



Proceeding Paper

HUSBAND'S SUPPORT FOR SMOOTH BREAST MILK PRODUCTION IN POSTPARTUM MOTHERS IN BENGKULU CITY

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Abstract

According to the 2021 Basic Health Research, only 52.5% of infants <6 months were breastfed, and only 55% of children under two years old were still breastfed, down 12% from 2019. This figure is far from the national target of 80% for exclusive breastfeeding. Low exclusive breastfeeding increases the risk of diseases such as ARI (35.09%), diarrhea (38.07%), and malnutrition (49.2%) which can have several negative effects on infants. Husband's support is very important for successful breastfeeding. This study aims to determine the relationship between husband's support and the smooth production of breast milk in postpartum mothers in Bengkulu City in 2024. This research uses quantitative methods with a cross-sectional design. The research population was postpartum mothers who lived in Bengkulu City, and the sample was taken by total sampling with a total of 74 respondents. Data was collected through a questionnaire consisting of questions related to husband's support and breast milk production. Test data analysis using the chi-square test. The research results show that most husbands support breastfeeding mothers with smooth breast milk production of 93.5%. The analysis test shows that there is a relationship between husband's support and breast milk production ($p = 0.000 < 0.05$, $OR = 72,500$). Forms of husband's support include informational, emotional, instrumental and assessment support. Husband's support is one of the factors that can support mothers when breastfeeding, so it is recommended to all parties, especially providing counseling to pregnant women and their husbands during the pregnancy-breastfeeding process

Keywords: husband's support, postpartum mothers, smooth breast milk production.

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INTRODUCTION

Based on data from *the World Health Organization* (WHO, 2023) Global rates of exclusive breastfeeding in the first six months of life have increased by 10 percentage points over the last decade and reached 48% in 2023, approaching the World Health Assembly's target of 50% by 2025 According to 2021 Basic Health Research data, only half of the 2.3 million or 52.5% of babies aged less than six months receive breast milk. Meanwhile, only 55% of children aged under two years are still breastfed.

From this data, breastfeeding decreased by 12% from the figure in 2019. This is still far from the expected national target of 80% coverage of exclusively breastfed babies (Riskesdas, 2021).

The impact of low levels of exclusive breastfeeding for babies 0-6 months is that it can aggravate diseases such as ARI 35.09%, diarrhea 38.07%, and malnutrition 49.2% which can cause several negative effects on babies such as slow body growth, susceptibility to disease, decreased level of intelligence and mental disorders of children, serious malnutrition can cause child death (Prihatini, 2023) . The impact of not giving breast milk is not only on the baby but also on the mother. Mothers who do not breastfeed can experience breast milk dams which, if left unchecked, can cause mastitis (Nugroho, 2018).

The husband has a very important role in successful breastfeeding, the husband's support is the most meaningful support for the mother, because the support given by the husband can influence the mother's emotional response which determines the milk let *down reflex* , increasing perception, motivation, emotions and The mother's attitude towards breastfeeding. The support of her husband and family makes the mother feel calm, thereby facilitating breast milk production. This is in accordance with research by Syaiful (2021) , Elisa (2023) and Helfiva (2022) that there is a relationship between husband's support and the smooth production of breast milk in postpartum mothers. In order for the breastfeeding process to run smoothly, the father's support for the mother is needed so that she can breastfeed comfortably so that maximum breast milk is produced. There are four main aspects of a husband's social support, namely emotional (in the form of feeling loved and appreciated), informational (in the form of providing information) and instrumental (in the form of financial assistance) and finally assessment.

The Indonesian Government's efforts to support and promote exclusive breastfeeding has issued Government Regulation Number 33 of 2012 concerning Exclusive Breastfeeding (PP RI, 2012) . This of course cannot be separated from the support of health workers, especially midwives. The role of midwives in relation to breast milk production efforts can be carried out by providing IEC to mothers and families regarding breastfeeding education and information about the importance of giving breast milk to babies, which will increase knowledge and confidence that mothers are able to breastfeed their babies as well as with the support of their husbands.

The coverage of exclusive breastfeeding in Bengkulu City in 2023 will be 61.9% of babies receiving exclusive breastfeeding. Based on data from the Bengkulu City Health Service Profile in 2023, the lowest coverage of breastfeeding for babies less than 6 months old is in the Kandang Community Health Center area, namely 27.0%, Beringin Raya Community Health Center 27.3% and Betungan Community Health Center, namely 30.0% . This has not met the national target of 80 %.

Results of the initial survey conducted by researchers in May 2024 at the Independent Midwife Practice (PMB) "N" in Bengkulu City showed that the results of interviews with 10 mothers showed that 7 mothers said they did not get enough attention from their husbands because their husbands were busy working and 3 mothers said their husbands were very enthusiastic. With the birth of their child, the husband really pays attention to every need that the mother and child need. Based on the problem above, researchers are interested in conducting research with the title " The Relationship between Husband's Support and the Smoothness of Breast Milk Production for City Postpartum Mothers in Bengkulu in 2024".

