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The Effect of Psychoeducation Therapy on Mother Behavior

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The Effect of Psychoeducation Therapy on Mothers' Behavior in Providing Nutrition to Infants Aged 0-6 Months in The Community Empowerment Agency of Sri Astutik, S.St., Warungering, Kedungpring, Lamongan

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Abstract— Psychoeducation Therapy is a life skill training providing psychological information services either individually or in groups to improve a client's ability in providing nutrition to infants aged 0-6 months. The purpose of this study was to determine the effect of the group psychoeducation on mothers' behavior in providing nutrition to infants aged 0- 6 months.

The design of this study was a pre-experimental one group pretest-posttest design, with a simple random sampling technique. The sample comprised of 39 respondents of nursing mothers in the community empowerment agency (BPM) of Sri Astutik, S.ST, Warungering, Kedungpring, Lamongan. Data collection was carried out in January-March 2018 using a closed questionnaire, and analyzed using the Wilcoxon test. The results showed that prior to psychoeducation, mothers' behavior in providing nutrition was not good (56.4%), while after psychoeducation almost all (84.6%) mothers' behavior was good. The Z value = -4.000 with a significant level of 0.000 ($p < 0.05$) indicated that there was an effect of psychoeducation on mothers' behavior in providing nutrition to infants aged 0-6 months at BPM of Sri Astutik, S.ST, Warungering, Kedungpring, Lamongan. Thus, psychoeducation therapy can be performed to increase knowledge about providing appropriate nutrition to infants aged 0-6 months.

Keywords—behavior, nutrition, psychoeducation therapy

I. INTRODUCTION

Lactation is the whole process of breastfeeding starting from breast milk production to the process of sucking and consuming. Breastfeeding is good for infants since breast milk is easily digested and provides adequate amounts of nutrients for the infant's needs [1]. Improving infant's nutrition can be performed by providing proper and correct nutrition.

Breastfeeding should be performed after the infant is born within the first one hour, then 2-3 hours until the infant feels enough and at least 5 minutes for each breast on the first day after giving birth, then 20 minutes for each breast [1]. Facts show that there are still a lot of mothers who substitute nutrition for their infants because they are lack of

knowledge about the benefits of breastfeeding and provision of proper and correct nutrition. The proper and correct nutrition is in the form of exclusive breastfeeding in which mothers feed their infants and do not give other food, drinks, including water, besides breastfeeding (including drops of medicines and vitamins, stored breast milk is also permitted) [2].

There are so many factors affecting mothers' success in providing breast milk nutrition, including contributing factors, not doing Early Breastfeeding Initiation (IMD), scheduling breastfeeding, giving prelactal drinks (drinking given before the milk comes out), especially providing it in a bottle, mistakes in positioning and attachment of the baby to breastfeeding, and not emptying one of the breasts while breastfeeding. The mother psychological factor determines the success of the lactation. Breastfeeding is also reported to have an impact on maternal psychology, mood and reactions to stress [3]. Mothers who experience postpartum depression are often associated with short breastfeeding periods [2]. Mother who does not have the confidence to produce milk results in less milk production [4].

Mothers' physical factors, such as being sick, tired, using contraceptive pills or other hormonal contraceptives, pregnant, alcoholics, smokers, or having anatomical breast disorders, can reduce milk production. Another factor is the infants' condition. A mother will produce breast milk according to the needs of her baby. Someone who has twin or triplet babies can breastfeed all of them. Factors of socio-cultural change include a) Working mothers or other social activities. b) Mimicking friends, neighbors or prominent people giving bottle to their infants. c) Feeling outdated when breastfeeding her baby. d) Positive maternal attitudes will have a longer duration of breastfeeding than those with negative attitudes [5]. The lack of health workers results in the lack of information or encouragement about the benefits of breastfeeding. It is required a socialization to the public regarding the benefits of breast milk and how to use it. The increasing factor, in the promotion of formula milk as a

substitute for breast milk, namely an increase in means of communication and transportation facilitating the advertising of formula milk distribution, raises the growth of the willingness of breastfeeding and its length in both villages and cities [4].

As a result of not doing correct and proper breastfeeding, mother will experience a milk production decrease so that it will cause dams on the breast glands, decrease the relationship between babies and mother, bleeding after labor, high occurrence of breast and uterine cancers, wasting time in preparing infant formula milk, and a family expenses increase. Then, the infant who does not get immune may easily get sick, especially from infectious diseases like diarrhea [1]. One effort to improve self-esteem and motivation for mother to be able to provide proper nutrition according to infant aged 0-6 months is the psychoeducation therapy. This therapy is an intervention which can be carried out on individuals, families, and groups focusing on educating its participants regarding significant challenges in life, helping participants develop sources of support and social support in facing the challenges, and developing coping skills towards the challenges [6]. Each group may consist of children, adolescents, and adults and can be applied in various fields such as hospitals, offices, universities, government and social services. The psychoeducation can be given in one or more sessions. This will provide education by looking at potential threats or life development and explaining individual coping strategies to deal with challenges of life [6].

