Midwifery Student's Confidence In Conducting Childbirth Care Practices in the Laboratory

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Abstract. **Background :**Self-confidence is an intrinsicelement in the formation of competencies. Midwifery students are prospective midwives in the future who must be prepared to become professionals who master their competence. Childbirth care is one of the midwive score competencies that must be established in midwifery students. Childbirth practice care learning in the laboratory will support the achievement of these competencies in clinical practice. The data show that midwives' self-confidence in carrying out childbirth care is still low so that it influences the formation of their competencies. The description of the students' confidence level in childbirth care practice in the laboratory needs to be studied as an initial description in the formation of these competencies. This study aims to describe the level of students' confidence in the practice of childbirth care in the laboratory.
Methods : This study used a cross-sectional design. The sampling technique used was total sampling, namely the fourth semester midwifery students at the Bandung Midwifery Department with a total of 64 students. The data were obtained using a self-confidence questionnaire. The analysis used was a univariate descriptive analysis by displaying the frequency distribution table describing the level of self-confidence of students in practicingchildbirth care in the laboratory.
Results : Some respondents (50%) already have confidence in the practice of childbirth care, there are 18.8% of students who are very confident and 31.2% of respondents who are still not confident.
Conclusion : Respondents who had confidence in doing childbirth care are more than respondents who had not confidence.

Introduction

A midwife with professional skills and emotional intelligence can support health service quality. Midwives with these qualifications will prevent more than 66% of maternal and infant deaths.[1,2] In accordance with midwives' competency standards, according to the ICM (International Confederation of Midwives), childbirth care is one of midwives core competencies that also support service quality.[3] Midwifery students are prepared to master these competencies start from learning in the pre-service realm in educational institutions.

The current reality is faced with the lack of skills of midwives in supporting maternal and neonate health including childbirth care competency.[1] The results of research on childbirth care learning show that 20% of doctors and 17% of senior midwives believe that midwives graduates have less competence in childbirth especially in normal childbirth management. The study also showed that there was still little learning allocation about childbirth care in education.[4]

The limitations of childbirth care learning in education are not inseparable from the fact that students still have few birth care learning experiences that will have an impact on the achievement of competency and quality of midwives in the future.[5]

Professional knowledge and competence of midwives are influenced by intrinsic factors in the form of self-confidence, self-efficacy, and curiosity in learning.[6] Self-confidence affects performance and can be a predictor of such performance.Data shows that self-confidence in conducting childbirth competencies are 41-49% below 50 percentiles.

The limited confidence that occurs in students is used as an indicator of the performance of midwives in the future.[7]

In accordance with the clinical learning cycle, learning experiences in childbirth care on a practice site are influenced by the experience of learning theories and laboratory practices. Thus practical learning in any setting including in the laboratory needs to be supported by students' self-confidence which will have an effect on their competence.[8]

Based on the above explanation, it is necessary to examine the level of student confidence in the practice of childbirth care in the laboratory so that there is an overview of the intrinsic factors that will support the achievement of the intended competency.

Methods

This study used a descriptive method with a cross-sectional approach.The subject of this study was all fourth semester students of Bandung Midwifery Department of Bandung Health Polytechnic. The number of samples is 64 respondents, who have passed childbirth care learning at the level of theory and laboratory practice.The flow of research is that researchers take data with student self-confidence questionnaires in carrying out childbirth care practices at one time. The data were analysed using univariate analysis, which described the frequency distribution data of students' confidence level.

Results and Discussion

Table 1. Midwifery Student's Confidence in Conducting Childbirth Care Practices in Laboratory

Category	Frequency	Percent	Cumulative Percent
Not Confidence	20	31.2	31.2
Confidence	32	50	81.2
Very Confidence	12	18.8	100

Based on the results of this study, it was found that there were still 31.2% of respondents who were still not confident in practicing labor in laboratories, 50% were confident and 18.8% were very confident.

Most of the students already have confidence in the practice of childbirth care in the laboratory. This is a strong predictor for the achievement of childbirth care competencies. Various literature explains that the sign of behaviour change in health, academic performance, self-regulation, and clinical competence **are** the presence of confidence in individuals.[9]

An important part of individual development is the formation of self-confidence.Self-confidence is a belief in yourself to face the challenges of life by doing something.[10,11]

Self-confidence becomes an important component in clinical practice, so that an individual can go through skills at the stage of acquisition, clinical decision making, professional dissemination, collaboration, and autonomy.[12]

Characteristics of self-confidence in individuals are characterized by (a) believing in their own abilities, namely a belief in themselves against all phenomena that occur that relate to the ability of individuals to evaluate and overcome the phenomenon that occurs, (b) act independently in making decisions, namely can act in making decisions about something done independently without involving many others. In addition, have the ability to believe in the actions taken, (c) has a positive self-concept, namely the existence of a good judgment from within themselves, both from the views and actions taken that lead to a positive sense of self, (d). dare to express opinions, namely the existence of an attitude to be able to express something in themselves that wants to be expressed to others without any coercion or things that can hinder the disclosure of these feelings.[13]

A person who is confident will feel satisfied with themselves so that he will always be grateful for the satisfaction with what is in them.[14]

This study shows there are still 31.2% of respondents who are not confident in carrying out childbirth care practices in the laboratory. Individuals who do not have confidence, have a negative self-concept and lack of trust in their abilities so they often close themselves. Therefore, the problem of self-confidence in individuals is a priority that must be built to achieve maximum self-adjustment.[14]

The characteristics of individuals who have low self-confidence are as follows: (a) individuals feel that the actions taken are inadequate. They tend to feel insecure and not free to act, tend to hesitate, and waste time in making decisions, have feelings of inferiority and cowardice, are less of responsible and tend to blame others as the cause of the problem, and feel pessimistic in facing obstacles. (b) Individuals feel they are not accepted by their group or other people. They tend to avoid communication situations because he feels afraid of being blamed or demeaned, feeling ashamed if he appears in front of a crowd. (c) Individuals do

not believe in themselves and are easily nervous. They feel anxious in expressing his ideas and always compares his situation with others.[13]A person with low self-esteem avoids starting an activity, feels guilty and has negative ideas, such as a sense of failure, feeling inadequate, and being disappointed with his thoughts.

Education in higher education plays an important role in the development of self-confidence.Increased self-confidence can improve autonomy in practice and will ultimately provide benefits to clients as recipients of care.[15] Self-confidence will strengthen motivation in achieving success because the higher the trust in one's own abilities, the stronger it is to complete work and achieve goals will also be stronger.[16]Experience is an element of forming another self-confidence. Frequent practice directly will be related to the formation of self-confidence.[17] Work orientation will increase motivation, performance, and self-confidence. Students who interact a lot and are exposed to activities in college have a higher level of confidence. Experience, exposure, and practice are important prerequisites for establishing self-confidence.[18]

Learning theory and practice in educational institutions are the main capital for the formation of student competency in childbirth practice. Practical Learning of childbirth care in the laboratory must be conditioned according to the setting and atmosphere on the practice area. This condition will help students to be able to adapt to the environment and the case on actual childbirth practice. In addition, students will also have effective practical learning experiences in the laboratory so that they can facilitate the achievement of competencies.[8]

With an overview of the results of this self-confidence measurement, it is important to review the implementation and methods of childbirth practice in the laboratory so that all students are ready and confident from learning in the laboratory.

Conclusion

Respondents who already had more confidence in practicing childbirth care in the laboratories were more than respondents who were not confident.

Competing Interest

The authors of this paper have no competing interest to report.

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