

The influence of breastfeeding father and mother's self-efficacy on the success of exclusive breastfeeding in mother's having a baby in Jorlang Huluan Village

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ABSTRACT

The success of providing exclusive breastfeeding in Jorlang Huluan Village, Pamatang Sidamanik District, Simalungun Regency is still low. The low level of exclusive breastfeeding in Jorlang Huluan Village is related to breastfeeding fathers and mothers' self-efficacy. This study aims to determine the influence of breastfeeding fathers and self-efficacy on the success of exclusive breastfeeding for mothers with babies in Jorlang Huluan. The type of research used is analytical survey research with a cross sectional design. The population in this study were all mothers who had babies 7-12 months in Jorlang Huluan Village, totaling 52 people and the research sample used total sampling. Data were collected using primary and secondary data and analyzed using the Multiple Logistic Regression chi statistical test with a confidence level of 95%. The results of the research show that there is an influence of breastfeeding fathers and self-efficacy on the success of exclusive breastfeeding in mothers who have babies 7-12 months in Jorlang Huluan Village. It is recommended that husbands of respondents in Jorlang Huluan Village seek information about Exclusive Breastfeeding and that health workers in Jorlang Huluan Village need to increase mothers' understanding of Exclusive Breastfeeding and increase family support in efforts to increase Exclusive Breastfeeding.

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INTRODUCTION

Successful implementation of breastfeeding exclusive is the achievement of success or coverage of exclusive breastfeeding. The success of exclusive breastfeeding is characterized by an increase in coverage of exclusive breastfeeding every year. The success of exclusive breastfeeding begins with

success in providing opportunities within the first hour related to providing early initiation of breastfeeding (IMD).

Exclusive breastfeeding is giving only breast milk, without giving other food or drinks to the baby, except vitamins, minerals, medicines and oral rehydration salts. The World Health Organization (WHO) recommends that breastfeeding be given exclusively from birth until the baby is six months old. This recommendation has been followed by various countries in the world, one of which is Indonesia. Even though exclusive breastfeeding has been recommended by the government, the failure of exclusive breastfeeding is very common in Indonesia (Sirmawati et al., 2020).

UNICEF reports that 30,000 child deaths in Indonesia and 10 million globally could be prevented each year through exclusive breastfeeding for the first six months of life, without the introduction of supplementary foods or drinks. In the ASEAN region, countries like India (46%), the Philippines (34%), Vietnam (27%), and Myanmar (24%) have lower rates of exclusive breastfeeding compared to Indonesia, where the rate has reached 54.3%. Exclusive breastfeeding is associated with a healthier outcome for babies compared to those fed formula milk. Babies on formula are at higher risk for urinary tract infections, respiratory and ear infections, as well as digestive issues like diarrhea, colic, allergies, asthma, diabetes, and chronic gastrointestinal diseases (Sirmawati et al., 2020).

The low coverage of exclusive breastfeeding is caused by various factors, including socio-cultural changes, peer influence, the view that exclusive breastfeeding is outdated, psychological factors, lack of information from health workers, increasing promotion of formula milk, and the presence of misinformation. The government has made efforts to increase the coverage of exclusive breastfeeding, one of which is by issuing Decree of the Minister of Health of the Republic of Indonesia no. 450/MENKES/SK/IV/2004 concerning Exclusive Breastfeeding for Babies. Apart from that, there is a relationship between maternal knowledge and the level of success in providing exclusive breastfeeding (Herman et al., 2021).

Several factors driving the success of exclusive breastfeeding are the husband's support factor, hereinafter referred to as the Breastfeeding father and the mother's self-efficacy. Breastfeeding Father is a husband's full support as a father for his wife so that she can be successful in the breastfeeding process. The father's support is the most meaningful support for the mother and can influence the success of exclusive breastfeeding. In urban areas, breastfeeding has begun to be done with full awareness, although there are not too many people interested in it. Fathers in western countries have long struggled to help their wives care for babies, bathe them, change diapers and accompany their wives to breastfeed. This kind of role is called breastfeeding father. Not breastfeeding in the true sense but helping the wife during the breastfeeding process (Nabila et al., 2023).

