

Coparenting Approach to Being Successful Exclusively Breastfeeding

Maulida Nurfazriah Oktaviana¹, Firdawsi Nuzula²

^{1,2} Program Studi Ilmu Keperawatan, Sekolah Tinggi Kesehatan Rustida,

*Correspondence author: lida.nurfazriah@gmail.com

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ABSTRACT

Breast milk is the first nutrient for infants because it contains essential nutrients for growth and development, so exclusive breastfeeding can prevent the risk of stunting and wasting in children. The lack of breastfeeding in infants is a threat to the long-term growth and development of children. Effective coparenting strongly impacts breastfeeding success rates because of its positive energy. Developing effective coparenting during the transition to becoming a parent is very helpful in the process of carrying out the role of parent, resolving conflict and supporting one's partner in raising children. The study aimed to analyze the success of Coparenting Approach to Being Successful Exclusively Breastfeeding. This research method is an observational study with an analytic cross-sectional design using a quantitative approach; the population in this study was 393 people in the Glagahagung Community Health Center Working Area sampling with a purposive sampling technique, based on inclusion and exclusion criteria where a number of respondents were exclusively breastfeeding with a total of 78 respondents. The results showed family support p value = 0.000, technological advances p value = 0.000, and lifestyle p value = 0.000. Based on the results show that the regression coefficient for family support is .716, this shows that increasing the family support variable will increase the coparenting approach variable in the success of providing EBF by .716, the trends and lifestyle regression coefficient is -.452, so this shows that trend and lifestyle variables reduce the influence on the coparenting approach in the success of providing EBF.

Keyword: Exclusive Breast Feeding, Coparenting

ABSTRAK

ASI merupakan nutrisi pertama bagi bayi karena mengandung nutrisi penting untuk tumbuh kembangnya, sehingga pemberian ASI eksklusif dapat mencegah risiko stunting dan wasting pada anak. Kurangnya pemberian ASI pada bayi merupakan ancaman bagi pertumbuhan dan perkembangan anak dalam jangka panjang. Pola asuh bersama yang efektif sangat mempengaruhi tingkat keberhasilan menyusui karena energi positifnya. Mengembangkan coparenting yang efektif pada masa transisi menjadi orang tua sangat membantu dalam proses menjalankan peran sebagai orang tua, mengurangi konflik dan mendukung pasangan dalam membesarkan anak. Penelitian ini bertujuan untuk menganalisis keberhasilan pendekatan coparenting dalam mencapai kesuksesan pemberian ASI Eksklusif. Metode penelitian ini merupakan penelitian observasional dengan desain analitik cross-sectional dengan menggunakan pendekatan kuantitatif. Populasi dalam penelitian ini berjumlah 393 orang di Wilayah Kerja Puskesmas Glagahagung. Pengambilan sampel dengan teknik purposive sampling, berdasarkan kriteria inklusi dan eksklusi dimana jumlah responden yang memberikan ASI eksklusif berjumlah 78 responden. Hasil penelitian menunjukkan dukungan keluarga p value = 0,000, kemajuan teknologi p value = 0,000, dan gaya hidup p value = 0,000. Berdasarkan hasil koefisien regresi dukungan keluarga sebesar 0,716 hal ini menunjukkan bahwa semakin besar variabel dukungan keluarga maka akan meningkatkan variabel pendekatan coparenting dalam keberhasilan pemberian EBF sebesar 0,716, koefisien regresi tren dan gaya hidup sebesar -0,452 sehingga hal ini menunjukkan bahwa variabel trend dan gaya hidup mengurangi pengaruh pendekatan coparenting dalam keberhasilan pemberian EBF. Iptakan generasi masa depan yang lebih sehat dan berpotensi.

Kata Kunci: Exclusive Breast Feeding, Coparenting

*Correspondence author: lida.nurfazriah@gmail.com

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Introduction:

The quality of children plays a vital role in determining the quality of human resources in the future; therefore, to prepare quality human resources, they need to be prepared optimally from the baby's birth (Putri, 2022). All health authorities recommend that infants be exclusively breastfed (EBF) for the first six months of life to help improve the quality of their health (Abbass-dick, Stern, Nelson, & Dennis, 2015). Breast milk is the first nutrition for infants because it contains essential nutrients for child growth and development, so exclusive breastfeeding can prevent the risk of stunting and wasting in children (Mubarokah, 2019). Breast milk has the most significant potential to reduce mobility and mortality rates in children because it can prevent malnutrition and protect babies against infections and other diseases (Yunita, 2017).