MATERIALS AND METHODS

This research uses quantitative methods with a cross-sectional design. The research population was women postpartum 2-7 days who lived in the working areas of the Kandang Community Health Center, Betungan Community Health Center, and Beringin Raya Community Health Center. Bengkulu City with 74 people. The sampling technique in the research was carried out by *total sampling* . Data on husband's support and smooth breast milk production were collected using a questionnaire and then analyzed univariately and bivariately using computer software to analyze the data. The data analysis test used *the chi-square test* which was used to determine the relationship between husband's support and smooth breast milk production. Researchers also consider the ethics and legality of research to protect respondents from all dangers and avoid physical and psychological discomfort with Ethical Clearance (No.KEPK.BKL/527/06/2024).

RESULTS AND DISCUSSION

Table 1 : *Univariate analysis of respondent characteristics*

Respondent Characteristics	Frequency	Percentage (%)
Age		
20-35 Years	62	83.8
<20 Years or > 35 Years	12	16.2
Education		
Elementary (Elementary-Middle School)	12	16.2
Intermediate (High School)	29	39.2
College	33	44.6
Work		
Not working (IRT)	43	58.1
Work	31	41.9
Parity		
Primipara	25	33.8
Multiparous	42	56.8
Grandemultiparous	7	9.5
Smooth breast milk production		
Not smooth	14	18.9

Fluent	60	81.1
Husband's Support		
Does not support	12	16.2
Support	62	83.8

Based on the table above, it can be seen that the majority of respondents were 20-35 years old, with 62 respondents (83.8 %). The majority of respondents had tertiary education as many as 33 respondents (44.6 %), as housewives 43 respondents (58.1%), and as multiparas as many as 42 respondents (56.8%). There were 60 respondents (81.1%) who had smooth breast milk production, while there were 14 respondents (18.9%) whose breast milk production was not smooth. And respondents who received support from their husbands were 62 respondents (83.8 %) while mothers who did not receive support from their husbands were (16.2%).

Table 2 : Bivariate analysis of the relationship between husband's support and smooth breast milk production

Variable	Smooth breast milk production						<i>P-Value</i>	<i>OR</i>
	Not Smooth		Fluent		Amount			
	N	(%)	n	(%)	n	(%)		
Husband's Support								
Does not support	10	83.3	2	16.7	12	100	0,000	72,500
Support	4	6.5	58	93.5	62	100		

Based on the table above, as many as 12 respondents, almost all respondents (83.3%) did not receive support from their husbands with breast milk production not running smoothly and as many as 62 respondents, almost all respondents (93.5%) received support from their husbands with smooth breast milk production. The results of statistical tests using *chi-square* showed that the p-value was 0.000, which was less than <0.05 , meaning there was a significant relationship between husband's support and smooth breast milk production. The Odds Ratio (OR) value is 72,500 (CI 11,686-449,807) so it can show that respondents who do not receive support from their husbands are 72,500 times more likely to produce breast milk not smoothly, compared to respondents who receive support from their husbands.

Based on table 1. Age's were within the healthy reproductive age range, namely 20-35 years old. This period is the best period for pregnancy, childbirth and breastfeeding. So that breast milk production will be sufficient because the function of the reproductive organs can still work optimally (Prawirohardjo, 2016) . Most respondents were multiparous , meaning they had more than one child, so the mother already had experience in breastfeeding. This means that this experience will have a positive effect on subsequent breastfeeding because they have more knowledge and experience about the breastfeeding process when compared to mothers who have only given birth once . The education of almost all respondents is tertiary, meaning the ability to receive and understand information more easily and most

respondents are housewives so they spend more time at home and can focus on breastfeeding their babies optimally (Prawirohardjo, 2016).

In line with (Polwandari, 2021) states that the age of 20-35 years is a mature period for a breastfeeding mother, where they tend to have mature thoughts in seeking information and caring for their baby. Mothers with more than one parity are usually more confident and able to overcome obstacles during the breastfeeding process. In addition, highly educated mothers are generally better able to receive information and have broader knowledge about breastfeeding compared to those with low education. However, working mothers are often burdened with office and home activities, so they do not have enough time for direct contact with their babies.

The results of the research were that most respondents received support from their husbands. Judging from the questionnaire submitted about the husband never scolding the mother when the mother complained about difficulty breastfeeding her baby, the highest percentage was found in assessment support because by listening without judgment, the husband created a safe environment for the mother to share feelings and look for solutions together. Apart from that, in the questionnaire about husbands not telling mothers not to be afraid of the shape of their breasts becoming ugly, not firm or saggy after breastfeeding their baby received the lowest percentage of emotional support because uncertainty about physical appearance can add to the mother's stress. A supportive husband can reduce this pressure by reassuring the mother not to worry about her appearance after breastfeeding.

