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Research Article

The Effect of Husband Support on the Successful Initiation of Early Breastfeeding in the Work Area of Pakisjaya Public Health, Karawang Regency In 2022

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Abstract

Aims: The success of breastfeeding in a group of husbands who understand breastfeeding.

Methods: This study employed a cross-sectional, analytical survey research strategy. A total of 32 participants were randomly selected for the sample. Both univariate analysis and bivariate analysis utilizing the Chi-Square test were performed on the data.

Results: According to the study's findings, the proportion of husbands who are extremely supportive of early breastfeeding is 62.5% greater than the number of husbands who are less supportive of early breastfeeding is 6.3%. The statistical test findings revealed that there was a substantial influence on the husband's support for the success of Early Breastfeeding (p-value 0.038 0.05). This suggests that the husband's support is linked to the success of the Early Breastfeeding Intervention.

Conclusion: There is an effect of the husband's support on the success of early breastfeeding initiation in the work area of the Pakisjaya Public Health Center, Karawang Regency in 2022.

Keywords:

Husband's support, Early Initiation of Breastfeeding

INTRODUCTION

According to (1), one of the issues that restrict Early Initiation of Breastfeeding is the lack of support from the spouse (breastfeeding father), which contributes to the poor implementation of EIB in Indonesia. A breastfeeding father is the full support of a husband to his wife in order to be successful in the breastfeeding process. Being present and providing support to the mother during the Early Initiation of Breastfeeding implementation can give the mother confidence to carry out the Early Initiation of Breastfeeding and the husband's support for the mother who gives birth is included in the 10 steps of Early Initiation of Breastfeeding management. nursing success is 98.1% in

the husband's group who understands nursing (2).

According to the World Health Organization (3), the percentage of early breastfeeding initiation is said to be poor (0-29%) moderate (30-49%), good (50-89%), and very good (90-100%). Initiation of Breastfeeding coverage in Indonesia is still far from the target, which is 80%, while in 2017 Early Initiation of Breastfeeding coverage in Indonesia itself is 58.2%. This figure is still far behind compared to other developing countries such as Oman (93%), Sri Lanka (92%), and the Philippines (77%).

In 2013, the global infant mortality rate (IMR) was 34 per 1,000 live births, according to the World Health Organization, while the

IMR in developing nations was 37 per 1,000 live births and the IMR in developed nations was 5 per 1,000 live births. East Asia has an IMR of 11, South Asia of 43, Southeast Asia of 24, and West Asia of 21 per 1,000 live births, as reported by the World Health Organization in 2014. The infant mortality rate has reduced from 44 per 1,000 to 40 per 1,000 live births during the past five years, while the newborn death rate has stayed consistent at 19 per 1,000 (4).

One of the problems that have not been completely addressed at this time is the problem of the Infant Mortality Rate (IMR), which is not yet in accordance with the target of achieving the Sustainable Development Goals (SDGs). The government continues to seek to reduce the incidence of neonatal deaths, specifically through an early breastfeeding initiation initiative that will directly benefit exclusive breastfeeding for 0-6 months by guaranteeing that all infants receive early breastfeeding initiation. At least an hour after birth, newborns should actively seek their mother's nipple and make skin contact with their mother in order to start breastfeeding, which was one of the WHO's 2007 projects (5).

The United Nations Children's Fund (UNICEF) and the World Health Organization (WHO) both suggest exclusively breastfeeding infants during the first six months of their lives to prevent infant mortality and morbidity. The introduction of solid foods should start around the six-month mark, and breastfeeding should continue for at least two years. In 2003, the Indonesian government extended the previously suggested duration of exclusive breastfeeding from four to six months.

