

Factors That Influence Exclusive Breastfeeding

Nurmaliza^{1*}, Yusmaharani², Desmariyenti³, Nariyati⁴

Prodi. S1 Kebidanan Universitas Abdurrah^{1,2,4}

Prodi DIII Kebidanan Universitas Rokania³

*Corresponding Author : nurmaliza@univrab.ac.id

ABSTRACT

Exclusive breastfeeding is the provision of breast milk without additional fluids, such as formula milk, honey, tea, water, or solid food. Exclusive breastfeeding until the baby is 6 months old has enormous benefits for the growth and development of the baby, only 42% of countries in the world have achieved exclusive breastfeeding coverage, while the global target is 75% by 2025. The impact of low exclusive breastfeeding in babies 0-6 months is that it can worsen diseases such as ISPA 35.09%, diarrhea 38.07%, and malnutrition 49.2%. The purpose of this study was to determine the factors that influence exclusive breastfeeding in the Payung Sekaki Community Health Center Working Area of Pekanbaru City. This research method uses a quantitative analytical correlation design with a cross-sectional approach. The sample consisted of 40 mothers who breastfed babies 0-6 months who were selected using the Accidental Sampling technique. Data were collected through questionnaires and analyzed using the Chi-Square test with a significance level of 95%. The results of the study showed that there was a significant relationship between maternal knowledge and exclusive breastfeeding ($P = 0.021$). The results of statistical tests showed that there was a significant relationship between maternal attitudes and exclusive breastfeeding ($P = 0.018$). The results of statistical tests showed that there was a significant relationship between husband's support and exclusive breastfeeding ($P = 0.004$). Conclusion: There is a relationship between maternal knowledge, maternal attitudes, husband's support and exclusive breastfeeding.

Keywords: Exclusive Breastfeeding, Mother's Knowledge, Mother's Attitude, Husband's Support

INTRODUCTION

Exclusive breastfeeding is the provision of breast milk without additional fluids, such as formula, orange juice, honey, tea, water, or solid foods. Exclusive breastfeeding until the baby is 6 months old has significant benefits for the baby's growth and development, while also strengthening the bond of love between mother and baby. (Giana et al., 2022)

According to data from the World Health Organization (WHO, 2021), only 42% of countries worldwide have achieved exclusive breastfeeding coverage, while the global target is 75% by 2025. In Indonesia, a 2022 report from the Central Statistics Agency (BPS) shows an increase in exclusive breastfeeding coverage for infants under 6

months over the past three years. In 2020, coverage reached 69.2%, decreased to 66.99% in 2021, but rose again to 71.58% in 2022.

In Riau Province, the coverage of exclusive breastfeeding reached 79%. Meanwhile, in Pekanbaru City, according to data from the Pekanbaru City Health Office in 2020, the achievement of exclusive breastfeeding was recorded at 44.87%. In Pekanbaru City, the highest figure in exclusive breastfeeding was in the Tampan sub-district, with a presentation of around 50.1%, while the Senapelan Community Health Center was in third place with the lowest percentage, namely 26.30%. The Umban Sari Community Health Center was in second place with the lowest percentage of 25.21%, and the Sidomulyo Community Health Center recorded the lowest percentage of exclusive breastfeeding in Pekanbaru City, namely 22.38%. The Sidomulyo Community Health Center has not succeeded in achieving the Exclusive Breastfeeding program target set at 80% (Niken Fadila Putri, 2023).

Research result(Jaya et al., 2021)A relationship was found between maternal knowledge and husband's support with exclusive breastfeeding. Of the 62 mothers studied, 50 mothers (80.6%) had good knowledge, while 12 mothers (19.4%) had poor knowledge. A total of 40 mothers (64.5%) provided exclusive breastfeeding, while 22 mothers (35.5%) did not. The results of the chi-square test analysis produced a p value = 0.03 ($p < 0.05$), which indicates a significant relationship between maternal knowledge and exclusive breastfeeding. In addition, of the 62 mothers, 44 mothers (71.0%) received good husband's support, while 18 mothers (29.0%) received poor support. In terms of exclusive breastfeeding, 40 mothers (64.5%) did so, while 22 mothers (35.5%) did not. The chi-square test showed a p value = 0.02 ($p < 0.05$), there is a significant relationship between husband's support and exclusive breastfeeding in breastfeeding mothers.

