



Family Education in Exclusive Breastfeeding: Husband's Knowledge and Attitude in Supporting Breastfeeding Women

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DOI: <https://doi.org/10.46245/ijorer.v6i2.792>

Sections Info

Article history:

Submitted: February 8, 2025

Final Revised: February 22, 2025

Accepted: February 28, 2025

Published: March 30, 2025

Keywords:

Attitude;

Exclusive Breastfeeding;

Family education;

Knowledge.



ABSTRACT

Objective: In Indonesia, breastfeeding rates are relatively low, even though the benefits of exclusive breastfeeding are widely acknowledged. In 2022, just 67.96% of Indonesians were exclusively nursing, according to a WHO assessment. One of the numerous causes of this low number is the husband's lack of support. For exclusive breastfeeding to be successful, the husband's support is essential. When a spouse accepts and supports his wife's decision to exclusively breastfeed, it might be beneficial for nursing mothers. This study aimed to determine the relationship between the attitudes and knowledge of husbands on exclusive breastfeeding. **Method:** This study sought to ascertain how husbands' attitudes and knowledge about exclusive breastfeeding related to each other. This cross-sectional survey design, a quantitative correlational study, employed 106 samples. The data was analyzed using the chi-square test, and the results indicated a significant ($p < 0.05$) relationship between the husband's skill and exclusive breastfeeding. One hundred six samples were used in this cross-sectional survey design, which was a quantitative correlational investigation. **Results:** The chi-square test was performed to analyze the data, and the findings showed a significant correlation ($p < 0.05$) between exclusive breastfeeding and the husband's expertise. Up to 95.7% of respondents knew much about exclusive breastfeeding, compared to 47.5% who did not. The analysis indicated a substantial ($p < 0.05$) correlation between exclusive breastfeeding and the husband's attitude. **Novelty:** This research is unique in that it focuses on spouses or couples.

INTRODUCTION

Family education about exclusive breastfeeding is the process of educating families about the value of exclusively breastfeeding infants for the first six months of their lives. The goal is to help families develop a solid understanding and awareness of the advantages of exclusive breastfeeding for infants' development and health (Matare et al., 2019). Because it provides the nutrients and antibodies newborns need to grow and develop properly, exclusive breastfeeding is crucial in improving children's health and development. Furthermore, it has been demonstrated that breast milk effectively shields infants from various infectious illnesses, including ear infections, respiratory tract infections, and diarrhea (Foba et al., 2024; Rasip et al., 2024). Only 69.2% of infants aged 0–6 months in Indonesia receive exclusive breastfeeding, even though the advantages of this practice are well recognized and government policies support it. According to WHO data, Indonesia's exclusive breastfeeding coverage in 2022 was 67.96% of the 80% target coverage; however, this achievement still falls short of the country's 80% target (Nabila et al., 2023; Dewi et al., 2023; Shohaimi et al., 2022).

Lack of support from partners is one of the variables contributing to the poor rate of exclusive breastfeeding. The support of a husband is crucial because it can inspire and

motivate breastfeeding women (Khoirunnisa, 2023). This support consists of helping with domestic tasks, offering moral support (Merida et al., 2020), establishing a cozy breastfeeding environment, and ultimately accepting the mother's choice to breastfeed exclusively (Khoirunnisa, 2023; Merida et al., 2020; Wang et al., 2023).

Internal preparedness, mainly information, and good attitudes is the first step toward the husband's active support of exclusive breastfeeding. Understanding the value of exclusive breastfeeding helps the wife feel more confident, minimizes the stress that prevents her from producing breast milk, and fosters a supportive emotional environment (Braun et al., 2019; Umniyati et al., 2020). Positivity promotes the husband's participation in the baby's care and nursing, allowing the wife to get the rest she needs to produce the most breast milk (Valona et al., 2021; Wang et al., 2023). The husband's knowledge and attitude about exclusive breastfeeding (Khoirunnisa, 2023; Natalia & Mudhawaroh, 2024). The success of exclusive breastfeeding dramatically depends on the assistance of a partner who possesses positive knowledge and attitude (Asthiningsih, 2021; Valona et al., 2021). The husband's awareness of his crucial role in supporting breastfeeding women can ease the woman's load and preserve her physical and emotional well-being, preventing fatigue and allowing her to continue breastfeeding her baby exclusively (Roghair, 2024).

The environment's support and the mother's understanding are two important components of exclusive breastfeeding success. Important internal determinants include the mother's and child's health, time, education, and knowledge. However, outside help, such as from family members and medical professionals, is also very important and has been shown to boost success 6–49 times (Firdaus et al., 2022). Understanding the advantages of exclusive breastfeeding helps mothers develop attitudes and routines that affect how they breastfeed (Silveira et al., 2024; Suliasih et al., 2019).

