Factors affecting breastfeeding mothers' self-leadership in exclusive breastfeeding

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INTRODUCTION

One of the leading factors of exclusive breastfeeding success in motherhood is self-leadership. Self-leadership itself is the mother's ability to influence, motivate, and convince themselves to do exclusive breastfeeding. Besides internal factors, there are also external factors that contribute to achieving the exclusive breastfeeding goals, including support from health workers, breastfeeding support communities, and also families. However, it still remains a challenge in Indonesia and worldwide to achieve the goal of exclusive breastfeeding.

The self-leadership approach is considered suitable for analyzing the mothers' behavior in exclusive breastfeeding. The maternal ability to influence herself to achieve self-direction and self-motivation is needed to give better exclusive breastfeeding to their babies. This research is expected to have high leverage in that through good self-leadership, it is hoped that mothers will be able to create a good motivational state so that the mother's behavior in exclusive breastfeeding increases and the achievement of exclusive breastfeeding also increases.

The existing phenomenon shows that there are some mothers who did not give exclusive breastfeeding.1 This phenomenon also occurs in the city of Surabaya so the goals of exclusive breastfeeding (80%) has not been achieved. Exclusive breastfeeding is not optimal, namely, there are still many mothers who breastfeed for less than 6 months, and babies are given additional food prematurely.2 Various factors that influence the individual factors of the mother, family, community environment, and health facilities and services. The study's aim was to analyze the factors that influence the self-leadership of breastfeeding mothers in exclusive breastfeeding.

METHODS

Study Design

The research design is an analytic observational with a cross-sectional design. The population was all breastfeeding mothers who had babies aged 7-12 months who were examined at the Ulfa independent practice midwife, Wonokromo Village, Surabaya. The sample used was 125 breastfeeding mothers who were taken by simple random sampling technique. The independent variables are knowledge, attitudes, self-efficacy, and social support. The dependent variable is self-leadership.

Data Collection

The instrument in this study used a questionnaire that had been tested for validity and reliability. The self-leadership questionnaire refers to The Self-Leadership Questionnaire (SLQ) which consists of 16 items.3,4 This questionnaire was prepared based on 3 indicators of self-leadership, namely: mental imagery, self-talk, and beliefs and assumptions. The research was conducted after obtaining a research ethics permit from the ethics institute of Nahdlatul Ulama University Surabaya. Data collection was carried out for one month and was taken randomly on breastfeeding mothers who had babies aged 7-12 months in the Wonokromo

ABSTRACT

Introduction: One of the leading factors of exclusive breastfeeding success in motherhood is self-leadership. Previous studies found that the role of external factors also has an impact on exclusive breastfeeding. Yet, until this day the level of exclusive breastfeeding in Indonesia and worldwide has not achieved its goal. The aim of this study was to analyze the factors that influence the self-leadership of breastfeeding mothers in exclusive breastfeeding.

Methods: The analytic study with a cross-sectional design was conducted in this study. The population was all breastfeeding mothers who had babies aged 7-12 months. This study used simple random sampling which required 125 respondents. The independent variables are knowledge, attitudes, self-efficacy, and social support. The dependent variable is self-leadership. Data analysis used a logistic regression test to find out which variable had the most influence with a p-value < 0.05.

Results: The multivariate analysis revealed a significant influence between knowledge on self-leadership (p=0.001), attitudes (p=0.005), self-efficacy (p=0.013), and social support (p=0.000). While the results of multivariate analysis showed that the most influential on breastfeeding mothers' self-leadership was social support.

Conclusion: There is a significant association between knowledge of self-leadership, attitudes, self-efficacy, and social support.

Keywords: self-leadership, exclusive breastfeeding.

village area who were willing to become respondents by signing the informed consent.

**Data Analysis**

Data analysis was conducted with a regression test with a significant value of p<0.05. The results of this analysis can be concluded if the p-value <0.05 then H0 is rejected, meaning that the study variables are the factors of breastfeeding mothers' self-leadership in exclusive breastfeeding.

**RESULTS**

The results of the study on factors that influence breastfeeding mothers' self-leadership including age, parity, education, occupation, attitudes, self-efficacy, and social support are presented in the table below.

According to the Table 1 results, it stated that most of the respondents are of productive age (81.6 %), most of them have a secondary education level (69.6% %), most of them are not working (61.6%), and, most of them are multiparous (64.8 %).

