

THE EFFECTIVENESS OF SOLUTION FOCUSED BRIEF THERAPY COUNSELING ON THE DESIRE TO BREASTFEED PREGNANT WOMEN IN THE THIRD TRIMESTER

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ABSTRAK : EFEKTIFITAS PENDEKATAN KONSELING SOLUTION FOCUSED BRIEF TERAPI TERHADAP KEINGINAN MENYUSUI PADA IBU HAMIL TRIMESTER III

Latar Belakang: Pendekatan konseling yang fokus pada solusi memandang setiap ibu memiliki kemampuan mencari dan menentukan solusi terbaik dalam mengatasi kesulitan dalam menyusui sehingga bayi mendapatkan ASI Eksklusif. Tujuan: Mengetahui Efektifitas Pendekatan Konseling Solution Focused Brief Terapi Tentang ASI Eksklusif Terhadap Keinginan Menyusui Pada Ibu Hamil Trimester III Di Wilayah Kerja Puskesmas Anak Air Kota Padang. Metode : Jenis penelitian yang digunakan pada penelitian ini adalah pre eksperimen dengan desain One – Group Pretest – Posttest Design. Pengambilan sampel dilakukan secara total sampling dengan kriteria ibu hamil trimester III dengan skor IFI maksimum 9 dan bersedia mengikuti 2 kali sesi konseling. Analisa data menggunakan Uji T dependen. Hasil: Rata – rata skor IFI sebelum diberikan konseling solution brief terapi sebanyak 6.23 sedangkan skor IFI setelah diberikan konseling solution brief terapi terjadi peningkatan menjadi 12.97. Hasil uji bivariate didapatkan konseling dengan pendekatan solution brief terapi efektif meningkatkan niat ibu hamil menyusui bayi nya setelah melahirkan dengan nilai Pvalue 0,05 (P value 0, 000). Kesimpulan: Konseling dengan pendekatan solution brief terapi efektif meningkatkan niat ibu hamil menyusui bayi nya setelah melahirkan dengan nilai Pvalue 0,05 (P value 0, 000). Saran: Peningkatan pelayanan konseling untuk peningkatan niat ibu menyusui.

Kata Kunci : Niat Menyusui, Konseling, SFBT, Ibu Hamil

ABSTRACT

Background: A solution-focused counseling approach views each mother as having the ability to find and determine the best solution in overcoming difficulties in breastfeeding so that the baby gets exclusive breastfeeding. Purpose: To determine the effectiveness of the Solution Focused Brief Therapy Counseling Approach on Exclusive Breastfeeding on the Desire to Breastfeed Pregnant Women Trimester III in the Working Area of the Anak Air Health Center, Padang City. Methods: The type of research used in this study was a pre-experiment with a One - Group Pretest - Posttest Design. Sampling was done by total sampling with the criteria of third trimester pregnant women with a maximum IFI score of 9 and willing to participate in 2 counseling sessions. Data analysis using dependent T test. Results: The average IFI score before being given solution brief therapy counseling was 6.23 while the IFI score after being given solution brief therapy counseling increased to 12.97. The bivariate test results showed that counseling with a solution brief therapy approach was effective in increasing the intention of pregnant women to breastfeed their babies after giving birth with a Pvalue of 0.05 (P value 0, 000). Conclusion: Counseling with a solution brief therapy approach effectively increases the intention of pregnant women to breastfeed their babies after giving birth with a Pvalue of 0.05 (P value 0, 000). Suggestions: Improved counseling services to increase the intention of breastfeeding mothers.

Keywords: Counselling , Infant Feeding Intuition, Pregnancy Women , SFBT

INTRODUCTION

Stunting is a chronic malnutrition problem due to prolonged undernutrition during the first 1000 days of life due to inadequate nutrition. This condition can increase infant and early childhood mortality rates due to the vulnerability of the child's immune system. In addition, stunted children have poor posture as

adults. (Kementerian Desa Pembangunan Daerah Tertinggal dan Transmigrasi, 2017). Based on data from the National Nutrition Status Survey (SSGI) in 2022, the prevalence of stunting in Indonesia was 21.6%. This number decreased compared to the previous year, which was 24.4%. Although declining, this figure is still high, considering that the stunting

prevalence target in 2024 is 14% and the WHO standard is below 20%. (Kemenkes, 2023).

