



Relationship Between Spousal Support And Exclusive Breastfeeding In Mothers Of 0-6 Month Old Infant

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ABSTRAK

Latar Belakang: ASI (Air Susu Ibu) merupakan cairan kehidupan terbaik yang sangat dibutuhkan oleh bayi sampai 6 bulan karena mempunyai komposisi gizi yang paling lengkap dan ideal untuk pertumbuhan dan perkembangan bayi yang dapat memenuhi kebutuhan gizi bayi selama 6 bulan pertama. Tetapi, hanya 39 persen dari semua bayi di dunia yang mendapatkan ASI eksklusif. Menyusui merupakan proses alamiah namun selama ini masih banyak ibu yang tidak berhasil menyusui atau menghentikan menyusui lebih dini. Banyak alasan yang dikemukakan ibu ibu yang tidak menyusui bayinya antara lain sibuk bekerja, takut gemuk, dan produksi ASI kurang lancar (Damanik, 2020). Sebuah penelitian membuktikan jika dukungan suami adalah salah satu aspek penting dalam pemberian ASI eksklusif (DelCoreetal, 2018). **Tujuan:** untuk mengetahui hubungan dukungan suami terhadap pemberian ASI eksklusif pada ibu menyusui di PB Siti Hajar Medan Marelan. **Metode:** Jenis penelitian yang digunakan adalah kuantitatif dengan pendekatan *cross sectional*. Populasi yang diteliti adalah ibu menyusui di Dukung Suami terhadap pemberian ASI eksklusif di PMB Siti Hajar Medan Marelan sebanyak 30 ibu menyusui bayi 0-6 bulan. Analisa data menggunakan *chi-square*. **Hasil:** Berdasarkan penelitian yang dilakukan pada 30 responden ibu menyusui menunjukkan hasil 83,3% responden mendapatkan dukungan suami, dan 16,7% yang tidak mendapatkan dukungan suami. 100% ibu memberikan ASI eksklusif kepada bayinya. Maka adanya hubungan dukungan suami terhadap pemberian ASI eksklusif dengan $p\text{-value} = 0,000$ artinya $p\text{-value} < 0,05$. **Kesimpulan:** Berdasarkan penelitian yang telah dilakukan maka ada hubungan dukungan suami terhadap pemberian ASI eksklusif yang merupakan salah satu bentuk tindakan dari suami, dimana suami mendukung, mendorong, dan mempromosikan praktik pemberian ASI eksklusif kepada ibu selama masa menyusui

ABSTRACT

Background: Breast milk is the best life-giving fluid that is essential for babies up to 6 months of age because it has the most complete and ideal nutritional composition for the growth and development of babies, which can meet their nutritional needs during the first 6 months. However, only 39 percent of all babies in the world are exclusively breastfed. Breastfeeding is a natural process, but many mothers are still unable to breastfeed or stop breastfeeding early. Many reasons are cited by mothers who do not breastfeed their babies, including being busy with work, fear of gaining weight, and insufficient milk production (Damanik, 2020). A study proved that husband's support was an important aspect of exclusive breastfeeding (DelCoreetal. 2018). **Purpose:** To determine correlation between husband's support and exclusive breastfeeding mothers at Siti Hajar Clinic Medan Marelan. **Methods:** The type of research used was quantitative with a cross sectional approach. The study population consisted of 30 mothers who were breastfeeding their children aged 0-6 months at husband's exclusive breastfeeding assistance center at Siti Hajar Clinic od Medan Marelan. Data analysis using chi-square. **Results:** From a survey of 30 breastfeeding mothers, 83.3% of respondents were supported by their husband's and 16.7% were not supported by their husband's. 100% of mothers brestfeed their babies exclusively. This, it means that the $p\text{-value} = 0.000$, $p\text{-value} < 0.05$ between the husband's support for exclusive breastfeeding. **Conclusion:** Based on the research, it can be seen that there was correlation between husband's support for exclusive breastfeeding and the behavior of the husband's to support, encourage and support the practice of ecxclusive breastfeeding for mothers during breastfeeding.