In line with research by Elisa (2023) that there is an influence on breast milk production with the husband's support for postpartum mothers. This means that the husband's encouragement to the mother will make the mother feel comfortable, calm and happy and will have a positive impact so that it can facilitate the mother's breast milk production. The presence of a husband who actively supports can reduce maternal stress and increase maternal confidence in breastfeeding.

Based on table 2. Of the 62 respondents, almost all respondents had smooth breast milk production with support from their husbands. The statistical test results showed that the p-value was 0.000, which was less than <0.05 , meaning there was a significant relationship between husband's support and smooth breast milk production. The *Odds Ratio (OR)* value is 72,500, so it can show that respondents with supportive husbands have a 72,500 times greater chance of smooth breast milk production compared to respondents with unsupportive husbands. This happens by giving attention in the form of affectionate sympathy, being willing to listen to your partner's complaints, which is a form of support from your husband. An increase in self-confidence and enthusiasm to face existing problems can occur in mothers if there is support from her husband. So the attention and comfort given by the husband will increase

the mother's positive thoughts, this can increase the prolactin reflex and *let down reflex* so that breast milk production becomes smoother.

In line with Lestari's research (2023) and Syaiful (2021) it shows that there is a relationship between husband's support and smooth breast milk production in postpartum mothers. As support from a partner can increase the mother's motivation to breastfeed and take care of herself, thus having a positive impact on smooth breast milk, without help, the mother may feel more tired and have difficulty maintaining her health and lack of support can cause stress, which can interfere with the production of the hormone prolactin which is important for breast milk.

According to Elisa (2023), increasing the production of the hormone oxytocin in its role in facilitating the release of breast milk can be done by providing attention, support and love which will produce positive emotions in breastfeeding mothers. Breast milk will come out smoothly when there is treatment from those closest to you, especially your husband, in the form of love, attention and support in all things. This situation can arouse positive emotions in breastfeeding mothers resulting in an increase in the hormone oxytocin which plays a role in the smooth release of breast milk

The husband's support provided is information, appreciation, emotional and instrumental support. Information support is providing an explanation of the situation and symptoms of something related to the problems faced by the individual. Informational support can take the form of explanations, advice, direction and suggestions (Handayani, 2018). In line with Maulina (2022) and Helfiva (2022) it shows that there is a relationship between husband's support and breastfeeding.

Emotional support includes expressions of empathy or concern, concern and concern for the person concerned. The form of support can be in the form of giving praise to the mother after breastfeeding her baby, accompanying the mother to wake up in the middle of the night to breastfeed the baby or encouraging the mother to communicate any difficulties during the breastfeeding process so that the mother does not feel alone in carrying any problems that arise during breastfeeding. Instrumental support is a form of direct assistance such as energy, funds, giving food or taking time to help or serve and listen to the mother as well as reducing or avoiding feelings of anxiety and stress because if the mother is tired or stressed, the production of the hormone oxytocin is hampered, affecting breast milk production. Assessment support is an expression of appreciation for achieving conditions and a positive assessment for that person (Sarafino, 2018).

Based on the research results, researchers assume that husband's support has a high role in increasing breast milk production. This is because mothers who have the support of their husbands feel that they are not alone, because when they experience difficulties, mothers have someone to help them, especially if the husband provides assistance physically, mentally and materially so that all desires are fulfilled,

then the mother is motivated to breastfeed her baby so that it increases hormones. oxytocin, prolactin reflex and *let down reflex* which causes breast milk production to become smoother.

The research results showed that of the 12 respondents who received husband's support, 16.7% had smooth breast milk and of the 62 respondents who did not receive husband support, 6.5% had poor breast milk. This happens because smooth breastfeeding is not only seen from the husband's support, but there are other factors that influence the smooth production of breast milk such as age , parity, education, employment, frequency of breastfeeding, breast care and the mother's anxiety in breastfeeding her baby.

This section may each be divided by subheadings or may be combined. A combined Results and Discussion section is often appropriate. This should explore the significance of the results of the work, don't repeat them. Avoid extensive citations and discussion of published literature only, instead discuss recent literature for comparing your work to highlight novelty of the work in view of recent development and challenges in the field.

CONCLUSION

The conclusion of this research is that there is a significant relationship between husband's support and the smooth production of breast milk for postpartum mothers in Bengkulu City in 2024 ($p = 0.000 < 0.05$, OR = 72,500). Therefore, it is hoped that all parties, especially midwives, can provide counseling to pregnant women and their husbands in the pregnancy-breastfeeding process.

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