RESEARCH METHOD

This study included 96 respondents chosen by simple random sampling and employed a quantitative methodology with an analytical survey design. The goal was to analyze the connection between spouses' attitudes and knowledge regarding exclusive breastfeeding. A cross-sectional design was employed in this research. This design provides an overview of the association between the husband's knowledge and attitudes and exclusive breastfeeding behavior, which enables the simultaneous monitoring of research variables. This study employed a cross-sectional analytical survey design and a quantitative methodology. The objective was to examine the association between the husband's views and knowledge regarding his wife's exclusive breastfeeding practice. Purposive sampling was used to choose the 96 respondents who made up the research sample. (Alford & Teater, 2025; Barella et al., 2024; Ziauddin et al., 2023; Siegel & Wagner, 2022). The Lemeshow formula was used to calculate the sample size (Subhaktiyasa, 2024).

$$n = \frac{z^2 \cdot 1 - \alpha P (1 - P)}{d^2}$$

Ninety-six responses were the sample size determined by applying the Lemeshow formula. Using inclusion and exclusion criteria, the sample was chosen. Wives who

work and reside in Bandung City, have toddlers between the ages of 7 and 12 months, can read and write, and are willing to participate in the study are among the inclusion requirements. Husbands with wives who suffer from infectious disorders or infants with anomalies related to labiopalatoschizis are among the exclusion criteria.

Respondents at the study site were given questionnaires to complete in order to gather data. Each responder was given a filling guide by trained enumerators, and the questionnaire assessed spouses' attitudes and knowledge regarding exclusive breastfeeding. (1) Knowledge (30 questions on the definition of exclusive breastfeeding, giving expressed breast milk, breast milk pumping techniques, storing expressed breast milk, and the benefits of breast milk); and (2) Attitudes (32 statements on emotional support, financial support, energy (housework and childcare), solutions to breastfeeding problems, assistance in finding breastfeeding places, and participation in breastfeeding communities) include the questionnaire instrument, which is based on the breastfeeding father's guidebook (Arifin et al., 2022a; Suryani et al., 2022).

There are 17 questions in the knowledge tool (12 positive and five negative). A jovial question receives a score of 1 for a "yes" response and 0 for a "no." On the other hand, a negative question receives a score of 0 for a "yes" response and a score of 1 for a "no." A score above the median is considered "good," while a score below or equal to the median is considered "poor." The knowledge score runs from 0 to 17. Thirty-two valid statements regarding several facets of husband support (emotional, financial, energy, problem-solving for nursing, help locating a place to breastfeed, and involvement in a breastfeeding group) make up the attitude instrument. Product moment correlation with SPSS was used to examine the instrument's validity.

Out of 30 questions on the husband's knowledge tool on exclusive breastfeeding, the validity test yielded 17 accurate answers. If the computed r-value exceeds the r table (0.361), the attitude instrument with 32 statements is judged valid. Cronbach's alpha reliability test results showed that each instrument had strong reliability ($\alpha > 0.60$), with values of 0.75 and 0.68. With a degree of significance of 0.05, the test in SPSS uses a 95.00% confidence level. If the P-value ≤ 0.05 , the original hypothesis, or H_a , is accepted, indicating a significant association with the variables under investigation, according to the interpretation utilized as the data's final judgment.

By providing the respondents' rights, respect for their honor and dignity, and data confidentiality, this study adheres to research ethics. Respondents have the opportunity to decline participation and the right to know the study's objectives. Initials protect respondents' identity, and an informed consent form is used. All respondents receive the same explanation of the research techniques, free from discrimination based on gender, religion, ethnicity, and other factors, by the values of fairness and inclusivity. The study's advantages and disadvantages are also taken into account.

RESULTS AND DISCUSSION

Results

The following is a description of the frequency distribution of husbands' knowledge and attitudes about exclusive breastfeeding and the behavior of providing exclusive breastfeeding to their wives

Table 1. Table frequency distribution of knowledge, husband's attitude in providing exclusive breastfeeding.

VARIABLE	F	%
Independent		
Husband's Knowledge		
Good	52	49.10
Less	54	50.90
Amount	106	100.00
Husband's attitude		
High	47	44.30
Medium	41	38.70
Low	18	17.00
Amount	106	100.00%
Breast Feeding		
Yes	73	69.90
No	33	31.10
Amount	106	100.00%

The frequency distribution for three variables is displayed in the above table: exclusive breastfeeding (exclusive: 69.90%, not exclusive: 31.10%), husband's attitude (high: 44.30%, moderate: 38.70%, poor: 17.00%), and husband's knowledge (good: 49.10%, poor: 50.90%). Table 2 shows the relationship between the husband's knowledge and attitude about exclusive breastfeeding and the behavior of providing exclusive breastfeeding.

