



Factors Related to Breastfeeding Self-Efficacy in Breastfeeding Mothers in the Working Area of the Duingi Health Center

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ABSTRACT

Breastfeeding self-efficacy (BSE) is a mother's belief in her ability to breastfeed which plays an important role in the success of exclusive breastfeeding. The low coverage of exclusive breastfeeding in the working area of the Duingi Health Center shows that there are still various factors that affect the level of confidence of mothers in breastfeeding. This study aims to analyze the relationship between knowledge, maternal attitudes, and family support with BSE in breastfeeding mothers. The research uses a quantitative method with an analytical design through a cross-sectional approach. The research population amounted to 51 primipara breastfeeding mothers with a research sample of 51 respondents obtained using the total sampling technique. Data collection was carried out using questionnaires on knowledge, maternal attitudes, family support, and BSES-SF. Data analysis was carried out using the Fisher Exact test with a significance level of $\alpha = 0.05$. The results showed that most of the respondents had good knowledge (86.3%), a positive attitude (88.2%), good family support (70.6%), and a high level of BSE (60.8%). The results of the bivariate analysis showed a relationship between maternal knowledge and BSE ($p=0.011$), maternal attitudes with BSE ($p=0.002$), and family support with BSE ($p=0.010$). The conclusion of this study shows that knowledge, maternal attitudes, and family support are related to BSE in breastfeeding mothers, especially primipara mothers. Therefore, health workers are expected to improve education and involve families in supporting the success of exclusive breastfeeding.

INTRODUCTION

Breast milk is a source of high-quality nutrition that is naturally designed to meet the nutritional needs of babies without the need to replace it with formula, with characteristics that are easily digested and absorbed by the baby's digestive system (Meyda, 2025). The various benefits of breast milk for the growth and development of babies make it an essential component in the early stages of life. Breast milk is physiologically designed to provide all the nutrients and other bioactive components that the baby needs in a complete and proportionate manner (Probo *et al.*, 2024).

Based on data released by the World Health Organization (WHO) in 2023, globally, around 48% of babies under six months old are exclusively breastfed. According to data from the Indonesian Health Survey (SKI) in 2023, further distribution between provinces is still low, including Southwest Papua at 47.7%, North Sulawesi at 52%, and Gorontalo at 47.4%.

Data from the Gorontalo Provincial Health Office in the second quarter of 2025 shows the average achievement of exclusive breastfeeding of 61.15%. Gorontalo City has low breastfeeding coverage, which is around (47.13%) which is still far below the provincial average. In addition, the Gorontalo City Sigizikesga data in 2025, the achievements between sub-districts vary, with West City having the highest (86.52%) and Duingi having the lowest at only 19.01%.

Various maternal constraints are influenced by internal factors and external factors. Internal factors include the mother's level of education, knowledge, attitudes and behaviors, physical conditions, and emotional conditions of the mother. Meanwhile, external factors include family support in breastfeeding, the influence of local customs and culture, and the availability of breastfeeding support facilities in the work environment (Rahmawati, 2025). Further, Wulandari *et al.*, (2021) explains that a mother's decision not to breastfeed can be influenced by a variety of factors, including previous breastfeeding experiences, socioeconomic conditions, smoking habits, personal

attitudes toward breastfeeding, support from spouses and health workers, and the mother's level of confidence in her abilities (BSE).

Breastfeeding Self-Efficacy (BSE) is defined as a mother's confidence in her ability to breastfeed, and acts as a very significant predictor of breastfeeding success. This is supported by research conducted by Susanti *et al.*, (2022) explained that mothers with high levels of BSE are more successful in providing exclusive breastfeeding than mothers who have low levels of BSE. Level *Breastfeeding self-efficacy* low breastfeeding and ineffective breastfeeding practices are often found in mothers who are breastfeeding for the first time (primipara) (Hutabarat *et al.*, 2025).

According to Rahmadani & Sutrisna, (2022) there are several factors that directly affect BSE, which include verbal persuasion (*verbal persuasion*), physiological reactions (*physiological responses*), Performance Achievement *performance accomplishment*, and indirect experience (*vicarious experiences*). More comprehensive studies show that *Breastfeeding self-efficacy* It is also influenced by a number of factors such as the mother's age, employment status, attitude, knowledge, cultural values, family support, and support provided by health workers (Sigh) *et al.*, 2024).