One of the efforts to reduce the incidence of stunting is to carry out specific nutritional interventions through exclusive breastfeeding. Breast milk is a source of nutritional intake with a balanced composition for newborns for growth and development needs and has an exclusive nature because it is given to babies from birth to 6 months of age and continues up to two years or more with the provision of safe and appropriate complementary foods (Kementerian Desa Pembangunan Daerah Tertinggal dan Transmigrasi, 2017), (Nisa et al., 2023).

Many factors influence exclusive breastfeeding for 6 months in infants. Infant's willingness to breastfeed, mother's intention, opportunity, information, support from health workers, family/community, firm government policy and protection of working women. (Widianingsih & Wilopo, 2013). Not only physical factors, cultural, social and emotional changes are also part of the breastfeeding phenomenon. Therefore, intention to breastfeed is the result of a complex and progressively built behavior since pregnancy. In this regard, maternal intention to breastfeed is considered as one of the most significant factors associated with breastfeeding practice. Research results reveal that the stronger a mother's intention to breastfeed, the more likely she is to breastfeed. (Góes, Ledo, Santos, Pereira-Ávila, Silva, & Christoffel, 2020; Permatasari, et al., 2018).

Maternal intention to breastfeed in pregnant women is most important for the duration and sustainability of breastfeeding. The results of a study conducted in Saudi Arabia on 382 pregnant women with the inclusion criteria of pregnant women who did not have contraindications to breastfeeding such as HIV, hepatitis B, and a history of breast surgery, age 18 years and over and had no disability showed that 56.3% had a strong intention to breastfeed. (Ibrahim, Alshahrani, Thbaity, Sayed, Almedhesh, & Elgzar, 2023).. Research conducted by Tri Astika Endah Permatasari in 2016 in Tanggerang on 143 third trimester pregnant women found 61.5% of mothers have a high intention to provide exclusive breastfeeding to their babies since the third trimester (Mean 11.0 ± 2.5 SD). The results of this study were lower when compared to research conducted in the North Barito region of Kalimantan which showed the results of 70% of mothers having a high intention to exclusively breastfeed their babies since the third trimester of pregnancy. This happens because the intention is influenced by the high knowledge of

breastfeeding in the mother. (Permatasari, et al., 2018)

A major challenge in increasing mothers' intention to breastfeed is the lack of knowledge and adequate support. Many mothers do not know how to breastfeed properly, or even know the benefits of breastmilk for both baby and mother. In addition, support from family and the environment is also very important in helping mothers to breastfeed comfortably and smoothly. However, not all families and neighborhoods provide adequate support for mothers who want to breastfeed. (Hanifah and Kartin, 2022)..

Counseling is one of the effective educational methods to high and low educated targets, so that by providing counseling it can easily provide information, can influence opinions, stimulate thinking, is easy, inexpensive and can simultaneously do demonstrations during counseling. Thus, the more mothers are able to breastfeed properly and the more newborns who initiate early breastfeeding (IMD). (Mariani, Sunanto and Wahyusari, 2019) (Yuniarti and Susanto, 2012). This is in accordance with the results of research in Kutai Kartanegara which states that support from health workers in the form of breastfeeding counseling can be provided since pregnancy and is able to use multilingualism. The Antenatal Care (ANC) period is very appropriate for providing lactation counseling, especially in TM III pregnancy, so that it is expected that at the time of delivery breast milk has been released, so that it is ready to be given breast milk in the first hour of birth and continued until the baby is 6 months old. (Mufiddah et al., 2016)..

One of the counseling and psychotherapy approaches influenced by postmodern thinking is the Solution Focused Brief Therapy (SFBT) approach. SFBT is a counseling approach that emphasizes problem solving by finding solutions quickly and precisely in overcoming existing problems. (Sumarwiyah, Zamroni and Hidayati, 2015). This approach is widely used in adolescents and families related to learning patterns, social behavior, increasing self-confidence in adolescents and so on. However, this approach has never been done on third trimester pregnant women to find out the desire to breastfeed mothers in Indonesia. This solution-focused counseling approach considers that each mother has the ability or competence to find and determine the best solution that can later be used in overcoming difficulties in breastfeeding, so as to increase the mother's intention to breastfeed and improve the quality of the relationship between mother and baby. Research has also shown that a solution-focused counseling approach can help

mothers to overcome breastfeeding difficulties. (Eryanti, 2020) (Nisa et al., 2023)(Raissian and Su, 2018).

Based on the description above, the researcher is interested in conducting research with the title "The Effectiveness of Solution Focused Brief Therapy Counseling Approach on the Desire to Breastfeed Pregnant Women in Trimester III in the Working Area of Anak Air Health Center Padang City".