Table 2. Association between exclusive breastfeeding and the husband's knowledge and attitude.

Variable	Category	Exclusive Breastfeeding				Total	P (Sign)
		Yes		No			
		n	%	n	%	n	
Knowledge	Good	45	95.70	2	4.30	52	0.00
	Low	28	47.50	31	52.50	54	
Attitude	High	45	95.70	2	4.30	47	0.00
	Medium	25	61.00	16	39.00	41	
	Low	3	16.70	15	83.30	18	
Total		73	68.90	33	31.10	106	

The findings of a study showing the association between a husband's attitude and knowledge towards exclusive breastfeeding are displayed in Table 2. An analysis of the connection between exclusive breastfeeding and the husband's knowledge revealed the following findings: Out of 52 husbands with good knowledge, 7 (13.50%) did not exclusively breastfeed their wives, whereas 45 (86.50%) did. Conversely, only 28 (51.90%) of the 54 spouses with inadequate knowledge had wives who exclusively nursed. The chi-square test revealed a substantial correlation between the two variables ($p = 0.00$). Analysis revealed a substantial correlation ($p = 0.00$, chi-square test) between exclusive breastfeeding and the husband's attitude. The percentage of wives who exclusively breastfed was significantly more significant for husbands with strong views toward exclusive breastfeeding (45 out of 47, 95.70%) than for husbands with moderate attitudes (25 out of 41, 61.00%) and those with negative attitudes (3 out of 18, 16.70%).

Discussion

Relationship between Husband's Knowledge and Exclusive Breastfeeding

Husband knowledge is necessary to support the mother's desire to assist the mother in making decisions to start, stop, or prepare for breastfeeding in the early stages after birth. According to Lawrence Green's theories, knowledge is a risk factor for certain behaviors. Compared to behavior without knowledge, that works well and enables the development of more consistent behavior (Naufal et al., 2023; Rousseau & Stouten, 2025).

The husband's knowledge of exclusive breastfeeding includes the advantages of the healthcare profession, how to breastfeed, the difficulties women may have, and how to support them effectively. According to a study by Pisacane et al. (2015), fathers who were educated on exclusive breastfeeding were more likely than fathers who were not to encourage their partner to breastfeed (Afriani et al., 2023). Husbands aware of the advantages of exclusive breastfeeding might be more forthcoming and encouraging regarding their wives' breast milk production (Mohd et al., 2022b; Sophia et al., 2024). Husbands well-informed about the advantages of exclusive breastfeeding for mothers and infants can be ardent advocates and give their wives the support they require (Hidayati et al., 2021). A person's knowledge is accumulated through sensory experiences with information or objects. Husbands knowledgeable about exclusive breastfeeding are, therefore, thought to be able to build peaceful relationships with their wives (Afriani et al., 2023; Hidayati et al., 2021; Susilawati, 2019).

Husbands who are aware of the advantages exclusive breastfeeding offers to both mothers and infants will be more inclined to encourage their wives to do so. Mothers can get the support and zeal they require from husbands who encourage their spouses to breastfeed exclusively. Mothers can overcome obstacles like exhaustion, discomfort, and societal pressure that may arise during nursing with the assistance of their husbands. By assisting with cooking, cleaning, and baby care, husbands can relieve women of some of their responsibilities and free up more time for breastfeeding. The study shows a substantial correlation between husbands' knowledge and support and the efficacy of exclusive breastfeeding, suggesting that adequate maternal education can successfully encourage the practice of exclusive breastfeeding in Cambaya Village, Makassar (Afriani et al., 2023; Mohd et al., 2022b; Sukarni et al., 2024)

The study highlights the significance of familial support, especially from spouses, in affecting mothers' psychological well-being, which is vital for successful breastfeeding. Enhanced support may improve breastfeeding results (Juniar et al., 2023; Sukarni et al., 2024). Among the behaviors linked to exclusive breastfeeding are those that impact behavior. Predisposing, enabling, and driving variables are the three elements that might influence behavior, according to behavioral theory developed by Lawrence Green. Sociodemographic characteristics like income and work status are examples of predisposing factors. Facilities that can facilitate behavioral changes are examples of enabling factors. Maternity homes and the availability of nursing rooms are two examples of the facilities under discussion. In the meantime, motivating factors show up in the opinions of other persons who are regarded as authoritative, like medical professionals who offer advice on exclusive breastfeeding and the support of a husband.

