

## RELATIONSHIP BETWEEN HUSBAND'S SUPPORT AND MOTHER'S ATTITUDE TO EXCLUSIVE BREASTFEEDING FOR 6 MONTHS

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### ABSTRACT

**Introduction:** Breastfeeding is the responsibility of a woman who has a baby. The decision of the Indonesian Ministry of Health assign exclusive breastfeeding was given for 6 months and continues until 2 years old. Until now in Indonesia there are still many women who have not given exclusive breastfeeding to their babies. The failure to give exclusive breastfeeding is caused by several factors, one of which is the husband's support and mother's attitude. **Objective:** To determine the relationship between husband's support and the mother's attitude to breastfeed exclusively for 6 months in the Kudu Village, Semarang City. **Methods:** This was a descriptive qualitative study with an analytical study design with Cross Sectional. The study populations was 116 pregnant womens, the research sample was 32 third trimester pregnant womens. The sampling technique in this study uses total sampling. **Results:** Fisher's Exact Test analysis results on the two variables of this study obtained p value = 0.018 where p value <0.05 then Ha is accepted, which means there is a relationship between the husband's support variable and the mother's attitude to breastfeed exclusively for 6 months. **Conclusion:** The majority of respondents recived husband's support and had a good attitude for exclusive breastfeeding for 6 months.

### ABSTRAK

**Latar belakang:** Menyusui merupakan kewajiban seorang wanita yang memiliki bayi. Kementerian Kesehatan Indonesia menetapkan bahwa Air Susu Ibu (ASI) eksklusif diberikan selama 6 bulan dan dilanjutkan hingga usia 2 tahun. Sampai saat ini di Indonesia masih banyak wanita yang belum memberikan ASI eksklusif kepada bayinya. Kegagalan pemberian ASI eksklusif ini disebabkan oleh bebrapa faktor, salah satunya yaitu dukungan suami dan sikap ibu. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan suami dan sikap ibu untuk menyusui secara eksklusif selama 6 bulan di Kelurahan Kudu Kota Semarang. **Metode:** Jenis penelitian ini deskriptif kualitaitif menggunakan desain studi analitik dengan pendekatan Cross Sectional. Populasi penelitian sebanyak 116 ibu hamil, sampel penelitian sebanyak 32 ibu hamil trimester III. Tehnik sampling pada penelitian ini menggunakan total sampling **Hasil:** Hasil uji analisis Fisher's Exact Test pada kedua variabel penelitian ini didapatkan nilai p value = 0,018 dimana p value <0.05 maka Ha diterima, yang artinya ada hubungan antara variabel dukungan suami dan variabel sikap ibu untuk menyusui secara eksklusif selama 6 bulan. **Kesimpulan:** Sebagian besar responden mendapat dukungan suami dan memiliki sikap yang baik untuk menyusui eksklusif selama 6 bulan.

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**Keywords :** Support, Attitude, Exclusive Breastfeeding

**Introduction:**

Exclusive breastfeeding for babies is given for 6 months and is continued until the child is 2 years old or more with appropriate supplementary feeding (Depkes, 2004). According to the World Health Organization (WHO), exclusive breastfeeding for 6 months provides benefits not only for babies to prevent infection, but also for mothers who are breastfeeding (WHO, 2016).

Data on the coverage of exclusive breastfeeding in Indonesia in 2018 were obtained as much as 37.3% (Profil Kesehatan., 2018). This figure is still far below the recommendation of the World Health Organization (WHO), which is 50%, while the target for exclusive breastfeeding set by the Indonesian Government is 80% (Kementerian Kesehatan, 2018). In 2017, the percentage of exclusive breastfeeding for infants aged 0-6 months in Central Java Province reached 54.4% (Dikes Provinsi Jateng, 2017). Whereas in the city of Semarang, the percentage of exclusive breastfeeding for 0-6 months in 2018 was 68.22% (Profil Kesehatan Semarang, 2018). The results of data collection in the introspective survey in 2019 showed that the number of children who received exclusive breastfeeding in Kudu Village in February 2019 was 74.51% (Survey Mawas Diri, 2019).

One of the factors that causes the failure of exclusive breastfeeding to babies is less of husband's support. Husbands have an important role in the success of exclusive breastfeeding. The role of the husband in breastfeeding is to provide full support for the wife to exclusively breastfeed the baby, protect the wife and the baby, if there are parties who oppose breastfeeding and jointly care for and care for the baby. With the husband's involvement in breastfeeding, it will increase the mother's confidence during breastfeeding her baby (AIMI, 2010).

Based on the results of a preliminary survey conducted by researchers in the Kudu area, the husband's support for the mother to provide exclusive breastfeeding to the baby is just to supporting and approving the decision to breastfeed only. The form of support is more such as providing information, instrumental, emotional, and appraisal support, most of which

have not been obtained by mothers, either from husbands or families. This is because the husband is busy working all day, the family does not live at home with the mother or rarely visits, the mother is alone at home with the baby so that makes less opportunity to meet her husband.

