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Comprehensive Child and Adolescent Nursing ISSN: 2469-4193 (Print) 2469-4207

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Submit your article to this journal Article views: 116 View related articles View Crossmark data The Use of the Apron and Disaster Baby Carriers to Improve the Exclusive Breastfeeding Self-Efficacy of Mothers in Disaster-Affected Zones in Indonesia Dorce Sisfiani Sarimin a , Tati Setyawati Ponidjan a , and Dessie Wanda b a Department of Pediatric Nursing, Polytechnic Ministry of Health Manado, Manado, Indonesia; b Department of Pediatric Nursing, Faculty of Nursing, Universitas Indonesia, Depok, Indonesia ABSTRACT Disasters have psychological ef fects on bre astfeeding mothers due to the h igh pot entia I to re duce the eproduction of breast milk, which may a ffect the ability of breastfeeding mothers to provide nutritious food to their babies.

The stress from natural disasters and post -d isaster conditions can affe ct lactation by I owering the oxyto-cin hormone in nursing mothers. Since supplies of baby food and

formula m ay be lim i ted d uring a disaster, t he most pra c tical a nd affordable way f or a mothe r t o feed h er baby is to continue providing breast milk.

This resear ch was conducted to identify the effective ness of the Breastfeeding Education Program (BEP) using apronand Disaster Evacuation Baby Carrier (DEBC) in increasing breastfeeding-mothers' self efficacy in disaster-affected are as. This research employed a quantitative method involving 74 women.

The sa mple s we re colle cted us ing a cluste r ra n domized c ontrolle d trial s ampling a t four s ub-distric ts in Sout heast Minaha sa Re ge n cy, North Sulawesi, Indonesia. Data were analyzed using a n independent to determine me an differences bet we en the intervention group and the control group. The result s showed differences in mean score of B reastfeeding Self-Efficacy between the control and intervention group s (p value = 0.00 1).

A pron a n d D EBC i n t he BEP increased the self-efficacy scor es of mothers who exclusively breastf eed in disaster- affe cte d zones. H ea Ithcare work ers w ho imple ment the BEP i n d isa st er-a ffect ed zone s are e n couraged to include bre astfe eding su cce s s s trate gie s s uch as a pron a n d DEBC to st re ngt h en mothers ' cap acity t o cop e wit h disast er-rel ate d conditions.

ARTICLE HISTORY Received 3 December 2019 Accepted 22 April 2020 KEYWORDS Apron; breastfeeding; carrier; disaster; self-efficacy Introduction Because it is in the path of fault lines and the volcanic arc, Indonesia is one of the most disaster-prone countries in the world. In 1982, Soputan volcano in Southeast Minahasa, North Sulawesi, Indonesia erupted and was recorded as the most powerful eruption.

The massive column of ash that spewed more than 4,000 meters into the sky triggered a rain of volcanic ash approximately 30 centimeters thick. Six eruptions followed in the same year, destroying 500 CONTACT Dorce Sisfiani Sarimin sisarimin@yahoo.com

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https://doi.org/10.1080/24694193.2020.1761481 © 2020 Taylor & Francis houses and displacing over 32,000 people. The last eruptions in Soputan occurred in October and December 2018 (Pratama, 2018 ).

Volcanic eruptions put victims in very complicated physical, social, and psychological situations. The psychosocial effects include deep grief over the deaths of family members and the loss of material belongings and source of income, uncomfortable and boring conditions at refugee camps that have limited facilities, lack of life necessities,

lack of clarity in family roles and functions, to the possibility of losing self-control as a result of feeling incredible helplessness (Rusmiyati & Hikmawati, 2012).

The psychological stress experienced by mothers during a disaster has a high risk of reducing breast milk production. According to (Fahriani et al., 20 14), a mother 's mental condition is closely related to the ability to breastfeed. Research conducted in the U.S. and Australia has shown that psychological factors influence mothers 'ability to breastfeed exclusively (Taveras et al., 20 03).

The psychological factors including depression, sadness, and other emotional tensions, which can reduce milk production (Siregar, 2004). Accordingly, breastfeeding mothers in disaster-prone areas need more dis- aster preparedness support, such as the Breastfeeding Education Program. Breastfeeding Education Program (BEP) is an educational intervention con- ducted by nurses that promotes breastfeeding among pregnant women.

