



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

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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 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 (Matara 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

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