Husband's Support and Mother's Motivation with Exclusive Breastfeeding in Babies Aged 0–6 Months in Tipar Village, Sukabumi City
Susilawati1, Maharani Putri Anzani1, Rani Fitriani Arifin1
1 Sekolah Tinggi Ilmu Kesehatan Sukabumi

ABSTRACT
This study aims to determine the relationship between the husband's support and motivation of mothers who have babies aged 0–6 months with exclusive breastfeeding. This type of descriptive correlational research with a cross-sectional approach uses the total sampling method with a total of 35 respondents. Collecting data using a questionnaire. Data analysis using the chi-square test. The results of the study on the description of the husband's support 6 (17.14%) did not support it and 29 (82.86%) supported it. The description of the mother's motivation in breastfeeding showed the results that 15 (42.86%) had high motivation and 20 (57.14%) had low motivation. The description of giving exclusive breastfeeding at 11 (31.43%) and not giving exclusive breastfeeding at 24 (68.57%). The results of hypothesis testing showed that there was a significant relationship between the husband's support and exclusive breastfeeding with a p-value of 0.046. There is a significant relationship between the husband's support and exclusive breastfeeding with a p-value of 0.041. There is a significant relationship between the mother's motivation and exclusive breastfeeding with a p-value of 0.046. There is a relationship between a husband's support and a mother's motivation for babies aged 0–6 months with exclusive breastfeeding in Tipar Village, Sukabumi City. It is recommended that further research on the effect of breastfeeding fathers on breastfeeding success be conducted.

INTRODUCTION
Breast milk is the first natural food for babies that provides all the vitamins, minerals, and nutrients needed by babies for growth in the first six months, and no other food or fluids are given. Breast milk fulfills half or more of the nutritional needs of children in the first year to second year of life. In addition to containing complete nutrition, there are also immune substances such as IgA, IgM, IgG, IgE, lactoferrin, lysosomes, immunoglobulins, and other substances that protect infants from various infectious diseases (Septiani et al., 2017). Breast milk is the first natural meal for newborns, and it contains all of the vitamins, minerals, and nutrients that they require for growth throughout the first six months of their lives. Breast milk meets 50% or more of a child's nutritional needs throughout the first two years of life. In addition to providing full nourishment, immune substances such as IgA, IgM, IgG, IgE, lactoferrin, lysosomes, immunoglobulins, and other compounds protect newborns from numerous infectious disorders in addition to providing full nourishment (Septiani et al., 2017).

According to the World Health Organization (2014), breastfeeding is a typical means of giving nutrients to newborns for healthy growth and development. Because it supplies the energy and chemicals needed for the first six months of a baby’s existence, mother's milk (ASI) is the finest natural nourishment for them. Almost every woman can breastfeed if she has the appropriate knowledge and support from her family, healthcare system, and society as a whole. Breastfeeding is one of the most effective methods for ensuring a child's health and survival (Rakhmawati et al., 2020).

Early in infancy, babies are particularly vulnerable to a variety of ailments. Breastfeeding exclusively helps to prevent diarrhea and other diseases. Breast milk has been shown to reduce the frequency of lower respiratory tract infections, otitis media (middle ear infections), bacterial meningitis (inflammation of the brain lining), urinary tract infections, diarrhea, and necrotizing enterocolitis in developed nations. Clostridium tetani, diphtheria, pneumonia, E. coli, salmonella, sigela, influenza, streptococci, staphylococci, poliovirus, rotavirus, and vibrio cholera viruses are all protected by breast milk. It can also improve children's IQ (Intelligent Quotient) and EQ (Emotional Quotient) (Sari & Farida, 2020).

According to a study performed in impoverished nations, newborns who do not receive breast milk have a 6–10 times higher chance of dying in their first few months. The infant mortality rate (IMR) will rise as a result of this (Nasriani, 2020). According to UNICEF data, only 40% of babies aged less than 6 months were exclusively breastfed worldwide in 2015. The average coverage of exclusive breastfeeding across the world is roughly 38%.
According to UNICEF (2013), over 800,000 children die before reaching the age of five, with underdeveloped countries accounting for more than 98 percent of these deaths. In underdeveloped nations, breastfeeding can lower illness risk and infant mortality (Hapitria et al.).