However, to find the best way to address the issue of low coverage of exclusive breastfeeding, more research is required to continue examining the factors that may contribute to exclusive breastfeeding failure. Numerous elements can impact a good

husband's knowledge. To address the low coverage of exclusive breastfeeding, suitable solutions must be devised, which requires more research to determine the risk factors that lead to exclusive breastfeeding failure. Numerous factors impact husbands' awareness of nursing. Higher-educated husbands who had participated in breastfeeding instruction had more favorable opinions of exclusive breastfeeding, according to a study by Yuan (2024), highlighting the value of education in boosting partner support. The success of exclusive breastfeeding in Lubuklinggau City was shown to be significantly impacted by the awareness and support of the spouses, according to Suryani (2022), highlighting the significance of family involvement in nursing practices.

His educational background greatly influences the husband's awareness of exclusive breastfeeding. Higher-educated husbands typically find it easier to access and comprehend information about exclusive breastfeeding from various sources, including reliable web articles, books, and scientific journals. They are also more adept at assessing the reliability of information sources, which reduces the possibility of encountering inaccurate or deceptive information. Additionally, highly educated people typically have more substantial cognitive capacities, which enable them to comprehend complex information regarding the advantages of exclusive breastfeeding, proper nursing procedures, and potential challenges. This comprehension facilitates their assimilation of instructional knowledge from lactation counselors or health professionals (Rogayah & Al-Bahra, 2023; Yunita, 2024).

The mother's internal variables, particularly her educational attainment, impact the success of exclusive breastfeeding. The ability to learn and comprehend the advantages of exclusive breastfeeding for a baby's health, appropriate nursing practices, the nutritional requirements of a newborn, and how to handle any issues that may arise during breastfeeding is associated with higher education. Higher-educated mothers are also more likely to understand the significance of baby health and nutrition. The conclusion highlights the significance of the husband's knowledge, even if this line addresses the role of maternal education. A separate paragraph discussing the husband's role should be added, or the paragraph should be consistent in focusing on the function of maternal education in the success of exclusive breastfeeding.

Relationship between Husband's Attitude and Exclusive Breastfeeding

A person's attitude, which consists of cognitive (opinion) and affective (feeling) components, such as agree/disagree or happy/unhappy, is how they react to stimuli. A husband's favorable attitude might influence a woman's success in breastfeeding. Research that demonstrates the relationship between a woman's breastfeeding practices and the husband's attitude supports this. Positive attitudes related to exclusive breastfeeding are associated with husbands who assist their wives more. Attitude is an emotional reaction to social cues. The success of exclusive breastfeeding, however, might be hampered by some misconceptions and attitudes around it, such as worries about the baby's need for more fluids, adequate breast milk, the quality of the breast milk, and proper breastfeeding procedures (Dharmayanti & Damayanti, 2023; Ginanti et al., 2022).

Jordanian women's views and knowledge regarding breastfeeding are positively influenced by their husbands' support, which in turn increases their intention to breastfeed. Support and expertise from the husband are also crucial in promoting exclusive breastfeeding among teenage moms (Werdani et al., 2021). The success of

exclusive breastfeeding is significantly impacted by the husband's attitude, which can encourage or discourage it (Shitie et al., 2022). In order to give his wife the best assistance possible, a supportive husband actively participates in the breastfeeding process by, for instance, learning nursing techniques, attending educational classes, and speaking with medical professionals (Khasawneh et al., 2020). On the other hand, if the husband does not support her, it can lead to stress and dissatisfaction for the mother, which can affect the supply of breast milk and the success of nursing (Samosir et al., 2024). Husbands should therefore be aware of the advantages of exclusive breastfeeding, support their wives' choices to breastfeed, and offer active emotional and practical assistance (Nasution, 2020; Sosseh et al., 2023).

CONCLUSION

Fundamental Finding: Family education regarding exclusive breastfeeding is crucial in raising knowledge and awareness of its advantages for infant growth and health, particularly among husbands. Research indicates that exclusive breastfeeding practices and husbands' attitudes and knowledge are significantly correlated; husbands with good attitudes and knowledge are more likely to support their moms' breastfeeding. **Implication:** The significance of educating husbands about exclusive breastfeeding and the necessity of creating more successful family education initiatives to promote breastfeeding habits are the ramifications of this finding. **Limitation:** Thus, when family members work together to support exclusive breastfeeding, moms' and newborns' general health and well-being can be enhanced. **Future Research:** More qualitative research on the factors and barriers influencing husbands' knowledge and attitudes about exclusive breastfeeding; investigating the use of technology to educate husbands and families about exclusive breastfeeding; comparing the efficacy of family education strategies across cultures or community groups to identify best practices; and customizing interventions to be more contextual in order to provide a more thorough understanding of how to increase husband and family support to achieve successful exclusive breastfeeding and improve the health of mothers and infants.

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