

## Overview of mom's confidence when planning to return low birth weight baby from the hospital

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Date received; 20 Maret 2024 ◦ revised: 14 April 2024 ◦ accepted: 01 Juni 2024

### ABSTRACT

**Introduction:** Babies with low birth weight are one of the health problems often faced by mothers and families in various countries, including Indonesia. The return of babies with low birth weight from the hospital became a critical stage in their care after a period of intensive hospitalization.

**Objective:** Describe the mother's confidence level when planning to return a baby with low birth weight from the hospital.

**Method:** Quantitative research with a descriptive design involving 29 respondents. This study used non-probability and consecutive sampling techniques to determine subjects who met the inclusion criteria. The measuring instrument uses the Maternal Confidence Questionnaire Instrument, and the analysis results are descriptive data equipped with tables.

**Results:** Most of the self-confidence of mothers planning to return home with high birth weight babies from the hospital was high among 16 respondents (55.2%). Factors that influence a mother's confidence include previous experience in caring for a child, social support from family and friends, information and education provided by medical personnel, and adequate financial condition and environment for the care of the baby.

**Conclusion:** The mother's self-confidence plays a crucial role in planning the return of a low birthweight baby from the hospital. Social support, knowledge of baby care, interaction with health workers, and understanding of the baby's health condition contribute to the mother's confidence. A holistic approach involving adequate social support, information and education, and financial and environmental readiness to increase maternal confidence in caring for a low-birth-weight baby after discharge from the hospital.

**Keywords:** low birth weight babies; mother's self-confidence; return planning.



## INTRODUCTION

Babies with low birth weight (BBLR) are one of the health problems that are often a concern in the field of perinatology. The return of BBLR babies from the hospital after intensive care in the neonatal unit is an essential stage in their recovery (Irianto, Luthfiyah and Maghfiroh, [2023](#)). At this stage, the role of the mother as a caregiver is crucial in ensuring the welfare and optimal development of the baby. Maternal confidence is a factor that influences the quality of care provided to BBLR babies after discharge from the hospital (Rahmawati, Mardiyah and Wahidah, [2022](#)). High self-confidence can motivate mothers to carry out good care, follow medical instructions with discipline, and overcome challenges that may arise in caring for BBLR babies. However, there is still a lack of understanding of the mother's self-confidence picture when planning to return home BBLR babies from the hospital. This study aims to describe the mother's level of self-confidence, the factors that influence this confidence, and the impact on the care of BBLR babies after discharge from the hospital (Dwi Astuti *et al.*, [2024](#)). With a deeper understanding of this, it is hoped that intervention strategies can be developed that are more effective in increasing maternal confidence and providing optimal support for the care of BBLR babies after discharge from the hospital. This research is expected to significantly contribute to efforts to improve the quality of life of BBLR babies and reduce the risk of complications that may arise (Astuti *et al.*, [2019](#)).

The return of babies with low birth weight from the hospital is an essential moment in their treatment journey. The mother's confidence level greatly influences the baby's recovery and adaptation process after returning home (Kamilia, [2019](#)). The mother's confidence in this includes the readiness to care for this baby with special needs in a home environment. Babies with low birth weight are one of the groups that require special care after birth. The process of planning to return a low birth-weight baby from the hospital is a critical moment that requires readiness and confidence on the part of the mother (Hatijar, [2023](#)). A mother's self-confidence can be influenced by various factors, including previous experience caring for a child, knowledge of low birth weight baby care, social support from family and medical personnel, and adequate financial and environmental readiness to care for the baby (Kadiroğlu and Güdücü Tüfekci, [2022](#)). The mother's self-confidence level plays a crucial role in the quality of the baby's care after discharge from the hospital. Therefore, a deep understanding of the mother's self-confidence when planning a low birth weight baby home is essential to develop effective interventions and support optimal care for the baby (Polizzi *et al.*, [2021](#)).

The success of treatment of a low-birth-weight baby after discharge from the hospital depends mainly on the mother's confidence in planning the discharge process. The mother's self-confidence is a crucial factor influencing the quality of care and recovery of the baby (Utami *et al.*, [2023](#)). In this context, it is essential to understand the factors that affect the mother's confidence level and how they can increase the mother's confidence in caring for a low birth weight baby after discharge from the hospital (Sasarari *et al.*, [2023](#)). The success of the treatment of low-birth-weight babies, the relevance of research on the mother's confidence in planning the baby's return. Planning the return of a baby with low birth weight from the hospital is a critical stage in the care of the baby. The mother's self-confidence level strongly influences home care success after hospital discharge (Schuler *et al.*, [2023](#)). The mother's confidence in caring for a low-birth-weight baby is crucial in ensuring that the baby gets the appropriate care for her medical needs. A mother's self-confidence is influenced by various factors, including previous experience caring for children, knowledge of the baby's health condition, social support from family and medical personnel, and financial and environmental readiness to provide optimal care at home. Therefore, a deep understanding of the mother's self-confidence when planning a low birth weight baby discharge from the hospital is essential to improve the quality of infant care and support optimal recovery (Doukouré *et al.*, [2022](#)).