INTRODUCTION

Increased breastfeeding can prevent 20,000 additional cases of breast cancer in women, in addition to saving the lives of more than 820,000 children each year (Unicef, 2022). Furthermore, from an economic perspective, increasing breastfeeding can reduce national losses by 302 million dollars annually (WHO, 2022). Exclusive breastfeeding is very important because, in addition to being the best nutrition for infant growth and development, exclusive breastfeeding is also effective in preventing deaths from diarrhea, pneumonia, and other leading causes of infant mortality. Globally, only 41% of infants under 6 months of age in 2017 were exclusively breastfed, while the global target for exclusive breastfeeding according to the World Health Assembly (WHA) is 50% by 2025 (UNICEF & WHO, 2020)

Newborn babies need breast milk to support their growth and development. Breastfeeding is the first immunization given to newborns and offers powerful protection against all forms of malnutrition in infants, including obesity and underweight. Exclusive breastfeeding is the practice of providing infants with breast milk exclusively from birth for six months, without adding or substituting other foods or beverages (PP No. 33, 2012)

Exclusive breastfeeding is very important for babies as a preventive measure against disease, because breast milk plays an important role in boosting babies' immunity, making them resistant to various diseases that can threaten their health. Indonesia is one of the countries that has regulations supporting the practice of exclusive breastfeeding, namely Government Regulation No. 33 of 2012 concerning Exclusive Breastfeeding. However, the rate of exclusive breastfeeding in Indonesia remains low. According to data from the Directorate General of Public Health, the average percentage of exclusive breastfeeding for infants under 6 months of age in Indonesia in 2019 was only 67.74%. The five provinces with the highest percentage of exclusive breastfeeding for infants under 6 months of age are West Nusa Tenggara, East Kalimantan, East Java, Yogyakarta, and East Nusa Tenggara. Meanwhile, the five provinces with the lowest rates are North Sumatra, Gorontalo, Maluku, Papua, and West Papua (Kemen PPPA, 2020)

Babies are said to be exclusively breastfed if they are only given breast milk as their daily food/drink at the age of 0–5 months. Exclusive breastfeeding has several advantages, including protecting babies from various diseases, benefiting their brain and physical development, and reducing the risk of allergies and chronic diseases. In 2024, the March Susenas survey showed that 74.73 percent of Indonesian children aged 0–5 months were exclusively breastfed. The percentage of young children who were exclusively breastfed when their mothers worked was 72.89 percent. Meanwhile, when mothers did not work, the percentage of young children who were exclusively breastfed was relatively higher at 76.06 percent ((BPS), 2024)

Based on data from the 2023 District/City Health Profile, it is known that 63,505 of 127,586 infants under 6 months of age in North Sumatra Province were exclusively breastfed at a rate of 49.77 percent. Infants under 6 months of age who were recalled during weighing in a certain area. This figure has increased compared to the coverage in 2022, which was 42.73 percent. Three districts/cities had the highest exclusive breastfeeding coverage (Figure 5.42), namely Central Tapanuli District at 85.90 percent, South Tapanuli District at 77.36 percent, and Karo District at 73.29 percent. Meanwhile, the three districts/cities with the lowest exclusive breastfeeding coverage

are Toba District at 4.08 percent, Tanjung Balai City at 7.07 percent, and North Nias District at 14.35 percent (Dinas Kesehatan Sumatera Utara, 2023)

Based on the Medan City Profile, exclusive breastfeeding is one of the indicators used to measure the success of achieving SDG Goal 2, specifically Target 2.2, which is to eliminate all forms of malnutrition by 2030, including achieving the internationally agreed target for stunted and underweight children under 5 years of age by 2025, and meeting the nutritional needs of adolescent girls, pregnant and lactating women, and the elderly. Exclusive breastfeeding is also one of the Global Targets for Nutrition of the World Health Assembly, which is to increase the rate of exclusive breastfeeding for infants up to 6 months of age to at least 50 percent. Therefore, there is no doubt about the link between breastfeeding and meeting the nutritional needs of children so that they do not suffer from malnutrition.

