

ABSTRAK

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Gambaran *Breastfeeding Self Efficacy* pada Ibu Hamil Primigravida Trimester III di Wilayah Kerja Puskesmas Tirto I

Latar Belakang: *Breastfeeding self-efficacy* merupakan kepercayaan ibu terhadap kemampuannya dan keberhasilan dalam menyusui bayinya. Salah satu yang memengaruhi pemberian ASI yaitu tingkat kepercayaan diri. Pada ibu primigravida biasanya cenderung memiliki kepercayaan diri yang rendah. Penelitian ini bertujuan untuk mengetahui gambaran *breastfeeding self efficacy*.

Metode: Desain penelitian ini adalah *deskriptif*. Menggunakan teknik *total sampling* dengan jumlah responden sebanyak 49 ibu hamil primigravida trimester III. Penelitian ini dilakukan di Wilayah Kerja Puskesmas Tirto I. Alat ukur menggunakan kuesioner *breastfeeding self-efficacy*. Analisis data menggunakan analisis *univariat*.

Hasil: Karakteristik usia semua responden yaitu 49 (100%) dengan rentan usia 20-35 tahun, 22 responden (44,9%) berpendidikan SMA, 29 responden (59,2%) tidak bekerja, 34 responden (69,4%) tinggal dengan suami dan ibu kandung. Serta tingkat *breastfeeding self-efficacy* yang rendah sebanyak 29 responden (59,2%).

Simpulan: Tingkat *breastfeeding self-efficacy* pada ibu hamil primigravida trimester III sebagian besar rendah yaitu sebanyak 29 responden (59,2%). Perawat diharapkan dapat meningkatkan *breastfeeding self-efficacy* sejak masa kehamilan.

Kata Kunci: *Breastfeeding Self Efficacy, Primigravida.*

Daftar Pustaka: 48 (2015-2024)

ABSTRACT

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Overview of Breastfeeding Self-Efficacy in Pregnant Women of Primigravida Trimester III in the Working Area of Tirto I Health Center

Background: Breastfeeding self-efficacy is a mother's belief in her ability and success in breastfeeding her baby. One of the things that affects breastfeeding is the level of confidence. Primigravida mothers usually tend to have low self-confidence. This study aims to find out the picture of breastfeeding self-efficacy.

Methods: The design of this study is descriptive. Using a total sampling technique with a total of 49 respondents in the third trimester of primigravida pregnant women. This research was conducted in the Working Area of the Tirto I Health Center. Data analysis uses univariate analysis.

Results: The age characteristics of all respondents were 49 (100%) with a vulnerable age of 20-35 years, 22 respondents (44.9%) had a high school education, 29 respondents (59.2%) did not work, 34 respondents (69.4%) lived with their husbands and biological mothers. As well as a low level of breastfeeding self-efficacy as many as 29 respondents (59.2%).

Conclusion: The level of breastfeeding self-efficacy in primigravida pregnant women in the third trimester was mostly low, with as many as 29 respondents (59.2%). Nurses are expected to increase breastfeeding self-efficacy from the time of pregnancy.

Keyword: Breastfeeding Self Efficacy, Primigravida.

Bibliography: 48 (2015-2024)