Research result(Isnaniyah et al., 2023)showed a relationship between maternal attitudes and the success of exclusive breastfeeding at PMB Sri Isnaniyah, Srengseng Sawah Village, South Jakarta. Of the 27 respondents, 19 mothers with positive attitudes fully breastfed their babies. Conversely, 8 mothers with negative attitudes did not breastfed their babies. The hypothesis test analysis using the chi-square test produced a p-value of 0.040 (<0.05), indicating a significant relationship between maternal attitudes and the success of exclusive breastfeeding.

Research result(Dharmayanti & Damayanti, 2023)with the title "the relationship between the level of knowledge, maternal attitudes and husband's support for exclusive

breastfeeding" in the Ciracas Health Center area, it was found that of the 58 respondents who did not provide exclusive breastfeeding, most were in the category with less knowledge. The results of the statistical test obtained $p < 0.05$, so there is a relationship between maternal knowledge of exclusive breastfeeding. And of the 58 respondents in the attitude category, 60.7% showed a negative attitude indicating less support for exclusive breastfeeding. The results of the statistical analysis showed a p value = 0.000 (<0.05), which indicates a significant relationship between maternal attitudes and exclusive breastfeeding. And of the 58 respondents in the husband's category, 61.9% provided less support for exclusive breastfeeding. with a p value = 0.000 <0.05 , there is a significant relationship between husband's support and the practice of exclusive breastfeeding.

Low breastfeeding is a threat to child growth and development which will affect the growth and development of human resources quality in general. The impact of low exclusive breastfeeding in infants 0-6 months is that it can worsen diseases such as ARI 35.09%, diarrhea 38.07%, and malnutrition 49.2% which can cause several negative effects on infants such as slow body growth, susceptibility to disease, decreased intelligence and mental disorders in children, serious malnutrition can cause child death (Phatiani et al, 2023).

Overall, maternal knowledge, attitudes, and husbands' support are interrelated and significantly influence exclusive breastfeeding. Therefore, it is important to increase mothers' awareness and understanding and involve husbands in supporting exclusive breastfeeding to achieve higher national targets for exclusive breastfeeding.

METHOD

The type of research used in this study is quantitative research, and the research design used is correlational analytic with a cross-sectional approach. Cross-sectional is a research design that uses measurements or observations.

RESULTS

1. Univariate Analysis

Table 1 Frequency Distribution of Breastfeeding Mothers Based on Respondent Characteristics including, Mother's Age, Occupation, Education, Mother's Knowledge, Mother's Attitude, Husband's Support, Exclusive Breastfeeding for

Breastfeeding Mothers

	Characteristics	Frequency	Presentation
Mother's Age			
	20-35 Years	33	82.5%
	>36 Years	7	17.5%
	Total	40	100%
Work			
	Doesn't work	39	97.5%
	Work	1	2.5%
	Total	40	100%
Education			
	Low	9	22.5%
	Tall	31	77.5%
	Total	40	100%
Mother's Knowledge			
	Enough	26	65%
	Good	14	35%
	Total	40	100%
Mother's Attitude			
	Negative	16	40%
	Positive	24	60%
	Total	40	100%
Husband's Support			
	Does not support	13	32.5%
	Support	27	67.5%
	Total	40	100%
Exclusive Breastfeeding			
	Not given	24	60%
	Given	16	40%
	Total	40	100%

Based on Table 1, the results of the characteristics of respondents based on age are 20-35 years old, with 33 respondents (82.5%). Based on work, the majority are unemployed, with 39 respondents (97.5%). Based on education, the majority are high, with 31

respondents (77.5%). Based on maternal knowledge, the majority have sufficient knowledge, with 26 respondents (65%). Based on maternal attitudes, the majority are positive, with 24 respondents (60%). Based on husband's support, the majority support, with 27 respondents (67.5%). Based on exclusive breastfeeding, the majority are not given, with 24 respondents (60%).