This study describes maternal self-confidence in planning the return of babies with low

birth weights from the hospital. With a better understanding of the factors that affect maternal self-confidence, it is hoped that more effective intervention strategies can be developed to increase maternal confidence and ensure that the baby receives the best care after returning home to make a positive contribution to improving the quality of care and recovery of the baby.

## MATERIALS AND METHODS

Type and Design of Research using descriptive research design. Research Population is a combination of all elements in the form of events, things, or people with similar characteristics that are the center of a researcher's attention because it is seen as essential in research. The population in this study is all mothers of BBLR babies. The sample of this study was some mothers of BBLR babies, totaling 29 people. In this study, non-probability sampling techniques were used, and the consecutive sampling technique was used to determine subjects who met the inclusion criteria by looking at the progress records of clients planning to go home after room temperature adaptation. Then, the baby's mother was given informed consent and distributed questionnaire sheets. Data analysis is an activity that is performed after collecting data from all respondents or other data sources. Data processing describes the research results divided into one variant, univariate analysis, and normality tests to obtain a cut-off point. The normality test uses the Sapiro-Wilk Test (when the respondent < 50) and the Kolmogorov-Smirnov test with a significance of >0.05. If the normality test result is usually distributed, then use the mean; if it is not normal, use the median. Because the sample of study respondents <50, it uses the Sapiro Wilk test. Based on the SPSS results, it is known that the normality test results are not generally distributed with a significance value of < 0.05,  $p = 0.001$ .

## RESULTS

Table 1. Frequency distribution of respondents and description of mothers' self-confidence

<b>Age</b>	<b>n</b>	<b>(%)</b>
17-25	9	31.0
26-35	12	41.4
36-45	8	27.6
<b>Education</b>		
Primary education	5	17.2
Secondary Education	23	79.3
Higher education	1	3.4
<b>Work</b>		
Work	5	17.2
Doesn't work	24	82.8
<b>Baby Birth Weight</b>		
1500-2500 grams	27	93.1
1000-1500 grams	2	6.9
<b>Mom's Self-Confidence</b>		
Low	13	44.8
Tall	16	55.2

Table 1. The characteristics of respondents based on the age of the majority aged 26-35 were obtained from as many as 12 people with a percentage (41.4%), meaning the age range of mothers with BBLR babies is mainly aged 26-35. The characteristics of respondents based on education, the majority of whom have secondary education (SMA), as many as 23 people (79.3%), the characteristics of respondents based on occupation, the majority do not work as many as 24 people (82.8%), respondents based on birth weight, most babies have babies with a birth weight of babies 1500-2500 grams totaling 27 respondents (93.1%). It is known that most of the self-confidence figures of mothers planning to return low birth weight babies from the hospital are high at 16 respondents (55.2%).

## DISCUSSION

It is known that most of the self-confidence picture of mothers planning to go home with low-birth-weight babies from the hospital is high. Positive self-confidence in a person is shown through the following attitudes: confidence in one's abilities, that is, a person's positive attitude about himself. Confident individuals will feel confident in their abilities and what they do. Optimism is a positive attitude that someone has a good view of everything he faces and expects (Akbari and Sahibzada, [2020](#)). The self-confidence with the same BBLR has high and low self-confidence, which is 50%. Self-confidence in caring for a baby is influenced by several factors, including the mother's experience caring for the baby (Lojander, Axelin, and Niela-Vilén, [2024](#)). Multiparous mothers have higher self-confidence than primiparous mothers, and family support will significantly support the mother's confidence in caring for her baby. Mothers who have previous experience in caring for a child, exceptionally if they have cared for a low birth weight baby or a baby with a health condition that requires special care, tend to have a higher level of confidence in planning a baby's return from the hospital (Amaliya *et al.*, [2023](#)). The mother's level of knowledge and understanding of the health condition of the low-birth-weight baby significantly affects her confidence. Mothers who receive adequate education from medical personnel about the care needed for the baby will tend to be more confident in taking appropriate care measures (Habte, Tamene, and Gizachew, [2023](#)). The availability of social support from family, friends, and community also plays a vital role in boosting mothers' self-confidence. Emotional support, assistance in daily tasks, and guidance from those closest to you can provide greater confidence in caring for a low birth weight baby. Financial conditions and an adequate home environment to provide the necessary care also affect the mother's confidence level. The availability of medical devices, adequate nutrition, a clean and safe environment, and accessibility to medical services are important factors that can support maternal confidence (Sönmez and Mamuk, [2021](#)).

