

Effect of Participatory Learning and Action Methods on Breastfeeding Self Efficacy in Third Trimester Pregnant Women

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ABSTRACT

This article discusses how *Breastfeeding self-efficacy* can be improved by providing education. One way that can be done to improve the process of increasing Breastfeeding self-efficacy in third trimester pregnant women is to use the Participatory Learning and Action educational method. *Participatory Learning and Action* is a community-based approach using research and consultancy to provide solutions to mothers' views. Through Participatory Learning and Action it is hoped that mothers will be able to explore and share the knowledge they have as material for making decisions, planning and carrying out actions in making changes to behavior and objective regarding exclusive breastfeeding. *Participatory Learning and Action* (PLA) can be regarded as one of the strongest consulting tools, which in this method offers the opportunity to go beyond mere consultation and promote active participation of the community in the problems and interventions that shape their lives.(1).

Keywords: Breastfeeding Self Efficacy, Participatory Learning And Action Method; Third Trimester Pregnant Women

INTRODUCTION

Confidence (self-efficacy) is the ability of a mother to take action and achieve the desired result in breastfeeding. To determine the success of attachment and the mother's response to breastfeeding, mother's confidence in breastfeeding is needed.(2).

The lack of achievements in exclusive breastfeeding will impact on the quality and ability of the next generation to survive (3). There are 30,000 infant deaths and 10 million deaths of children under five in the world every year which can be prevented through exclusive breastfeeding for six months starting from the first day of birth (4). Breastfeeding education has a significant effect on improving breastfeeding skills in breastfeeding mothers (5). One of the breastfeeding self-efficacy educations is by using the Participatory Learning and Action educational method. Participatory Learning and Action is a community-based approach using research and consultation to provide solutions to the views of mothers, through Participatory Learning and Action it is hoped that mothers will be able to explore and share their knowledge as material for making decisions, planning and carrying out actions in making changes to behavior and objective about exclusive breastfeeding (6). This article will discuss whether Participatory learning and action education methods can increase Breastfeeding self-efficacy in third trimester pregnant women.

DISCUSSION

BreastFeeding Self Efficacy

Breastfeeding Self Efficacy is a mother's belief in her ability to breastfeed or provide breast milk to her baby (7). Breastfeeding

Self-Efficacy is a theory of social change that has been used extensively in breastfeeding research and practice.(8)Self-efficacy in breastfeeding mothers is the ability of mothers to breastfeed their babies and has been shown to predict the duration of breastfeeding and increase the prevalence of exclusive breastfeeding in mothers in the immediate postpartum period (9).

Breastfeeding Self Efficacy can be influenced by 4 factors, Experience of success, Modeling (imitating), Social Persuasion (Information), and Physiological & Emotional State (10).

Participatory Learning and Action Method

Participatory Learning and action (PLA) is an approach to learning in communities that places equal value on the knowledge and experience of local people, their capacity or ability to provide solutions to problems that affect them, can also be defined as a creative learning process, involving a team of facilitators working together to find solutions, think, and analyze their experiences (11). In principle, the participatory learning model (PLA) actually emphasizes the learning process, where learning activities are built on a participatory basis (participation) of the community in all aspects of activities starting from planning activities, implementing, to the stage of assessing learning activities in the community (12). In the stage of holding PLA there are several processes of fair and open exchange of ideas between the community and the organization/facilitator, beginning with training/orientation for organizational staff/facilitators on the philosophy and methods of PLA, at least 2 days working with the community, it's even better to be able to live/live with the community and there needs to be further support in carrying out community actions from the village government (13).

The Effect of Participatory Learning and Action Methods on Breastfeeding Self

Efficacy in Third Trimester Pregnant Women

The role of self-efficacy in mothers providing breast milk to their babies is important for us to identify the level of breastfeeding self-efficacy in breastfeeding mothers. This will affect the mother's decision to breastfeed her baby. Mothers who have high breastfeeding self-efficacy to breastfeed their babies have high and better interest and involvement with their environment. A mother who is not easily discouraged or gives up in overcoming their difficulties will show more effort (14).

A study reported that breastfeeding education had a significant effect on increasing self-efficacy from the results of the study showing that there was an increase in breastfeeding scores before and after a breastfeeding education intervention was carried out with a difference of 3.79. This also shows that breastfeeding education has a significant effect on improving breastfeeding skills in breastfeeding mothers (15).

One way that can be done to improve the process of increasing Breastfeeding self-efficacy in third trimester pregnant women is to use the Participatory Learning and Action educational method. *Participatory Learning and Action* is a community-based approach using research and consultancy to provide solutions for mothers' views. Through Participatory Learning and Action it is hoped that mothers will be able to explore and share the knowledge they have as material for making decisions, planning and carrying out actions in making changes to behavior and objective regarding exclusive breastfeeding. *Participatory Learning and Action*(PLA) can be said to be one of the strongest consulting tools, which in this method offers the opportunity to go beyond just consultation and promote active participation of the community in the problems and interventions that shape their lives (16)

The Participatory Learning and Action (PLA) method is a process of learning together to increase knowledge, which will

influence husbands/families in providing support and confidence in the abilities possessed by pregnant women in the process of preparing breastfeeding for the success of exclusive breastfeeding. Previous research on the effect of the participatory learning and action (PLA) method on husbands in increasing support for breastfeeding care

and Breastfeeding self-efficacy in the work area of the Jombang District Health Center in the treatment group has a higher value than the control group so these results indicate that PLA can increase adequate support. given and in giving exclusive breastfeeding (17).