2. Bivariate Analysis

Table 2 Relationship between Mother's Knowledge and Exclusive Breastfeeding in the Working Area of the Payung Sekaki Community Health Center, Pekanbaru City

Knowledge Mother	Exclusive Breastfeeding						P-Value	POR (95%)
	No		given		Amount			
	given							
	F	%	F	%	F	%		
Enough	19	15.6	7	10.4	26	100.0	0.021	4,886
Good	5	8.4	9	5.6	14	100.0		
Total	24	24.0	16.0	40.0	40	100.0		

Based on table 2 above, it shows that from 40 respondents, the results of the Chi-square test were obtained with a p-value of 0.021 ($P < 0.05$) so that it can be concluded that there is a relationship between maternal knowledge and exclusive breastfeeding in the working area of the Sekaki Umbrella Health Center, Pekanbaru City, and the POR value (95%) was 4,886 so that from the results of this study it can be concluded that mothers with sufficient knowledge are at risk 4,886 times of not providing exclusive breastfeeding compared to mothers with good knowledge.

Table 3 Relationship between Mothers' Attitudes and Exclusive Breastfeeding in the Work Area of the Payung Sekaki Community Health Center, Pekanbaru City

Attitude Mother	Exclusive Breastfeeding						P-Value	POR (95%)
	No		given		Amount			
	given							
	F	%	F	%	F	%		

Negative	6	9.6	10	6.4	16	100.0	0.018	0.200
Positive	18	14.4	6	9.6	24	100.0		
Total	24	24.0	16	40.0	40	100.0		

Based on table 3 above, it shows that from 40 respondents, the Chi-square test results were obtained with a p-value of 0.018 ($P < 0.05$) so it can be concluded that there is a relationship between maternal attitudes and exclusive breastfeeding in the working area of the Sekaki Umbrella Health Center, Pekanbaru City, and the POR value (95%) was 0.200 so that from the results of this study it can be concluded that mothers with negative attitudes have a 0.200 times risk of not providing exclusive breastfeeding compared to mothers with positive attitudes.

Table 4 Relationship between Husband's Support and Exclusive Breastfeeding in the Working Area of the Payung Sekaki Community Health Center, Pekanbaru City

Husband's Support	Exclusive Breastfeeding						P-Value	POR (95%)
	No		given		Amount			
	given							
	F	%	F	%	F	%		
Does not support	12	7.8%	1	5.2%	13	100.0	0.004	15,000
support	12	16.2%	15	10.8%	27	100.0		
Total	24	24.0%	16	16.0%	40	100.0		

Based on table 4 above, it shows that from 40 respondents, the results of the Chi-square test were obtained with a p-value of 0.004 ($P < 0.05$) so that it can be concluded that there is a relationship between Husband's Support and the provision of Exclusive Breastfeeding in the working area of the Payung Sekaki Health Center, Pekanbaru City, and the POR value (95%) was 15,000 so that from the results of this study it can be concluded that mothers with Husband's Support are 15,000 times at risk of not providing exclusive breastfeeding compared to mothers with supportive Husband's Support.

DISCUSSION

Mothers' Knowledge of Exclusive Breastfeeding

Based on 40 respondents, the results of hypothesis testing using the chi-square test obtained a p value = 0.021 (<0.05), meaning that there is a relationship between maternal knowledge and exclusive breastfeeding. The POR value (95%) was 4,886, so from the results of this study it can be concluded that mothers with sufficient knowledge are at risk 4,886 times of not providing exclusive breastfeeding compared to mothers with good knowledge.

The results of this study are in line with previous research (Friska Margareth Parapat et al., 2022) entitled "the relationship between maternal knowledge and exclusive breastfeeding" in Gunungpati Village, Semarang City. The results showed that there was a relationship between maternal knowledge and exclusive breastfeeding with a P-value of 0.028 (<0.05).

Knowledge is the result of a process of knowing that occurs after a person senses a particular object. Most knowledge is acquired through sight and hearing. Knowledge serves as a guide in shaping a person's behavior and is influenced by various factors such as education, occupation, age, interests, experience, culture, environment, and the information received (Isnaniyah et al., 2023).

Maternal knowledge is one of the internal factors determining the success of exclusive breastfeeding. This knowledge plays a role in shaping perceptions and habits, which ultimately influence behavior, including exclusive breastfeeding (Prihandani et al., 2021).

Mothers' knowledge about exclusive breastfeeding is crucial because it is linked to exclusive breastfeeding practices. Mothers with good knowledge are more likely to practice exclusive breastfeeding than those with less knowledge, as they have a good understanding of its importance, and because most mothers have received information supported by a mature way of thinking that allows them to choose what they consider good (Herman et al., 2021).