BEP aims to provide women with knowledge and skills about breastfeeding, includ- ing the benefits of breast milk, steps to successful breastfeeding, and effective breastfeeding positions. BEP can improve maternal knowledge and exclusive breastfeeding self- efficacy, especially during disasters. Breastfeeding self-efficacy determined mothers ' responses through projected mind-set, emotional reactions, efforts and determination, and decisions made regarding breastfeeding issues (McCarter & Dennis, 2010). Education effectively increased patients ' exclu- sive breastfeeding self-efficacy (Kara & Asti, 2004).

Research done by (Rasyad & Sujatno, 2012 ) demonstrated a positive correlation between mothers ' breastfeeding self-efficacy and duration of exclusive breastfeeding at two months postpartum. Mothers with high self-efficacy exclusively breastfed longer than women with low self-efficacy. The 0 – 6 months breastfeeding period represents the golden 1,000 days period of an in fa n t ' s life.

Problems that arise during this period can pose permanent, long term, and difficult to resolve effects on an infant 's growth, so this phase requires serious attention (Sudargo et al., 201 8). While breastfeeding provides n utrition for the baby, it also increases bond in gand at tach ment bet ween mother and baby, as well as creating a sense of comfort and calmness for both mother and baby, particularly within the first 1,000 days of the ir life.

Bo ndin g a n d attachment represent the eternal emotional connection between infant and mother, from which both benefit (Nasution, 20 17). 2 D. S. SARIMINETAL.

Attachment is the eternal, mutually beneficial emotional connection between infant and mother (Nasution, 2017). One mother-infant bonding medium is the infant carrier, which gives the baby a sense of security, provides close-range communication, and offers comfort.

During a disaster, mothers use the Disaster Evacuation Baby Carrier (DEBC) to evacuate the infant. The carrier, which comes complete with a 5-point harness, makes it possible for the mother to evacuate her infant safely. The carrier also includes an apron that enables the mother to breastfeed privately. More breast milk is produced when the breastfeeding mother is calm and relaxed.

Being calm also aids in the release of the oxytocin hormone, which is related to breast milk production (Siregar, 2004). The purpose of this research was to identify the effects of the Breastfeeding Edu cat ion Prog ram (B EP), apro n, and D isas ter E va cu at ion Baby C arrier (DEB C) on the breastfeeding self-effic acy of mothers in disaster-affected areas.

Method This research employed a pre-posttest quasi-experimental design, involving m others in disaster-prone areas in Southeast Minahasa Regency, North Sulawesi, Indonesia. Mothers were selected using cluster randomized controlled trial and divided into two groups: intervention and control group. The inclusion criteria were primiparous or multiparous mothers who were willing to partici- pate in the education program until its completion.

Among 74 mothers who were involved, most of them were multiparous mothers (62.2%), had primary and secondary education (93.2%), and not working (78.3%). In the control group, education was given orally and using leaflets for two days, while education for the intervention group was given for three days according to the BEP guidelines.

The BEP consisted of oral sessions, simulations using mannequins (phantoms/baby dolls), video and module presentations, and counseling to cope with the stress that arises from disasters (trauma healing preparedness). Instructions on how to use apron and DEBC included in the pro gram. Mo thers 'self efficacy was measured using Breastfeeding Self-Efficacy Scale (BSES) questionnaire in Indonesian version by (Muaningsih, 201 3) BSES con-sisted of 14 statements rated on a Likert scale, with scores ranging from the lowest (14) to the highest (70).

The normality assumption of BSES scores with a sample of 74 respondents tested with the Kolmogorov-Smirnov test showed that data were distributed normally. A test for

homogeneity of data was also used for the purpose of drawing a conclusion about the equality of data between the intervention group and the control group. The test was also conducted to prove that the BSE scores were obtained not as a result of variations in respondents but as the effects of the interventions applied.

The results of an ANOVA test of respondents ' ch arac teris tic s w ere: ag e (p = .461), parity(p = .150), education C OM PREHEN S IVE CH IL D A N D AD OL E SC E N T NU RSI N G 3 (p = .179), and occupation/employment (p = .090). The interpretation of p Val ue > a 0.05 was that the characteristics of respondents in the intervention group were similar to those of the control group.