Breast milk is the best life-giving fluid that is essential for infants up to 6 months of age because it has the most complete and ideal nutritional composition for infant growth and development, which can meet the nutritional needs of infants during the first 6 months. However, only 39 percent of all infants worldwide are exclusively breastfed. Breastfeeding is a natural process, but many mothers are still unable to breastfeed or stop breastfeeding early. Many reasons are cited by mothers who do not breastfeed their babies, including being too busy working, fear of gaining weight, and insufficient milk production (Damanik, 2020).

During breastfeeding, a lot of energy and essential nutrients are needed. As a result, women are very sensitive to nutritional risks during the breastfeeding stage. Although breastfeeding mothers can use up their milk reserves, it is known that they are still able to produce sufficient high-quality milk even if their nutritional status is inadequate. The composition of breast milk is actually influenced by various factors. The mother's diet, body composition, and fat reserves all have a significant impact on this (Carretero-Krug et al., 2024).

Understanding proper breastfeeding practices is necessary for effective breastfeeding. The correct position of the mother and baby, proper latching of the baby, and the efficiency of the baby's sucking on the mother's breast (effective sucking) are indicators of successful breastfeeding (Mamuroh et al., 2024).

RESEARCH METHOD

The type of research used is quantitative with a cross-sectional approach. The analytical survey research method is a study that seeks to investigate how and why phenomena occur. A cross-sectional approach was used in this study. A cross-sectional approach is a study designed to explore the dynamics of correlations between factors and effects through approaches, observations, or data collection (Notoatmodjo, 2018). The purpose of this study was to collect all data at once and determine husband support as an independent variable and mothers' attitudes toward exclusive breastfeeding as a dependent variable.

The research population was represented by all mothers with infants aged 0-6 months who came to the PMB in Siti Hajar, Medan Marelan. The sampling technique used in this study was total sampling, involving 30 mothers who gave birth to children aged 0-6 months at the PMB Siti Hajar in the Medan Marelan area.

RESEARCH RESULTS

Table 1
Frequency Distribution of Respondent Characteristics Based on Age, Education, Husband's Occupation at PMB Siti Hajar Medan Marelan

Characteristics	Frequency	Percentage (%)
Age		
<20 years	3	10
20-35 years	22	73.3
>35 years	5	16.7
Total	30	100.0
Education		
Junior High School	3	10
Senior High School	2	6.6
High School	20	66.7
Undergraduate	5	16.7
Total	30	100.0
Work		
Farmer	3	10
Entrepreneur	21	70
Employee	6	20
Total	30	100.0

Table 1 shows that of the 30 respondents at PM Siti Hajar Medan Marelan, based on age, the majority of respondents were aged 20-35 years, namely 22 respondents (73.3%). Based on education, the majority of respondents had a high school education, namely 20 respondents (66.7%). Based on occupation, the majority of respondents were self-employed, namely 21 respondents (70%).

Tabel 2
Distribution of Husband Support in Breastfeeding Among Breastfeeding Mothers of Infants Aged 0-6 Months at PMB Siti Hajar Medan Marelan

Husband's Support	F	%
Supportive	25	83.3
Not Supportive	5	16.17
Total	30	100.0

Table 2 from 30 respondents at PMB Siti Hajar Medan Marelan shows that 83.3% of respondents received support from their husbands, while 16.7% did not.

Tabel 3
Husband Support in Exclusive Breastfeeding at PM Siti Hajar Medan Marelan

Exclusive Breastfeeding	F	%
Provided	30	100
Not Provided	0	0
Total	30	100.0

Table 3 shows that 100% of the 30 respondents at the Siti Hajar PMB in Medan Marelan gave their babies exclusive breastfeeding.

Tabel 4
The Relationship Between Husband Support and Exclusive Breastfeeding at PMB Siti Hajar Medan Marelan

Husband Support	Exclusive Breatfeeding				Total		p-value
	Provided		Not Provided				
	F	%	F	%	F	%	
Supportive	25	83.3	0	0	25	83.3	0.000
Not Supportive	5	16.7	0	0	5	16.7	

Table 4 shows that of the 30 respondents at PMB Siti Hajar Medan Marelan, 25 respondents (83.3%) received support and 5 respondents (16.7%) did not receive support. Based on the chi-square statistical test, the p-value (0.000) < 0.05, the null hypothesis (Ho) is rejected, and the alternative hypothesis (Ha) is accepted. Therefore, it can be concluded that there is a relationship between spousal support and exclusive breastfeeding at the Siti Hajar Maternity Hospital in Medan Marelan.