In Indonesia, the percentage of newborns enjoying exclusive breastfeeding was 67.74 percent in 2019. This figure is higher than the 50% target set for the 2019 Strategic Plan. In the meantime, 66.1 percent of newborns in the United States were exclusively breastfed in 2020, a decrease from 2019. Meanwhile, the exclusive breastfeeding coverage rate in West Java was 58.5 percent in 2020 (Jabar Health Office, 2018). Meanwhile, the Tipar Health Center’s exclusive breastfeeding coverage in 2020 will be lower than the national and West Java averages.

In 2018, infant mortality in West Java Province was 3.4 per 1,000 live births, or 3,083 cases, down 0.1 points from 2017, when it was 3.5 per 1,000 live births, or 3,249 cases (West Java Health Office, 2018). According to statistics from the Sukabumi City Health Office, infant mortality among children aged 1 to 11 months dropped in 2019 compared to 2018: from 35 to 16 fatalities. In 2019, there were 16 baby deaths in Sukabumi City, out of a total of 6,056 live births. As a result, the infant mortality rate in Sukabumi City in 2019 was 2.6/1000 live births (Sukabumi City Health Office, 2019).

In 2020, the newborn era accounted for 72.0 percent (20,266 fatalities) of the 28,158 deaths among children under the age of five. 72.0 percent (20,266 fatalities) of all recorded newborn deaths occurred between the ages of 0 and 28 days. Meanwhile, 19.1% (5,386) of fatalities occurred between the ages of 29 days and 11 months, and 9.9% (2,506) happened between the ages of 12 and 59 months (Indonesian Health Profile, 2020). Nonetheless, neonatal, baby, and toddler death rates are predicted to continue to drop. In 2024, government activities are aimed at lowering the AKN to 10 per 1000 live births and the IMR to 16 per 1000 live births (Kemenkes Indonesia, 2020).

The absence of assistance from many parties, including the husband's support, contributes to the high proportion of newborns in Indonesia who do not get exclusive breastfeeding. If the husband's support is important, exclusive breastfeeding can be successful. Breastfeeding necessitates emotional stability. Because the mother's psychological aspects have a significant impact on milk supply, the husband and wife must recognize the importance of providing support to nursing moms (Tasya, 2008; Bakri et al., 2019).

The availability of family support, particularly from spouses, will have an influence on mothers’ confidence and drive to breastfeed. When it comes to exclusively nursing for at least six months, a mother’s drive is crucial (Anwar et al., 2019). Age, education, career level, knowledge, family support, family income, the number of children, and the involvement of health workers can all impact the decision to exclusively breastfeed (Padmasari et al., 2020).

One of the most crucial reasons for mothers to donate breast milk is motivation, which is an encouragement from within or outside a person to take action. It is hoped that the mother will have a decent capacity to supply breast milk to her infant if she has a strong desire to do so. The mother's part in nursing the infant will grow as her motivation and abilities improve, resulting in increased breastfeeding for the baby (Y. S. Pratiwi et al., 2019).

The phenomena found in the Tipar village are many who do not give exclusive breastfeeding and some mothers reveal that their husbands’ support for exclusive breastfeeding is lacking, such as the lack of information the husband has about exclusive breastfeeding so that the husband does not give more attention to the mother when breastfeeding, the lack of time allotted by husbands for providing support to mothers, such as in the form of praise, taking them to posyandu, and the fact that husbands do not provide positive support for mothers when breastfeeding.

Therefore, based on the description above and the importance of breastfeeding for babies, the authors titled this study "Relationship of Husband Support and Motivated Mothers of Infants Aged 0–6 Months With Exclusive Breastfeeding in Tipar Village, Sukabumi City."

METHODS

This type of research is called correlational research, with the research method used being cross-sectional. The sample in this study included as many as 35 people with a sampling technique that is saturated sampling (totally sampling). The inclusion criteria in this study were mothers whose husbands did not work outside the city. The research instrument used a questionnaire (the husband's support and motivation). In this study, primary and secondary data were collected.

Data was collected directly from respondents via questionnaires provided to mothers with kids aged 0–6 months at Tipar Health Center, which included questions on their husband’s support, their mother's motivation, and exclusive breastfeeding. The secondary data for this study came from Tipar Health Center data on nursing women with babies aged 0–6 months.
Analysis of the characteristics of the respondents in this study was carried out using the frequency distribution and the percentage of each respondent's characteristics, including the number of children, infant age, mother's age, last education, occupation, and problems experienced by mothers during breastfeeding. A univariate analysis was carried out on the independent variables of husband's support and mother's motivation. The dependent variable was exclusive breastfeeding. The bivariate analysis used in this study is the Chi-Square correlation.

