 – CHAPTER 5	- Changing data for research results - Continue to write CHAPTER 6, discussing the results with relevant journals and previous research theories that are almost in line with the	

			results of the research in CHAPTER 5	
12	14 June 2026	Consultation CHAPTER 6 Discussion, discussion of research results, and limitations of research	- Check the typo writing in the discussion sentence and discussion of the results - The limitations of research should not be too much - Write research limitations according to field conditions - Continue to write CHAPTER 6 and CHAPTER 7	
13	June 15, 2026	Checking Back CHAPTER 1 – CHAPTER 7	- ACC exam seminar results - Prepare PPT for the thesis seminar exam - Make sure your thesis turnitin is below 30% according to the thesis guidelines	



Kemenkes
Poltekkes Bengkulu

**THESIS GUIDANCE CONSUL SHEET
(SUPERVISOR 2)**

SUPERVISOR II: Ns. Dwi Wulandari, S kep MAN
STUDENTS : Riri Agustina
NIM : P017203220088
THESIS TITLE : Maternal psychological wellbeing and parity relationship
 With Breastfeeding Self Efficacy at PMB Bengkulu City

Yes	Day/Date	Topics	Supervisor's Input	Signature
1	August 5, 2025	Thesis research proposal title consultation	- ACC title thesis research proposal - Increase literature and read journals related to the title of the minimum research journal sinta 3 or sqopus indexed journal - Continue to start creating CHAPTERS 1-3	
2	August 29, 2025	Consultation of proposals CHAPTER 1- CHAPTER 3	- Improve data and data systematics in CHAPTER I - Fix Problem Formulation - Research objectives add dominant factors - CHAPTER II Add material on factors related to MPWB, Parity and BSE - CHAPTER III improve the coding of variable measurement results - Continue to CHAPTER IV, Add Alternative analysis and normality test for bivariate tests - Improve the writing of terms/languages	
3	8 September 2025	Proposal consultation	- Source: Guideline	

		CHAPTER 1 - CHAPTER 4	- Chart list and others such as table of contents - Dapus according to the guide - Add supporting journals and research results - Fix DO - Mendley kan all bibliographies - Start creating questionnaire attachments to be used in the research - CHAPTER IV refine the hypothesis statistical test to be used and look for references to sample formulas that are directly specific to the study	
4	24 September 2025	Consultation on proposal improvements CHAPTER 1- CHAPTER 4	- Improve writing and margins - Dapus all in Mendley right? - Detached attachments - Not given a page on attachment	
5	October 23, 2025	Consultation on the improvement of the CHAPTER 1- CHAPTER 4 proposal and appendices	- Revision according to supervisor's suggestion 2 - Customize the research format - Lembar informed consent - Research formula - Complete the consul sheet	
6	October 31, 2025	Consultation on the completeness of the attachment of research instruments	- Research instruments add sources - Pay attention again to the format of the research instrument according to what data you want to take in the research - Make sure again that the research	

			instruments used have been tested for reliability and validity	
7	25 Nov 2025	Recheck CHAPTER 1 – CHAPTER 4 and complete the thesis research proposal	- Continue to make a PPT for the thesis proposal seminar exam - ACC thesis proposal seminar exam	
8	Dec 10, 2026	Proposal Endorsement	1. Start working on research ethics 2. Create a cover letter	
9	Dec 25, 2026	Ethical submission	1. Ethics briefing 2. Continue to prepare the thesis	
10	13 May 2026	Consul of research questionnaire results	1. Improvements to master tables and SPSS 2. Interpretation Improvements	
11	May 25, 2026	Consul Chapter Discussion	1. Interpretation improvements 2. Discussion table improvements	
12	June 10, 2026	Revision of Results and ACC Results	1. Check revision results 3. Acc thesis	