

Husband Knowledge and Attitude Towards Mother's Breastfeeding Self-Efficacy

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Abstract: Breast milk is an ideal source of nutrition for infants. However, the level of exclusive breastfeeding has not reached government targets. This might be affected by internal factors such as breastfeeding self-efficacy or external factors that may originate from the husband. The aim of this study was to identify the relationship between the husband's knowledge and attitude about exclusive breastfeeding with breastfeeding self-efficacy in mothers with infants aged 0-6 months. This study used a correlation study design with a cross-sectional approach. The sample consisted of 85 mothers and their husbands who had infants aged 0-6 months through a purposive sampling technique in Puskesmas Pucang Sewu Surabaya. Data was taken using questionnaires and analyzed statistically using a Spearman Rank Correlation test. The results showed that there was a significant relationship between the husband's knowledge and breastfeeding self-efficacy ($p = 0.002$ $r = 0.338$) and the husband's attitude with breastfeeding self efficacy ($p = 0.000$ $r = 0.723$). The relationship between knowledge and breastfeeding self-efficacy was weak. It could be influenced by other factors such as education, occupation, age, and the mother's breastfeeding experience. While the relationship between the husband's attitude and breastfeeding self-efficacy was strong. This shows that the husband's positive attitude will increase the level of breastfeeding self-efficacy.

1 BACKGROUND

Breastfeeding is an important concern because breast milk is an ideal source of nutrition since its composition meets the needs of growth and optimal development for the baby. The World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) encourage mothers to exclusively breastfeed until infants are aged 6 months, continuing until the age of 2 years with additional complementary feeding (Kementerian Kesehatan Republik Indonesia 2014). But, the coverage of exclusive breastfeeding in Indonesia in 2015 was still at 55.7% (Kementerian Kesehatan Republik Indonesia 2017), while in East Java Province it was 74.1%. Based on a report from the Surabaya City Health Office profile 2015, coverage of exclusively breastfed infants in Surabaya is 64.99% and has not reached the target set by the government at 80%.

Exclusive breastfeeding may be influenced by internal and external factors. Internal factors that can support exclusive breastfeeding include the mother's

breastfeeding self-efficacy, which is a sense of confidence that mothers have in terms of breastfeeding and can be a predictor of breastfeeding decisions, major efforts to breastfeed, and how to respond to problems and difficulties during breastfeeding (Dennis 2011). Low self-efficacy in breastfeeding can lead to negative perceptions and poor motivation (Pradanie 2015).

Based on initial surveys through interviews with health workers at the Puskesmas Pucang Sewu Surabaya, 50% of mothers in their area were not exclusively breastfeeding their babies under 6 months old. The condition of some working mothers makes them less confident to breastfeed babies exclusively for 6 months because of poor time management. This illustrates that a mother's self-efficacy is important to support exclusive breastfeeding.

Health officers in Puskesmas Pucang Sewu said that environmental factors in the family, especially the husband, play an important role for mothers in deciding on infant breastfeeding (Pertiwi 2012). Lack of a husband's support during breastfeeding

can cause the mother to feel less attention so they fail to exclusively breastfeed their baby, while good psychological support from a husband for a mother could improve the success of exclusive breastfeeding (Bahiyatun 2009).

The antecedent factors of breastfeeding self-efficacy include direct experience, indirect experience, verbal persuasion, and emotional state (Dennis 2011). The encouragement of family, especially the husband, can be used as a source of verbal persuasion that can influence a mother's motivation to develop self-efficacy in exclusive breastfeeding. The husband's encouragement can be influenced by the attitude and knowledge of the husband about exclusive breastfeeding (Suciati et al. 2016). The husband's knowledge plays an important role in encouraging, assisting and rewarding mothers in the process of breastfeeding, sharing household chores, and raising children (Rumaseuw et al. 2018). A husband's negative attitude and poor knowledge may cause the husband to be incapable of motivating or encouraging the mother to exclusively breastfeed (Sopiyan 2014).

Based on interviews conducted by researchers with 6 breastfeeding mothers in Posyandu it was stated that 3 fathers gave positive support and 3 were negative. Researchers also found that the mother with a positive husband still had low confidence about being able to breastfeed her baby exclusively. This phenomenon was interesting, and needs to be explained by investigating the correlation between a husband's knowledge and attitude with breastfeeding self-efficacy. Many studies have been conducted on breastfeeding self-efficacy, but most of them only involved mothers as respondents. Whereas factors derived from the husband, who can be seen as one source of self-efficacy, also have an important role in improving a mother's breastfeeding self-efficacy and this is still rarely studied. Therefore, mothers and family, especially husbands, together should give attention to the breastfeeding process to achieve exclusive breastfeeding (Bich & Cuong 2017).