Low infant breastfeeding threatens children's growth and development in the long term, negatively impacting human resources (Permanasari et al, 2021). The percentage of breastfeeding in infants less than six months in East Java Province has increased slowly. In 2020, the coverage of breastfeeding was 66.90% and increased to 69.61% in 2021, and in 2022, it ranged from 69.72%, which is still below the national average (BPS, 2022). Based on routine reports from the directorate of community nutrition in 2021, infants who received EBF for the national figure was 69.7%, which met the 2021 target of 45% and East Java at 70.4% (Kemenkes, 2023). East Java exclusive breastfeeding coverage fluctuated in 2016 at 60.3%, in 2017 to 62.5%, 65.1% in 2018, and 68.2% in 2019, but 2020 it decreased to 61% (Dinkes Prov. Jatim, 2021). Early initiation of breastfeeding coverage in Banyuwangi Regency in 2020 reached 85.5%, while EBF coverage reached 87.6%, and this figure has reached the target (Dinkes Kab. Banyuwangi, 2021). However, in 2021, the coverage rate decreased slightly to 82.7% (Dinkes Prov. Jatim, 2022).

Breast milk is a food with a balanced nutritional source and is a source of nutrients

that contain immune substances, namely white blood cells (lymphocytes) and antibodies (Putri, 2022). The breastfeeding process has several internal and external challenges. Psychological disturbances from the mother often disrupt milk production; therefore, the support and role of the partner are critical so that the breastfeeding process can be adequately achieved (Hapsari, Kartasurya, & Kartini, 2021). The development of effective co-parenting during the transition to parenthood is beneficial in performing parental roles, overcoming conflicts, and supporting their partners in parenting (Lee, Feinberg, & Wells, 2021). Breastfeeding often experiences obstacles due to reduced or stopped milk production. Hence, mothers who are breastfeeding need support from their husbands and families to achieve exclusive breastfeeding success rates (Zulkarnain, 2021), so co-parenting interventions are very appropriate during breastfeeding to help improve relationship quality and mental health and affect emotional regulation (Antawati, Hendriani, & Nurdibyanandaru, 2020).

The quality of the coparenting relationship is related to marital adjustment problems and parenting outcomes. A collaborative parenting style that supports each other can improve the quality of the relationship because co-parenting is not only carried out by planning the child's program but also parenting issues afterward, from caring for the baby together, supporting EBF, and even determining future education (Leal et al., 2022). Both fathers and mothers can benefit significantly from developing effective co-parenting during the transition to parenthood, which refers to how each parent shares, supports, and conflicts with their partner in caring for their child (Lee et al., 2021). The role and support is an emotional and psychological activity given directly to breastfeeding mothers in the breastfeeding process to increase thoughts, feelings, and sensations that can facilitate prolactin production (Umami & Margawati, 2018). Another strategy to increase EBF is strictly implementing policies, a code of ethics for

formula marketing, and a solid commitment to it (Agustin & Wuri, 2021). Mothers should also participate in pregnant women's classes and mother support groups as a support system to optimize exclusivity (Hapsari et al., 2021). The coparenting model used in this research places more emphasis on parents in carrying out parenting responsibilities for children related to EBF with parity, tradition, income, interest, perception, family support, technology advances, lifestyle, confidence.

