Jurnal Ilmiah Keperawatan
P-ISSN 2085-3742 | E-ISSN 2598-1021
Vol. 21 No. 2 (2026) : October Edition
DOI: https://doi.org/10.30643/jiksht.v21i1.450

ORIGINAL ARTICLE

The Relationship Between Social Support and Breastfeeding Self-Efficacy Among Working Mothers at PMB Dwi Rahmawati, Palembang City

Ranida Arsi[a], Yeni Elviani[b], Rw Faiz Rifqi Imansyah[c]
a Nursing Profession Study Program, Faculty of Midwifery and Nursing, Universitas Kader Bangsa Palembang
b Diploma III Nursing Study Program, Health Polytechnic of the Ministry of Health Palembang
c Nursing Profession Study Program, Al-Ma'arif College of Health Sciences Baturaja
*Corresponding Author: arsiranida20#@gmail.com

ARTICLE INFORMATION

Article history
Received December 25, 2026)
Revised (October 10, 2026)
Accepted (October 25, 2026)

Keywords
Social support
Self-efficacy
Breastfeeding mothers
Working mothers

Page 127 - 134

ABSTRACT

Introduction: *Exclusive breastfeeding is breast milk given to babies from birth for six months, without adding or replacing it with other foods or drinks. The success of the exclusive breastfeeding program is greatly influenced by internal and external factors. One internal factor that has a positive impact on the success of breastfeeding is the mother's self-confidence related to breastfeeding, namely self-efficacy.*
Objectives: *This study aims to determine the relationship between social support and breastfeeding self-efficacy in working mothers.*
Methods: *This type of research uses an observational analytical quantitative approach with a cross-sectional study design. The study population was all breastfeeding mothers at PMB Dwi Rahmawati with a sample of 60 respondents selected through purposive random sampling. The questionnaire research instrument was in the form of the Multidimensional Scale of Perceived Social Support (MSPSS) and the Breastfeeding Self-Efficacy (BSEF) questionnaire. Data analysis was performed using the Chi-Square test.*
Results: *The results showed a p-value of 0.005 (p <0.05), which means there is a significant relationship between social support and breastfeeding self-efficacy in working mothers.*
Conclusions: *It can be concluded that breastfeeding mothers who receive high levels of social support are associated with increased breastfeeding self-efficacy in working mothers. The higher the social support received by working mothers, the higher the likelihood of having good breastfeeding self-efficacy.*

Copyright © 2026.
The authors. Journal Ilmiah Keperawatan is licensed under the a Attribution 4.0 International License
Website: http://journal.stikeshangtuah-sby.ac.id/index.php/JIKSHT
E-mail: jurnalilmiahkeperawatan.sht@gmail.com / jik.sht@stikeshangtuah-sby.ac.id

Introduction

The success rate of exclusive breastfeeding among infants aged 0 to 6 months is approximately 44% (WHO, 2023). Breast milk is a source of nutrition for infants that supports their growth and development. Exclusive breastfeeding means that an infant is given only breast milk from birth until six months of age, without any additional or substitute foods or drinks. Exclusive breastfeeding has a positive impact on the health of both mother and child. The benefits of exclusive breastfeeding for mothers include strengthening the bond with the child, reducing the risk of cancer, and helping to overcome traumatic experiences following childbirth (Kemenkes RI, 2018).

Data from the World Health Organization up to 2022 indicate that 149 million infants suffer from stunted growth and that an estimated 2.7 million child deaths are caused by malnutrition – a problem that could actually be prevented through good breastfeeding practices (WHO, 2023). Without doubt, this is a critically important issue globally. The World Health

This is an Open Access article
Distributed under the terms of the
Creative Commons Attribution-ShareAlike 4.0 International

Organization is committed to ensuring that all children's rights are guaranteed and protected so that children can grow and develop well.

