

The Relationship Between Husband Support and Health Workers Support with Exclusive Breastfeeding Behavior in Sidotopo Village, Surabaya, Indonesia

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Abstract

Exclusive breastfeeding is breast milk given to babies from birth to 6 months without added food or drinks except drugs for medical indications. Many factors can affect mothers in giving exclusive breastfeeding. The purpose of this study was to analyze the relationship between husband's support and the support of health workers with exclusive breastfeeding. The research used observational analytic method with cross sectional research design. The sample in this study were 65 mothers who have baby aged 7-12 months in Sidotopo Surabaya. The research used simple random sampling technique with Chi-square test with 95% confidence level. The results showed there was no correlation between husband support ($p = 0.426$) and health workers support ($p = 0.166$) with the behavior of mothers in exclusive breastfeeding. The conclusion of the study is that there is no significant correlation between husband support and health workers support with the behavior of mothers in exclusive breastfeeding. So it is necessary to increase counseling about the importance of exclusive breastfeeding, family planning counseling and lactation management.

Keyword : *Exclusive breastfeeding, husband support, health workers support*

Introduction

Exclusive breastfeeding is breast milk given to babies from birth to 6 months without added food or drink except drugs for medical indications. The benefits of exclusive breastfeeding are that it can support the growth and development of the baby. Whereas, the nutrients contained in breastmilk are like fat, protein, carbohydrates, vitamins and contain protective or immune substances⁽¹⁾.

WHO and UNICEF recommend the importance of exclusive breastfeeding in infants because it can reduce infant mortality and can speed up the recovery of babies when they are sick. Exclusive breastfeeding given to babies can protect against common diseases suffered by

babies such as diarrhea, pneumonia and have long-term benefits such as reducing the risk of being overweight and obesity in childhood and adolescence.

Based on other studies breast milk can reduce infant morbidity by 10 to 20 times and can reduce infant mortality 1 to 7 times, especially in infants who have a age of 4-6 months⁽²⁾. One developing country that still has the problem of giving exclusive breastfeeding is Indonesia. The number of Indonesian women who provide ASI is 96%, but only 42% of babies under the age of 6 months are still exclusively breastfed. Based on Indonesian health profile data for 2017, the percentage of infants who get exclusive breastfeeding until the age of 6 months is only 35.73%. This is far from the national target set at 80%.

East Java Province is one of the provinces that have not met the National target in the scope of exclusive breastfeeding which is equal to 74% in 2016. As in one city in East Java, Surabaya is the advanced and largest city in Indonesia that exclusive breastfeeding coverage is still below the national target of 65.1% in 2017.

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The Indonesian government has made various efforts to increase the coverage of exclusive breastfeeding. one of the efforts made was to make a policy on exclusive breastfeeding as in UU No. 36 of 2009 pasal 128 concerning health and PP (Government Regulation) No. 33 of 2012 concerning Provision of Exclusive ASI. The Surabaya City Government also made efforts in the Surabaya City Regional Regulation number 2017 on Health Efforts, one of which is to provide facilities for workers namely breastfeeding mothers through the provision of facilities for breastfeeding companies and agencies, providing opportunities for working mothers to provide breast milk Exclusive or pump breast milk during work time at work, and making internal workplace regulations that support the success of Exclusive Breastfeeding program.

Many factors can affect mothers in giving exclusive breastfeeding. As is the case with research in the Cilacap Tengah I Public Health Center, Cilacap District, things that can affect exclusive breastfeeding are maternal age, maternal knowledge, and family support factors⁽³⁾.. Husbands support and health workers support have an important role in the success of exclusive breastfeeding.

The coverage of exclusive breastfeeding in Sidotopo Community Health Center in 2014 was 60.44% and decreased in 2015 which was 59.39%. In 2016 the coverage of exclusive breastfeeding in the work area of Sidotopo Community Health Center did not increase or decrease or stagnate at 59.39%.

