

Abstract

Original Article

**The Effect of Antenatal Education on Breastfeeding Self-Efficacy:
Primiparous Women in Turkey**

Berrak Mizrak, RN, MSN

Research Assistant, Eskisehir Osmangazi University, School of Health, Nursing Department, Turkey

Nebahat Ozerdogan, PhD

Associate Professor, Eskisehir Osmangazi University, School of Health, Midwifery Department, Turkey

Ertugrul Colak, PhD

Associate Professor, Eskisehir Osmangazi University, Department of Biostatistics, Turkey

Correspondence: Berrak Mizrak, Eskisehir Osmangazi University, School of Health, Nursing Department, Turkey, Meselik Campus, 26480 Eskisehir, Turkey E-mail: bmizrak5@hotmail.com

Abstract

Background: Breastfeeding self-efficacy is a modifiable factor that can increase breastfeeding success and duration. Breastfeeding support programmes help to improve self-efficacy and to facilitate a longer duration of breastfeeding.

Aims: The aim of this study was to evaluate the effect of antenatal breastfeeding education on breastfeeding self-efficacy and breastfeeding success.

Methodology: This was an intervention study. The study was carried out in 6 family health centers (FHC) in Eskisehir. There were a total of 90 research subjects. We divided the participants into the following two groups: an intervention group (n=45) and a control group (n=45). The researchers provided breastfeeding education to the intervention group to develop breastfeeding self-efficacy. We evaluated breastfeeding self-efficacy at 1, 4, and 8 weeks postnatally and breastfeeding success at 1 and 8 weeks postnatally.

Results: There were no significant differences between the groups in the mean antenatal BSES-SF scores. However, there was a significant difference between the groups in the mean BSES-SF scores at 1, 4 and 8 weeks postpartum, with higher scores in the intervention group at these time points. At 1 and 8 weeks postpartum, the intervention group had a significantly higher rate of breastfeeding success than the control group.

Conclusions: This study concluded that antenatal breastfeeding education and support were given to pregnant women/mothers from the prenatal period to the postnatal period increases breastfeeding self-efficacy and breastfeeding success. Nurses who provide breastfeeding education should be informed about breastfeeding self-efficacy. Nurses should attempt to employ breastfeeding self-efficacy into breastfeeding education.

Keywords: Breastfeeding education, breastfeeding self-efficacy, breastfeeding success, breastfeeding self-efficacy tool, antenatal, postnatal.