In today's ever-evolving modern era, the position of women has clearly shifted from traditional roles to more modern ones. In the past, women were more often involved in reproduction and domestic affairs, often serving in a capacity that supported their husbands' careers. Nowadays, however, married women with children tend to integrate their role as parents with work activities, because a career has become an inseparable aspect of the lives of women today (Sitorus, 2020).

A working mother is a mother who is engaged in activities outside the home with the aim of earning income for the family (Siregar, 2017). Not infrequently, working mothers also have the dual role of breastfeeding. Breastfeeding, that is, giving mother's milk (ASI) to the baby, is an important practice that supports human survival (Astuti, 2013). However, for working mothers, the challenge lies not only in fulfilling professional duties,

A working mother is a woman who engages in activities outside the home to earn income for her family (Siregar, 2017). Working mothers usually also have a dual responsibility, namely caring for their child by breastfeeding. Breastfeeding, which is the provision of breast milk to the baby, is very important to ensure human survival (Astuti, 2013). However, the obstacles for working mothers lie not only in fulfilling their job obligations, but also in balancing their role as a breastfeeding mother. This requires careful time management. Sometimes, breastfeeding is hindered while the mother is at work, and mothers often have to rely on formula milk as an alternative to breast milk (Astuti, 2013). For a mother, breastfeeding is part of her role and a responsibility that she needs to carry out (Novitasari & Khasanah, 2022).

The success of implementing the exclusive breastfeeding program is greatly influenced by internal and external factors. One internal factor that has a positive impact on breastfeeding success is a mother's self-confidence or belief when breastfeeding, known as self-efficacy (Ratnasari, 2018). This factor reflects the mother's level of confidence and ability to breastfeed exclusively, and it can be an important element in achieving the goals of the exclusive breastfeeding program. Self-efficacy is an individual's view of their own ability to function effectively in certain situations (Alwisol, 2006). Self-efficacy can be described as an individual's belief in their ability to complete tasks or perform certain behaviors (Vitasari et al., 2018).

A breastfeeding mother's self-efficacy refers to her belief in her ability to breastfeed her baby, including the choice to breastfeed, the effort made, and how she handles the emotional challenges associated with breastfeeding (McCarter-Spaulding & Dennis, 2010). This factor influences various individual responses, such as mindset, emotions, effort, determination, and decisions related to initiating breastfeeding, skill in breastfeeding well, and persistence in providing exclusive breastfeeding (McCarter-Spaulding & Dennis, 2010).

Research has also revealed that a breastfeeding mother's self-confidence has an important impact, and that there is a positive relationship between the level of self-confidence and exclusive breastfeeding (Ratnasari, 2018). Low self-confidence can result in reduced dedication to breastfeeding, a lack of resilience when facing obstacles, and an orientation toward the negative aspects of the breastfeeding process. The impact can be seen directly in the baby, who may not receive the benefits of exclusive breastfeeding. Low self-efficacy in mothers who feel unable to produce enough milk may cause them not to breastfeed exclusively or even to stop breastfeeding earlier than recommended.

Some breastfeeding mothers who work often decide to switch from breast milk to formula milk due to various factors, such as a lack of support in the workplace, the considerable distance between home and office, and limited time for pumping breast milk. Research conducted by Saputri indicates that the level of self-efficacy felt by breastfeeding mothers affects their motivation to breastfeed, especially when self-efficacy is high (Saputri et al., 2022). Another study by Jama and colleagues showed that self-confidence in breastfeeding plays a crucial role in the success of exclusive breastfeeding (Jama et al., 2017). Mothers who are confident in their ability

This is an Open Access article
Distributed under the terms of the
Creative Commons Attribution-ShareAlike 4.0 International.

P-ISSN 2085-3742 | E-ISSN 2598-1021
DOI: https://doi.org/10.30643/jiksht.v21i1.450

to breastfeed usually regard the various challenges of breastfeeding as normal and as part of their responsibilities as parents, in line with the findings of Pollard & Guill (Pollard & Guill, 2009).