Attitude is one of the most frequently identified determinants in various studies as an important factor that supports confidence and the success of breastfeeding practices. Maternal attitudes and *breastfeeding self-efficacy* (BSE) is very closely related and interdependent. In addition to attitude factors, family support was also identified as a factor closely related to low rates of exclusive breastfeeding. Based on research according to Lestaluhu (2023) suggests there is a link between BSE and family support in breastfeeding success The family is often the main source of encouragement and motivation for breastfeeding mothers, where expressions of enthusiasm, confidence, and appreciation from family members have been shown to strengthen *self-efficacy* mother in the process of breastfeeding. In addition to family attitudes and support, the level of knowledge is one of the factors related to breastfeeding so as to improve the mother's ability to breastfeed. *Breastfeeding self-efficacy* (BSE) has a significant relationship with breastfeeding mother's knowledge

Based on the various research findings mentioned above, family knowledge, attitudes, and support play a role in the success of exclusive breastfeeding. These factors are related to the level of *self-efficacy of* breastfeeding, in addition to directly influencing breastfeeding behavior.

The initial findings were made at one of the posyandu in the Duingingi Health Center Working Area on October 10, 2025, data were obtained from five primipara mothers who were breastfeeding babies aged 0–5 months. The results showed that two mothers gave exclusive breast milk to their babies, while the other three mothers gave formula milk as an adjunct. Mothers who give exclusive breastfeeding express satisfaction with their milk production and receive adequate support from their families, especially husbands, in the breastfeeding process. Meanwhile, of the three mothers who used formula milk, two of them admitted that their milk production was insufficient and their babies seemed fussy after breastfeeding, as well as admitted that they did not understand the importance of exclusive breastfeeding and felt less supported by their families.

Based on the above background description, the researcher is interested in conducting a study entitled: "Factors Related to *Breastfeeding Self-Efficacy in Breastfeeding Mothers* in the Working Area of the Duingingi Health Center."

RESEARCH METHODS

This research was conducted in the working area at the Duingingi Health Center on January 10 - February 10, 2026. The type of quantitative research uses a *cross-sectional* research design. The sampling technique in this study used a *total sampling* with a sample of 51 primary respondent mothers based on inclusion and exclusion criteria. This research instrument used the BSE-SF questionnaire, knowledge, attitudes and family support to see the relationship between each variable and *Breastfeeding Self-Efficacy* and see how confident a mother is in caring for her baby, especially in primitive mothers aged 0-5 months.

RESEARCH RESULTS

Univariate Analysis

Table 1 Characteristics of Respondents

Yes	Mother's Age	Frequency (n)	Percentage (%)
1	<20 years old	10	19.6
2	20-35 years old	40	78.4
3	>35 years old	1	2
Infant Age			
1	Neonates	3	5,9
2	Infant	48	94,1
Number of Family Members			
1	The Core Family	20	39,2
2	Big Family	31	60,8

Mother's Last Education			
1	SD	1	1,96
2	Junior High School/MTS	3	5,88
3	High School/Vocational School	23	45,10
4	College	24	47,06
Mother's Work			
1	IRT	28	54,9
2	Employees	9	17,6
3	Educators	12	23,5
4	Merchant	2	3,9

Source : Primary Data 2026

Based on table 1, it can be seen that most of the respondents in this study were 20-35 years old as many as 40 respondents (78.4%) and most of the age of the infants was in the majority of infant infants, namely 48 infants (94.1%). In the category of the number of families, most respondents have the number of family members living in the same household consisting of a large family of 31 people (60.8%). In addition, in the education level category, most of the female respondents were in the university category as many as 24 people (47.06%) and for the job category, most mothers worked as IRTs as many as 28 (54.9%).

Table 2 Frequency distribution based on variables of knowledge, attitudes and family support at the Duinggi Health Center

No.	Variable	Frequency (n)	Percentage (%)
1	Knowledge		
	Good	44	86,3
	Less	7	13,7
2	Attitude		
	Positive	45	88,2
	Negatives	6	11,8
3	Family Support		
	Support	36	70,6
	Not Supported	15	29,4
4	BSE		
	Height	31	60,8
	Low	20	39,2

Source : Primary Data 2026

Based on table 2 above, it shows that the results of univariate analysis in the study show that the majority of respondents have knowledge in the good category as many as 44 people (86.3%). In addition, in the attitude factor, most of the respondents were in the positive attitude category as many as 45 people (88.2%) and most of the respondents had family support with the support category as many as 36 people (70.6%). Furthermore, for BSE, most of the respondents were in the high category as many as 31 people (60.8%).

