

# Improving Breastfeeding Self Efficacy with Autogenic Training Relaxation

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## ABSTRACT

The best food for infants aged 0-6 months is breast milk (Pradanie, 2015), but many factors lead to low exclusive breastfeeding coverage (Pratidina, 2017). According to the Basic Health Research Data of 2013, the coverage of Exclusive breastfeeding in Indonesia has only reached 42%, while the WHO target is 50%, the number is still far from the target (Pratidina, 2017). The success of exclusive breastfeeding is supported by effective breastfeeding. Effective breastfeeding is an interactive process between mother and baby in breastfeeding directly and in sufficient quantity (Mulder, 2006). the factors that support an effective breastfeeding process is the mother's self-confidence (self efficacy) that the mother is able to give exclusive breastfeeding (Pradanie, 2015). the interventions that can help the success of breastfeeding is autogenic training relaxation that reduce anxiety and improve mother's confidence (Juanita, 2016). The purpose of this research is to know the effectiveness of autogenic training relaxation in improving Breastfeeding Self Efficacy in Breastfeeding Mother. the type of this research is one group pretest-posttest design using consecutive sampling. the number of respondents 30 people. Data analyzed with wilcoxon sign rank test and got Z score is -4,420 and significant level 0,000 ( $p < 0, 05$ ). It can be concluded that autogenic training relaxation can improve breastfeeding Self Efficacy because this autogenic training relaxation will increase the confidence of mothers that they are able to give exclusive breastfeeding to their babies.

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## I. INTRODUCTION

The best food for infants aged 0-6 months is breast milk (Pradanie, 2015). The inadequacy of breast milk production is the main reason for a mother not to breastfeed exclusively, she feels that she does not have sufficient milk production to meet the baby's needs and supports an adequate infant weight gain, so it is stressful for a postpartum mother (Rahayu & Yunarsih, 2017). The low coverage of exclusive breastfeeding is a picture of exclusive breastfeeding failure caused by several factors. One of the factors that determine the success of breastfeeding is a mother's condition such as self-confidence or mother's belief to breastfeed (Pratidina, 2017). According to the Basic Health Research Data of 2013, the coverage of Exclusive breastfeeding in Indonesia has only reached 42%, while the WHO target is 50% then the number is still far from the target (Pratidina, 2017). The success of exclusive breastfeeding is supported by effective breastfeeding. Effective breastfeeding is an interactive process between mother and baby in the context of breastfeeding directly from mother to baby breast in the right way and in sufficient quantity to meet the needs of the mother and baby (Mulder, 2006). One of the factors that support an effective breastfeeding process is the mother's self-confidence that the mother is able to give exclusive breastfeeding to her baby (Pradanie, 2015). Self efficacy is a person's confidence in a thing that has not been done that can increase motivation (Bandura, 1994). Breastfeeding self efficacy is a mother's self-confidence in breastfeeding that can be a predictor of whether the mother will decide to breastfeed, how much effort to breastfeed, whether to have a constructive or destructive mindset and how to respond to problems and difficulties during

breastfeeding (Tores et al., 2003). This means that the higher breastfeeding self efficacy, the harder the mother's effort to successfully breastfeed. Breastfeeding self efficacy affects individual responses in the form of mindset, emotional reactions, effort and persistence and decisions to be taken (Denis, 2010). Denis explains the decision in question is the initiation of breastfeeding, effective breastfeeding and breastfeeding sustainability (exclusive breastfeeding). Low self efficacy in the case of breastfeeding can lead to negative perceptions and motivations (Bandura, 1994; Denis, 2010). One of the interventions that can be done to help the success of breastfeeding is through psychological management that is by teaching the mother relaxation techniques to reduce anxiety and increase mother's confidence to successfully give exclusive breastfeeding (Hannula, Kaunonen, & Tarkka, 2008). There are various kinds of relaxation techniques that have been known and widely used among others guided imagery, yoga, pilates, taichi, chakra, meditation and autorelaxation techniques known as autogenic training relaxation (American Holistic Nurses' Association, 2005). Autogenic training (AT) is a standard nursing intervention that has been enrolled in Nursing Intervention Classification (NIC) and has been used extensively in nursing orders to address anxiety in various situations (Ackley, 2008). When compared to other relaxation techniques, AT has a relaxation technique that is simple, easy and does not require special clothes or difficult body style. AT can be studied easily and can be applied several minutes a day at the right time even in the midst of busyness. This technique is done with 6 standard exercises: feel the limbs are heavy and warm, breathe calm and regular, feel the heartbeat, feel the abdomen warm and head cool and through the delivery of positive suggestion that create the effect of psychological relaxation and will eventually get anxiolytic effect (Vidas, Smalc, Catipovic, & Kisik, 2011).