One element that strengthens self-confidence is social persuasion. Social persuasion can be described as positive recognition given to a mother, which increases her potential to plan and carry out actions in accordance with the achievement of certain goals. People who are motivated through words, especially those who have the skills to complete the tasks given, are more likely to persevere and overcome difficulties, and can develop self-efficacy in carrying out those tasks (Mukhid, 2009).

Social persuasion can help the successful implementation of exclusive breastfeeding, especially for working mothers, through appropriate social support. The success of exclusive breastfeeding among working mothers depends greatly on their surroundings, especially support from the husband, family, co-workers, and the community, so that mothers can comfortably breastfeed and care for their children while working (Suradi et al., 2010).

Social support refers to assistance in the form of emotional, informational, and material support provided by other individuals such as friends, co-workers, close friends, family, relatives, or supervisors (Lindawati, 2019). Providing support to breastfeeding mothers can increase their confidence, affection, and sense of care, which ultimately makes mothers feel more comfortable and secure in breastfeeding their children exclusively. Support for the practice of exclusive breastfeeding among working breastfeeding mothers comes from the husband, family, health workers, and the workplace (Khayati & Ulfa, 2019).

Findings from a study by Rahayu (2018) revealed a positive relationship between self-efficacy and mothers' success in providing exclusive breastfeeding when they receive social support. An external factor that can influence a mother's success in breastfeeding is support from various parties (Rahmah, 2006). Social support can come from a variety of sources, especially from the people around the individual (Sarafino, 2008).

Based on the results of a preliminary study conducted at the PMB on March 20, 2026, it was found that, of 15 breastfeeding mothers who also worked, 11 had low self-efficacy. They said that they did not breastfeed their children fully because of a lack of time and adequate facilities for expressing and storing breast milk at the workplace, as well as low emotional support from those around them, whether from their husbands, families, co-workers, or the workplace. This is shown by a lack of motivation to continue breastfeeding when the mother experiences breastfeeding difficulties.

Social support and self-efficacy are related. This is in line with a study by Safitri & Citra (2019), which highlighted that mothers who receive social support have high self-efficacy. This can encourage mothers to continue breastfeeding. Helfiva also noted in her research that breastfeeding mothers who received social support from their partners showed a high level of self-confidence (Helfiva et al., 2023). Based on the background described above, the researcher was interested in conducting this study in order to examine the relationship between social support, particularly support from co-workers, and self-efficacy in working breastfeeding mothers.

Methods

This study applied an observational analytic quantitative approach because the information collected was in the form of numbers and was analyzed using statistical methods (Sugiyono, 2020). The study used a cross-sectional design, in which data on the independent and dependent variables were collected at the same time to assess the relationship between social support and breastfeeding self-efficacy among working mothers at PMB Dwi Rahmawati, Palembang City.

The population in this study was all breastfeeding mothers at PMB Dwi Rahmawati in 2026, totaling 148 breastfeeding mothers. A population is defined as the entire set of individuals

This is an Open Access article
Distributed under the terms of the
Creative Commons Attribution-ShareAlike 4.0 International

or units that have certain characteristics and are the object of observation in a study (Pane et al., 2022). Based on the data collection conducted on March 20, 2026, this total formed the basis for determining the study sample.

The study sample consisted of 60 respondents determined using purposive random sampling, with the following inclusion criteria: breastfeeding mothers who work, mothers with infants aged 0–6 months, mothers in good physical and mental health, able to read and write, willing to become respondents, and mothers who do not have a child with a congenital abnormality (Down syndrome, Hirschsprung disease, orofacial clefts). Data were collected using two questionnaires, namely the Multidimensional Scale of Perceived Social Support (MSPSS) questionnaire to measure the social support received by the mother and the Breastfeeding Self-Efficacy (BSEF) questionnaire to measure the mother's level of self-efficacy during breastfeeding. Data analysis was carried out using the Chi-Square test with a 95% confidence level ($\alpha = 0.05$) to determine the relationship between social support and breastfeeding self-efficacy.

