



## Correlation between Husband's Support and Primipara's Willingness to Provide Exclusive Breastfeeding

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### A B S T R A C T

Exclusive breastfeeding is the right of children and mothers. Unfortunately, the realization is not easy, especially for primipara. Several factors greatly influence its success, including the husband's support. This study aims to determine the correlation between husbands' support and mothers' willingness to provide exclusive breastfeeding. This research is an analytic-descriptive study with a cross-sectional approach. The population of this study was breastfeeding mothers at Yuni Astuti's Independent Midwife Practice, located in Sewon, Bantul, Yogyakarta, primiparous mothers with babies aged 0-6 months. Data was collected using a questionnaire consisting of 21 questions. Respondents' answers are indicated by statements of agreement on four scales (strongly agree, agree, disagree, strongly disagree). Univariate data were analyzed using percentages, and bivariate data using the Chi-Square test. The research results find that the husband's support is related to the mother's willingness to provide exclusive breastfeeding. Mothers willing to give exclusive breastfeeding receive good support from their husbands. Although her husband's support strongly influences a mother's willingness to provide exclusive breastfeeding, several other variables still need to be considered. It is suggested that future researchers conduct a detailed study of the success factors of exclusive breastfeeding so that the public can take the results as a recommendation for mothers to do the same.

## INTRODUCTION

Exclusive breastfeeding for newborns is an important practice for optimal health and development (Hu et al., 2021; Wu et al., 2022). Breast milk provides complete nutrition and protection from disease and strengthens the bond between mother and baby (Wood et al., 2021; Zahra et al., 2022); however, in many countries, the rate of exclusive breastfeeding is still low, including Indonesia, which is around 42% in 2020 (Kemenkes, 2020). Therefore, a better understanding of the factors influencing a mother's decision to provide exclusive breastfeeding to her baby is needed.

One factor that influences a mother's decision to provide exclusive breastfeeding is support from her husband (Pakilaran, 2022). The husband's support in this context includes emotional aspects, knowledge, and involvement in baby care (Rahman et al., 2020). Previous research has shown that spousal support significantly contributes to increased exclusive breastfeeding by mothers. For example, a study by Setegn, T., Gerbaba, M., & Belachew (2018) found that strong spousal support was associated with increased duration and success of exclusive breastfeeding. However, there are still gaps in research regarding the correlation between husbands' support and primiparous mothers' plans to provide exclusive breastfeeding. Primiparous or first-time mothers often face new challenges in breastfeeding and caring for their babies.

Therefore, it is important to understand how a husband's support can influence primiparous mothers' plans to provide exclusive breastfeeding.

A study by Adu-Gyamfi, E. P., Okyere, P. A., & Tenkorang (2020) examines the relationship between the husband's support and primiparous mothers' plans to provide exclusive breastfeeding. The results of this study indicate that positive and active husband support contributes to an increase in primiparous mothers' intention to provide exclusive breastfeeding. Primiparous mothers who experience support from their husbands typically have stronger plans to offer exclusive breastfeeding and feel more confident. In addition, a study by Oche, M. O., Umar, A. S., & Ahmed (2017) found that husbands' knowledge about the benefits of breastfeeding and their role in supporting exclusive breastfeeding played an important role in the mother's decision to provide exclusive breastfeeding. Husbands with good knowledge about the benefits of breastfeeding and their involvement in helping mothers can increase the likelihood of successful exclusive breastfeeding.

This study explores new aspects of the relationship between husbands' support and primiparous mothers' plans to provide exclusive breastfeeding. Although several previous studies have identified a link between a husband's support and exclusive breastfeeding, this study emphasizes a deeper understanding of how a husband's support can specifically influence primiparous mothers' plans for breastfeeding. This study provides a more specific focus on the primiparous population of mothers. Mothers giving birth for the first time often face special challenges and concerns in breastfeeding, and this research seeks to understand how husbands' support can be key in overcoming these challenges and improving mothers' decisions to breastfeed exclusively. By gaining a deeper understanding of the role of the husband's support in primiparous mothers' plans to provide exclusive breastfeeding, this research can significantly contribute to our understanding of the factors that influence the success of exclusive breastfeeding practices. The results of this study can provide a basis for developing more effective interventions and programs to increase spousal support and optimal breastfeeding practices in the primiparous population of mothers. The aim of this research is to find out the correlation between a husband's support and a primipara's willingness to provide exclusive breastfeeding.

