

The Effect of Skin to Skin Contact Immediately to Maternal Breastfeeding Self-Efficacy after Cesarean Section

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Abstract : Maternal breastfeeding self-efficacy is positively associated with increased duration of breastfeeding in different cultures and age groups. This study aims to determine the effect of skin-to-skin contact immediately after the cesarean section on maternal breastfeeding self-efficacy. The research design is Posttest quasi-experimental research design only with control groups involving 52 women with consecutive sampling in Langsa-Aceh. The data collected through breastfeeding Self-Efficacy Scale-Short Form. The results of Independent t-test showed a significant difference in the mean values of maternal breastfeeding self-efficacy in the intervention group and the control group (59.00 ± 6.54 ; 49.62 ± 7.78 ; $p= 0.001$). Skin to skin contact is proven to affect the maternal breastfeeding self-efficacy after cesarean section significantly.

Keywords : breastfeeding self-efficacy, cesarean section, skin to skin contact, immediately

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