According to data collected by the Statistics and Information Center, the province of West Nusa Tenggara had the highest percentage of early breastfeeding initiation (52.9% in 2003), while the province of West Papua had the lowest rate (21.7% in 2003). There are 18 provinces whose coverage for EIB is lower than the national average of

34.5%. The 2014 program goal of 80% exclusive breastfeeding has not yet been reached, and the current national percentage is only 53.3%. Only West Nusa Tenggara, the province's capital, has met the goal, the province claims; it has achieved 84.7%. Most poorly performing are the provinces of North Sumatra (37.5), West Papua (21.8), and West Java (21.8) (6).

According to the 2019 Indonesian Health Profile, babies who received exclusive breast milk were 67.74%. This figure has exceeded the 2019 Strategic Plan target of 50%. For West Java Province it reached 63.53%, while for Karawang Regency it reached 60% (Notoatmodjo, 2014). However, the Ministry of Health's Strategic Plan and the National Medium-Term Development Plan both set an exclusive breastfeeding rate of 80% as a goal for the years 2020–2024. The percentage of infants in Indonesia that are breastfed exclusively is below the goal rate. This is because to factors such as the pervasive advertising of formula milk, a shortage of private spaces for nursing in the workplace, a scarcity of trained breastfeeding counselors, and a reluctance on the part of health care providers to help mothers follow the 10 Steps to Successful nursing. Both the World Health Organization and the United Nations Children's Fund advise women to breastfeed their infants for at least the first six months. One of the steps taken to address barriers to expanding access to exclusive breastfeeding in Indonesia was the passing of Government Regulation Number 33 of 2012 addressing Exclusive breastfeeding. Age, parity, mode of birth, husband's support, knowledge, work, education, and other factors all play a role in whether or not an infant is able to breastfeed exclusively (7,8).

According to Ministry of Health data from 2017, the coverage of early breastfeeding initiation in Indonesia was 57.90%, an increase from 51.80% in 2016. Despite this growth, the figure remains well short of the WHO target of 90%. According to statistics from the West Java Province Health Profile in 2017, the coverage of early breastfeeding

initiation in West Java is 58%. Karawang Regency is among those having a low rate of early breastfeeding initiation. According to data from the Karawang Regency Health Office in 2020, the Karawang Regency has 79.83% coverage of early breastfeeding initiation. According to data from the Data and Information Center, the Province of West Nusa Tenggara had the greatest proportion of early breastfeeding initiation in 2003, at 52.9%, while the Province of West Papua had the lowest, at 21.7%. The nationwide coverage of Early Initiation of Breastfeeding is 34.5%, with 18 provinces having coverage that is lower than the national rate. In comparison to the program aim of 80% in 2014, the nationwide coverage of exclusive breastfeeding is 52.3%. According to the province, just one province has met the target, namely the Province of West Nusa Tenggara, which has achieved 84.7%. The provinces with the lowest achievement are West Java (21.8), West Papua (27.3), and North Sumatra (37.6) (9,10).

Preliminary research at the Pakisjaya Health Center and Private Practice Midwives in the Pakisjaya Health Center's service area,

Karawang Regency, included 32 mothers who gave delivery in the second week of May. The results of 22 observations suggest that out of every 100 mothers, 22 promptly begin breastfeeding their infants. The survey found that when dads help out during childbirth, it makes moms feel more alert and they get more attention and support from their partners, which influences 32 out of 32 breastfeeding mums. If the mother is pregnant up until the time of delivery, she will be able to breastfeed her newborn during the first hour of life. Given this background, the author wishes to investigate "The Effect of Husband's Support on the Success of Early Breastfeeding Initiation in the Work Area of the Pakisjaya Public Health Center, Karawang Regency in 2022."

METHODS

Analytical survey research with a cross-sectional design was used for this study. The purpose of this study is to determine whether or not a father's encouragement improves the odds of his child initiating breastfeeding early on.

RESULTS

Univariate Analysis

Table 1. Husband's Support

Husband Support	F	%
Less support	6	18,8
support	26	81,3
Total	32	100,0

The data above shows that the vast majority of fathers (26 out of 30) agree that breastfeeding should begin as soon as possible after birth, while only 6 out of 30 (18.8%) disagree.