There is an attitude relationships with exclusive breastfeeding, where a person in making a decision is influenced by the environment around (Wowor, 2013). The attitude of mothers towards the practice of exclusive breastfeeding tends to be positive in mothers who get support from their husbands (Koharingsih, 2013).

With the many phenomena that occur in society today related to support and attitudes about exclusive breastfeeding, it has attracted the attention of researchers to conduct research on "Relationship between Husband Support and Mother Attitudes for Exclusive Breastfeeding for 6 Months in Kudu Village, Genuk District, Semarang City".

**Methods:**

This type of research is a quantitative study with an analytic study design using the Cross Sectional method. This research was conducted in Kudu Village, Genuk District, Semarang City on 25 August - 19 September 2019. The population of this study was 116 pregnant women in Kudu Village. The sampling technique used in this study was total sampling, with a total sample of 32 third trimester pregnant women who were determined based on inclusion and exclusion criteria.

This study uses a questionnaire as a research instrument. In this study, the fisher's Exact Test was conducted with a significance level of 95% ( $\alpha$  0.05) to determine the relationship between the two variables.

**Results:**

The results of this study are presented in the following table form:

**Table 1.1. Husband's Support**

Support	Frequency	Percentage %
Supporting	27	84,4%
Less support	5	15,6%
Not supporting	0	0%
Total	32	100,0%

Based on table 1.1, the results show that 84.4% of husbands are supportive and 15.6% of husbands are less supportive.

**Table 1.2. Mother's attitude to exclusive breastfeeding for 6 months.**

Mother's Attitude	Frequency	Percentage %
Good	27	84,4%
Sufficient	5	15,6%
Less	0	0%
Total	32	100,0%

Based on table 1.2, the results show that 84.4% of mothers' attitudes to exclusive breastfeeding for 6 months were said to be good and 15.6% of mothers' attitudes to exclusive breastfeeding for 6 months were said to be sufficient.

**Table 1.3 Fisher's Exact Test Results The relationship between husband's support and mother's attitudes to exclusive breastfeeding for 6 months.**

No	Husband's Support	Mother's Attitude						P value	OR
		Good		Sufficient		Total			
		F	%	F	%	F	%		
1	Supporting	25	92,6%	2	7,4%	27	100%	0,018	18,750
2	Less support	2	40,0%	3	60,0%	5	100%		

Based on table 1.3, as many as 27 respondents who received support from their husbands, 92.6% of them showed good attitudes. Meanwhile, of the 5 respondents who did not receive support from their husbands, 7.4% of them indicated that the mother's attitude was sufficient. The results of the *Fisher's Exact Test* analysis on the two research variables obtained  $p$  value = 0.018 where  $p$  value < 0.05, then  $H_a$  is accepted, which means there is a relationship between the husband's support variable and the mother's attitude variable to breastfeed exclusively for 6 months. From the results of this study, the  $OR = 18.750$ , which means that mothers who get support from their husbands show an 18 times better attitude to exclusive

breastfeeding for 6 months compared to mothers who do not get support from their husbands.

## Discussion:

### 1. Husband's Support

The results of the study on husband's support found that 27 husbands (84.4%) were supportive, and 5 husbands (15.6%) were less supportive of mothers to exclusively breastfeed for 6 months. The study conducted by Hani et al., (2014) is in line with the results obtained, where 91.2% of primiparous pregnant women received good support from their husbands in terms of breastfeeding. In addition, other studies also reveal that as many as 76.4% of respondents received support from their husbands during exclusive breastfeeding (Purnamasari, 2017).

Support from husband and immediate family is the main and most important to help mothers through the first days of breastfeeding. People near the mother can help her to remain confident and calm in the face of the challenges of breastfeeding. When mothers are confident and relaxed, breast milk will flow smoothly and challenges will be passed (AIMI, 2016).

The husband as the head of the family and the closest person becomes the main fortress when the mother falters because of the temptations that come from the closest family, parents or in-laws (Wahyuningsih, 2012). The husband has an informal role, where as a husband, it is better to create a romantic and pleasant atmosphere to encourage the wife to not be afraid and want to take action and responsibility in the family to maintain balance in the family, one of which is the husband encourages the wife to be able to breastfeed exclusively for her baby (Friedman, 2010).

The breastfeeding process will be easy and fun if the husband and wife work together well and support each other (Purnamasari, 2017).

From the results of this study it can be concluded that most husbands have supported their mothers to exclusively breastfeed for 6 months. The support provided by the husband is a motivation for the mother to be successful

in breastfeeding. This support has a positive impact on mothers because mothers feel cared for by their husbands.