RESULTS AND DISCUSSION

Result

This study will describe the results of research that has been carried out regarding the relationship between a husband’s support and a mother's motivation for babies aged 0–6 months with exclusive breastfeeding in Tipar Village, Sukabumi City.

A. A Description Of The Respondents' Characteristics

Table 1 Characteristics of Respondents Based on The Number of Children

<table>
<thead>
<tr>
<th>Child</th>
<th>Frequensi</th>
<th>Persentase (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8</td>
<td>22.9</td>
</tr>
<tr>
<td>2</td>
<td>12</td>
<td>34.3</td>
</tr>
<tr>
<td>3</td>
<td>11</td>
<td>31.4</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
<td>11.4</td>
</tr>
<tr>
<td>Total</td>
<td>35</td>
<td>100</td>
</tr>
</tbody>
</table>

Based on table 1, it shows that most of the respondents have 2 (two) children by 34.3%, or as many as 12 people, while a small proportion of respondents have 4 (four) children by 11.4%, or as many as 4 people.

Table 2 Characteristics Of Respondents Based On Baby Age

<table>
<thead>
<tr>
<th>Age (Month)</th>
<th>Frequensi</th>
<th>Persentase (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 months</td>
<td>2</td>
<td>5.7</td>
</tr>
<tr>
<td>2 months</td>
<td>4</td>
<td>11.4</td>
</tr>
<tr>
<td>3 months</td>
<td>6</td>
<td>17.1</td>
</tr>
<tr>
<td>4 months</td>
<td>12</td>
<td>34.3</td>
</tr>
<tr>
<td>5 months</td>
<td>10</td>
<td>28.6</td>
</tr>
<tr>
<td>6 months</td>
<td>1</td>
<td>2.9</td>
</tr>
<tr>
<td>Total</td>
<td>35</td>
<td>100</td>
</tr>
</tbody>
</table>

Based on table 2, it shows that most of the babies are 4 months old, which is 34.3%, or as many as 12 babies, while a small number of babies are 6 months old, which is 2.9%, or 1 baby.

Table 3 Characteristics Of Respondents Based On Mother's Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Frekuensi</th>
<th>Persentase (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;20</td>
<td>1</td>
<td>2.9</td>
</tr>
<tr>
<td>21-35</td>
<td>22</td>
<td>63.0</td>
</tr>
<tr>
<td>&gt;35</td>
<td>12</td>
<td>34.1</td>
</tr>
<tr>
<td>Total</td>
<td>35</td>
<td>100</td>
</tr>
</tbody>
</table>

Based on table 3, it shows that most of the respondents are in the age range of 21-35 years which is 63%, or as many as 22 people, while a small proportion of respondents are 20 years old, which is 2.9%, or as many as 1 respondent.
Based on table 4, it shows that most of the respondents have a high school education, namely 51.4% or as many as 18 people, and a small proportion of respondents who did not finish elementary school, 2.9% or as many as 1 person.

Based on table 5, most of the respondents as IRT are 60%, or as many as 21 people, and a small proportion of respondents who work as farmers are 8.6%, or as many as 3 people.

Based on table 6, it shows that most of the respondents had problems with breast milk not coming out, which was 37.1%, or as many as 11 people, and a small number of respondents who had sore nipples was 14.3%, or as many as 5 people.

Based on table 7, it shows that most of them do not have their husband's support, as many as 29 respondents, or 82.86%, and a small part of that, as many as 6 respondents, or 17.4%.

Based on table 8, the majority of the low motivation respondents (57.14%) and a small portion of the high motivation respondents (42.86%).
Based on table 9, it shows that most of the mothers did not give exclusive breastfeeding, namely as many as 24 respondents (68.57%) and a small proportion gave exclusive breastfeeding, as many as 11 respondents (31.43%).

C. Bivariat Analysis

The results of the bivariate test using Chi-Square obtained a p-value of 0.041 (0.05), meaning that H0 is rejected, meaning that there is a significant relationship between the husband's support and exclusive breastfeeding in Tipar Village, Tipar Health Center Work Area, Sukabumi City.

The results of the bivariate test using Chi-Square obtained a p-value of 0.046 (0.05) so that H0 is rejected, meaning that there is a significant relationship between a mother's motivation and exclusive breastfeeding in Tipar Village, Sukabumi City.

DISCUSSION

The support of the husband plays a critical role in the success or failure of breastfeeding. The husband is an important supporter of the mother's emotional and psychological activity (Nasrawati, 2018; Utami, 2012). A husband's support shows that he cares about and is responsible for his wife's health. It is not simply the mother's obligation to exclusively nurse her child. The family's head, in this case, the husband, bears a significant amount of duty for providing assistance (Puspitasari & Sasongko, 2020).