The advantage of group psychoeducation therapy compared to other therapies is that it can improve intelligence, develop patient acceptance of challenges or disorders, improve patient participation in therapy, and develop coping mechanics carried out in 4 sessions for 45 minutes [6]. The purpose of this research was to observe the effect of the psychoeducation on mothers' behavior in providing nutrition to infants aged 0 - 6 months.

II.METHOD

This study was a pre-experimental design using One Group Pretest-Posttest Design. The population was nursing mothers with infants aged 0-6 months at BPM Sri Astutik, S.S.T at Waruangering, Kedungpring, Lamongan consisted of 43 mothers, while samples were taken as many as 39 mothers using simple random sampling. The study was conducted in January-March 2018. The dependent variable in this study was mothers' behavior in providing nutrition to infants aged 0-6 months. The independent variable in this study was the psychoeducation therapy. Data were collected using closed questionnaires. The collected data were tabulated, and then the same answers were grouped in the frequency distribution table. After that, the Wilcoxon Test was performed.

III.RESULTS

Table 1 shows that almost half (35.9%) of nursing mothers is 20-25 years and 36-30 years old, while a small percentage (2.6%) of nursing mothers is aged 41-45 years old.

Infants' Age, it also shows that some infants (28.2%) are aged 5 months old and a small percentage (7.7%) is aged 1 month and 4 months old. Table 2 shows that more than half (56.4%) of the mothers' behavior is not good in providing nutrition prior to the group psychoeducation therapy. It also shows that almost all (84.6%) of mothers' behavior in providing nutrition is good after the psychoeducation therapy.

Table 1 Distribution of mother's age and infant's age

	Number	Percent%
Age 20-25 years	14	35.9
26-30 years	14	35.9
31-35 years	6	15.4
36-40 years	4	10.3
41-45 years	1	2.6
Infant age 6 years	3	7.7
5 years	10	25.6
4 years	4	10.3
3 years	3	7.7
2 years	11	28.2
1 years	8	20.5

Table 2 Distribution of mother's in providing prior and after to psychoeducation therapy

Behavior	Before		After	
	Frequency	Percentage %	Frequency	Percentage %
Good	17	43.6	33	84.6
Not Good	22	56.4	6	15.4
Total	48	100.0	39	100.0

Table 3 The Effect of the Psychoeducation Therapy on Providing Nutrition Behavior to Infants Aged 0-6 Months

No.	Group Psychoeducation (Pretest)	Mothers' Behavior in Providing Nutrition (Posttest)		Total
		Good	Not Good	
1.	Good	17 (100%)	0 (0%)	17 (100%)
2.	Not Good	16 (72.7%)	6 (27.3%)	22 (100%)
Total		33 (84.6%)	6 (15.4%)	39 (100%)

Wilcoxon P Test value = 0.000

Based on Table 3 presenting the result of Wilcoxon test value with SPSS 18.0 for windows, the results are Z=4.000 with a significant level of 0.000 ($p < 0.05$). This means that there is an effect of the psychoeducation therapy on mothers' behavior in providing nutrition.

IV.DISCUSSION

4.1 Mothers' Behavior in Providing Nutrition after the Psychoeducation Therapy

Based on table 1, it shows that almost half (35.9%) of nursing mothers is aged 20-25 years and 36-30 years, while a small percentage (2.6%) of them is aged 41-45 years. One of the factors influencing changes in mothers' behavior after psychoeducation in providing nutrition to infants 0-6 months is mothers' age.[1]

It can be perceived that the more mature a mother, the more knowledge she understands. Knowledge is habits, skills, and understanding obtained from experience, practice, or learning process. Knowledge and understanding from mothers regarding breast milk will determine the behavior to achieve an exclusive breastfeeding [7]. A person's behavior based on knowledge will be stronger than those without knowledge. If someone's knowledge is good, information about his/her health and behavior is expected to be more easily changed and accepted. If the knowledge about providing nutrition to infants aged 0-6 months is less, then it is likely that it can inhibit the process of providing nutrition.

