

The importance of husband support for breastfeeding during pandemic COVID-19



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ABSTRACT

Introduction: Unachieved exclusive breastfeeding is still a problem in Indonesia. During pandemic covid-19 situation, the condition required to keep the distance from other people resulting the limited access between breastfeeding mothers and midwives. The role of the closest person that is husband is needed to constantly provide support. The objective of this research is to determine the relationship between husband's support during the covid-19 pandemic with exclusive breastfeeding.

Methods: The type of research used is an analytic survey with a cross sectional method. The total population are 51 people and the sample of 45 people is taken using purposive sampling technique. Collecting data using questionnaire sheets given to respondents. Data analysis using Chi Square test (X²).

Results: Based on analysis, we found that husband's support has a significant association with the quality of exclusive breastfeeding with $p=0.000$.

Conclusion: The result of the research informed husbands who want to provide support in the form of effective communication between husband and wife during the breastfeeding process, able to help breastfeeding mothers to keep the spirit of breastfeeding, and will help provide breast milk as the best food for their babies. There is a significant relationship between husband's support in the success of exclusive breastfeeding during the covid-19 pandemic.

Keywords: covid-19, husband's support, exclusive breastfeeding.

Cite This Article: Natalia, M.S., Yuliana, W., Nulhakim, B. 2022. The importance of husband support for breastfeeding during pandemic COVID-19. *Bali Medical Journal* 11(3): 1354-1356. DOI: 10.15562/bmj.v11i3.3556

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Received: 2022-07-17
Accepted: 2022-08-26
Published: 2022-10-01

INTRODUCTION

The number of exclusive breastfeeding in Indonesia is less and keep declining, based on the Basic Health Research (Riskesmas), a mother who has positive thoughts, would be happy to see her baby, then fully cared for and loved, especially when she kisses and cuddles the baby. All of that happens when she is in a calm feeling. This state is obtained by the mother if there is support from the environment around her to keep giving breastmilk to her baby. Mothers need hard support in order to provide exclusive breastfeeding. This support is obtained by the mother from three parties, such as, husband, family, and health workers. The biggest influence of support coming from her husband. This is because of a husband is included in the main family and classified as the closest person to the mother. In fact, there is an opinion that breastfeeding is only a matter for the mother, and has nothing to do with the father. In general, the father's support in the practice of breastfeeding is still minimal, one of the reasons about culturally there is a split role, where the

husband acts as the breadwinner and all household affairs are taken care of by the wife.¹

In 2014, stated that only 37.3% of children in Indonesia were exclusively breastfed. In 2015, exclusive breastfeeding reached 55.72%, in 2016 is decreasing with the percentage of exclusive breastfeeding only 2 around 54%. In 2017, exclusive breastfeeding reached 61.33%. The latest calculation of the breastfeeding percentage based on the latest Riskesmas data in 2018, the success of exclusive breastfeeding only 37.3%. The level of public awareness to provide breastmilk (ASI) to their babies is still very concerned (National Portal of the Republic of Indonesia, 2015). Other data which supports the statement above is reported by the Ministry of Women's Empowerment that only 28.2% of mothers in the country provide exclusive breastmilk (ASI) to their babies for up to 6 months.² On average, babies in Indonesia only receive exclusive breastfeeding for less than 2 months. The results of the 2016 Indonesian Demographic and Health Survey (SDKI) are quite concerned. Babies

who got exclusive breastfeeding is 38%. According to data from the National Socio-Economic Survey (SUSENAS) the latest exclusive breastfeeding percentage in 2018 was 44.36%. And from the Lumajang District Health Office in 2019, the coverage of exclusive breastfeeding reached 46.9%.³

Unbreasted babies are caused by a variety of factors, including lack of support from different locations. One of them is male support. If husband's support helps, breastfeeding success will be easier to achieve. Breastfeeding requires a stable emotional state. Husbands and wives need to understand the importance of supporting breast-fed mothers, as the psychological factors of the mother affect breast milk production.⁴ Support is giving something to another person to meet their needs. Support can be interpreted as motivating, encouraging and advising others in decision-making situations.⁵ Another opinion was stated by Diana Damayanti (2010) through her research, stated that husband's support to his wife is an important factor that also influences

mothers to give exclusive breastfeeding by convincing mothers that breastfeeding is the best thing they can do for their babies.⁶ Assist the mothers and fulfill the needs, seeking as much information as possible about the breastfeeding process, giving the wife about 1-2 hours for rest every day, also appreciating the wife's efforts to breastfeed the baby. Based on the initial survey that has been carried out, it is known that the number of mothers who breastfeed exclusively is relative.

Exclusive breastfeeding, until the babies is 6 months old, is very beneficial for protecting babies from various diseases that cause infant mortality. In addition, exclusive breastfeeding is also beneficial for the mother, by reducing postpartum bleeding, reducing blood loss during menstruation, accelerating the weight loss to pre-pregnancy weight, and reduce the risk of breast cancer and uterine cancer.² The number of babies who are not breastfed alone is caused by a variety of factors, including lack of support from a variety of disciplines, including male support. With husband's support, complete breastfeeding success is achieved. It will be easier. Breastfeeding requires a stable emotional state because the mother's psychological factors affect breast milk production.⁴

METHODS

General Background of Research

The research design used is a cross-sectional survey, which is a research to study the dynamics of the correlation between risk factors and the effects, by approaching, observing, or collecting data all at once.²

Sample of Research

The population of this research is all mothers who have babies aged 0-6 months with a total of 51 respondents and a sample of 45. The sampling technique used is purposive sampling, which is

based on a certain consideration made by the researcher, based on the characteristics or traits of the population that were previously known.²

Instrument and Procedures

Data collection techniques using questionnaires. The research process was carried out by filling out questionnaires through stages in the form of respondents being given informed consent about the research first, if they had agreed, the respondents were filled out questionnaires. After the questionnaires were filled in, they were collected and then submitted to the researchers to be tabulated and processed.