Widström et al.'s research (2021) emphasizes mother-infant contact in the first hour after birth, commonly referred to as skin-to-skin contact, as an important step in achieving optimal breastfeeding success. This study found that SSC (skin-to-skin contact) helps babies adjust their body temperature, heart rate, breathing, and also stimulates sucking behavior such as rooting and latching. In practice, SSC is the easiest to implement in normal deliveries and is usually hampered in emergency cases such as caesarean section or the baby in the intensive care unit. Use of the Healthy Child Project Skin-to-Skin Implementation Algorithm (HCP-S2S-IA) is useful in exploring best practices and challenges in implementing SSC. The authors concluded that optimal implementation of SSC greatly increases the chances of successful breastfeeding despite multiple (Cadwell et al., 2018).

The concept of breastfeeding father emphasizes the active role of fathers in helping successful exclusive breastfeeding practices. Such support includes emotional support such as giving praise or reducing the wife's psychological tension; practical help such as sharing household chores; and providing information, for example understanding the benefits and techniques of

exclusive breastfeeding. Evidence shows that husbands who have better knowledge about breastfeeding tend to provide better support. This is in accordance with research conducted in Paya Mala village which found that lack of knowledge on the part of husbands was one of the factors causing poor breastfeeding performance, although other forms of support such as emotional and physical remained very important. Furthermore, the father's education level is also positively correlated with the effectiveness of the support provided (Sianturi et al., 2023).

The latest data shows that the percentage of exclusive breastfeeding in Indonesia continues to increase, with 73.97% of babies aged less than six months receiving exclusive breastfeeding in 2023, up from 72.04% in the previous year. Support from husband and family plays an important role in the success of exclusive breastfeeding. Research shows that mothers who receive family support, including help from their husbands in household work, have a greater chance of providing exclusive breastfeeding ((WHO), 2023). Apart from that, support from health facilities, lactation counselors, and workplaces that are friendly to breastfeeding mothers also contribute to the success of breastfeeding, creating a positive trend in efforts to increase exclusive breastfeeding in Indonesia (Databoks, 2023).

Another factor that influences the success of exclusive breastfeeding is self-efficacy. Self-efficacy is an important psychological and motivational factor in breastfeeding and is a valuable framework that predicts breastfeeding duration and maternal breastfeeding confidence. Bandura (1994) explains that self-efficacy as a cognitive dynamic process evaluates people's beliefs and their ability to carry out healthy behavior and contributes to their preventive behavior (Maleki et al., 2021).

Mothers with high self-confidence to successfully breastfeed their babies (self-efficacy) will influence the duration of breastfeeding and the success of exclusive breastfeeding. This has been proven in research on breastfeeding self-efficacy in several countries such as South Africa, Japan (p-value 0.001), and Turkey (p-value 0.001) (Shiraishi et al., 2020)..

A person's belief in being able to do something and have an impact on their life is called self-efficacy. A person's self-efficacy can be influenced by 4 things, namely the experiences they go through, the experiences of other people, verbal persuasion, and physiological and emotional states.

RESEARCH METHOD

This research uses an analytical survey design with a cross-sectional approach to analyze the influence of breastfeeding fathers and mother's self-efficacy on the success of exclusive breastfeeding for mothers with babies in Jorlang Huluan Village, Pamatang Sidamanik District. This design was chosen because it can effectively assess the relationship between variables at one point in time (Fetters, M. D., & Freshwater, 2020).

The research population consisted of 52 mothers who had babies aged 0-12 months in the village, and samples were taken using a total sampling technique. Primary data was collected through interviews using a questionnaire that had been tested for validity and reliability, while secondary data was obtained from health records at the local health center. All data was collected with research ethics in mind (Creswell, J. W., & Poth, 2018).

Data analysis was carried out using the Multiple Logistic Regression test to test the influence of breastfeeding father and mother's self-efficacy on the success of exclusive breastfeeding, with a confidence level of 95% (Tabachnick, B. G., & Fidell, 2019). The success of exclusive breastfeeding was measured based on breastfeeding for babies aged 0-6 months, while maternal self-efficacy was measured using the Bandura scale and father involvement was measured using a questionnaire regarding father's support in breastfeeding (Bandura, 1997).

RESULTS AND DISCUSSIONS

Results

Table 1. Distribution of frequency of breastfeeding fathers, mother's self-efficacy and success of exclusive breastfeeding for mothers who have babies

Breastfeeding Father	n	%
Good	24	46,2
Not good	28	53,8
Total	52	100
Self-Efficacy	n	%
Good	23	44,2
Not good	29	55,8
Total	52	100
Success of exclusive breastfeeding	n	%
Good	23	44,2
Not good	29	55,8
Total	52	100

In the table above it can be seen that the majority of breastfeeding fathers in Jorlang Huluan Village, Pamatang Sidamanik District, Simalungun Regency are 28 people (53.8%), the majority's self-efficacy is not good at 29 people (55.8%) and the success of breastfeeding is exclusive majority with less good as many as 29 people (55.8%).

