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THE RELATIONSHIP BETWEEN SELF-EFFICACY AND SOCIAL SUPPORT WITH EFFECTIVE BREASTFEEDING AMONG POSTPARTUM MOTHERS IN PADANG WEST SUMATRA

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Background: Many opportunities gets from breastfeeding, not only for the baby but also for mother. In fact, the breastfeeding rate remains low year by year. The mother's circumstance and her-self might influence this rate.

Objective: The objective of this study is to identify the relationship between self-efficacy and social support with effective breastfeeding among mother in Padang, West Sumatra.

Methods: This study was using correlation with cross sectional study. It was conducted with 397 mothers who have baby with age less than six months. Social support and self-efficacy was investigated by using questionnaires and LATCH breastfeeding assessment tools for effective breastfeeding. Data were analyzed using Spearman rho Correlation.

Results: There was significant correlation between social support: Family's and health workers' and mother's self-efficacy on effective breastfeeding with $p < 0.05$.

Conclusion: More than 50% mother did breastfeeding to their baby. Family's and health worker's support and mother's self-efficacy has relation with effective breastfeeding. It means support from the people surrounding of mother important in order to do effective breastfeeding.

BIOGRAPHY

Vetty Priscilla is a Lecturer in the Department of Maternal and Child Nursing in Nursing Faculty at Universitas Andalas Padang West Sumatra. Her research interest mainly focuses on Women's health, Maternity Nursing and Breastfeeding. In pursuing her interests, she has learned and applied both qualitative and quantitative methodologies and mix methods as well.

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