According to the researcher's assumption, mothers with sufficient knowledge will continue to exclusively breastfeed. However, in this study, many mothers with sufficient knowledge did not exclusively breastfeed. Therefore, knowledge significantly influences mothers' behavior in providing exclusive breastfeeding. Mothers with good knowledge understand the benefits of exclusive breastfeeding and will exclusively breastfeed their babies to obtain these benefits. However, there are still

mothers with sufficient knowledge who do not fully understand the benefits and importance of exclusive breastfeeding, so they are still easily influenced by other factors such as work, family support, or the promotion of formula milk. This condition can cause mothers to be less consistent in their breastfeeding practices and potentially not provide exclusive breastfeeding as recommended.

Mother's Attitude towards Exclusive Breastfeeding

Based on 40 respondents, it can be seen that the results of hypothesis testing using the chi-square test obtained a P value = 0.018 (<0.05), meaning that there is a relationship between maternal attitudes and exclusive breastfeeding. The POR value (95%) was 0.200, so from the results of this study it can be concluded that mothers with negative attitudes have a 0.200 times risk of not providing exclusive breastfeeding compared to mothers with positive attitudes.

The results of this study are in line with previous research (Isnaniyah et al., 2023) entitled "the relationship between maternal attitudes and exclusive breastfeeding at PMB Sri Isnaniyah, Srengseng Sawah Village, South Jakarta. The results showed that there was a relationship between maternal attitudes and exclusive breastfeeding with a P-value of 0.040 (<0.05).

Attitude is the readiness to react to an object in certain ways. This readiness is the potential tendency to react in a certain way when an individual is faced with a stimulus that requires a response. Attitudes can be formed from the social interactions experienced by an individual. Interaction here is not only in the form of social contact and interpersonal relationships as members of a social group, but also includes relationships with the physical and psychological environment around them. Attitudes have several levels, there are four levels of attitude: accepting, responding, appreciating, and being responsible.

The mother's attitude regarding exclusive breastfeeding is a factor that determines whether someone is willing or ready to provide exclusive breastfeeding. The mother's attitude is how the breastfeeding mother reacts or responds to exclusive breastfeeding. If the mother already has a strong attitude in providing exclusive breastfeeding, her behavior will be more consistent in providing exclusive breastfeeding (Herman et al., 2021).

According to researchers, mothers with positive attitudes play a crucial role in supporting exclusive breastfeeding because these attitudes influence their behavior and

decisions regarding breastfeeding practices. Therefore, optimal breastfeeding education and promotion are needed to encourage more mothers to develop positive attitudes toward exclusive breastfeeding. Conversely, mothers with negative attitudes toward exclusive breastfeeding tend to be less motivated to breastfeed their babies, which can impact low breastfeeding success. However, this negative attitude can be transformed into a positive one if mothers receive the correct information, family support, and assistance from health workers. With this change in attitude, mothers will be more motivated to provide exclusive breastfeeding.

Consistent exclusive breastfeeding for the health and development of the baby.

Husband's Support for Exclusive Breastfeeding

Based on 40 respondents, it can be seen that the results of hypothesis testing using the chi-square test obtained a P value = 0.004 (<0.05), meaning that there is a relationship between husband's support and exclusive breastfeeding. The POR value (95%) was 15,000, so from the results of this study it can be concluded that mothers with husband's support are 15,000 times more likely to not provide exclusive breastfeeding than mothers with supportive husband's support.

The results of this study are in line with previous research ((Wulandari & Winarsih, 2023) with the title "the relationship between husband's support and exclusive breastfeeding" the results showed that there was a relationship between husband's support and exclusive breastfeeding with a P-value of 0.015 (<0.05).

Husbandly support is a form of interaction that reflects a reciprocal relationship, in which the husband provides tangible assistance to his wife. One form of this support is encouraging the wife to feed her baby before 6 months of age, as well as providing instrumental and emotional support. Instrumental support includes helping hold the baby when crying, assisting with household chores, changing diapers, and bathing the baby during breastfeeding. Meanwhile, emotional support includes listening to the wife's concerns and accompanying her while breastfeeding the baby in her free time. Husbandly support plays a crucial role in influencing a mother's decision to exclusively breastfeed. Mothers who receive support from their husbands or family have a 6-49 times greater chance of successful exclusive breastfeeding (Jaya et al., 2021).