Table 2. The relationship between breastfeeding fathers and the success of exclusive breastfeeding for mothers who have babies in Jorlang Huluan Village

Breastfeeding father	The success of exclusive breastfeeding				p-value
	Good		Not good		
	f	%	f	%	
Good	21	87,5	3	12,5	0,000
Not good	2	7,1	26	92,9	

The results of the chi square test show that there is a $p\text{-value} = 0.000 < \alpha = 0.05$, meaning that there is a relationship between breastfeeding father and the success of exclusive breastfeeding for mothers who have babies in Jorlang Huluan Village.

Table 3. Relationship between maternal self-efficacy and the success of exclusive breastfeeding for mothers who have babies in Jorlang Huluan Village

Self-Efficacy	The success of exclusive breastfeeding				p-value
	Good		Not good		
	f	%	f	%	
Good	21	91,33	2	8,7	0.000
Not good	2	6,9	27	93,1	

The results of the chi square test show that there is a $p\text{-value} = 0.000 < \alpha = 0.05$, meaning that there is a relationship between self-efficacy and the success of exclusive breastfeeding for mothers who have babies in Jorlang Huluan Village.

Table 4. Effect of father's breastfeeding and mother's self-efficacy on the success of exclusive breastfeeding for mothers who have babies in Jorlang Huluan Village

Independent Variable	Score B	p-Value	Exp (B)
Breastfeeding Father	3.151	0,037	23,358
Self-Efficacy	3.373	0,022	29,153
Constant	-14.055	0,001	0.000

The results of the multiple logistic regression test analysis show that breastfeeding father with $p\text{-value}=0.037$ and self-efficacy with $p\text{-value}=0.022$ ($p<0.05$) means that H_0 is rejected, meaning breastfeeding father and self-efficacy influence the success of exclusive breastfeeding in mothers who have babies in Jorlang Huluan Village and the most dominant influence on the success of exclusive breastfeeding in Jorlang Huluan Village is the breastfeeding father, namely at a regression coefficient value of $\exp(B)$ 29.153.

Discussions

The Influence of Breastfeeding Fathers on the Success of Exclusive Breastfeeding in Mothers Who Have Babies

The results of research on the breastfeeding father variable found that with a good breastfeeding father the success of exclusive breastfeeding was 87.5%. The Multiple Logistic Regression statistical test shows that the breastfeeding father variable has a $p\text{-value} = 0.037 < \alpha$ (0.05), so there is an influence of breastfeeding father on the success of exclusive breastfeeding for mothers who have babies in Jorlang Huluan Village, Pamatang Sidamanik District, Simalungun Regency.

Referring to the test results, it can be explained that the better the role of the breastfeeding father, the greater the success of exclusive breastfeeding and conversely, the less the role of the breastfeeding father, the more the success of exclusive breastfeeding will decrease. This situation occurs because the success of exclusive breastfeeding is largely determined by the breastfeeding father.

Sintani explains that husband's support has four functions, namely informational support, assessment support, instrumental support, and emotional support. Informational support means that the husband functions as a recipient and disseminator of information about all the information in life. The husband reminds and informs the mother about information on exclusive breastfeeding. Sources of information can come from health workers, print media and others. Assessment support is a form of support from the husband as an identity member in the family status who is a source of validator with firm guidance and feedback guidance in solving problems (Dea Sintani et al., 2023).

Instrumental support is a form of husband's support as providing material that can provide direct assistance such as giving money, giving goods, food and services. This form can reduce stress because mothers can immediately solve problems related to the material. Emotional support is a form of support from family or husband as a place of comfort, safety and peace. Helps psychologically in stabilizing emotions and controlling oneself, therefore the form of support is by providing motivation and playing a role in listening to all complaints about the problems they are facing (Friedman, 2013).

Husband's support plays a big role in a mother's success in providing exclusive breastfeeding. The greater the support provided by the husband, the greater the mother's opportunity to breastfeed her baby. This will affect the smoothness of the breast milk production reflex, because it is influenced by the mother's feelings and emotions. Family support is needed for calm, tranquility and comfort for breastfeeding mothers which can increase the production of the hormone oxytocin so that it can increase breastfeeding in children.