In the results of the study, it was found that the husband's support in exclusive breastfeeding showed that there were still respondents whose husbands supported but did not succeed in exclusive breastfeeding as many as 2 people (33.3%). This was due to problems with the mother during breastfeeding, such as breast milk not coming out, sore nipples, or working mothers. Then, for respondents who do not have their husband's support but succeeded in exclusive breastfeeding, as many as 7 people (24.1%) have high intrinsic motivation, which causes mothers to still have the will and enthusiasm to breastfeed even though there is no support from their husbands.

This study is in line with research that has been conducted by Anggorowati (2013), with the results of the analysis indicating that there is a relationship between family support and exclusive breastfeeding with a p-value of 0.003 in Bebengan Village, Boja District, Kendal Regency. The results of Atik's research (2010) stated that family support, especially from husbands, had an effect on exclusive breastfeeding. The husband's support is needed by the mother so that it is easier for mothers to breastfeed their babies. To make breastfeeding a success, solid support is needed (Asih & Risneni, 2016).
According to Snehandu B. Karr's idea in Norlina (2019), the greater the husband's support for breastfeeding the infant, the easier it will be for someone to take action to exclusively nurse their kid, and the lesser the husband's support, the less support he or she will be. It is simple to mold a person's actions when it comes to solely breastfeeding their children.

Mothers who receive knowledge and support from their families about exclusive breastfeeding are more likely to use it than those who do not receive such information or support; thus, family involvement is critical to the success of exclusive nursing. This is in line with the hypothesis put forward by Rahmawati (2010) in Utami (2012), according to which moms who have received guidance or information regarding exclusive breastfeeding from their relatives might have an impact on the mother's attitude toward doing so.

According to the findings of interviews with respondents, mothers who receive support from their husbands, on average, motivate and encourage their wives to maintain the spirit of exclusive breastfeeding by reminding mothers to meet their nutritional needs and assisting mothers in caring for their babies when they wake up at night. This is critical in terms of preparing the mother's mental state. Because the mother's psychology has a significant impact on the lactation and nursing processes, particularly the release of the hormone prolactin in the milk production process and the hormone oxytocin, which helps to smooth out breast milk. In the meantime, husbands who do not assist moms who are exclusively nursing are the result of husbands who still believe that breastfeeding is not their obligation.

The urge, desire, willingness, and driving force for exclusive breastfeeding occur as a result of external and internal variables that impact and maintain mothers' behavior in exclusively breastfeeding babies from birth to 6 months of age. Briawan, Nuryanti, and Hadjam (2008) in Sopiyani (2018) suggest that a mother's knowledge of breastfeeding, family support (husband, in-laws, parents, and siblings), the surrounding environment, lifestyle changes, socio-cultural conditions, and the family economy are all factors that influence breastfeeding motivation.

According to the results of the cross-tabulation of mother's motivation with exclusive breastfeeding, there are still 11 respondents who are highly motivated but do not succeed in exclusive breastfeeding (55%), which is due to problems with the mother during breastfeeding, such as breast milk does not come out, sore nipples, or working mother. For respondents with low motivation but successful in exclusive breastfeeding, as many as 2 people (13.3%), due to mothers' having good extrinsic motivation or support from their husbands, such as helping with housework, preparing food, giving compliments, and accompanying mothers when the baby wakes up at night. One of the mother's motivations to wake up to breastfeed the baby is support from the husband, as the closest person to the mother who helps the mother's psychology so that the mother feels comfortable and influences the release of breast milk.

Based on this, the husband's support has a very important role in the success of breastfeeding, namely as a breastfeeding father by providing support to breastfeeding mothers for the success of exclusive breastfeeding. The success of exclusive breastfeeding is increased when a spouse provides total support to a mother during the nursing process. The role of nursing dads is critical for spouses to encourage exclusive breastfeeding so that the process of exclusive breastfeeding by mothers runs smoothly and has a positive impact on mothers' strong motivation to breastfeed their children.

CONCLUSIONS
There is a relationship between the husband's support and the motivation of mothers who have babies aged 0–6 months with exclusive breastfeeding in the Tipar village in Sukabumi City. Because the husband is the family's decision maker, socialization of the importance of exclusive breastfeeding through various information media should not be limited to breastfeeding mothers. Socialization of other family members, particularly husbands, about the importance of support for breastfeeding mothers should also be done.

REFERENCES