Bivariate Results

Table 3 Relationship of Knowledge, Attitudes and Family Support with BSE in Primipara Mothers

Variable	BSE in Ibu Primipara				Quantity		<i>P-Value</i>
	Height		Low		n	%	
	n	%	n	%			
Knowledge							
Good	30	68,2	14	31,8	44	86,3	<i>0,011</i>
Less	1	14,3	6	85,7	7	13,7	
Mother's Attitude							
Positive	31	68,9	14	31,1	45	100	<i>0,002</i>
Negatives	0	0	6	100	6	100	
Family Support							
Support	26	72,2	10	27,8	36	100	<i>0,010</i>
Not Supported	5	33,3	10	66,7	15	100	

Source: Processed Data (2026)

Based on table 3 above, the results of the *Fisher Exact* test show that the *p-value* in the knowledge variable is 0.011, the mother's attitude is 0.002, and family support is 0.010, where the total *p-value* is < 0.05 , so it can be concluded that there

is a relationship between knowledge, maternal attitude, and family support with *breastfeeding self-efficacy* (BSE) in primipara mothers.

DISCUSSION

The Relationship of Primipara Mother's Knowledge with *Breastfeeding Self-efficacy*

Based on the results of the analysis, a significant value was obtained p value = 0.007 (<0.05). These results show a significant relationship between primipara mothers' knowledge and *breastfeeding self-efficacy* in the working area of the Duingingi Health Center. However, because there are cells with an *expected count* of less than 5, an alternative test of *Fisher's Exact Test* is used which shows a value of $p=0.011$. These results show that H_0 is rejected and H_1 is accepted, which means that there is a relationship between primipara mother's knowledge and *breastfeeding self-efficacy* in the working area of the Duingingi Health Center.

The results of this study are in line with previous research according to Abeng & Wahyuni, (2021) explain the significant relationship between knowledge and *breastfeeding self-efficacy* In primipara mothers, where adequate knowledge has been proven to increase maternal readiness and confidence in breastfeeding. Setiyani & Purwo, (2025) also explained in his research that a very significant relationship between the level of knowledge and *Breastfeeding Self-Efficacy* (BSE) in primipara mothers, as evidenced by 96.3% of respondents with high BSE having good knowledge. Manjapallikkunnel *et al.*, (2023), in line with the above opinion which states that knowledge has a close relationship with BSE in breastfeeding mothers. Well-informed mothers tend to better understand the techniques and benefits of breastfeeding, thus increasing their confidence. Conversely, low knowledge can cause doubt and reduce the mother's confidence in breastfeeding.

Based on the results of the analysis, in the group of primipara mothers of 44 mothers who had good knowledge, as many as 30 people (68.2%) showed a level of *breastfeeding self-efficacy* (BSE) high. This shows that good knowledge allows mothers to understand the benefits of breastfeeding, correct breastfeeding techniques, and how to overcome problems during breastfeeding, thus increasing confidence. In line with this, the level of education and knowledge results in this study were recorded as many as 24 people (47.06%) had a tertiary level education, and 44 people (86.3%) had good knowledge. This shows that most respondents have an adequate basic understanding of receiving and processing information, including regarding breastfeeding practices. Topuz *et al.*, (2021), explain the relationship between knowledge and self-confidence in breastfeeding. The study showed that mothers who were well-informed made more receptive to information and education about breastfeeding had higher BSE scores compared to those who did not have access to such information.

However, in the good knowledge group, there were still 14 respondents who had low BSE (31.8%). Researchers argue that this condition may be influenced by a variety of other factors, such as limited breastfeeding experience for mothers who are giving birth for the first time, the mother's psychological condition, and lack of experience in direct breastfeeding practice. Lynn & Chuemchit, (2024) also states that knowledge alone is not enough to improve BSE, self-confidence is also influenced by direct experience in breastfeeding, mental readiness, and the ability of mothers to face and overcome challenges that arise.

Furthermore, in the group of mothers with less knowledge, out of 7 mothers, there were 6 people (85.7%) who showed low BSE. These findings suggest that the lack of knowledge is related to low maternal confidence in breastfeeding. Dwight (2024) also explained that mothers do not have an adequate understanding of the importance of exclusive breastfeeding and how to do it correctly so that it affects the mother's self-confidence. This condition is influenced by limited access to accurate and easy-to-understand information.

However, interestingly, in the same group there was 1 mother (14.3%) with low knowledge but with high BSE. Researchers assume that this condition is influenced not only by self-confidence, but also by support from the surrounding environment, strong internal motivation, and positive experiences during breastfeeding their first child, despite limited information.