## II. METHOD

The research design used is one group pretest-posttest design. In this study performed breastfeeding self efficacy measurement before and after done Autogenic Training Relaxation. The sample in this research is breastfeeding mother in Kelurahan Pojok Kota Kediri with the number of samples used are 30 respondents. The sampling technique used is the consecutive sampling technique, where sampling must be in accordance with the inclusion criteria determined by the researchers with a certain time limit. In respondents who met the inclusion criteria, breastfeeding self efficacy was measured, after the data was obtained and then Autogenic Training Relaxation intervention was done to the respondents. Autogenic Training Relaxation is done every 2 days for 3 weeks. At the end of week 3, breastfeeding self efficacy is measured again. Measurement of Breastfeeding Self Efficacy using BSES-SF (Breastfeeding Self Efficacy Scale – Short Form) instrument consisting of 14 items with Likert scale. Each item is worth 1 if not confident at all, 2 not very confident, 3 sometimes confident, 4 confident 5 very confident. And for categorization Breastfeeding Self Efficacy is divided into three categories namely high, medium and low category. The data obtained were analyzed by Wilcoxon Sign Rank Test statistic.

## III. RESULTS AND DISCUSSION

The results obtained data as follows:

Table 1 Frequency Distribution of Breastfeeding Self Efficacy before and after Autogenic Relaxation Training

No	Category	BSES-SF before AT		BSES-SF after AT	
		Frequency	Prosentage	Frequency	Prosentage
1	High	4	13%	21	70%
2	Medium	14	47%	9	30%
3	Low	12	40%	-	-
	Total	30	100%	30	100%

From the table, it is found that breastfeeding self efficacy data before the Autogenic Training Relaxation showed that almost half of the respondents were in moderate / Medium category, while after autogenic relaxation training, most of the respondents had breastfeeding self efficacy with high category. After a statistical test with wilcoxon sign rank test Z score was -4.420 and a significant level of 0.000 ( $p < 0.05$ ), which means that there is a significant difference between breastfeeding self efficacy before and after autogenic training relaxation. Breastfeeding self efficacy in breastfeeding mothers after autogenic relaxation training was found to have a significant increase, due to autogenic training relaxation is able to increase mother's confidence in giving exclusive breastfeeding and can reduce anxiety in breastfeeding mothers. Comfort and a sense of relaxation in mothers will increase mother's milk production and this will increase mother's confidence for exclusive breastfeeding success. In accordance with the theory that the prolactin produced during breastfeeding has been investigated to have a relaxation effect that causes breastfeeding mothers to feel calm and even have euphoria effects that higher prolactin levels, can prevent postpartum blues events (Riordan & Auerbach, 2010). Increased levels of prolactin hormone will further increase the amount of milk production in the mother. Increased breastfeeding score of self efficacy in the mother after the relaxation of Autogenic Training occurs because by doing Autogenic training Relaxation regularly, mothers will get a positive psychological effects that strengthen their confidence and self-confidence in breastfeeding mothers will be successful in providing exclusive breastfeeding. With a positive mind and high self-esteem, the mother's ability to breastfeed effectively will also increase so that breastfeeding difficulties can be easily overcome even not encountered at all. Autogenic Training Relaxation trains itself to focus on the necessary internal signals by ignoring unnecessary distractors. This method is done by focusing on a special body area that simultaneously mentally repeats a certain suggestive sentence (Dalloway, 1995). Autogenic training relaxation provides a calming effect on the mind and body, and can be used to treat stress-related medical conditions (Kanji, White, & Ernst, 2006). Autogenic training relaxation has been used extensively to control anxiety by training the autonomic nervous system to become relaxed. Autogenic training relaxation can also have an effect on the stabilization of one's emotions (Hurgobin, 2006). The Autogenic training Relaxation Practice will activate the soothing and content system through the prefrontal cortex. Biologically, psychotherapy works in sequences involving various structures of the brain, both anatomically, cellular and biochemical levels that include the function of perception, memory, cognitive and emotion. The dynamics between the amygdala and the reaction of information received by the prefrontal cortex may show the neuroanatomy model of how psychotherapy reorganizes the maladaptive emotional pattern. It also reacts directly to the hormonal, sympathetic and parasympathetic systems and to the behavior and cortical arousal. The stimulus will then be stored in the memory of the hippocampus which will subsequently consciously or not, will affect the following perceived stimulus. Thus, with persistent exercise it will cause the prefrontal cortex to improve response to stress (Maramis, 2005). With such a mechanism, the Autogenic Training Relaxation can instill a mother's self-belief and improve breastfeeding self-efficacy in breastfeeding mothers to give exclusive breastfeeding. Autogenic Training Relaxation is a nursing intervention whose focus is to provide positive suggestion to the mother that all mothers have the ability to give exclusive breastfeeding. This positive suggestion provides motivation and confidence in the mother for success in giving exclusive breastfeeding. Autogenic training relaxation is also one form of stress management that is given to create a positive coping strategy so that mothers have positive views and beliefs about their ability to succeed in exclusive breastfeeding.

#### IV. CONCLUSION

Autogenic Training Relaxation Intervention can improve Breastfeeding Self Efficacy in breastfeeding mothers because this intervention is able to provide positive suggestions to the mother and increase mother's confidence that all mothers are able to give exclusive breastfeeding to their babies. In addition, autogenic training relaxation is also able to increase comfort in breastfeeding mothers, with the comfort felt by the mother, automatically milk production will increase.

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