RESEARCH METHODS

This was a pre-experimental study with One - Group Pretest - Posttest Design in a quasi-experimental setting. This study was conducted at Padang sarai district in Anak Air Healthcare center area's in Padang City in September - October 2023. The population was all third trimester pregnant women in Padang Sarai village in Anak Air Healthcare center area in Padang City which amounted to 40 people. Before conducting the study, all pregnant women conducted an initial assessment of breastfeeding interest using the Infant Feeding Intuition (IFI) questionnaire. Sampling was done by total sampling with the criteria of third trimester pregnant women with a maximum IFI score of 9 and willing to take part in counseling sessions 2 times. Each counseling session was conducted for 20-30 minutes in groups with a solution focused brief therapy approach, with the distance between the first and second counseling sessions being one week. One week after the second counseling session, the intention of breastfeeding mothers was evaluated using the same questionnaire. Data were analyzed using the Paired sample T Test. This study has been approved based on ethical clearance issued by the Ethics Committee of Universitas Perintis Indonesia with number 557/KEPK.F1/ETIK/2023.

RESEARCH RESULTS

Table 1

Frequency Distribution of Respondent Characteristics

Characteristics	Frequency	Percentage
Age		
< 20 Years	1	3.3
20 - 35 Years	27	90
> 35 Years	1	6.7
Education		
Not in school - elementary school	2	6.7
Junior -Senior High	23	76.7
Higher Education	5	16.7
Jobs		
Not Working	27	90
Work	3	10
Paritas		
Primiparous	13	43.3
Multiparous	17	56.7
Breastfeeding History		
Exclusive breastfeeding	10	33.3
Not exclusively breastfed	7	23.4
Never breastfed	13	43.3

Based on table 1, 27 respondents (90%) had reproductive age (20 - 35 years), 23 respondents (76.7%) had the last education of junior high school - high school, 27 respondents (90%) were housewives (not working). 17 people (56.7%) respondents with multigravida status and 10 respondents (33.3%) who provide exclusive breastfeeding.

Based on the results of the normality analysis using Shapiro Wilk test, it was known that the levels of intention of breastfeeding mothers (IFI) scores before and after counseling had a p value of <0.05. Such finding indicated that all variables were not normally distributed, so the bivariate test should apply the non-parametric test, namely the Wilcoxon alternative test.

Table 2

Wilcoxon test analysis results

	Mean	Minimum - Maximum	P-value
IFI Score before Counseling	6.23	2 - 9	0.000
IFI Score after Counseling	12.97	2 - 16	

Based on table 2, it was found that the average IFI score before being given solution brief therapy counseling was 6.23 while the IFI score after being given solution brief therapy counseling increased to 12.97. The results of statistical tests obtained counseling with a solution brief therapy

approach are effective for increasing the intention of pregnant women to breastfeed their babies after giving birth with a Pvalue <0.05 (P value 0, 000).

DISCUSSIONS

Based on table 2, the score of mothers' intention to breastfeed their babies from immediately after birth to the age of 2 years is 6.23 with a minimum value of 2 and a maximum of 9. The results of the questionnaire analysis, on the statement regarding "when the respondent's baby is 3 months old, the respondent will breastfeed without using formula or other milk", most respondents answered somewhat disagree. This provides an understanding that respondents will continue to breastfeed their babies at the age of 3 months by combining breast milk with formula or other milk.

Breast milk has a unique composition when compared to formula milk. Breast milk contains many antimicrobials, anti-inflammatories, and immunities that are useful for the growth of the baby's immune system. In addition, breastfeeding alone can reduce family expenditure on formula milk. Adequate breastfeeding can help reduce mortality and morbidity, and reduce the risk of infectious diseases. (Asnidawati and Ramdhan, 2021; Weerth et al., 2022).. The many benefits obtained from exclusive breastfeeding behavior (up to 6 months after birth), the World Health Organization (WHO) and the United Nations International Children's Emergency Fund (UNICEF) recommend exclusive breastfeeding in the first 6 months after the baby is born, as well as complementary feeding and continued breastfeeding after 6 months until the age of 2 years or more. (Iswari, 2018) (Meek and Noble, 2022) (Bai et al., 2010). Research in Mexico illustrates that although the majority of mothers agreed to exclusively breastfeed for the first six months because they thought it was best for their babies, in reality, they were

formula feeding in addition to breastfeeding. This occurs because they face difficult circumstances, such as feeling insufficient milk supply, being separated from their baby, or experiencing pain or cracked nipples. Mothers' perceptions that their infants are still hungry after breastfeeding, suggesting insufficient milk production to satiate the infant, are consistently recognized as a reason to formula feed (Zamudio- et al., 2017). (Zamudio- et al., 2017) (Rothstein et al., 2021).