This shows that in addition to knowledge, other factors can also play a dominant role in improving *breastfeeding self-efficacy*. McGovern *et al.*, (2024) explain such as social support, and the psychological well-being of the mother. These factors can strengthen the mother's confidence in breastfeeding, making it possible to maintain a high level of breastfeeding ability even under certain circumstances.

The Relationship of Primipara Mother's Attitude with *Breastfeeding Self-efficacy*

Based on the results of the analysis, a significant value of p value = 0.001 ($p < 0.05$). These results show a significant relationship between the attitude of primipara mothers and *breastfeeding self-efficacy* in the working area of the Duingingi Health Center. However, because there are cells with an *expected count* of less than 5, an alternative test of *Fisher's Exact Test* is used which shows a value of $p = 0.002$ ($p < 0.05$). These results reinforce the statistically significant relationship between the attitude of primipara mothers and *breastfeeding self-efficacy* (BSE) in the working area of the Duingingi Health Center.

This is in line with research conducted by Nisa *et al.*, (2023) shows a significant relationship between *Breastfeeding self-efficacy* with the attitude of Primipara's mother. The results of the research conducted Nisa *et al.*, (2023) It shows that attitude is one of the psychological factors that affect a mother's confidence in the breastfeeding process. Mothers who show a positive attitude usually have higher levels of self-confidence. Similar

findings were also made by Nail *et al.*, (2025), which revealed that mothers who have a positive attitude are usually more successful in breastfeeding. This attitude shows mental readiness, confidence, and the mother's view that breastfeeding is a valuable experience and can be done well.

In line with the theory according to Notoatmodjo (2012) in Nurbaiti, (2021) An attitude is a response or reaction that tends to be stable from a person to an action or event. In breastfeeding mothers, a good attitude can arise from an understanding of the benefits of breastfeeding for both babies and mothers, as well as feelings of pride and comfort when breastfeeding (Sihombing, 2024),

Based on the results of this study, in the group of primipara mothers out of 45 mothers who had a positive attitude, there were 31 people (68.9%) who showed high BSE. Researchers argue that a mother's good attitude functions in building confidence in her ability to breastfeed. This is supported by research conducted by Yuliani *et al.*, (2025) which explains that a positive maternal attitude towards *Breastfeeding Self-Efficacy* (BSE) plays an important role in shaping maternal confidence in breastfeeding. Mothers who have a positive attitude tend to be more confident in breastfeeding, so they have higher BSE. Khusniyati & Purwati, (2024) He also added that a mother's positive attitude towards BSE can be influenced by factors such as age and knowledge that are closely related to each other. In line with the findings, based on the characteristics of the respondents in this study, it was shown that most of the mothers were in the age range of 20-35 years, namely 28 people (54.90%) and had good knowledge as many as 44 people (86.3%).

However, in the group of primipara mothers with a positive attitude, there were about 14 people (31.1%) who showed low BSE. Researchers argue that even if a person has a positive attitude, it is not necessarily accompanied by a high level of confidence in breastfeeding.

In addition, this study also revealed that among the group of primipara mothers, there were no mothers who had negative attitudes and high levels of BSE. On the other hand, mothers who have a negative attitude are included in the low BSE category, which is 6 people (100%). This shows that negative attitudes can affect low maternal confidence in breastfeeding. In research Muhiddin & Adnin, (2025), it is explained that there are a number of factors that can cause the emergence of negative attitudes, which in turn have an impact on the low BSE. One of these factors is fatigue due to lack of sleep, which is caused by the need to adjust rest time to the baby's breastfeeding schedule while completing homework.

Based on the results of the research and supported by theories and previous research, it can be concluded that the attitude of primitive mothers has a significant relationship with *breastfeeding self-efficacy* (BSE). Mothers who have a positive outlook usually show greater confidence in breastfeeding

The Relationship of Primipara Mother's Family Support with *Breastfeeding Self-efficacy*

Based on the results of the analysis, a significance value was obtained $p\text{ value} = 0.010$ ($p < 0.05$) indicating a significant relationship between family support and *breastfeeding self-efficacy* to the primipara mother in the work area of the Dungingi Health Center. In this section, all cells have an expected count value of ≥ 5 , so the test assumes *Chi-Square* fulfilled and the test results are declared valid. The results of this study are in line with the research that has been carried out by Setiyani *et al.*, (2025), which shows a significant relationship between family support and *Breastfeeding Self-Efficacy* (BSE) in primipara mothers. Research conducted by Setiyani *et al.*, (2025) This, suggests that family support in the form of emotional, information, practical help, and rewards significantly increases the confidence of mothers who are breastfeeding for the first time. Furthermore, the role of husbands and family members has proven to have a very important impact through the provision of practical assistance in household management, motivation, mentoring, and the delivery of appropriate information about breastfeeding. Other findings that also support the results of this study were presented by Sharifipour *et al.*, (2023), explaining that social assistance, especially those coming from close partners and families, has an important impact on increasing breastfeeding confidence in new mothers. Bahriah & Kurniati, (2024) explained that in the context of breastfeeding, this support is specifically intended to encourage mothers to remain consistent in providing exclusive breastfeeding to their children. In addition, the more support a mother receives, the higher the chances of self-confidence a mother has.