DISCUSSION

Based on the results of the study in Table 1 and 30 respondents at PMB Siti Hajar Medan Marelan, based on the age of the husband, the majority of respondents were aged 20-35 years, namely 22 respondents (73.3%). Husbands aged 20-35 years are in the healthy reproductive age group, so they are able to solve problems more maturely emotionally. Based on education, the majority of respondents had a high school education, namely 20 respondents (66.7%). In this study, there were more respondents with a high school education because most respondents felt that they had achieved a higher level of education. Based on occupation, the majority of respondents were self-employed, namely 21 respondents (70%). The husband's occupation is one of the factors that influence the success and failure of exclusive breastfeeding. Based on the results of the study in table 2, it is known that out of 30 respondents, 100% of mothers provided exclusive breastfeeding to their babies in the PMB Siti Hajar Medan Marelan area. Based on the results of the study in table 3, it is known that out of 30 respondents, 25 respondents (83.3%) received support and 5 respondents (16.7%) did not receive support.

The results of this study are supported by research from Abiyoga, Sukirman & Melida (2019), which shows that 83.5% of husbands support exclusive breastfeeding. This is also relevant to the results of research from Lutfiyanti, Suwarno & Hidayat (2020), which shows that husband support is in the high category, at 83.5%. The high level of support provided by husbands is due to the fact that most husbands are in the young adult age category, which is 46.6%. Based on the results of the study in Table 1, out of 30 respondents at PMB Siti Hajar Medan Marelan, 83.3% of respondents received support from their husbands, and 16.7% of respondents did not receive support from their husbands. Based on the results of the study in Table 2, it is known that out of 30 respondents, 100% of mothers provided exclusive breastfeeding to their babies in the PMB Siti Hajar Medan Marelan area. Based on the results of the study in Table 3, it is known that out of 30 respondents who received support, 25 respondents (83.3%) received support and 5 respondents (16.7%) did not receive support.

This is also relevant to the results of research by Lutfiyanti, Suwarno & Hidayat (2020), which shows that husband support is in the high category, at 83.5%. The high level of support provided by husbands is due to the fact that most husbands are in the young adult age category, at 46.6%. According to (Aulianida, Liestyasari, & Ch2019), breast milk is the ideal food for babies to optimize their growth and development. Breast milk contains fats, carbohydrates, proteins, micronutrients, and antibodies in the right amounts for digestion and development. Researchers concluded that spousal support is an important factor in the success of exclusive breastfeeding. The better the support provided, the greater the likelihood that mothers will breastfeed optimally. Given that breast milk is the ideal food for babies because it contains macro and micro nutrients as well as antibodies that support growth and development, spousal involvement needs to be continuously improved through education and health promotion.

CONCLUSION AND RECOMMENDATIONS

Based on research on the relationship between spousal support and exclusive breastfeeding among mothers breastfeeding infants aged 0-6 months at PMB Siti Hajar Medan Marelan in 2022, it was found that 83.3% of respondents received spousal support, while 16.7% did not. The p-value of this study was 0.000 (p-value <0.05, meaning that there is a relationship between spousal support and exclusive breastfeeding among mothers breastfeeding infants aged 0-6 months at the Siti Hajar Maternity Hospital in Medan Marelan. Healthcare institutions in Medan, both government and private, are expected to pay more attention and provide more support to the exclusive breastfeeding program. The culture of exclusive breastfeeding in Indonesia continues to grow every year, with recommendations that mothers breastfeed their babies from birth to 6 months of age without additional food or drink. PMB Siti Hajar is expected to be able to utilize and explore health survey data, particularly related to public awareness of medical assistance and support for breastfeeding. Health workers, especially in the Marelan Road area of Medan, are expected to continue to improve their knowledge and competence in order to increase the success rate of exclusive breastfeeding. These efforts are carried out through health promotion, dissemination of laws and regulations (including the provisions of Article 33 of 2012), and involving husbands in providing support to breastfeeding mothers for the success of exclusive breastfeeding.

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