The solution brief therapy counseling approach focuses on finding solutions to problems and making changes so that individuals can become developed individuals. This approach to breastfeeding counseling aims to change the perception, knowledge and behavior of mothers about breastfeeding. After being given counseling on breastfeeding with the solution brief therapy

approach, it was found that the increase in the mother's intention score to breastfeed her baby from immediately after birth to 2 years of age was 12.97 with a minimum value of 2 and a maximum of 16. After undergoing 2 counseling sessions with the solution brief therapy approach, most respondents strongly agreed with the statement "when the respondent's baby is 3 months old, the respondent will breastfeed without using formula or other milk". This illustrates that mothers have a strong intention to give only breast milk without a mixture of formula milk when the baby is 3 months old because they already know the disadvantages of giving formula milk to their babies. In this study, it was found that most of the pregnant women were of reproductive age, had secondary education, and were unemployed. The sociodemographic conditions of respondents, such as age, education, and employment, influence beliefs and attitudes about infant feeding, which in turn influence breastfeeding intentions and ultimately behavior (duration of breastfeeding). (Donath, Alcohol and Center, 2003)..

Intention in shaping behavior in Planned Behavior Theory can predict a person's exclusive breastfeeding behavior in the future. This is evidenced by research in Spain which examines the intention of exclusive breastfeeding in pregnant women and exclusive breastfeeding behavior after the pregnant woman gives birth. Based on research conducted by Tehrani, et al. (2014), it is known that mothers who have the intention of exclusive breastfeeding 46.5% provide exclusive breastfeeding to their babies for 6 months. Then obtained an OR of 5.85 which means that mothers who have the intention of exclusive breastfeeding are 5.85 times more likely to provide exclusive breastfeeding to their babies.

This is in line with the research of Jager, et al. (2014) getting a p-value of 0.01 which means that there is a significant relationship between exclusive breastfeeding intention and exclusive breastfeeding behavior. This study proves that if someone has formed an intention or has the desire to do something, then it is likely that in the future that person will take that action. The likelihood of the behavior being carried out depends on the size of the person's intention.

The statistical test results showed that counseling with a solution brief therapy approach was effective in increasing the intention of pregnant women to breastfeed their babies after giving birth with a Pvalue <0.05 (P value 0, 000). This illustrates that the solution brief therapy approach in breastfeeding counseling is very effective on the mother's desire to breastfeed her baby exclusively.

After 2 counseling sessions, most respondents strongly agreed to "when the respondent's baby is 6 months old, the respondent will breastfeed without using formula or other milk" which means that pregnant women have a strong intention to provide exclusive breastfeeding without formula or other solid food until the baby is 6 months old. The results of research conducted in Malaysia to determine the effect of planned behavior theory on the intention of mothers to breastfeed their babies said pregnant women who intend to have a stronger belief that they will get many positive benefits if they provide only breast milk in the first 6 months of their baby's life. (Alina et al., 2014).

This is according to a study conducted by Megan Rose - Cawdery on pregnant women in Pittsburgh, Pennsylvania on counseling the benefits of exclusive breastfeeding on the intention of breastfeeding mothers. After counseling, pregnant women showed statistically significant changes in their understanding of the possibility that lactation can affect maternal health. After the counseling intervention, the average knowledge score of mothers about breastfeeding increased from a score of 19/35 to 26/35. This increase in knowledge score resulted in an increase in breastfeeding intention of pregnant women (OR 1.20, 95 % CI 1.02-1.42). (Carrie et al., 2016). This suggests that lactation counseling has the potential to have a meaningful impact on breastfeeding intentions and thus infant feeding behaviors and improve health outcomes across two generations. A Scottish study of pregnant and breastfeeding women also found that group or individual counseling improved their breastfeeding intentions and behaviors. The intervention increased breastfeeding initiation and duration most effectively for women who gave birth and received postnatal care in a midwife-led community unit in the intervention area (Hoddinott and Lee, 2014). (Hoddinott and Lee, 2006)

CONCLUSIONS

The Solution Focused Brief Therapy Counseling Approach is effective on the desire to breastfeed pregnant women in the third trimester in the working area of the Padang City Anak Air Health Center (Pvalue 0.00). For future researchers to be able to examine the intention of breastfeeding mothers with a planned behavior therapy approach with more time and samples.

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SUGGESTION

Improved counseling services to increase the intention of breastfeeding mothers.

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