The purpose of this study was to analyze the relationship between husband support and health workers support with exclusive breastfeeding behaviour.

Material and Method

The method in this study is analytic observational using a cross sectional research design. The population in this study is mothers who have babies aged 7-12 months in Sidotopo Village, Surabaya City. It is known that mothers who have babies aged 7-12 months number 148 people. Then the sample obtained in this study were as many as 65 mothers who had babies aged 7-12 months and were taken randomly using a simple random sampling method. This study was conducted in May to June of 2019.

In this study, the variables studied were husband’s support and health staff support as independent variables. Meanwhile, the dependent variable is the behavior of

mothers in exclusive breastfeeding. Data collection in this study used a questionnaire sheet and analyzed using the chi square test with α less than 0.05.

Findings

Description and Research Location

Sidotopo Village is one of the villages in Semampir District, Surabaya. The total area of Sidotopo Village is 40 Ha with a population in 2018, namely a total of 16839 people and a total of 18552 people, with a total family of 10598 households.

Sidotopo Village also has several health facilities such as 1 unit Maternity Hospital, 1 pharmacy unit, and 1 unit of health center in the area. Sidotopo Village consists of 12 RW with 96 RT and 15 posyandu.

In addition, the Surabaya City Health Office also has a program in an effort to increase exclusive breastfeeding. The program is like Breastfeeding Village, Breastfeeding Motivator Cadre, Smart Mother Class, Pregnant Women Companion and others. Sidotopo Health Center has also implemented the program in its working area as in Sidotopo Village

Description of Exclusive Breastfeeding Behavior

The following are the results of research on the description of exclusive breastfeeding behavior.

Tabel 1. Distribution of Behavior for Exclusive Breastfeeding in Sidotopo Surabaya

| Exclusive breastfeeding behavior | n | % |
|----------------------------------|----|------|
| Breastfeeding | 19 | 29,2 |
| Not exclusive breastfeeding | 46 | 70,8 |
| Total | 65 | 100 |

Based on Table 1, above show that more than half of mothers do not give exclusive breastfeeding to their babies as much as 70.8% of 65 respondents. While the behavior of mothers who give exclusive breastfeeding is only 29.2%. This means that there are very few mothers who have the awareness to give exclusive breastfeeding to their babies.

Description of Husband Support and Health Workers Support

The following are the results of research on the description of husband support and health workers support.

Tabel 2. Distribution of husband support and health workers support Kesehatan di Kelurahan Sidotopo Surabaya

| Variable | Category | n | % |
|-----------------------|-------------|----|------|
| Husband support | Support | 45 | 69,2 |
| | Not support | 20 | 30,8 |
| Health worker support | Support | 46 | 70,8 |
| | Not support | 19 | 29,2 |

Based on Table 2, above show that more than half of mothers get husband support that is equal to 69.2% of 65 respondents. While mothers who have support from health workers are 70.8% of 65 respondents. This means that mothers who have support from their husbands and support from good health workers for exclusive breastfeeding behavior.

Relationship between Husband Support and Health Workers Support with Exclusive Breastfeeding Behavior

The following are the results of research on the relationship between husband support and health workers support with exclusive breastfeeding behavior.

Tabel 3. The relationship between husband support and health workers support with exclusive breastfeeding behavior in Sidotopo Village, Surabaya

| Variable | Category | Exclusive breastfeeding behavior | | | | TOTAL | | P- value |
|-----------------------|-------------|----------------------------------|------|-------------------|------|-------|-------|----------|
| | | Breastfeeding | | Not Breastfeeding | | n | % | |
| | | n | % | n | % | | | |
| Husband support | Support | 15 | 33,3 | 30 | 66,7 | 45 | 100,0 | 0,426 |
| | Not support | 4 | 20,0 | 16 | 80,0 | 20 | 100,0 | |
| | TOTAL | 19 | 29,2 | 46 | 70,8 | 65 | 100,0 | |
| Health Worker support | Support | 16 | 35,6 | 29 | 64,4 | 45 | 100,0 | 0,166 |
| | Not support | 3 | 15,0 | 17 | 85,0 | 20 | 100,0 | |
| | TOTAL | 19 | 29,2 | 46 | 70,8 | 65 | 100,0 | |

