

# RELATIONSHIP OF HUSBAND SUPPORT WITH BREASTFEEDING BEHAVIOR

**Nuke Chesti Nur Milenia<sup>1</sup>, Agus Aan Adriansyah<sup>2</sup>, Mursyidul Ibad<sup>2</sup>, Novera Herdiani<sup>2</sup>**

<sup>1</sup>Student of Public Health, Universitas Nahdlatul Ulama Surabaya, Jl. Jemursari Nomor 51-57, Surabaya, Indonesia.

<sup>2</sup>Researcher of Public Health, Universitas Nahdlatul Ulama Surabaya, Jl. Jemursari Nomor 51-57, Surabaya, Indonesia.

[nuk.nur29@gmail.com](mailto:nuk.nur29@gmail.com)

## ABSTRACT

*The coverage of exclusive breastfeeding is still an important problem in Indonesia because the fulfilment of nutritional needs is very necessary for all humans, especially infants. Meeting the nutritional needs of infants can be obtained from exclusive breastfeeding. The success of exclusive breastfeeding is influenced by many factors, one of which is husband's support and breastfeeding behaviour. This study aims to analyze the relationship between husband's support and breastfeeding behaviour in the Work Area of the Air Besar Health Center, Ambon, Maluku. This research is an analytic observational quantitative research with a cross sectional approach. The sample size in this study was 36 breastfeeding mothers. The variables in this study are husband's support and breastfeeding behavior. The sampling technique used was simple random sampling and used the Pearson correlation test as a data analysis technique. This study uses primary data obtained from questionnaires and secondary data from the records of the Air Besar Ambon Maluku Health Center. The results showed that almost all respondents received support from their husbands (86.1%) and almost all respondents carried out breastfeeding behavior (80.6%). The results of the Pearson correlation test for the relationship between husband's support and breastfeeding behavior have a significance value of  $0.000 < 0.005$ , which means that there is a relationship between husband's support and breastfeeding behavior. Pearson correlation value of 0.817 indicates a very strong relationship. The conclusions in this study indicate that husband's support has a very strong relationship with the success of breastfeeding behavior in the Air Besar Ambon Health Center Work Area. The better the support provided by the husband to his wife, the higher the number of breastfeeding behavior will be. It is hoped that the puskesmas can provide assistance to married couples to explain the importance of husband's support for the success of breastfeeding behavior.*

**Keywords:** *Exclusive breastfeeding, husband's support, breastfeeding behavior*

## ABSTRAK

Cakupan pemberian ASI Eksklusif masih menjadi permasalahan penting di Indonesia karena pemenuhan gizi sangat diperlukan untuk semua manusia terutama bayi. Pemenuhan kebutuhan gizi bayi dapat diperoleh dari pemberian ASI Eksklusif. Keberhasilan pemberian ASI Eksklusif dipengaruhi banyak faktor salah satunya adalah dukungan suami dan perilaku menyusui. Penelitian ini bertujuan untuk menganalisis hubungan dukungan suami dengan perilaku menyusui di Wilayah Kerja Puskesmas Air Besar Ambon Maluku. Penelitian ini adalah penelitian kuantitatif observasional analitik dengan pendekatan *cross sectional*. Besar sampel pada penelitian ini sebanyak 36 ibu menyusui. Variabel pada penelitian ini yaitu dukungan suami dan perilaku menyusui. Teknik pengambilan sampel menggunakan simple random sampling dan menggunakan uji korelasi pearson

sebagai teknik analisis data. Penelitian ini menggunakan data primer yang didapat dari kuesioner dan data sekunder dari catatan Puskesmas Air Besar Ambon Maluku. Hasil penelitian menunjukkan hampir seluruh responden mendapat dukungan suami (86,1%) dan hampir seluruh responden melakukan perilaku menyusui (80,6%). Hasil uji korelasi *Pearson* hubungan dukungan suami dengan perilaku menyusui mendapat nilai signifikansi  $0.000 < 0.005$  yang berarti terdapat hubungan antara dukungan suami dengan perilaku menyusui. Nilai *pearson correlation* sebesar 0.817 menunjukkan hubungan sangat kuat. Simpulan pada penelitian ini menunjukkan dukungan suami memiliki hubungan yang sangat kuat dengan keberhasilan perilaku menyusui di Wilayah Kerja Puskesmas Air Besar Ambon. Semakin baik dukungan yang diberikan oleh suami kepada istri, maka akan semakin tinggi pula angka perilaku menyusui. Diharapkan pihak puskesmas dapat melakukan pendampingan kepada pasangan suami istri untuk menjelaskan pentingnya dukungan suami terhadap keberhasilan perilaku menyusui.

**Kata Kunci:** *ASI eksklusif, dukungan suami, perilaku menyusui*

## INTRODUCTION

Breast Milk (ASI) can meet the nutritional needs of infants up to the age of 6 months or known as exclusive breastfeeding. Exclusive breastfeeding is breast milk given to infants from the age of 0-6 months without any additional food. There are many benefits of exclusive breastfeeding for both the baby and the mother. However, the reality in the field is that exclusive breastfeeding for 6 months has not been implemented properly. Breast milk is the most important intake for babies in the first 0-6 months of age, which helps build baby antibodies so that they are not susceptible to disease(1).