Reeves, et al. stated that mothers breastfeed because they believe breast milk is healthier for the baby. The husband is the most influential support provider. This support system is very important for breastfeeding mothers to make the decision to exclusively breastfeed babies aged 0-6 months. This is in accordance with research by Mazza, et al, that there are two categories that influence breastfeeding, one of which is primary social influence. Primary Network is characterized by family members and close people. Husbands can play a role in increasing mothers' confidence in providing breast milk, mothers' confidence can increase breast milk production (Mazza et al., 2014).

Another similar study by Fithriana (2017) stated that based on Spearman Rank statistics there was a significant relationship between breastfeeding fathers and the success of providing exclusive breastfeeding in East Rumbuk Village, Sakra Health Center Working Area. In this research, breastfeeding father is the full support given by the husband to the wife in providing exclusive breast milk. A breastfeeding father is like a husband giving praise to his wife after breastfeeding, helping his wife care for the baby and accompanying her breastfeeding (Andreinie et al., 2019).

According to researchers, mothers who receive support from family members, especially husbands, will have a positive influence on their self-confidence in breastfeeding. Fathers can play a bigger role in supporting breastfeeding through support and other 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 an exclusive breastfeeding mother. 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 a child's growth and development. Fathers also need to understand and understand the issue of breast milk and breastfeeding so that mothers can breastfeed well.

The Influence of Maternal Self-Efficacy on the Success of Exclusive Breastfeeding in Mothers Who Have Babies

The results of research on the self-efficacy variable found that with good self-efficacy, the success of exclusive breastfeeding was 91.3%. The Multiple Logistic Regression statistical test shows that the self-efficacy variable has a $p\text{-value} = 0.022 < \alpha (0.05)$, so there is an influence of self-efficacy on the success of exclusive breastfeeding for mothers who have babies in Jorlang Huluan Village, Pamatang Sidamanik District, Simalungun Regency. Referring to the test results, it can be explained that the better the mother's self-efficacy, the greater the success of exclusive breastfeeding and conversely, the less self-efficacy the mother has, the more the success of exclusive breastfeeding will decrease.

Based on the results of this study, mothers who have high levels of breastfeeding self-efficacy are more likely to provide exclusive breastfeeding to their babies, compared to mothers who have low levels of self-efficacy. This is supported by research by Rahayu which shows a significant relationship between maternal self-efficacy and the success of providing exclusive breastfeeding to postpartum mothers. Mother's self-efficacy is an important thing to pay attention to. Mothers with a high level of self-efficacy tend to be successful in achieving the given targets (Rahayu, 2018).

The results of research by Hana Fathiyah show that there is a significant relationship between self-efficacy and exclusive breastfeeding for babies 0-6 months in the Waihaong Health Center working area ($p < 0.001$). This research shows the importance of intervention efforts to increase maternal self-efficacy to increase coverage of exclusive breastfeeding in the working area of the Waihaong Health Center, Ambon City (Jamaludin et al., 2022).

Self-efficacy is an instrument that can be used to identify mothers who are likely to be successful or who are at risk of stopping exclusive breastfeeding (Rahmawati et al., 2021)(Yusari Asih, 2022)(Yorita & Yanniarti, 2023). Those at risk will require additional intervention to ensure the success of exclusive breastfeeding. If the mother's breastfeeding self-efficacy score is low, it is a sign that the mother needs additional support (SUTANTI, 2020)(Sabilla & Ariasih, 2022)(Yusari Asih, 2022)(Ramadhan et al., 2022). This information is important to know so that appropriate interventions can be designed for those who need it.

This research shows that interventions carried out to increase maternal self-efficacy will be beneficial in increasing coverage of exclusive breastfeeding. Research conducted by Titaley et al¹² in East Java reported that efforts to increase maternal knowledge and awareness regarding the importance of exclusive breastfeeding, as well as assistance from health workers, have the potential to increase maternal self-efficacy. The more complete the information a mother obtains, the more it will be able to help the mother increase her self-efficacy.

CONCLUSION

Based on the research results, it was found that there was an influence between breastfeeding father (the father's role in supporting exclusive breastfeeding) and mother's self-efficacy (the mother's self-confidence in her ability to breastfeed) on the success of giving exclusive breastfeeding to mothers who have baby in Jorlang Huluan Village, Pamatang Sidamanik District, Simalungun Regency. Active father support in helping mothers, both emotionally and practically, can increase mothers' self-confidence and reduce stress, which in turn increases the success of exclusive breastfeeding. In addition, a high level of maternal self-efficacy, which is influenced by factors such as family support and knowledge about breastfeeding, also plays an important role in ensuring mothers are able to overcome the challenges of providing exclusive breastfeeding.

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