Bivariate analysis using a paired t-test aimed to determine the difference in mothers 'breastfeeding self-efficacy before and after the intervention. An independent t-test aimed to compare breastfeeding self-efficacy scores between the control group and the intervention group. In addition to self- efficacy, other factors likely affecting the intervention were age, parity, occupation/employment, and education, all of which were analyzed using multivariate analysis with linear regression.

Results The score of BSES which described mothers 'self efficacy in breastfeeding in the intervention and control group was significantly difference as described in Tables 1 and 2. The results demonstrated that the BEP program which included the usage of apron and DEBC influenced mothers 'self efficacy. The multivariate test carried out in this research aimed at analyzing the influence of independent variables toward the BSES Score.

As a first step, a multivariate analysis was performed to determine the variables to introduce in the model. Bivariate selection concerning independent variables toward the BSE Score with a p value less than 0.25. Based on the results of the statistical analysis, it was concluded that the variables of parity, occupation/employment, and types of intervention were included in the multivariate model. The statistical test shown in Table 3, above, resulted in three steps of modeling.

The backward method was applied in the regression analysis used in this research, in which variables with a p value g reater than 0.05 were automatically eliminated Table 1. Comparative analysis of the mean BSES score before and after the intervention in Southeast Minahasa Regency October, 2019 (n = 74).

No Group BSE Score n Mean CI 95% Lower-Upper t p Value 1 Intervention Before 37 29.49 - 26.57 - 23.21 - 30.09 0.001\* After 37 54.38 2 Control Before 37 29.54 - 5.86 - 4.13 - 11.68 0.001\* After 37 34.54 \* Paired t test analysis. Table 2. Comparative analysis

of the mean BSES score in the control and intervention groups in Southeast Minahasa Regency, October, 2019 (n = 74).

No BSE Score n Mean CI 95% Lower-Upper t p Value 1 Intervention group 37 54.38 - 21.74 - 17.93 - 20.78 0.001 \*\* 2 Control group 37 34.54 \*\* Independent t test analysis. 4 D . S . S A R I M I N E T A L . one b y o ne fr om the mode I, starting f rom th e largest p value. In the first model, the parity variable had t he largest p value (0.777) and w as therefore removed from the mod el.

The next var iable with a high p value that was dismissed was occupation/employment (0.4 93). O nly var iable BEP intervention model u sing the apronand DEBC had a p = .001 (p < a 0.05). Deviation in R square d (R 2) of each model was not more than 10%.

It was concluded from the multivariate test that the variable of the BEP intervention model with apron and DEBC greatly influenced the BSES score of exclusive breastfeeding mothers. The model could predict that the BSES score of every mother who was given the BEP with apron and DEBC improved by 19.838 after being controlled by parity and occupation/employment variables.

Discussion This research suggests that the BSES mean scores differed significantly across the intervention and control groups. There was a significant effect of the BEP using video and module of the apron and DEBC on the BSES scores of breastfeeding mothers in disaster-affected areas. As the BEP addressed the psychological aspects involved in preparing mothers for dealing with disaster, they were more assured and confident in their ability to breastfeed until six months. The mothers were also trained in safe baby evacuation using the DEBC in the event of a disaster.

In addition to implementation of BEP for this research, the mothers were also provided with aprons so that they had privacy when breastfeeding in public or in refugee camps. Self-efficacy is the belief i n one 's a bili ty to ac complish a task successfully. Self-efficacy helps individuals feel confident about their abilities. This confidence could increase one 's motivation (Bandura, 1995).

The effects of education on the self- efficacy of patients with chronic obstructive pulmonary disease, for example, showed a significant correl at ion between the health education provided to patients and their self-efficacy in addressing shortness of breath and smoking frequency (Kara & Asti, 2004). The research concluded that effective health education could improve patients 'ability to manage diseases. Table 3.

Linear regression analysis of independent variables to the BSE score of mothers in Southeast Minahasa Regency, October 2019 (n = 74). Step Variable Coefficient Correlation Coefficient p Value R 2 1 Parity - 0.288 - 0.013 0.777 0.852 Works - 0.853 - 0.033 0.480 Type of Intervention 20.023 0.934 0.001 Constant 15.929 0.001 2 Works - 0.818 - 0.031 0.493 0.854 Type of Intervention 19.971 0.932 0.001 Constant 15.499 0.001 3 Type of Intervention 19.838 0.926 0.001 0.855 Constant 14.703 0.001 C OM PREHEN S IVE CH IL D A N D AD OL E SC E N T NU RSI N G 5 Breastfeeding self-efficacy can be defined as a mother 's self-confidence in breastfeeding her child.

