

ABSTRACT

Louisa, Stevie. 2025. The Relationship Between The Level of Knowledge of Young Pregnant Women About Lactation Management and Breastfeeding Self Efficacy (BSE). Thesis. Bachelor of Applied Midwifery. Politeknik Kesehatan Kemenkes Malang. Supervisor: Dr. Heny Astutik, S.Kep.Ns., M.Kes.

Young pregnant women's knowledge about lactation management plays a crucial role in shaping breastfeeding self-efficacy. Previous research has shown a discrepancy between the two, with 55% of young pregnant women having high BSE levels, but only 22% having good knowledge, potentially impacting the quality of breastfeeding practices. The aim of this study was to determine the relationship between young pregnant women's knowledge about lactation management and breastfeeding self-efficacy. The study design used a correlational analytic approach with a cross-sectional approach, with a population of 35 young pregnant women, and a total sampling technique. The instruments used were a lactation management knowledge questionnaire and the Prenatal Breastfeeding Self-Efficacy Scale (PBSES). The results showed that less than half of young pregnant women had sufficient knowledge about lactation management (43%), while more than half of young pregnant women had moderate breastfeeding self-efficacy (51%). The Spearman correlation test p -value was $0.010 < 0.05$ with a coefficient of 0.432. This means there is a moderate relationship between young pregnant women's knowledge of lactation management and breastfeeding self-efficacy. Conclusion: The higher the knowledge of young pregnant women about lactation management, the higher their breastfeeding self-efficacy. Health workers need to provide routine lactation education for young pregnant women and provide psychological support to increase breastfeeding confidence.

Key Words : Breastfeeding Self-Efficacy, Knowledge, Lactation Management, Young Pregnant Women