Thus, based on table 2, it shows that almost all (84.6%) of the mothers' behavior is good at providing nutrition after the psychoeducation therapy [8]. This is in the form of developing and providing information in public education about popular psychology or certain information used to influence people's psychosocial well-being. Changes in the behavior of providing nutrition at the time of posttest can be caused by the group psychoeducation which provides not only important information related to participant problems, but also prominent teaching skills for dealing with the problems. The group psychoeducation can be applied to various age groups and levels of education. Another assumption mentions that the group psychoeducation emphasizes on learning and education process rather than self-awareness and self-understanding where the cognitive component has a greater proportion than the affective component. [9] According to [6], the psychoeducation can be a single intervention, but it is also often used in conjunction with several other interventions to help participants face certain life challenges. The psychoeducation, both individually and in groups, not only provides important information related to the participant's problems, but also prominent teaching skills for dealing with the problem situation.

Based on the explanation above, it can be concluded that nursing mothers' age can affect knowledge of mothers' behavior in providing nutrition to infants. In general, it is stated that a person who is in early adulthood has a strong mindset. Mothers who have mastered skills and techniques related to correct lactation and knowledge about providing appropriate nutrition to infants aged 0-6 months are affected by changes in their behavior in providing nutrition after the intervention. Mothers who behave badly can gradually change to behave well after the psychoeducation therapy. This is because it increases knowledge and influences changes in behavior when giving nutrition to infants aged 0-6 months. Nonetheless, some early adulthood mothers still behave badly in giving nutrition to their infants.

4.2 The Effects of the Psychoeducation Therapy on Mothers' Behavior in Providing Nutrition

The results of this study indicate that mothers' behavior in providing nutrition after the group psychoeducation therapy has increased, compared to before the intervention. This is in accordance with the results of the Wilcoxon test results obtain $Z=4.000$ with a significant level of 0.000 ($p < 0.05$). Based on the results of the Wilcoxon test, H_0 was rejected meaning that there was an

effect of the group psychoeducation on mothers' behavior in providing nutrition.

Table 2 shows that mothers' behavior in providing nutrition prior to the group psychoeducation therapy was not good with more than a half of them (56.4%). Inappropriate nutrition provision to the baby is due to information factors, especially the lack of information about the benefits of breastfeeding, the lack of mothers' knowledge about efforts to maintain the quality and quantity of breast milk during the breastfeeding period, feeling less modern, fearing to lose their beauty, not being loved by their husband and the incessant advertising of bottled milk manufactures in various mass media. There are still many mothers who think that formula milk is more practical than breast milk when the mother is not with the baby [1]

The group psychoeducation therapy has many benefits including treatment, rehabilitation, and helping to solve a challenge of life in a mother's life especially in providing proper nutrition. It will lead to the increase of knowledge of proper nutrition, in the form of exclusive breastfeeding for 6 month .[1]

From that knowledge, a mother will comprehend and believe that exclusive breastfeeding is the right form of nutrition given to infants aged 0-6 months. The supporting factor of breastfeeding success behavior is their strong self-confidence in providing proper nutrition to the baby. Strong self-confident mothers experience fewer problems related to nutrition, and actively strive to obtain information related to lactation [7]

The short period of exclusive breastfeeding is often also associated with stress conditions in the mother, especially those who provide nutrition to infants using formula milk [10]. A study from Syamsir showed an effect of the psychoeducation on coping with postpartum depression in Dr. Pirngadi Hospital Medan. This study explained that after the psychoeducation intervention, it was found the average difference of depression in the intervened and not intervened postpartum. In a meta-analysis study, psychoeducational interventions were significantly able to reduce symptoms of psychological distress and depression [11]. There was a difference postpartum depression in mothers who were given psychoeducation therapy and those who were not. Anggorowati (2011) also explained the effect of intensive lactation counseling on exclusive breastfeeding up to 3 months suggesting that intensive lactation counseling, as much as 4 times at prenatal period and 5 times during postnatal period provides effects on mothers' knowledge, attitude changes, and increasing number of those who give exclusive breastfeeding until the age of 3 months.

Based on the above facts and theories, it can be concluded that the psychoeducation group therapy is very effective in affecting mothers' behavior in providing nutrition and increasing the knowledge on proper and correct breastfeeding because this therapy is able to improve knowledge and behavior through groups held in psychology education settings as a whole. Thus, nursing mothers can freely share or argue to solve problems addressed by several psychoeducation groups.

V. CONCLUSION

The results showed that there was an effect of the psychoeducation therapy on mothers' behavior in providing nutrition to infants aged 0-6 months at BPM of Sri Astutik, S.ST, at Warungering, Kedungpring, Lamongan in 2018

Suggestions
It would be better if health practitioners, especially nurses, use the psychoeducation therapy as an alternative to counseling, and health education to mothers during pregnancy and lactation so that it can improve health services. Besides that, it is also a means of comparison for the world of science in enriching information about giving nutrition to babies aged 0-6 months.

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