Results

Based on the data collected from April 13 to May 2, 2026 at PMB Dwi Rahmawati from 60 respondents, the following data were obtained:

Table 1 Frequency Distribution of Respondents' Demographic Data Consisting of Age, Education, and Parity

Characteristic	Frequency (f)	Percentage (%)
Age		
At risk (< 20 years)	1	1.7
Not at risk (20–35 years)	50	83.3
At risk (> 35 years)	9	15.0
Total	**60**	**100.0**
Education		
Elementary school	11	18.3
Junior high school	21	35.0
Senior high school	23	38.3
Bachelor's degree	5	8.3
Total	**60**	**100.0**
Parity		
Primipara	16	26.7
Multipara	38	63.3
Grandmultipara	6	10.0
Total	**60**	**100.0**
Social Support		
Low	25	41.7
Moderate	20	33.3
High	15	25.0
Total	**60**	**100.0**
Breastfeeding Self-Efficacy		
Low	31	51.7
High	29	48.3
Total	**60**	**100.0**

This is an Open Access article
Distributed under the terms of the
Creative Commons Attribution-ShareAlike 4.0 International.

Jurnal Ilmiah Keperawatan Stikes Hang Tuah Surabaya
P-ISSN 2085-3742 | E-ISSN 2598-1021
DOI: https://doi.org/10.30643/jiksht.v21i1.450

Based on the description above from Table 1, it can be concluded that the majority of respondents in the study were in the non-risk age group (20–35 years), totaling 50 respondents (83.3%). The majority education level was senior high school, with 23 respondents (38.3%). The majority parity was multipara, with 38 respondents (63.3%).

Table 2 Frequency Distribution of Respondents by Social Support and Breastfeeding Self-Efficacy Among Working Mothers

Social Support	**Frequency (f)**	**Percentage (%)**
Low	25	41.7
Moderate	20	33.3
High	15	25.0
Total	60	100
Breastfeeding Self-Efficacy	**Frequency (f)**	**Percentage (%)**
Low	31	51.7
High	29	48.3
Total	60	100

Based on the description of Table 2, it can be concluded that, of the 60 respondents, the majority received low social support, 25 respondents (41.7%), and had a low level of breastfeeding self-efficacy, 31 respondents (51.7%).

Table 3 Relationship Between Social Support and Breastfeeding Self-Efficacy in Breastfeeding Mothers

Social Support	***BSEF of Working Mothers***				**Total**		**P Value**
	Low		**High**				
	f	%	f	%	f	%	
Low	20	80.0	5	20.0	25	100.0	0.005
Moderate	9	45.0	11	55.0	20	100.0	
High	2	13.3	13	86.7	15	100.0	
Total	**31**	**51.7**	**29**	**48.3**	**60**	**100**	

Based on the description of Table 3, of the 31 respondents (51.7%) who had low BSEF, 20 respondents (80.0%) received low social support, whereas of the 29 respondents (48.3%) who had high BSEF, 13 respondents (86.7%) received high social support. Based on the Chi-Square test, the p value = 0.005 (p value < 0.05), so it can be concluded that there is a relationship between social support and breastfeeding self-efficacy among working mothers.

Discussion

The results of the Chi-square statistical test show a p value = 0.005 (p < 0.05), which means that there is a significant relationship between social support and Breastfeeding Self-Efficacy among working breastfeeding mothers. The higher the social support received by working mothers, the higher their tendency to have good Breastfeeding Self-Efficacy. Individuals with high social support tend to have high self-efficacy because social support plays an important role in increasing self-efficacy among working breastfeeding mothers.

The support received by mothers comes from the people closest to them or from individuals who have influence in providing information to mothers. Sources of social support received by mothers can include partners, parents, close friends, acquaintances, neighbors, and health professionals. Working mothers experience various challenges in their efforts to

This is an Open Access article
Distributed under the terms of the
Creative Commons Attribution-ShareAlike 4.0 International

breastfeed exclusively; therefore, they need support from various sources to help achieve exclusive breastfeeding for their children (Doriza et al., 2024).