Positive and responsive interactions from medical personnel, including their ability to provide transparent information, answer questions well, and provide necessary guidance, can provide additional confidence for mothers (McLeish *et al.*, [2021](#)). A mother's confidence when planning to send a low-birth-weight baby home from the hospital is greatly influenced by the personal, social, and environmental context and support from the medical side. By understanding these factors holistically, appropriate intervention strategies can be developed to increase maternal confidence and ensure optimal care for the baby after returning home (Hayman *et al.*, [2020](#)). A mother's confidence when planning to send a low-birth-weight baby home is influenced by various interacting factors. Paying attention to all these aspects is essential to increase the mother's self-confidence and provide optimal care for the baby after returning home from the hospital. Mothers who have previous experience in caring for children, deficient birth weight babies, or those with special medical conditions tend to have higher levels of self-confidence. They may be familiar with the care required and better prepared to face challenges that may arise. The mother's level of knowledge about the health condition of low-birth-weight babies and understanding of the necessary care steps significantly influences her self-confidence. Education provided by medical personnel can help increase the mother's knowledge and self-confidence (Adiana, Utami, and Ningsih, [2021](#)).

Social support from family, friends, and community also plays an important role in boosting a mother's self-confidence. Emotional support, help with daily tasks, and opportunities to share experiences with others can encourage mothers positively. The mother's confidence when planning a low-birth-weight baby home is influenced by psychological factors, knowledge, social support, practical conditions, and effective communication (Hellfeldt, López-Romero, and Andershed, [2019](#)). Understanding these dynamics can help identify areas of concern to boost the mother's confidence and provide the best care for the baby after discharge from the hospital. Knowledge and education and the mother's knowledge about the baby's health condition, low birth weight, and necessary treatment procedures will affect their confidence (Mishra, [2020](#)). Good education from medical personnel can improve mothers' understanding and readiness to

face complex care. Implementing educational programs during home planning for three days can improve the knowledge and skills of mothers caring for premature babies. Education in discharge planning should be routinely applied in hospitals as an independent nursing intervention to improve the quality of nursing services further (Liu *et al.*, 2020). The mother's confidence when planning a low-birth-weight baby to return home from the hospital is influenced by various factors, including experience, knowledge, social support, financial and environmental readiness, and interaction with medical personnel. Boosting the mother's confidence through education, strong social support, and a supportive environment can help ensure optimal care for the baby upon return home (Mathias, Mianda, and Ginindza, 2020).

The importance of education provided to mothers about the care required for low-birth-weight babies has a significant impact on their level of self-confidence. Sufficient knowledge can give mothers the confidence to care for their babies more effectively (Bimpong *et al.*, 2020). Social support from family, friends, and medical personnel also plays an important role in increasing a mother's self-confidence. Emotional and practical support can give mothers greater confidence in facing the challenges of caring for a low-birth-weight baby (Maleki *et al.*, 2022). Effective communication between mothers and medical personnel positively impacts the mother's self-confidence level (Suprpto, Lalla, and Arda, 2023). Clear explanations and providing appropriate information can help mothers feel more confident in making decisions regarding their baby's care. Previous experience caring for children, especially babies with special conditions such as low birth weight, also influences the mother's self-confidence (Palmquist, Holdren, and Fair, 2020). This experience can give mothers additional readiness and confidence to care for their babies. Intervention strategies are needed that focus on increasing knowledge, social support, and effective communication to increase mothers' confidence in planning for low-birth-weight babies to be discharged from the hospital. Infant care skills training and group support may also be part of this strategy (Hurt *et al.*, 2023).

## CONCLUSIONS

The mother's self-confidence plays a vital role in the planning process of returning a low birth-weight baby from the hospital. Social support, knowledge of baby care, interaction with health workers, and understanding of the baby's health condition contribute to the mother's confidence. A holistic approach involving adequate social support, information and education, and financial and environmental readiness is needed to increase mothers' confidence in caring for babies with low birth weight after discharge from the hospital. An in-depth understanding of the mother's self-confidence in planning for the discharge of a low-birth-weight baby can positively contribute to efforts to improve the quality of care and recovery of the baby concerned.

### Acknowledgment

The authors would like to express their gratitude to all participants in this study for their help in completing this research.

### Funding Source

The authors disclosed that they received no funding, grants, or assistance while preparing this article.

### Conflict of Interest

None declared

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**How to cite this article:** Setyawati, A., Wijayanti, L., Ratnasari, F., Wahyuni, H. and Tyarini, I. (2024) “Overview of mom’s confidence when planning to return low birth weight baby from the hospital”, *Jurnal Ilmiah Kesehatan Sandi Husada*, 13(1), pp. 69-75. doi: 10.35816/jiskh.v13i1.1174.