The father is the main figure for the mother in providing support for breastfeeding. The implementation of breastfeeding in the field is not in line because there are still many who do not understand the importance of exclusive breastfeeding for babies and mothers. The absence of exclusive breastfeeding can also

harm the mother and her baby. This can be seen from the problem of infant mortality in Indonesia which is still below the target of the Millennium Development Goals (MDG's).

The coverage of exclusive breastfeeding is still an important problem in Indonesia. Based on data, the coverage of exclusive breastfeeding in the city of Ambon, especially the Air Besar Ambon Health Center, is 18.8%, far from the 2019 Strategic Plan, which is 50%. One of the factors that influence breastfeeding behavior is husband's support. The decline in exclusive breastfeeding coverage is inseparable from the role of the family. Roesli explained that the success of a mother in exclusive breastfeeding is the responsibility of the family and anyone who is directly involved in taking care of the baby(2). According to Istinah et al., Husband's support is the external factor that has the biggest influence on the success of breastfeeding behavior. When the mother understands the importance of exclusive

breastfeeding but the family does not support it properly, it will trigger the failure of the exclusive breastfeeding process for children. The husband's support, especially the husband, will have an impact on increasing the mother's self-confidence or motivation in breastfeeding (3).

Research related to breastfeeding behavior has never been done before at the Air Besar Ambon Health Center and the achievement rate of exclusive breastfeeding is also still low (18,8%). Seeing these problems, researchers are interested in conducting research with the aim of analyzing the relationship between husband's support and breastfeeding behavior at the Air Besar Ambon Health Center, Maluku. So it is hoped that it can help the community and health centers to overcome the problem of breastfeeding behavior in preventive efforts so that the achievement rate of exclusive breastfeeding increases.

## **METHODS OF STUDY**

This study is a quantitative study using an observational analytical research design, namely research that aims to test hypotheses regarding the relationship between variables, while the approach used is a cross sectional technique, namely the researcher observes or measures data on the independent variable and the dependent variable only once and at a time. time in the same period. The population in this

study were all breastfeeding mothers with babies aged 6-12 months at the Air Besar Ambon Maluku Health Center, amounting to 36 people. The sampling technique in this study, the researchers used probability sampling with simple random sampling.

Data collection in this study used primary data obtained from the results of the questionnaires distributed and secondary data obtained from Puskesmas records regarding breastfeeding behavior. Analysis of the data used is the Pearson correlation test. This research has gone through an ethical process at Universitas Airlangga Faculty of Dental Medicine Health Research Ethical Clearance Commission with the number "234/HRECC.FODM/V/2022" with the research title "The Relationship Of Family Support With Breastfeeding Behavior In The Work Area Of The Large Water Community Health Center Ambon Maluku" which was established on May 17, 2022 by the Chairman of the Ethical Clearance Commission, Universitas Airlangga.

## **RESULTS AND DISCUSSION**

The research results obtained are grouped according to the research objectives. The results of the study are presented in the following table:

Table 1. General Data Overview

<b>Category</b>	<b>Frequency</b>	<b>Percentage</b>
<b>Mother Status</b>		
Housewife	29	80.6
Self-employed	3	8.3

Category	Frequency	Percentage
Private sector employee	2	5.6
State Employees	2	5.6
Total	36	100.0
<b>Mother's Education</b>		
Elementary School/Equivalent	1	2.8
Middle School/Equivalent	3	8.3
High School/Equivalent	30	83.3
College	2	5.6
Total	36	100.0

Source: primary data, 2022

Table 1 shows the distribution of respondents by employment status. Almost all respondents (80.6%) are housewives and the lowest number are private employees and state employees. Mothers who work spend more time at work and tend to have poor emotions that have an impact on breastfeeding behavior. Housewives are the highest respondent's employment status, this can be an indicator of breastfeeding behavior because housewives have more free time.

Respondents based on mother's education showed that almost all respondents (83.3%) were high school graduates/equivalent. Thus, it can be concluded that in general the knowledge of the respondents is quite good, but it does not deny that some respondents still hold fast to the myths circulating among the public.

Table 2. Research Specific Data

Category	Frequency	Percentage
<b>Husband Support</b>		
Bad	5	13.9
Well	31	86.1
Total	36	100.0
<b>Breastfeeding behavior</b>		

Not good	7	19.4
Well	29	80.6
Total	36	100.0

Source: primary data, 2022

Table 2 shows the distribution of respondents based on husband's support almost entirely (86.1%) is good. This can be an indicator in the assessment of breastfeeding behavior. The higher the husband's support is expected to improve breastfeeding behavior at the Air Besar Ambon Health Center. The distribution of respondents based on breastfeeding behavior shows that almost all (80.6%) carry out. This can be interpreted that breastfeeding behavior is good in the work area of the Ambon Air Besar Health Center.