Methods:

This research is an observational study with an analytical cross-sectional design using a quantitative approach, namely carrying out measurements or observations on all dependent variables and independent variables, given a questionnaire conducted at the same time. The study aimed to analyze the Coparenting Approach to Being Successful Exclusively Breastfeeding. This research method is an observational study with an analytic cross-sectional design using a quantitative approach; the population in this study was 393 people in the Glagahagung Community Health Center Working Area sampling with a purposive sampling technique, based on inclusion and exclusion criteria inclusion criteria, namely mothers who are breastfeeding or have babies who are still breastfed, mothers who have basic knowledge about lactation and the benefits of exclusive breastfeeding, and the exclusion criteria are mothers who are experiencing health problems that affect breast milk production. Mothers who have toddlers but are not currently breastfeeding, mothers who are not willing to take part in this research, where a number of respondents were exclusively breastfeeding with a total of 78 respondents. Researchers in collecting research data so that it is carried out systematically, use research instruments, in the form of questionnaires consisting of each

variable, independent variable and dependent variable with a total of 73 questionnaire statements. Researchers have also carried out an ethical test with number 036/04/KEPK-STIKESBWI/X/2023. In this research, the independent variables are parity, tradition, income, interests, perceptions, family support, technological advances, lifestyle and self-confidence, while the dependent variable is coparenting. The bivariate analysis test used is chi square with a p value <0.05, so stunting is declared with a CI value of 95%. Multivariate analysis uses in Multiple Linear Regression Analysis research.

Results:

Based on the research that has been conducted, the researcher will present the data collected in the form of percentages and tables.

Table 1 Researchers present data on respondents' characteristics

Respondent Characteristics		Frequency	Percentage
Education	Senior High School	56	71.8%
	Higher education	22	28.2%
	Total	78	100%
Jobs	Housekeeping	54	69.2%
	Employee	23	29.5%
	Self-employed	1	1.3%
	Total	78	100%
Child's age	Newborn baby	8	10.3%
	Baby	70	89.7%
	Total	78	100%

Based on the table, it is known that the average education of high school respondents is 56 people (71.5%), the average occupation of IRT respondents is 54 people (69.2%), the average age of children in the Infant category is 70 people (89.7%).

Table 2 Coparenting Approach to Being Successful Exclusively Breastfeeding

Variable		Co-parenting				Total		P
		Enough		Good		n	%	
		n	%	n	%			
Parity	Primipara	33	42.3%	10	12.8%	43	55.1%	0.317
	Multipara	30	38.5%	5	6.4%	35	44.9%	
	Total	63	80.8%	15	19.2%	78	100%	
Tradition	Yes	57	73.1%	15	19.2%	72	92.3%	0.213
	No	6	7.7%	0	0%	6	0%	
	Total	63	80.8%	15	19.2%	78	100%	
Income	Below UMR	4	5.1%	1	1.3%	5	6.4%	0.964
	Above UMR	59	75.6%	14	17.9%	6	0%	
	Total	63	80.8%	15	19.2%	78	100%	
Interest	Yes	61	78.2%	1	1.3%	72	92.3%	0.527
	No	2	2.6%	14	17.9%	6	0%	
	Total	63	80.8%	15	19.2%	78	100%	
Perception	Negative	7	9.0%	0	0%	7	9.0%	0.176
	Positif	56	71.8%	15	19.2%	71	91.0%	
	Total	63	80.8%	15	19.2%	78	100%	
Family Support	Does not support	51	65.4%	1	1.3%	52	66.7%	0.000
	Support	12	15.4%	14	17.9%	26	33.3%	
	Total	63	80.8%	15	19.2%	78	100%	
Technology Advances	Negative	36	46.2%	0	0%	36	46.2%	0.000
	Positif	27	34.6%	15	19.2%	42	53.8%	
	Total	63	80.8%	15	19.2%	78	100%	
Lifestyle	Economical	28	35.9%	15	19.2%	55	43%	0.000
	Modern	35	44.9%	0	0%	44.9	44.9%	
	Total	63	80.8%	15	19.2%	78	100%	
Confidence	Negative	6	7.7%	0	0%	6	7.7%	0.213
	Positif	57	73.1%	15	19.2%	72	92.3%	
	Total	63	80.8%	15	19.2%	78	100%	

Based on the table, there is no relationship between parity with a p-value = 0.317; there is no relationship between tradition and the success of the coparenting approach p value = 0.213; there is no relationship between income and the success of the coparenting approach p value = 0.964, there is no influence between interest and the success of the coparenting approach p value = 0.527, there is no relationship between perception and the success of the co-parenting approach p value = 0.176, the relationship between perception and the success of the co-parenting approach p value = 0.000, there is an relationship between technological progress and the success of the coparenting approach p value = 0.000, there is an relationship between style and the success of the coparenting approach p value = 0.000, there

is no influence between self-confidence and the success of the co-parenting approach p value = 0.213.