It influences a mother 's decision to continue giving breast milk, determines the mother 's breastfeeding efforts, develops either a constructive or destructive perception of breastfeeding, and helps mothers overcome breastfeeding difficulties (Torres et al., 2003). Mothers with low breastfeeding self-efficacy tend to have negative perceptions and low motiva- tion (Bandura, 1995).

Thus, the higher the breastfeeding self-efficacy, the stronger the mother 's motivation to breastfeed successfully, and vice versa. Breastfeeding self-efficacy determines individual response through pro-jected mind-set, emotional reaction, effort, and determination, as well as decisions made, especially decisions regarding exclusive breastfeeding (McCarter & Dennis, 2010).

Several previous studies show that breastfeeding self-efficacy is an important factor in determining a mother 's exclusive breastfeeding success. For instansce, a study proved the existence of a positive correlation between a mother 's breastfeeding self-efficacy and breastfeeding duration during two months postpartum (Rasyad & Sujatno, 2012). Mothers with high self-efficacy were able to provide milk for longer periods than mothers with low self-efficacy.

Breastfeeding education likely increases a mother 's knowledge and self- efficacy so that she can exclusively breastfeed her baby, even in the event of a disaster. Research conducted by (Fahriani et al., 2014) found a significant correlation between mother 's knowledge and exclusive breastfeeding practices. Factors influencing exclusive breastfeeding include effective breastfeed- ing education in communities and improved support from breastfeeding support groups as research conducted by Kara and Asti (2004), proved that education significantly improves patients 'self-efficacy.

One c hallenging condition faced by moth ers i s breastfeeding in open nursing areas populated by strangers. Such a s ituation can lower a mother 's breastfeeding se If-efficacy to the point wher e she may refuse t o bre astfeed publicly, e specially in

refugee c amps. Accordingly, ap ron use d along with DEBC in this study helps mothers t o reduce t he feeling of u ncomfortable when breastfed in public area.

The apron u se d i n t his research was made of fabric, with a strap t o go around the breastfeeding mother 's n eck. When breastfeeding, the apron covered t he front of her u pper body. This apron also allowed t he mother to breastfeed comfortably in public, without being distracted. The u se of apron and this DEBC also facilitate close c ontact between mothers and their i nfant which enabled t he mother to feel relaxed, thus triggering the r elease of the o xytocin h ormone that is related t o breast milk production.

The results of this research have shown that implementation of BEP with apron and baby carrier were effective in increasing the self-efficacy of breastfeeding mothers. It is therefore expected that, during disasters, mothers are likely to breastfeed successfully. Mothers equipped with the apron and DEBC also show increased self-confidence. 6 D . S . S A R I M I N E T A L .

Conclusion The mean BSES scores of mothers who received the BEP intervention with apron and DEBC were higher than the scores of mothers who received only standard BEP. Health service institutions should use media (videos and modules) to encourage use of the apron and DEBC when providing breast- feeding education in disaster-affected areas.

Acknowledgments We would like to thank the head of the Health Polytechnic of the Ministry of Health of Manado, North Sulawesi for giving us the opportunity and trust to conduct this excellent higher education research. We would also like to acknowledge the government of Southeast Minahasa through the National Unity and Politics Agency, the head of sub-district, the head of the Health Office of Southeast Minahasa Regency, and the head of the Public Health Centers at Belang, Ratahan, Silian, and Tombatu sub-districts.

Disclosure statement This article does not conflict with the interest of anyone. Funding This work was supported by PUPTN 2019 funded by Polytechnic Ministry of Health Manado, Manado, Indonesia. No.DP.02.01/1/0876/2019. Research ethics and research permit This research has received research ethical clearance from the Ethics Commission of the Health Polytechnic, Ministry of Health of Manado, North Sulawesi, Indonesia, and has been granted research permit recommendation from the government of Southeast Minahasa Regency through the National Unity and Politics Agency. ORCID Dorce Sisfiani Sarimin http://orcid.org/0000-0001-6238-145X Tati Setyawati Ponidjan http://orcid.org/0000-0003-3973-3749 Dessie Wanda

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