Table 3. Pearson Correlation Test Results Husband Support With Breastfeeding Behavior

		Breastfeeding Behavior			
		Well		Not good	
		n	%	n	%
Husband	Bad	5	13.9	0	0
Support	Well	2	5.5	29	80.6
Total		5	13.9	31	86.1
Pearson correlation test results: 0.817, p value: 0.000 <0.05					

Source: Primary Data, 2022

Table 3 shows the results of the Pearson correlation test for the relationship between husband's support and breastfeeding behavior. The test results got a significance value of 0.000 <0.05, which means that there is a relationship between husband's support and breastfeeding behavior. The Pearson correlation value of 0.817 indicates a very strong relationship. Like opinion Sarwono which states that the closer the

value to 1, the stronger the relationship and the results are directly proportional (4).

In line with research, Dewi explained that her husband is considered the closest person and is very influential on the mother to be able to maximally provide exclusive breastfeeding to her baby (5). Fathers can play a greater role in supporting breastfeeding through other support and assistance such as helping to bathe the baby or changing diapers. This role is the first step for a father to support the success of exclusively breastfeeding mothers. Raising and feeding children is a shared task between father and mother. The relationship between a father and his baby is an important factor in the growth and development of a child. Fathers also need to understand and understand the issue of breastfeeding and breastfeeding so that mothers can breastfeed properly (6).

The problem that arises in breastfeeding behavior is the assumption that taking care of the baby is only the mother's job. It is supported by Priscilla & Novrianda which states that if the husband is at home willing to involve himself in providing direct assistance to the mother such as helping to care for the baby, carrying, putting to sleep, doing homework, of course, the mother will feel more awake in her emotional condition and the mother can use sufficient time to care for and give breast milk. This is because there is no concern that the work has not been completed and the fear that the baby will wake

up while the mother is working will make the mother feel troubled because she has to work alone to take care of the household needs, the children, and of course the baby (7).

The role of health workers affects the husband's support for the success of breastfeeding behavior. If health workers provide adequate explanations about the importance of breastfeeding behavior to husbands on an ongoing basis since prenatal care, it will help husbands to begin to understand the importance of exclusive breastfeeding for babies. The husband's job is also a driving force in exclusive breastfeeding, where the husband's busy life in earning a living becomes one of the obstacles to being more involved in the family.

Exclusive breastfeeding can be increased to reach the target set by the Strategic Plan (50%) if there is additional intervention from local health workers who help convey the importance of husband's support for successful breastfeeding behavior. According to researchers, husband's support is fundamental in breastfeeding behavior. The more the husband pays attention to and supports the mother in breastfeeding behavior, the higher the success of breastfeeding behavior will be.

## **CONCLUSION AND SUGGESTION**

Based on the research on the relationship between husband's support and breastfeeding behavior at the Air Besar Ambon

Health Center that has been carried out, the following conclusions can be drawn, Almost all husbands have provided support to breastfeeding mothers in the Air Besar Ambon Maluku Health Center Work Area. Almost all mothers have implemented breastfeeding behavior in the Work Area of the Air Besar Health Center, Ambon, Maluku and Husband's support has a very strong relationship with the success of breastfeeding behavior in the Air Besar Ambon Health Center Work Area.

The results of this study are expected to be used as a reference in implementing exclusive breastfeeding and as an insight to prevent the failure of exclusive breastfeeding. Institutions are expected to provide regular assistance to husbands to explain the importance of exclusive breastfeeding to babies from the process of prenatal care to the delivery process.

## REFERENCES

1. Hidayat MN. Hubungan Tingkat Pengetahuan Suami tentang ASI Eksklusif Dengan Dukungan Suami Dalam Pemberian ASI Eksklusif di Puskesmas Bantul 1 Yogyakarta. STIKES Jenderal Achmad Yani Yogyakarta; 2017.
2. Roesli U. Inisiasi Menyusu Dini Plus ASI Eksklusif. Edisi Ke-2. Yogyakarta: Pustaka Bunda; 2008.
3. Istianah, Nine Zainiyatul; Masruroh, Nur; Lestari YN. Peran Dukungan Keluarga Terhadap Praktik Pemberian ASI Eksklusif. Sport Nutr J. 2020;34–40(1):2.
4. Sarwono J. Statistik untuk riset skripsi. 2018;
5. Andriani RAD, ; Dewi UM. Hubungan Dukungan Suami Dengan Keberhasilan Pemberian ASI Eksklusif Pada Ibu Bekerja. J Bid Ilmu Kesehat. 2021;11(1):88–93.
6. Kusumayanti N, Nindya TS. Hubungan dukungan suami dengan pemberian asi eksklusif di daerah perdesaan. Media Gizi Indones. 2017;12(2):98–106.
7. Priscilla V, Novrianda D. Dukungan Suami Terhadap Pemberian ASI Eksklusif Di Wilayah Kerja Puskesmas Lubuk Kilangan Kota Padang Tahun 2011. NERS J Keperawatan. 2014;10(2):197–209.