Based on Table 3, above show that the exclusivity in Sidotopo Surabaya is still relatively low. This is because of some reasons mothers do not give exclusive breastfeeding. These reasons are like the milk can not flows well, so that the mother no longer gives breast milk to her baby. The fact is that if the mother increases her breastfeeding frequency, it will increase milk production.

Breast milk can not flows well caused by a lack of care for the breast during pregnancy or before giving birth. In addition, there were some mothers who claimed that their breast milk not smooth because they participated in a family planning program. The condition is in accordance with the results study that inappropriate use of family planning indeed affects mother's milk production⁽⁴⁾.

Another reason for the mother not giving exclusive breastfeeding is because of the mother's assumption that her baby is fussy and cries constantly because she is hungry, so the mother decides to provide additional food and drinks before the baby's age is 6 months. The food provided is in the form of bananas, team rice and porridge, while the drink is formula milk. This action actually affects the health of babies who have not reached the age of 6 months. The impact on the health of the baby is in the form of respiratory tract disorders and the digestive tract of the baby.

Factors of social support consist of husband's support and support from health This workers for exclusive breastfeeding. Based on the results of the study showed that there was no significant relationship between husband's support and exclusive breastfeeding behavior. is in accordance with study in Kademangan Sub-district, Blitar Regency. It was found that there was no significant relationship between husband's support and the behavior of mothers in exclusive breastfeeding⁽⁵⁾.

Husband support is one of the factors that can affect the success of mothers in giving exclusive breastfeeding. The form of husband's support is given starting from information support, emotional support, instrumental support and award support. The form of husband's support is like the husband informs the mother that the baby can only be given breast milk until 6 months, helps the mother's daily activities in managing the household and hears complaints when the mother is tired.

The results of this study also show that there is no significant relationship between the support of health

workers with exclusive breastfeeding behavior. This is in accordance with research in the RI Ministry of Health that there is no significant relationship between the support of health workers and the behavior of mothers in exclusive breastfeeding⁽⁶⁾.

However, this study is not accordance with research in the Wundulako Health Center in Kolaka Regency that there is a significant relationship between the support of health workers and exclusive breastfeeding behavior⁽⁷⁾. Support from health workers is very important especially during pregnancy and postpartum. This is because the information obtained from health workers will be a provision for mothers to prepare to breastfeed their babies. In accordance with the theory that health worker support influences a person's behavior, so that someone will be able to determine his own healthy behavior⁽⁸⁾.

The presence of mothers who have support from health workers but do not provide exclusive breastfeeding is due to the influence of giving formula milk because there is an assumption that this is the case. more practical. In addition, according to the mother, health workers cannot monitor directly to the mother to continue giving her milk until the age of the baby is 6 months.

Conclusion

The conclusions in this research are as follows: there is no significant relationship between husband's support and behavior in exclusive breastfeeding. There is no significant relationship between the support of health workers and the behavior of exclusive breastfeeding

Recommendation

1. Increasing counseling activities to mothers and husbands about the importance of exclusive breastfeeding and the impact on the health of the baby when given additional food and drinks before the age of 6 months.
2. Inviting mothers to participate in family planning counseling, so that mothers can choose a suitable family planning program and not inhibit exclusive breastfeeding.
3. Optimizing training activities for health workers such as doctors and midwives about management of lactation or breast care for pregnant women during counseling, so that mothers prepare to breastfeed their babies from birth to 6 months of age.

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Ethical Clearance:The study was approved by the institutional Ethical Board of the Public Health, Airlangga University.

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