Tabel 3 Model summary of the Coparenting Approach to Being Successful Exclusively Breastfeeding

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.873 ^a	.762	.730	.20605	1.811

Based on table 3 get an R value of .873 which shows that there is a very strong level of relationship and R square value .762 so it can be concluded that the independent variable

influences the dependant variables by 76% and the other 24% are influenced by other factors.

Tabel 4 Regression analysis of the Coparenting Approach to Being Successful Exclusively Breastfeeding

Variable	Coefficient	Correlations Coefficients	Sig.
Contant	.248	1.222	.226
Family support	.716	10.128	.000
Technology advance	.580	6.001	.000
Trends and lifestyle	-.452	-4.205	.000
Parity	-.039	-.750	.456
Tradition	-.154	-.1663	.101
Income	.106	.935	.353
Interest	-.087	-.564	.574
Perception	.694	7.288	.000
Confidence	.517	5.247	.000

Based on table 4 the results show that the regression coefficient for family support is .716, this shows that increasing the family support variable will increase the coparenting approach to being successful exclusively breastfeeding by .716 and the trends and lifestyle regression coefficient is -.452, so this shows that trend and lifestyle variables reduce the influence on the coparenting approach to being successful exclusively breastfeeding.

Discussion:

The relationship between parity with coparenting approach to being successful exclusively breastfeeding.

The analysis relationship between parity with coparenting approach to being successful exclusively breastfeeding test results with p -value = 0.317 were smaller than $\alpha = 0.05$, so there was no relationship between parity and the success of the co-parenting approach.

Co-parenting involves the actions of both members of the couple sharing family management, division of household chores, agreement, and mutual support in childcare. Supportive co-parenting can improve the quality of a couple's relationship during the transition to parenthood (Leal, Gato, Coimbra, & Tasker, 2022).

Attitudes and support during the breastfeeding process can consistently help the success of exclusive breastfeeding because the partner is the ideal figure in helping mothers breastfeed (Winingsih et al., 2022), the relationship between parenting quality and psychological adjustment of parents and children among multiparous families. Positive co-parenting is associated with the first child's care of his or her younger siblings. Therefore, co-parenting patterns in families with multiple children are essential in sibling relationships and child adjustment (Lee et al., 2021). A mother's independence after childbirth differs between primi and parties because multiparous fathers and mothers are better prepared. After all, they have experienced breastfeeding and caring for children before (Khofiyah, 2019).

Parity is closely related to the mother's experience with breastfeeding, which affects her attitude towards breastfeeding. First-time mothers tend to think about breastfeeding problems, risks, and breastfeeding techniques and methods. This will certainly significantly affect the success of breastfeeding. As for mothers who have breastfed before, they will be calmer because the problems faced before will make a lesson for the next child; this is to the learning theory, where humans will learn from previous experiences. However, if the mother did not breastfeed the previous child and the child does not experience health problems, it will result in the mother's negative thoughts that the child should not be breastfed.

The relationship between tradition with coparenting approach to being successful exclusively breastfeeding.

Based on the results of the analysis, relationship between tradition with coparenting approach to being successful exclusively breastfeeding test results with a p -value = 0.213 smaller than $\alpha = 0.05$, there is no relationship between tradition with coparenting approach to being successful exclusively breastfeeding

Each country's traditions and culture have different gender roles and power dynamics that influence more culturally

specific parenting relationships. The gender equality of the country will influence the provision of equal access to parental support for mothers and fathers in childcare (Lee et al., 2021). Parenting experiences include prospective experiences, which consist of planning and negotiating current and future parenting and are influenced by social and cultural factors. The prevailing cultural values of kinship include cooperation, cohesion, and support between generations, ultimately influencing the parenting journey (Leal et al., 2022).

Cultural values and traditions have an essential role in society. Women just starting the journey of motherhood generally need a discourse to be used as a benchmark, and they tend to follow the traditions that exist in the surrounding environment and traditions carried out in their families as reinforcement for their decisions to provide the best for their babies.

