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RELATIONSHIP BETWEEN MATERNAL SELF-EFFICACY AND MATERNAL FEEDING BEHAVIORS FOR TODDLERS IN JAVA ISLAND, INDONESIA

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ABSTRACT

Introduction: Appropriate maternal feeding behaviors are well known as a health promoting behavior for toddlers because it can support their health and development. According to Pender's Health Promotion Model (2006), self-efficacy can influence the health promoting behaviors. Maternal self-efficacy was the judgment of mothers who have toddlers about their capability to perform appropriate maternal feeding behaviors for their toddlers. This study was aimed to examine the relationship between maternal self-efficacy and maternal feeding behaviors for toddlers in Java Island, Indonesia. **Methods:** A descriptive correlational research design was undertaken in January to February 2015. One hundred and ten Indonesian mothers who have toddlers and lived in Java Island were obtained through multistage random sampling. The research instruments included Maternal Feeding Behaviors Questionnaire (MFBQ), Demographic Characteristic Questionnaire, and Perceived Maternal Feeding Behaviors Self-efficacy Questionnaire (FBSeQ). The bivariate correlation analysis was used to examine the relationship between maternal self-efficacy and maternal feeding behaviors. **Results:** It was found that there was significant positive relationship between maternal self-efficacy and maternal feeding behaviors at .01 levels. The maternal self-efficacy had moderate relationship with maternal feeding behaviors ($r = .490, p \leq .01$). **Discussion:** A nursing intervention to promote appropriate maternal feeding behaviors should deal with the maternal self-efficacy. Nurses should assist and motivate Indonesian mothers of toddlers for having adequate self-efficacy in order to perform better maternal feeding behaviors.

Keywords: *Maternal feeding behaviors, maternal self-efficacy, toddler*

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