Based on table 2 shows that most breastfeeding mothers (64%) have good knowledge of exclusive breastfeeding, almost half (48.8%) have sufficient attitudes toward exclusive breastfeeding, more than half (55.2%) have good social support, and almost half (46.4%) have good and sufficient self-efficacy in exclusive breastfeeding and most respondents (64%) have good self-leadership in exclusive breastfeeding.

Based on Table 3, which used multivariate analysis showed that the knowledge was found to be p=0.001. It showed that there was an effect of knowledge on maternal self-leadership. The attitude variable also showed an association with the mothers’ self-leadership with a p-value of 0.005. It showed that there was an influence of attitude on self-leadership, and self-efficacy was found to be p = 0.013 (p <0.05). It showed that there was an effect of attitude on self-leadership. The social support variable was found to be a p-value of 0.000 (p <0.05). It was proven that there was an effect of social support on self-leadership.

**DISCUSSION**

Based on the characteristics of the subjects, the factors of maternal age, education, occupation, and parity affect the self-leadership of breastfeeding mothers in exclusive breastfeeding. The earlier study showed that the low level of exclusive breastfeeding awareness and its affecting factors commonly occur in developing countries. Furthermore, the previous study in Gambia showed that the low level of exclusive breastfeeding was affected by certain factors, such as maternal age, education level, occupation, parity, counseling from health workers, attitudes, knowledge, family support, and the intention to breastfeed. The level of education affects a person in receiving information. A higher level of education has an important role in the exclusive breastfeeding program. Generally, people who have a higher education have a higher curiosity about the importance of exclusive breastfeeding for their babies. A person’s level of education will also help that person to more easily capture and understand information. The higher the education of the mother, the level of understanding about exclusive breastfeeding also increases. While
social support is an activity provided by the environment around breastfeeding mothers including family, health cadres, and community leaders. This study explained that the factors of knowledge, attitude, self-efficacy, and social support affect the self-leadership of breastfeeding mothers in exclusive breastfeeding. The most influential factor is social support. Social support in this case can come from the support of family, community, and health cadres. Research by Nisa in 2021 revealed several factors, including the husband's beliefs and support about breastfeeding, the interventions such as breastfeeding training, and support from the husband and parents influence breastfeeding. Parents or sisters who are experienced in breastfeeding provide great informational support for mothers breastfeeding. Mothers will feel helped by information related to exclusive breastfeeding given by siblings or parents because they are more experienced. With this support, it will increase the mother's interest and motivation in providing exclusive breastfeeding to her baby. The higher the social support obtained by breastfeeding mothers, the better the mother's ability to lead and influence herself (self-leadership) to provide exclusive breastfeeding.

A person's leadership affects himself and others in achieving the desired goals, this also affects a person's seriousness in doing something. According to the previous study, it was found that there is a significant association between self-leadership and performance. Furthermore, the association showed that if self-leadership is increasing, it will also increase their performance. Another study is also in line with the results which indicate that there was a significant association between self-leadership and performance. The increasing level of self-leadership will also be in line with the higher someone's performance.

The previous studies showed that there is still a lack of confidence in mothers regarding the amount of milk that they produce. This kind of confidence resulted in the lack of production of breast milk. The less milk that they produce, the higher intention for the mothers to choose not to give exclusive breastfeeding. Whereas biologically only two to five percent allow mothers to have difficulty breastfeeding. While the remaining mothers actually can produce enough breast milk for their babies.

According to the data, it showed that the mother must have a strong willing to lead herself (self-leadership) in providing exclusive breastfeeding. Any challenges can be easily overcome as long as the mother has a strong willingness to do exclusive breastfeeding and is aware of its impact on the baby, themselves, and the environment.

CONCLUSION

Factors that influence a mother's self-leadership in exclusive breastfeeding come from internal and external factors, internal factors include maternal characteristics including age, education, occupation, and parity. In addition, the mother's knowledge, attitude, and self-efficacy factors also affect the mother's self-leadership in giving exclusive breastfeeding. From these internal factors, knowledge has the greatest influence on a mother's self-leadership. While the external factor of social support is the most influential factor on the mother's self-leadership in exclusive breastfeeding compared to other factors. So, the higher the level of knowledge and social support, the mother's self-leadership will also increase.

DISCLOSURE

Author Contribution

All authors have contributed to this research process, including conception and design, analysis and interpretation of the data, drafting of the article, critical revision of the article for important intellectual content, final approval of the article, collection and assembly of data.

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Conflict of Interest

There is no conflict of interest for this manuscript.

Ethical Consideration

This research was approved by the Health Research Ethics Committee of Nahdlatul Ulama Surabaya University, Letter of exemption No.179/EC/KEPK/UNUSA/2022

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