Table 2. Early initiation of breastfeeding

Early initiation of breastfeeding	F	%
Not conducted	10	31,3
conducted	22	68,8
Total	32	100,0

The results show that 22 responders (68.8%) were responsible for the majority of the early breastfeeding. Only 10 out of 31 responders (31.3%) started nursing at the recommended time.

Analysis Bivariate

Table 3. The influence of the husband's support on the success of early breastfeeding initiation

Husband support	Early initiation of breastfeeding				Total		P-value
	Not conducted		conducted		F	%	
	F	%	F	%			
less supportive	4	12,5	2	6,3	6	18,8	0,038
support	6	18,8	20	62,5	26	81,3	
Total	10	31,3	22	68,8	32	100	

The percentage of fathers who are in favor of starting nursing right away is shown to be 62.5% greater than the percentage of fathers who are opposed to doing so (6.3%) in the table above. The statistical tests showed that the husband's encouragement was a significant factor in the achievement of early breastfeeding beginning (p-value 0.038 0.05). In other words, having a supportive partner while beginning nursing early is important.

DISCUSSION

The Effect of Husband's Support on the Success of Early Breastfeeding Initiation

Early breastfeeding success was achieved by 62.5% of mothers with husband assistance, as seen in the table below. A father's age, level of experience, expertise, schooling, and occupation might all affect how enthusiastically he backs his wife's decision to start breastfeeding right away.

The results of the research that has been carried out show that the majority of respondents are middle adults, namely over 35 years old, at this age is a productive age which is highly recommended to give birth and have children. Increasing age will also develop a person's perception and mindset of what he is experiencing so that he can increase knowledge even better with increasing age, there will be changes in physical and psychological (mental) aspects (11).

Data from the final education variable shows that 62.5% of respondents have completed at least some college, while 81.3% of respondents are currently gainfully employed. This is consistent with the findings of a study by (1), which found that for mothers who had a "normal" delivery at the Blado I Public Health Center in Batang Regency, there was no correlation between education level and the rate at which they started breastfeeding their babies immediately after giving birth (p-value = 1,000).

According to the findings of this study, the more favorable the husband's support is offered to moms who initiate early breastfeeding, the more likely the early breastfeeding initiation would be fully implemented. With a p-value of 0.038, the analysis results suggest that there is a significant association between the influence of the husband's support on the implementation of early breastfeeding initiation (12,13).

These results corroborate those of Suryani's (14,15) study, which discovered that mothers were more likely to breastfeed their newborns immediately following delivery if their partners encouraged them to do so. In contrast, only 9 of the 12 respondents who did not have their husband's support were unable to implement early breastfeeding initiation (75%), while 14 of the 18 respondents who did receive their husband's support had 100% success.

The primary reason someone should work is so they can provide for themselves and their loved ones. Work is not something to look forward to; rather, it is a tedious and difficult necessity. Although working takes up a lot of time. Effects on family life from moms' employment are discussed (16).

People who have employment typically have more options for broadening their general knowledge since the better the job, the better the education, and the knowledge gained because working allows us to engage with many people and learn a variety of subjects.

According to research conducted by the majority of spouses, namely working, 81.3% of the supporting variables that influence the provision of Early Breastfeeding Initiation support the effectiveness of Early Breastfeeding Initiation. According to this study, the husband's job has a significant impact on the provision of breast milk; husbands who do not work will find it easier to support mothers in breastfeeding because husbands have more time to accompany mothers both in carrying out early breastfeeding initiation and supporting successful breastfeeding. exclusive.

CONCLUSION

Twenty-six partners (81.3% of respondents) were in favor of encouraging early breastfeeding, while just six partners (18.8% of respondents) were opposed. Twenty-two people (68.8 percent) accounted for the bulk of the IMD in this poll. Just over a third (31%) of the sample group (10 people) delayed starting breastfeeding.

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