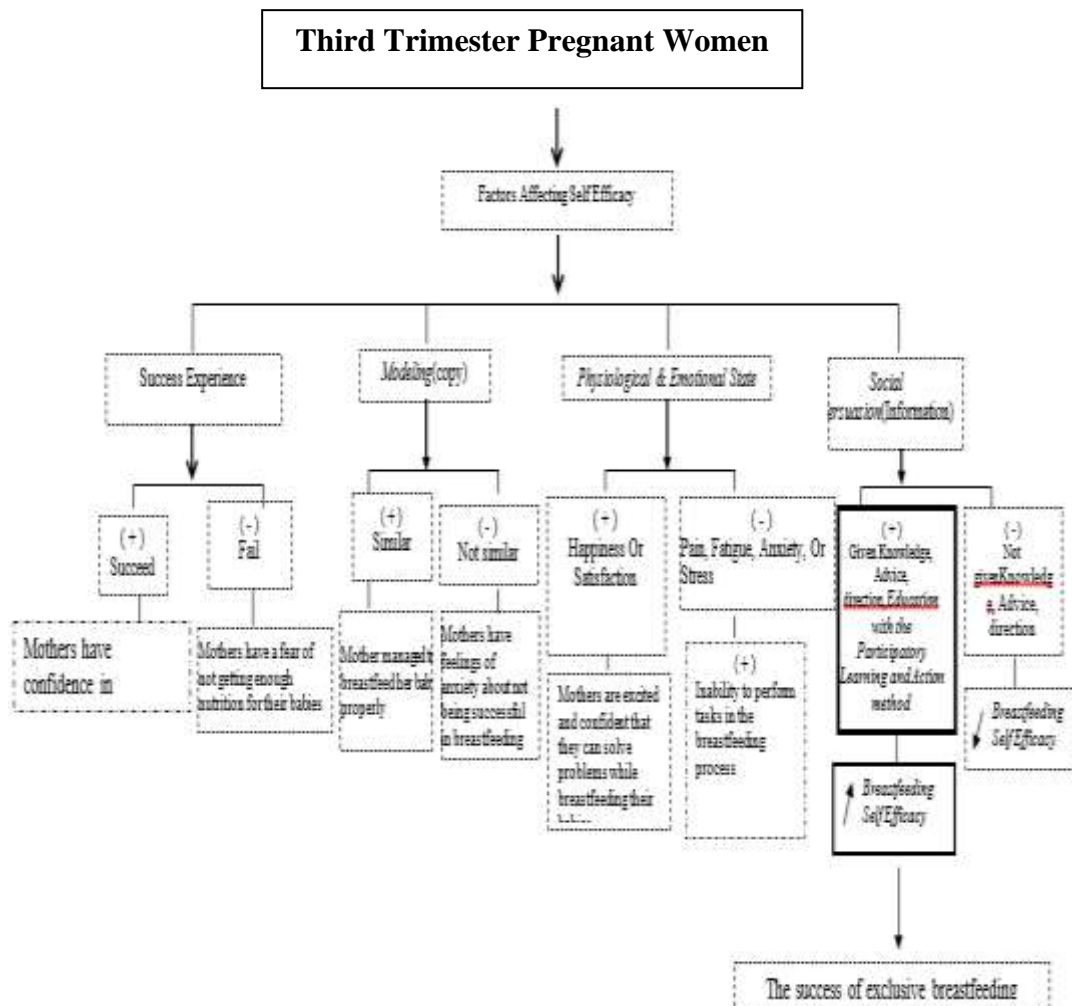


Figure 1. The mechanism of the effect of the participatory learning and action method on Breastfeeding Self-efficacy

CONCLUSION

This review discusses how the effect of providing education using the Participatory Learning and Action (PLA) method on Breastfeeding Self Efficacy in Third Trimester Pregnant Women, in general the Participatory Learning and Action educational method requires a good facilitator, the process of mutual learning occurs between pregnant women Third Trimester Pregnant Women and health

workers so as to foster behavioral attitudes that condition the process of listening to each other, learning from each other, mutual respect, and the emergence of strong motivation that everyone can learn and do (6), So that the learning process together with the Participatory Learning and Action method can increase knowledge, which will influence husbands/families in providing support and confidence in the abilities possessed by third trimester pregnant

women in the process of preparing breastfeeding for the success of exclusive breastfeeding.

Declaration by Authors

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