Based on Lawrence Green's theory, husband's support can be categorized as a supporting factor that enables a mother's motivation or aspirations to be realized in concrete actions. This support can take the form of verbal assistance, meeting the

mother's needs, addressing breastfeeding issues, and even helping with household and childcare. Mothers who receive husband's support tend to feel calmer, happier, and more loved, which directly influences their motivation to breastfeed. Conversely, breastfeeding can be disrupted if the relationship between the father and mother is strained. A mother's psychological state, such as stress, anxiety, and worry, can inhibit the oxytocin reflex, which plays a crucial role in breastfeeding (Prihandani et al., 2021).

According to this researcher's assumption, husband's support is a crucial factor influencing exclusive breastfeeding. This is because husband's support is one of the external factors that significantly influences a mother's readiness and sustainability in exclusively breastfeeding her baby. Mothers who receive full support from their husbands will feel more confident, comfortable, and motivated to practice exclusive breastfeeding. Conversely, a lack of husband's support can create psychological and practical barriers to breastfeeding. Therefore, husband's involvement needs to be increased through education, family counseling, and health promotion that targets not only mothers but also their partners or husbands.

CONCLUSION

Based on the research results, it can be concluded that there is a relationship between maternal knowledge, maternal attitudes and husband's support with the provision of exclusive breastfeeding in the Payung Sekaki Community Health Center Work Area, Pekanbaru City.

BIBLIOGRAPHY

- Dharmayanti, ND, & Damayanti, DS (2023). The Relationship between Knowledge Level, Maternal Attitude, and Husband's Support with Exclusive Breastfeeding. *Journal of Urban Public Health*, 3(1), 83–91. <https://doi.org/10.37012/jkmp.v3i1.2072>
- Friska Margareth Parapat, Sharfina Haslin, & Ronni Naudur Siregar. (2022). The Relationship Between Mother's Knowledge and Exclusive Breastfeeding. *Tambusai Health Journal*, Volume 3,(2), 16–25.
- Giana, TAC, Aisyah, S., & Sari, EP (2022). The Relationship Between Mother's Attitude, the Role of Health Workers, and Husband's Support with Exclusive Breastfeeding. *Jurnal 'Aisiyiah Medika*, 7(1), 356–365.

<https://doi.org/10.36729/jam.v7i1.798>

Herman, A., Mustafa, M., Saida, S., & Chalifa, WO (2021). The Relationship Between Mothers' Knowledge and Attitudes and Exclusive Breastfeeding. *Professional Health Journal*, 2(2), 84–89. <https://doi.org/10.54832/phj.v2i2.103>

Isnaniyah, S., Munawaroh, M., & Novita, A. (2023). The Relationship between Knowledge, Mother's Attitude, and Family Support to the Success of Exclusive Breastfeeding at Pmb Sri Isnaniyah, Srengseng Sawah Village, South Jakarta, 2022. *SENTRI: Scientific Research Journal*, 2(2), 309–323. <https://doi.org/10.55681/sentri.v2i2.507>

Jaya, R., Hasanuddin, H., & Basry, W. (2021). Design of Class A Top Base Mixture Using Ex-Lewara River Material, Balane Village, Kinovaro District, Sigi Regency, Central Sulawesi Province. *Collaborative Journal of Science*, 4(12), 681–690. <https://doi.org/10.56338/jks.v4i12.2122>

Niken Fadila Putri. (2023). Analysis of the Exclusive Breastfeeding Program in the Sidomulyo Community Health Center Work Area, Pekanbaru City, 2022. *JAKIA: Journal of Maternal and Child Health*, 1(1), 39–50. <https://doi.org/10.62527/jakia.1.1.11>

Prihandani, OR, Khayana, FN, & Marfu'ati, N. (2021). The Relationship between Mother's Knowledge and Husband's Support with Successful Exclusive Breastfeeding in Kamal District, East Java Province. *Medica Arteriana*, 3(2), 108–114.

Prihatini, FJ, Achyar, K., & Kusuma, IR (2023). Factors Influencing the Failure of Exclusive Breastfeeding in Breastfeeding Mothers. *Journal of Public Health Research*, 3(4), 184–191. <https://doi.org/10.14710/jrkm.2023.18811>

World Health Organization. (2021). Exclusive breastfeeding: Global data and targets.

Wulandari, SR, & Winarsih, W. (2023). The Relationship Between Husband's Support and Exclusive Breastfeeding. *Jurnal Kesehatan Samodra Ilmu*, 14(01), 8–12. <https://doi.org/10.55426/jksi.v14i01.245>