Based on the results of the bivariate analysis, it was shown that of the 36 primipara mothers who received good family support, there were 26 people (72.2%) who had a high level of BSE. Researchers argue that this situation is influenced by good family support. The results of this study are in line with previous research conducted by Selfiana & Mustikaningrum, (2025) shows that family support plays an important role in increasing BSE. Mothers who receive good family support tend to have higher levels of breastfeeding confidence. In addition, the number of family members living in one house also has the potential to affect the level of participation in household decision-making, including in breastfeeding practices.

In contrast, in the group of primipara mothers who received good family support but had low BSE, 10 people (27.8%) were recorded. Researchers assume that the low BSE in this group is due to a lack of breastfeeding experience as a new mother, the presence of technical difficulties in the breastfeeding process, as well as the psychological challenges faced during the postpartum period. According to Eruption *et al.*, (2025), support from the family does not automatically ensure high levels of BSE in breastfeeding mothers. Although family support is generally positively associated with BSE, the support obtained from mothers can be both positive and negative,

resulting in different effects on self-confidence in breastfeeding

In addition, in this study, there were also 5 people (33.3%) out of 15 mothers who received less family support, but had high BSE. Researchers argue that this situation suggests that there are other factors outside of family support that also contribute to increasing self-confidence in breastfeeding. The high level of BSE in this group is suspected to be determined by internal factors, such as strong motivation, good knowledge of the benefits and ways of breastfeeding, and the mental readiness of the mother in carrying out her role. According to Chumaira *et al.*, (2024), why a mother who receives family support in the less category can still have high BSE, this is due to the existence of internal factors that also support BSE, such as sufficient knowledge, and good psychological condition.

In the group of primipara mothers who received less family support and showed a low level of BSE, 10 people (66.7%) were recorded. Researchers argue that the situation is caused by a combination of inadequate family support and a lack of previous childbirth experience. Setyorini & Putri, (2025), explaining that the lack of family support has the potential to reduce the *self-efficacy* mothers believe that breast milk alone is sufficient for nutritional needs and is able to support the baby's growth optimally. Based on a number of previous studies, the success rate of exclusive breastfeeding in breastfeeding mothers as well as the *breastfeeding self-efficacy* (BSE) they are heavily influenced by family support (*Family Support*).

The results of these studies are in line with the understanding of family functions expressed by Bahriah & Kurniati, (2024) which states that support from the family can be understood through affective functions, namely the fulfillment of psychosocial needs in the family environment through the provision of mutual support among family members. In the context of mothers who are giving birth for the first time, this affective function is very important to build a sense of security and comfort, so that mothers feel appreciated and fully supported in living their new role as a mother.

Based on the results of research supported by the latest theories and literature, it can be concluded that support from the family to primipara has a significant relationship with confidence in breastfeeding (BSE)

CONCLUSION

Based on the findings, most of the primipara mothers had good knowledge as many as 44 respondents (86.3%), positive attitudes as many as 45 respondents (88.2%), and good family support as many as 36 respondents (70.6%). The majority of primipara mothers had high *self-efficacy breastfeeding* as many as 31 respondents (60.8%). Based on the results of *the fisher exact test*, it was shown that there was a significant relationship between knowledge and *breastfeeding self-efficacy* with a *p-value* = 0.011, a significant relationship between attitude and *breastfeeding self-efficacy* with a *p-value* = 0.002, and a significant relationship between family support and *breastfeeding self-efficacy* with a *p-value* = 0.010.

ADVICE

It is hoped that health agencies and health workers can increase education and support for primitive mothers regarding the importance of breastfeeding, breastfeeding techniques, and family support to increase *breastfeeding self-efficacy*. In addition, the community is expected to help create an environment that supports breastfeeding mothers, while researchers can then examine other factors related to *breastfeeding self-efficacy* such as psychological conditions, breastfeeding experiences, values and culture, and support for health workers in primipara mothers.

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