## **METHOD**

This study used descriptive and cross-sectional analysis of the population of primiparous women at Yuni Astuti's Independent Midwife Practice, located in Sewon, Bantul, Yogyakarta. There were 30 research subjects obtained through purposive sampling with inclusion criteria: primiparous mothers with babies aged 0-6 months. Data was collected using a questionnaire consisting of 21 questions. Respondents' answers are indicated by statements of agreement on four scales (strongly agree, agree, disagree, strongly disagree). Univariate data were analyzed using percentages, and bivariate data using the Chi-Square test.

This research has received ethical permission from the Health Research Ethics Committee of the Muhammadiyah University of Purwokerto No KEPK/UMP/27/VIII/2023.

## RESULT

Table 1 shows that most of the respondents were 26-30 years old, high school education as well as husband, housewife, husband as a private worker, and baby aged 4 months.

Table 1. Frequency Distribution of Respondent Characteristics

Characteristics	n	%
Age (years)		
< 20	2	6,7
20 – 25	13	43,3
26 – 30	14	46,7
> 30	1	3,3
Education status		
Elementary School	1	3,3
Junior high school	7	23,3
Senior High School	20	66,7
Bachelor	2	6,7
Respondents Occupation		
Housewife	18	60,0
Laborer	4	13,3
Privat employee	5	16,7
government employees	3	10,0
Husband's education		
Elementary School	1	3,3
Junior high school	5	16,7
Senior High School	23	76,7
Bachelor	1	3,3
Husband's Occupation		
Farmer	1	3,3
Laborer	7	23,3
Private employee	14	46,7
Government employee	2	6,7
Entrepreneur	5	16,7
Child ages (months)		
2	4	13,3
3	4	13,3
4	17	56,7
5	5	16,7
Total	30	100

Based on table 2, most of the husband respondents provided good support, namely 20 respondents with a percentage of 66.7%. In addition, eight husband respondents (26.7%) provided sufficient support, and two (6.7%) provided poor support.

Table 2. Husband Support

No	Husband Support	n	%
1.	Good	20	66,7
2.	Enough	8	26,7
3.	Bad	2	6,7
Total		30	100,0

Table 3 shows that mothers who want to provide exclusive breastfeeding are 24 respondents with a percentage of 80.0%. Meanwhile, 6 other respondents (20.0%) did not want to provide exclusive breastfeeding.

Table 3. Mother's willingness to exclusively breastfeed

No	Willingness to exclusively breastfeed	n	%
1.	Want to give exclusive breastfeeding	24	80,0
2.	Refuse to give exclusive breastfeeding	6	20,0
Total		30	100,0

Table 4 shows that out of 20 respondents with the support of good husbands, all are willing to give exclusive breastfeeding. Of the eight respondents with sufficient husband support, four respondents (50.0%) wanted to give exclusive breastfeeding, and four respondents (50.0%) did not want to give exclusive breastfeeding. Meanwhile, of the two respondents with poor husband support, all of them did not want to give exclusive breastfeeding.

Table 4. Husband's Support Relationship with Primivara Mother's Willingness to Give Exclusive Breastfeeding

No	Husband Support	Willingness to Give Exclusive Breastfeeding				Total	
		Yes		No		n	%
		n	%	n	%		
1	Good	20	100,0	0	0,0	20	100
2	Enough	4	50,0	4	50,0	8	100
3	Bad	0	0,0	2	100,0	2	100
Total		24	80,0	16	20,0	30	100

Table 5 earned a value  $X^2_{hitung}$  of 17,500 with a sig ( $p_{value}$ ) value of 0,000. With  $df = 2$  and significance level ( $\alpha$ ) of 5% (0,05),  $X^2_{tabel} = 5,591$ . This result means a relationship exists between the husband's support and the primary mother's plans to give exclusive breastfeeding.

Table 5. Hasil Uji Chi Square

Uji	$X^2_{hitung}$	Nilai sig. ( $p_{value}$ )	Nilai Koefisien Contingency
Chi Square	17,500	0,000	0,607

The closeness of the relationship between the husband's support and the primipara plan to provide exclusive breastfeeding can be seen from the large value of the contingency coefficient. Based on table 10, the value of the contingency coefficient is 0.607. According to Sugiyono (2006), if the contingency coefficient is between 0.60 – 0.799, the relationship between the two variables is strong. The contingency coefficient value in this study is 0.607 or between 0.60 – 0.799. Therefore, there is a strong relationship between the husband's support and primiparous mothers' plans to give exclusive breastfeeding.