Sources of social support can come from family, friends (such as co-workers), and special people (such as the husband). This is in line with research by Hapsari and Dewita, who stated that social support influences self-efficacy among working breastfeeding mothers. With social support, mothers will have strong self-confidence to continue breastfeeding despite obstacles such as work (Sri Hapsari SP et al., 2025).

Among working breastfeeding mothers, social persuasion can function as a form of social support. Suradi stated that social persuasion can contribute to the success of exclusive breastfeeding, especially for working mothers (Suradi et al., 2010). Success in providing exclusive breastfeeding among working mothers depends greatly on the environment, particularly the support provided by the husband, family members, and co-workers, so that mothers can comfortably breastfeed and care for their children while working. In addition, research by Permatasari & Sudiartini stated that social support from the workplace, in the form of support from supervisors, is very important for mothers to be able to breastfeed exclusively even though they work (Permatasari & Sudiarti, 2020).

Social support is an important factor in achieving successful exclusive breastfeeding. The social support received by mothers can influence their self-confidence in successfully providing exclusive breastfeeding. The social support that mothers receive can take the form of information, materials, time, or services that encourage mothers to breastfeed exclusively. Social support is information from an individual that makes the recipient feel comfortable, cared for, or respected when facing problems (Doriza et al., 2024).

Breastfeeding self-efficacy is a mother's belief in her ability to breastfeed her child and to overcome challenges while breastfeeding. A mother's high self-confidence helps her overcome the challenges faced during breastfeeding, thereby contributing to the success of exclusive breastfeeding (Doriza et al., 2024). The confidence of exclusively breastfeeding mothers can help other mothers decide which activities to undertake, as well as how to set and achieve goals, increase self-esteem, persevere in the face of obstacles or difficulties, and respond to those difficulties positively (Bahriah & Kurniati, 2024).

Bandura described self-efficacy as a person's ability to demonstrate a behavior or to do something. Breastfeeding self-efficacy is also related to the mother's perception of the adequacy of her milk for her baby. One study described that the level of breastfeeding self-efficacy is associated with higher success rates in initiating and continuing breastfeeding, and makes mothers think positively when facing breastfeeding problems and meet challenges in a more positive and efficient way (Dara et al., 2023). Working mothers face various difficulties in their efforts to breastfeed exclusively; therefore, they need help from various parties to support the achievement of exclusive breastfeeding for their children.

Social support affects the physiological and emotional state of breastfeeding mothers. Willis & Sedikides argued that positive support from the social environment can increase individuals' confidence in their abilities. Support from the mother's environment can help when she has problems with breastfeeding. Support from the environment can also help mothers avoid stress and other problems related to the breastfeeding process. In line with research conducted by Yusria, which states that social support is very important for mothers to increase their self-confidence in coping with and resolving breastfeeding-related problems, thereby preventing mothers from stopping breastfeeding (Hapsari & Sarajar, 2024).

Social support from co-workers is important for working breastfeeding mothers because it can strengthen mothers' self-efficacy. Positive interaction with co-workers who have experience in overcoming similar breastfeeding challenges can give breastfeeding mothers additional confidence. A supportive work environment, with co-workers who can offer advice and experiences about breastfeeding while working, is needed to help mothers feel more confident in facing all the challenges of breastfeeding. This is in line with research by Ingram, who stated that

This is an Open Access article
Distributed under the terms of the
Creative Commons Attribution-ShareAlike 4.0 International.

support from co-workers is also very important for mothers (Ingram, 2013). Support from co-workers can help increase mothers' self-efficacy so that breastfeeding while working can run smoothly. Support from co-workers increases mothers' self-efficacy through hearing information from their co-workers' positive experiences (Hapsari & Sarajar, 2024).