### 2. Mother's Attitude for Exclusive Breastfeeding for 6 Months

The results showed that 84.4% of mothers had good attitudes and the remaining 15.6% of mothers had sufficient attitudes to exclusively breastfeed for 6 months. In line with research conducted by Arisdiani, (2016), where as many as 88.7% of mothers have a supportive attitude to provide exclusive breastfeeding and the remaining 11.3% of mothers are sufficient to provide exclusive breastfeeding. Research conducted by Prahesti, (2018), regarding the attitudes of breastfeeding mothers in exclusive breastfeeding at Puskesmas Kotagede I, obtained results, where there is a relationship between mother's attitudes in breastfeeding and the success of exclusive breastfeeding.

In contrast to the research conducted by Wowor, (2013), where as many as 10.5% of breastfeeding mothers at the Puskesmas Bahu have a good attitude in breastfeeding, while 52.6% of breastfeeding mothers have a lack of attitude in breastfeeding. The attitude of giving exclusive breastfeeding to the baby is an emotional influence that is owned by a mother. Because attitude is the output of a person's behavior patterns (Koharingsih, 2013).

According to Rosenberg, a person's emotions are the main factor affecting attitudes (Wawan, A dan Dewi, 2014). This will cause someone to act differently according to their emotions. Likewise with the attitude of the mother to breastfeed, the mother's emotional state can certainly influence the mother's attitude to breastfeed.

### 3. Relationship Support Husband and Mother's Attitude for Exclusive Breastfeeding for 6 Months

The results of this study regarding the relationship between husband's support and attitudes of mothers to exclusive breastfeeding for 6 months showed that 92.6% of mothers who received support from

their husbands showed good attitudes, while mothers who supportless from their husbands, 7.4% showed sufficient attitudes to exclusively breastfeed for 6 months. The results of the Fisher's Exact Test analysis test with  $p$  value = 0.018 ( $p$  value  $<0.05$ ) Ha accepted, which means that there is a relationship between husband's support and mother's attitude to exclusive breastfeeding for 6 months in Kudu Village.

Another study conducted by Abidjulu, et al, (2015), shows the same results where there is a relationship between husband's support and the mother's willingness to provide exclusive breastfeeding. Koharingsih, (2013), revealed that in his research, there was a significant relationship between attitudes and practices of exclusive breastfeeding.

Mothers who feel considered by their husbands play an important role in the breastfeeding process both emotionally and physically. This is considered to be supportive of the mother and an important component of breastfeeding success (Nickerson, et al, 2012). The results of a study conducted by Al-akour, et al, (2010), show that pregnant women are more likely to commit to breastfeeding if they have a positive attitude towards breastfeeding. The results of this study indicate that Syrian and Jor-danian pregnant women are more likely to intend to breastfeed if they have support from their husbands. This study emphasizes the importance of including husbands in breastfeeding promotion programs.

Another study revealed the results of the calculation obtained a correlation coefficient of  $r = 0.369$ . The  $r$  count is smaller than the significance value, which means that the hypothesis is accepted and there is a significant relationship between husband's support and optimism of exclusive breastfeeding. This means that the higher the husband's support, the higher the level of optimism in exclusive breastfeeding (Septria, 2013).

Research conducted by Syahrani, (2012), found that there was a significant influence between husband's support for

exclusive breastfeeding. Husband's support for exclusive breastfeeding by mothers for their babies was obtained at 45.3%. Support given by husbands to mothers who are going to breastfeed, both emotionally, informally, instrumentally, and appraisally can motivate mothers to give exclusive breastfeed for their babies (Friedman, 2010).

The provision of support by the husband has a significant relationship with the wife's success in breastfeeding. The form of attention, motivation, preparing nutritional needs, providing comfort, helping with housework, and convincing the wife to be able to breastfeed, are forms of support given by the husband to his wife during breastfeeding. In addition, husbands also have a role in making decisions for mothers to breastfeed their babies (Wattimena, et al, 2015).

Husband's support as the mother's closest person has a positive impact on the mother's response, namely in the form of a good attitude to breastfeed her baby. The support from her husband is certainly very helpful and motivates mothers when they face problems when preparing for and dealing with the breastfeeding process. The form of husband's support is one of the concerns given by a husband to mothers and babies during the breastfeeding process.

For further research, it is necessary to have further research related to examining the factors that can influence mothers in exclusive breastfeeding, such as internal and external factors. In addition, it can examine each form of husband's support such as information, appraisal, instrumental and emotional support. As well as knowing how big the relationship between research variables.

### Conclusion:

Most husbands (84.4%) in this study supported mothers to exclusively breastfeed their babies for 6 months. A total of (84.4%) respondents have a good attitude to exclusive breastfeeding for 6 months. The results showed that there was a relationship between husband's support and mother's attitude for

exclusive breastfeeding for 6 months in Kudu Village with p value = 0.018 <0.05.

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