## DISCUSSION

The results of this study indicate that their husbands provide 66.7% of respondents' good support. Husbands advise mothers to continue breastfeeding exclusively because husbands know the importance of exclusive breastfeeding. Husbands also provide information about breastfeeding, for example, the importance of breastfeeding and how to store expressed breast milk. Because most of the mothers who become respondents work as laborers, the husbands encourage mothers to express breast milk so that babies continue to get exclusive breastfeeding. The husband wants to accompany the mother even in the middle of the night because, according to the husband, the child's responsibility is a shared responsibility. The results of this study follow Otsuka et al. (2018), who found that husbands' support had a positive correlation with mothers' willingness to provide exclusive breastfeeding. This research shows that husbands' support in recognizing and appreciating the importance of exclusive breastfeeding can increase mothers' motivation to do so. These findings confirm the important role of husbands in providing strong emotional support to mothers in breastfeeding practices. This opinion is also in line with research by Ahmad et al. (2017), who found that a husband's support has a significant influence on the willingness of mothers to provide exclusive breastfeeding. This research shows that a husband's support in helping with household tasks related to breastfeeding, such as taking care of the baby and housework, can strengthen a mother's motivation to continue exclusive breastfeeding. The response of a wife whose husband provides support is shown by her willingness to provide exclusive breastfeeding because she feels she is not alone. As stated by Goto, A. (2019) and Ali, S., et al (2021), the husband's support has a positive relationship with the willingness of mothers to provide exclusive breastfeeding. This study found that the husband's support in the form of active involvement in infant care and providing positive encouragement towards breastfeeding practices can influence mothers' intentions and decisions in providing exclusive breastfeeding.

Most (80.0%) of respondents want exclusive breastfeeding. Respondents will continue to provide exclusive breastfeeding even if they work without providing any additional food for the first six months because they know the importance of exclusive breastfeeding and the benefits of breastfeeding for babies; for example, babies don't get diarrhea easily, have adequate nutrition for the first six months, and are frugal (Otsuka et al., 2018).

These results align with Alzaheb (2020) that the willingness of mothers to provide exclusive breastfeeding is influenced by factors such as knowledge about the benefits of breastfeeding, confidence in the mother's ability to breastfeed, and social support received. This study confirms these factors' importance in shaping mothers' intention and commitment to providing exclusive breastfeeding. A study by Tessema et al, (2019) found that the factors influencing mothers' willingness to provide exclusive breastfeeding included social support, knowledge about breastfeeding practices, and mothers' perceptions of the benefits of

breastfeeding, which is in line with this research. The results of this study highlight the importance of proper education and support in increasing the motivation and commitment of mothers to provide exclusive breastfeeding. Research by Kavle, et al (2020) shows that a mother's willingness to provide exclusive breastfeeding is influenced by factors such as the mother's education, knowledge about breastfeeding practices, and support from health workers. This study emphasizes the importance of supporting mothers with accurate information and consistent support to increase the intention and practice of exclusive breastfeeding. A mother's willingness to provide exclusive breastfeeding is influenced by factors such as her confidence in her ability to provide exclusive breastfeeding the accessibility of adequate health services, and support from family and the surrounding environment. These findings emphasize the importance of identifying and addressing these factors to improve community breastfeeding practices (Aryeetey, R., 2021). Basrowi, N. D., et al, (2020) found that the factors that influence the willingness of mothers to provide exclusive breastfeeding include mothers' knowledge and attitudes towards breastfeeding practices, support from husbands and families, and social and cultural factors. This study emphasizes the need for a holistic approach to raising mothers' awareness and strengthening support systems to encourage exclusive breastfeeding practices.

## CONCLUSION

The husband's support is related to the mother's willingness to provide exclusive breastfeeding. Mothers willing to give exclusive breastfeeding receive good support from their husbands. Although her husband's support strongly influences a mother's willingness to provide exclusive breastfeeding, there are still several other variables that need to be considered, such as socioeconomic status, family support, the mother's perception of her physical appearance, the mother's career or work activities, the mother's health behavior during breastfeeding, and other variables. It is suggested that future researchers conduct a detailed study of the success factors of exclusive breastfeeding so that the public can take the results as a recommendation for mothers to do the same. The study has limitations in sample size and depth of study. It is hoped that future researchers can continue this research by examining the obstacles experienced by husbands in providing support for exclusive breastfeeding.

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