Conclusion

Based on the results of the study conducted on 60 respondents at PMB Dwi Rahmawati, it can be concluded that there is a significant relationship between social support and self-efficacy among working mothers at PMB Dwi Rahmawati. The results of the *Chi-Square* statistical test show that the social support variable (p = 0.005) has a significant relationship with self-efficacy among working mothers. Thus, the higher the social support received by working mothers, the higher their tendency to have good Breastfeeding Self-Efficacy. Success in providing exclusive breastfeeding among working mothers depends greatly on the environment, particularly the support provided by the husband, family members, and co-workers, so that mothers can comfortably breastfeed and care for their children while working.

Acknowledgments

The researchers would like to thank Midwife Dwi Rahmawati for her permission, time, and support throughout this research process. Thanks are also extended to everyone who assisted in the data collection and preparation of this research report.

References

Alwisol. (2006). Psikologi kepribadian. UMM Press. Astuti, I. (2013). Determinan Pemberian ASI Eksklusif Pada Ibu Menyusui. Jurnal Health Quality, 4(1), 1– 76.

Bahriah, Y., & Kurniati, Y. (2024). Hubungan Family Support Dan Breastfeeding. Jurnal Kesehatan Dan Pembangunan, 14(2), 69–75.

Dara, M., Suja, D., & Sulistianingrum, L. (2023). Breastfeeding Self-Efficacy dan Keberhasilan Pemberian ASI Eksklusif di Kota Bandar Lampung. 14, 473–482.

Hapsari, Q. R., & Sarajar, D. K. (2024). Hubungan Dukungan Sosial Dengan Self-Efficacy Pada Ibu Menyusui Yang Bekerja. JSEH (Jurnal Sosial Ekonomi Dan Humaniora), 10, 123–130.

Helfiva, S., Az-zahra, S., Halifah, E., & Fitri, A. (2023). Hubungan Dukungan Suami Dengan Breastfeeding Self Efficacy dalam Pemberian ASI di Wilayah Kerja Puskesmas Banda Raya Kota Banda Aceh. Jurnal Perawat Indonesia, 6(3), 1201–1209. https://doi.org/10.32584/jpi.v6i3.1879

Doriza, S., Mercy, R., Stepany, A., & Oktaviani, M. (2024). Dukungan Sosial dan Efikasi Diri Menyusui pada Ibu Bekerja Shinta. Media Kesehatan Masyarakat Indonesia, 2024(23), 200–205.

Ingram, J. (2013). A Mixed Methods Evaluation of Peer Support In Bristol, UK: Mothers', Midwives' and Peer Supporters' Views and the Effects On Breastfeeding. BMC Pregnancy and Childbirth, 13(1), 192. https://doi.org/10.1186/1471-2393-13- 192

Jama, N. A., Wilford, A., Masango, Z., Haskins, L., Coutsoudis, A., Spies, L., & Horwood, C. (2017). Enablers and Barriers to Success Among Mothers Planning to Exclusively Breastfeed for Six Months: A Qualitative Prospective Cohort Study in KwaZulu-Natal, South Africa. International Breastfeeding Journal, 12(1), 43. https://doi.org/10.1186/s13006-017-0135-8

Khayati, F. N., & Ulfa, Z. D. Dukungan Pemberian Asi Eksklusif Pada Ibu Bekerja. Jurnal SMART Kebidanan Sekolah Tinggi Ilmu Kesehatan Karya Husada Semarang.2019;5(2):11–17.

Kementerian Kesehatan Republik Indonesia. Manfaat ASI Eksklusif untuk Ibu dan Bayi. 2018.

This is an Open Access article
Distributed under the terms of the
Creative Commons Attribution-ShareAlike 4.0 International

Lindawati, R. Hubungan Pengetahuan, Pendidikan dan Dukungan Keluarga dengan Pemberian ASI Eksklusif. Faletehan Health Journal.2019;6(1):30–36.