The relationship between income with coparenting approach to being successful exclusively breastfeeding.

The analysis results show that the relationship between income with coparenting approach to being successful exclusively breastfeeding. test results with a p-value = 0.964 are smaller than $\alpha = 0.05$, there is no relationship between income with coparenting approach to being successful exclusively breastfeeding.

Research conducted (Mubarokah, 2019) found that most mothers with family incomes above the regional minimum wage (UMR) experienced failure in providing exclusive breast milk. Families with incomes below the UMK provide more exclusive breastfeeding for their babies because giving breast milk can help reduce household expenses due to the high price of formula milk; however, mothers who are aware of the benefits of breast milk and understand that breast milk is the only best source of nutrition for their babies even though they can afford formula milk for their babies, they still try to provide exclusive breast milk for at least six months (Zulkarnain, 2021).

Breast milk is the nutrition that has the most appropriate content to meet the baby's needs, is more practical and presented, and brings more health benefits for both mother and baby. During breastfeeding, the father's job is not to prepare milk but to actively carry out oxytocin. Many people are aware of the benefits and contents of breast milk. Therefore, they will continue to strive to provide breast milk exclusively.

The relationship between of interest with coparenting approach to being successful exclusively breastfeeding.

Based on the results of the analysis the relationship between of interest with coparenting approach to being successful exclusively breastfeeding. test results with p-value = 0.527 are smaller than $\alpha = 0.05$, so there is no relationship between of interest with coparenting approach to being successful exclusively breastfeeding.

Reluctance and agitation when breastfeeding is a challenge that is unknown to most breastfeeding mothers and professional health workers who continually provide support in the form of increasing knowledge of the benefits of breast milk for mothers and babies so that they often ignore their daily breastfeeding experiences and how they feel psychologically during the process. Breastfeeding (Yate, 2017). Joint parenting is a mediator parameter for a couple's relationship quality in child care. Joint parenting will not be carried out well if the partner is not interested, especially the father (Schoppe-Sullivan, Nuttall, & Berrigan, 2022).

Breastfeeding will not be carried out perfectly if there is no role from the partner because breastfeeding is a joint task between the two parents to support and complement each other, just like other joint parenting, and this requires a genuine interest or desire from the partner so that it does not add to the mother's stressors. Ask the father for help because if he has his desire to participate, he will spontaneously involve himself in the parenting process.

The relationship between of perception with coparenting approach to being successful exclusively breastfeeding.

Based on the results of the analysis, the relationship between of perception with coparenting approach to being successful exclusively breastfeeding. The results test p -value = 0.176 are smaller than $\alpha = 0.05$, so there is no relationship between of perception with coparenting approach to being successful exclusively breastfeeding.

Couples with a positive relationship before the birth of a child perceive that the relationship between coparenting is more about mutual support and will help reduce problems. The division of labor includes the division of responsibilities, roles, attention, childcare tasks, and other household matters (Leal et al., 2022). Coparenting interventions can increase breastfeeding duration by up to 9%. Increasing fathers' self-efficacy in the breastfeeding process and mothers' perceptions of fathers' involvement and assistance during breastfeeding has proven to be very beneficial for breastfeeding support programs with parents (coparenting support system) (Abbass-dick et al., 2015). Perception will influence a person's behavior; therefore, to change a person's behavior, one must start by changing their perception, and someone with a positive perception will influence their behavior (Lailatussu'da, 2017).

Wrong perceptions of breastfeeding mothers result in mothers being reluctant to give breast milk to their babies. A lack of knowledge can influence this perception, so they believe in myths about breastfeeding. It could also be due to receiving inaccurate information, creating a wrong perception, such as breastfeeding will change their physical appearance. Alternatively, breastfeeding seems complex and old-fashioned.

The relationship between family support with coparenting approach to being successful exclusively breastfeeding.

Based on the analysis results, The relationship between family support with coparenting approach to being successful

exclusively breastfeeding. the results test p -value = 0.000 are smaller than $\alpha = 0.05$, so there is an relationship between family support with coparenting approach to being successful exclusively breastfeeding.