Data Analysis

The bivariate analysis in this research aims to analyze "the relationship between husband's support and exclusive breastfeeding which is tested using the Chi-Square or X² test which can be used to estimate or evaluate the frequency of investigation or analyze the results of

observations to find out whether there is a significant relationship or difference using nominal data.²

RESULTS

The research result based on the characteristics of mothers and husbands data.

In the [table 1](#) below, it is found that the majority of husbands are more than 35 years old about 51%, low education 53.5%, and employed status 100%.

In [table 2](#), the results show that the most dominant age is 20-35 years is a reproductive age with 80%, low education about 51.2%, and unemployed 77.8%.

In this study, the data analysis technique used is the chi-square technique with an error rate of = 0.05 (5%) and a 95% confidence level. After analyzing the data, the Asymp value is obtained. Sig. (2-sided) which is equal to 0.000. It can be concluded that H1 is accepted and H0 is rejected, which means that there

Table 1. Characteristics of the husband as a supporter of breastfeeding during the pandemic.

Characteristic	Classification	Frequency	Percentage
Age	<20 th	0	0
	20-35 th	22	49
	>35 th	23	51
Education	High (SMA,PT)	20	44,5
	Low (SMP,SD)	25	53,5
Working status	Employed	45	100
	Unemployed	0	0

Table 2. Characteristics of the mothers who exclusively breastfeed the babies aged 0-6 months during a pandemic.

Characteristics	Classification	Frequency	Percentage
Age	<20 th	0	0
	20-35 th	36	80
	>35 th	9	20
Education	High (SMA,PT)	22	48,8
	Low (SMP,SD)	23	51,2
Working Status	Employed	10	22,2
	Unemployed	35	77,8

Table 3. Cross tabulation Relationship between husband's support and exclusive breastfeeding for babies aged 0-6 months.

Husband's support	Exclusive Breastfeeding				Total	%
	Not breastfed		Breastfed			
	F	%	F	%		
Support	2	8,4	22	48,9	24	53,3%
Not Support	21	46	0	0	21	46,7%
Total	23	51,1	22	48,9	45	100

is a relationship between the husband's support and exclusive breastfeeding.

DISCUSSION

Support is an effort given to other people both morally and materially to motivate that person in carrying out activities.⁷ Meanwhile, according to (Chaplin, 2011) support is providing something to meet the needs of others. Support can also be interpreted as providing motivation or encouragement, and advice to others in decision-making situations.⁴

The research with the title "The Idea of Exclusive Breastfeeding to Breastfeeding Mothers during Covid-19 Pandemic in Bebandem Village on 2021" states that it is necessary to provide exclusive breastfeeding during the pandemic because that is the best nutrition for babies. This research states that 76.6% of mothers give exclusive breastfeeding while maintaining communication by involving the community itself. The research data shows that there are still 23.4 who do not give exclusive breastfeeding and this needs attention from the midwife by looking at other supporting factors.⁸

The opinion in this research shows that the husband supports breastfeeding in several factors, including the husband wants his baby to get good nutrition, always supports and fulfills the mother's needs in the breastfeeding process, always encourages mothers to give breast milk by paying attention to the mother from her dietary habit, also remind mothers to breastfeed their babies. This kind of support will make the wife more responsible for the baby. So that the baby's nutritional needs are fulfilled. Not only material support but moral support is also needed.

CONCLUSION

Based on the results of this research with the title "Husband's support during

the covid-19 pandemic with exclusive breastfeeding in Penambangan Village, Probolinggo Regency the results showed that there was the support given by husbands to breastfeeding mothers during the covid-19 pandemic. This shows that the form of support from the husband is very important for breastfeeding mothers, especially in this pandemic era. Because breastfeeding mothers are expected not to face the stress due to overthinking about the current news regarding Covid-19 so that milk production remains good.

Therefore, this research can provide a new discourse for readers, especially breastfeeding mothers and their families about the appeal of the importance of husband's support in providing exclusive breastfeeding. The researcher expected that there will be a positive effect on readers so that they can change husbands' behavior patterns in supporting the achievement of exclusive breastfeeding in this pandemic era. Therefore, further studies are needed.

FUNDING

The authors are responsible for all of the study funding without a grant or any external funding source.

CONFLICT OF INTEREST

No potential conflict of interest relevant to this article was reported.

AUTHOR CONTRIBUTION

All authors similarly contribute to the think about from the investigate concepts, information acquisitions, information investigation, factual investigations, changing the paper, until detailing the consider comes about through publication.

ETHICAL CONSIDERATION

Researchers applied to the ethics commission of PHC Surabaya Hospital by giving a research proposal before

conducting the research at PHC Hospital. The research was undertaken after the ethical feasibility test was completed with certificate number 1382/EC/KEPK/UNUSA/2021.

ACKNOWLEDGMENTS

With the implementation of this research, the researcher expresses gratitude to those who have supported this activity such as all respondents who are breastfeeding mothers, and local midwives in the village who have facilitated this research activity. Hopefully, this activity is useful for all of us.

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