Rahayu, D. (2018). Hubungan Breastfeeding Self Efficacy dengan Keberhasilan Pemberian ASI Eksklusif. Jurnal Ilmu Kesehatan, 7(1), 247– 252. McCarter-Spaulding, D. E., & Dennis, C. (2010). Psychometric Testing of the Breastfeeding SelfEfficacy Scale-Short form in A Sample of Black Women in the United States. Research in Nursing & Health, 33(2), 111–119. https://doi.org/10.1002/nur.20368

Mukhid, A. (2009). Self-Efficacy (Perspektif Teori Kognitif Sosial Dan Implikasinya Terhadap Pendidikan). Tadris: Jurnal Pendidikan Islam, 4(1), 106–122. Novitasari, E., & Khasanah, R. N. (2022). Peran dan Tanggung Jawab Ibu Menyusui dalam Menghadapi Kesetaraan Gender Untuk Bekerja. Formosa Journal of Applied Sciences, 1(3), 249–262. https://doi.org/10.55927/fjas.v1i3.1016

Peraturan Pemerintah Republik Indonesia. Nomor 33 tentang Pemberian Air Susu Ibu Eksklusif. Jakarta; 2012.

Permatasari, T. A. E., & Sudiarti, N. W. (2020). Do Health Workers Play a Role in Exclusive Breastfeeding Among Working Mothers in Industrial Area? Journal of Nutritional Science and Vitaminology, 66(1), S94–S98. https://doi.org/10.3177/jnsv.66.S94

Pollard, D., & Guill, M. (2009). The Relationship Between Baseline Self-Efficacy and Breastfeeding Duration. Southern Online Journal of Nursing Research , 9, 1–6. Rahmah, L. (2006). Atribusi Tentang Kegagalan Pemberian ASI Pada Ibu Pekerja (Sebuah Studi Fenomenologi). Jurnal Psikologi Proyeksi, 6(1), 62–70.

Ratnasari, R. D. (2018). Kepercayaan Diri Ibu Pada Pemberian ASI Eksklusif di Wilayah Desa Sentolo Kulonprogo Yogyakarta [Skripsi]. Universitas 'Aisyiyah Yogyakarta.

Safitri, M. G., & Citra, A. F. (2019). Perceived Social Support dan Breastfeeding Self Efficacy Pada Ibu Menyusui ASI Eksklusif. Jurnal Psikologi, 12(2), 108–119. https://doi.org/10.35760/psi.2019.v12i2.2436

Saputri, L. H., Abeng, A. T., & Karuniawati, N. (2022). Pengaruh Sikap dan Self Efficacy terhadap Niat untuk Menyusui pada Ibu Hamil. Window of Midwifery Journal, 39–45. https://doi.org/10.33096/wom.vi.341

Sarafino, E. P. (2008). Health Psychology: Biopsychosocial Interactions . The College of New Jersey Siregar, M. (2017). Keterlibatan ibu Bekerja dalam Perkembangan Pendidikan Anak. Jurnal Harmoni Sosial, 11(1).

Sitorus, F. H. D. (2020). Stres Pada Ibu Bekerja. Psikologi Prima, 3(2). https://doi.org/10.34012/psychoprima.v3i2.1412

Suradi, R., Hegar, B., Partiwi, I. G. A. N., Marzuki, N. S., & Ananta, Y. (2010). Indonesia Menyusui. BP IDAI. Vitasari, D., Sabrian, F., & Ernawaty, J. (2018). Hubungan Dukungan Keluarga Terhadap Efikasi Diri Ibu Menyusui dalam Memberikan ASI Eksklusif. Jurnal Online Mahasiswa (JOM) Bidang Ilmu Keperawatan, 5(2), 201–210.

Sri Hapsari SP, Purwanti Susantini, & Fikri, F. (2025). Peningkatan Breastfeeding Eficacy Ibu Hamil Dan Keluarganya Melalui Konseling Di Puskesmas Tlogosari Wetan Semarang. Jurnal Pengabdian Masyarakat Kebidanan, 7(1), 39–44.

World Health Organization. Infant and young child feeding. 2023.

World Health Organization. 2023. Comprehensive implementation plan on maternal, infant and young child nutrition.Geneva, Switzerland.

This is an Open Access article
Distributed under the terms of the
Creative Commons Attribution-ShareAlike 4.0 International.