Support or a positive attitude from the partner and family will strengthen breastfeeding mothers; the family can function to realize the process of exclusive breastfeeding. Low family support makes mothers less motivated to give breast milk to their babies because support and attention will increase the formation of the prolactin reflex (Mcfadden et al., 2017). Mothers with support have a greater chance of providing exclusive breastfeeding compared to mothers without support. Families who understand breast milk's benefits will help the mother take care of the baby so that the mother can focus more on improving the quality of her breast milk by consuming healthy, balanced food, relaxed, and happy (Novita, Murdiningsih, & Turiyani, 2022).

Social support is directly and indirectly associated with the co-parenting relationship quality. Extrafamilial social support and intergenerational relationships are expected to improve coparenting relationships. The performance of coparenting in the family strengthens positive experiences. More support from the family indicates a stronger parenting alliance (Leal et al., 2022).

Family attention and support can increase the mother's emotional feelings; the mother feels not alone and is motivated to breastfeed wholeheartedly because family support generates positive thoughts, is protected, and is a strong incentive for breastfeeding mothers. This will help facilitate the mother's production of endorphin and prolactin hormones.

The relationship between of technological advances with coparenting approach to being successful exclusively breastfeeding.

Based on the results of the analysis, The relationship between of technological advances with coparenting approach to being successful exclusively breastfeeding. Meanwhile, the

results test with a p-value = 0.000 are smaller than $\alpha = 0.05$, so there is an relationship between of technological advances with coparenting approach to being successful exclusively breastfeeding.

Various reports on social media that are delivered in an actual manner should be objective but are often filled with elements of subjectivity, which can influence certain attitudes for readers and listeners (Schoppe-Sullivan et al., 2022). Lack of family and social support is one of the detrimental factors related to the exclusivity and duration of breastfeeding. Other causes, such as lactation-related problems, include swelling, sore nipples, incorrect latching, and the many promotions of formula feeding on social media, which hurt exclusive breastfeeding (Koralage et al., 2018).

Technological progress brings negative and positive impacts depending on how we respond, think, and adapt. Fathers and mothers are obliged to filter sources of information related to parenting regarding breastfeeding. Many social media provide exclusive information about breast milk, starting from the benefits, problems, solutions, and other techniques related to breast milk. However, there are also many promotional advertisements about the advantages of formula milk. So intelligent families must be good at filtering information so as not to be knocked down by technological advances that negatively impact children's growth and development in the future.

The relationship between of lifestyle trends with coparenting approach to being successful exclusively breastfeeding.

Based on the analysis results, The relationship between of lifestyle trends with coparenting approach to being successful exclusively breastfeeding. Meanwhile, the results of the test with p-value = 0.000 are smaller than $\alpha = 0.05$, so there is an relationship between of lifestyle trends with coparenting approach to being successful exclusively breastfeeding.

The practice of breastfeeding is a tradition that has been passed down from

generation to generation and has become a trend and culture in our nation. However, it is starting to be eroded by the modern lifestyle trend, so this is slowly pushing away traditional practices, resulting in mothers being hesitant to give breast milk to their babies. The influence of modernization and traditional practices co-occurs in society and impacts the defense of society's culture and traditions (Agustin & Wuri, 2021). Public opinion is based on research conducted in Italy that mothers who give birth are obliged to breastfeed their children. For postpartum mothers who do not want to breastfeed their children, it is considered as violating their role as mothers because they deviate from the norm and violate their role and are considered to pollute their maternal identity. This sometimes pressures postpartum mothers (Demaria & Ramos-ortiz, 2020).

Some mothers with modern trends and lifestyles, or what is usually called socialites, tend to have a hedonistic lifestyle, which tends to conflict with traditional culture, so they perceive that breastfeeding is something that leads to primitive behavior.

The relationship between of self-confidence with coparenting approach to being successful exclusively breastfeeding.

Based on the results of the analysis, The relationship between of self-confidence with coparenting approach to being successful exclusively breastfeeding. Meanwhile, the test results with p-value = 0.213 are smaller than $\alpha = 0.05$, so there is no relationship between of self-confidence with coparenting approach to being successful exclusively breastfeeding.

Increasing the quality and duration of breastfeeding is closely related to partner support, and this can be proven by research that partner support can increase up to 6% at 12 weeks because mothers who receive full support from their partner will feel safe, comfortable, and more confident during breastfeeding compared to those who do not get support from their partner (Winingsih et al., 2022). Based on research conducted (May, Atherton, Colyvas, Mancini, & Campbell,

2023), couples try to continuously adapt well to meet the changing needs of their children and collaborate effectively in joint care. They also stated that they felt more confident in the coparenting partnership model because collective coparenting can influence their child's social and emotional development.

Breastfeeding can also increase women's self-confidence and the bond of love between mother and child. Therefore, mothers need to pay attention to the breastfeeding process by paying attention to the quality of breast milk and the continuity of maximum breast milk intake by the baby; therefore, avoiding all disturbances during the breastfeeding period is necessary. cooperation or coparenting (Winingsih, 2022).

The dominant factor of the coparenting approach with the Coparenting model is the success of providing exclusive breastfeeding (EBF).

Based on get an R value of .873 which shows that there is a very strong level of relationship and R square value .762 so it can be concluded that the independent variable influences the dependant variables by 76% and the other 24% are influenced by other factors. Based on the results show that the regression coefficient for family support is .716, this shows that increasing the family support variable will increase the coparenting approach to being successful exclusively breastfeeding by .716 and the trends and lifestyle regression coefficient is -.452, so this shows that trend and lifestyle variables reduce the influence on the coparenting approach to being successful exclusively breastfeeding.

The quality of the coparenting relationship is related to marital adjustment problems and parenting outcomes. A collaborative parenting style that supports each other can improve the quality of the relationship because co-parenting is not only carried out by planning the child's program but also parenting issues afterward, from caring for the baby together, supporting exclusive breastfeeding, and even determining future education (Leal et al., 2022). Both fathers and

mothers can benefit significantly from developing effective co-parenting during the transition to parenthood, which refers to how each parent shares, supports, and conflicts with their partner in caring for their child (Lee et al., 2021).

Fathers with high marital satisfaction tend to contribute more to caring for mothers, influencing positive parenting behavior (Antawati et al., 2020). Promoting breastfeeding requires multilevel steps and support with interventions through several channels. Fathers are one of the most recommended targets for promoting breastfeeding (Koralage et al., 2018). The relationship between the father's knowledge and attitude in contributing to breastfeeding and the level of success in exclusive breastfeeding is very impactful. Therefore, it is essential to include fathers in interventions to promote breastfeeding and provide appropriate education and counseling services so that fathers can adapt well to their role as fathers and help improve the health of mothers and fetuses more effectively (Panahi et al., 2022)

Good shared parenting is a significant predictor of overall family functioning and can help reduce conflict and stress between parents, leading to more sensitive and consistent parenting. Higher levels of reflective functioning are associated with an increased understanding of a partner's emotional experiences and perspectives, which can help partners better manage conflict and repair relationships (De Palma, Rooney, Izett, Mancini, & Kane, 2023). Fathers' knowledge and support can improve mothers' breastfeeding practices. Social support, especially from husbands, can increase self-efficacy in health behaviors, including breastfeeding. The role and involvement of husbands in breastfeeding promotion can increase maternal satisfaction and practice in breastfeeding (Panahi et al., 2022).

Shared parenting is the target of a happy, prosperous family today because nowadays, many mothers have a dual role; they carry out household tasks or affairs but also help earn additional income for the family. So,

joint parenting should also be carried out with full responsibility to maintain family harmony and optimize children's growth and development. The limitation of this research is that the measurement time used was only one time and did not follow or observe directly during the exclusive breastfeeding process

Conclusions:

Based on get an R value of .873 which shows that there is a very strong level of relationship and R square value .762 so it can be concluded that the independent variable influences the dependant variables by 76% and the other 24% are influenced by other factors. Based on the results show that the regression coefficient for family support is .716, this shows that increasing the family support variable will increase the coparenting approach to being successful exclusively breastfeeding by .716 and the trends and lifestyle regression coefficient is -.452, so this shows that trend and lifestyle variables reduce the influence on the coparenting approach to being successful exclusively breastfeeding.

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