2 METHODS

The design used in this research was correlational with a cross-sectional approach. The population were couples of mothers and fathers who have babies under 6 months in the area of Puskesmas Pucang Sewu Surabaya totalling 109 respondents. By using purposive sampling, the sample in this research numbered 85 respondents.

The variables in this research were the husband's knowledge about exclusive breastfeeding, the husband's attitude, and the mother's breastfeeding self-efficacy. All data was measured using questionnaires. The husband's knowledge questionnaire about exclusive breastfeeding was modified from Widjayanti (2010) which comprised 13 questions about the exclusive breastfeeding concept. The husband's attitude was assessed using a modified questionnaire from Purwaningrum (2009) consisting of 19 questions with a Likert scale containing favorable questions and unfavorable questions. Breastfeeding self-efficacy was measured using a Breastfeeding Self-Efficacy Short Form (BSE-SF) questionnaire by Dennis (2003), which comprised 14 questions with a Likert scale. All questionnaires were tested for validity and reliability with valid and reliable results.

This study has passed the ethical clearance from the Health Research Ethics Committee, Faculty of Nursing Universitas Airlangga with certificate number 423-KEPK. This research was conducted in the working area of Puskesmas Pucang Sewu Surabaya during July 2017. Data was collected by visiting the respondent's house. The collected data was analyzed using a Spearman Rank Correlation test with significance level of $\alpha \leq 0.05$.

3 RESULTS

General description of respondents (husbands) in this study: 48 people (56.5%) aged 26-35 years old, 7 respondents (8.2%) aged 21-25 years old, 29 respondents (34.1%) aged 36-45 years old, and only 1 respondent (1.2%) aged > 45 years old. The education level of husbands: 56 respondents (65.9%) were graduated from senior high school, 5 respondents (5.9%) only finished elementary school, 15 people (17.6%) completed junior high school, 8 respondents (9.4%) graduated from university, and there were still respondents who did not complete elementary school – 1 person (1.2%). In terms of occupation, most of the husbands work as employees (67.8%), 16 people (18.8%) were self-employed, and only 1 respondent (1.2%) worked as a civil servant (government staff) and teachers.

For mothers as respondents, the majority were aged 26-35 years old, as many as 46 respondents (54.1%), 22 respondents (25.9%) were aged 21-25 years old, and 17 respondents (20%) were aged 36-45 years old. In terms of education, 56 respondents (65.9%) of the mothers were graduates from high school, 15 people (17.6%) were graduates of junior high school, 10 respondents (11.8%) were graduated

from university, and still there were respondents who did not complete primary school, 2 people (2.4%). Most of the mothers (61 people or 71.7%) were housewives, 20 mothers (23.5%) were employees, and only 2 respondents (2.4%) worked as self-employed and teachers.

In this research 42 (49.4%) respondents have 2 children, with the age of the last child 6 month (24 respondents or 28.2%). The respondents who had 1 child totalled 22 people (25.9%), the respondents who had 3 children totalled 18 people (21.2%), and those respondents who had more than 3 children numbered 3 people (3.5%). Based on breastfeeding experience, 42 mothers (49.4%) had breastfed and used formula milk for their infants, only 15 mothers (17.6%) had ever given exclusive breastfeeding from infants born to 6 months. 22 respondents (25.9%) had no experience at all of breastfeeding, and 6 respondents (7.1%) only gave formula milk without breast milk to their babies.

Thirty-nine people out of 85 husbands as respondents in this study (45.9%) had good knowledge on aspects of the benefits of breast milk for their babies, while 11 respondents (12.9%) had less knowledge. Lack of knowledge among husbands included colostrum, problems during breastfeeding, and incorrect perceptions about exclusive breastfeeding, that breast milk may be supplemented with other foods and formula for infants under 6 months of age.

Attitudes demonstrated by husbands as respondents about mothers who breastfed babies 0-6

months are mostly positive, which amounted to 53 respondents (62.4%). The husbands did not mind if the mother could not handle housework when breastfeeding her baby. Some other respondents, as many as 32 respondents (37.6%), have a negative attitude to breastfeeding mothers. This lies in the aspect of responsibility for assisting the mother's work during breastfeeding, and less acknowledgement for the mothers that exclusive breastfeeding is good for the baby. Some husbands provide incorrect advice regarding breastfeeding believing that supplemental feeding and formula feeding could be given during an exclusive breastfeeding period. Husbands also made objections to the mothers breastfeeding in public places.

Descriptions of breastfeeding self-efficacy among mothers as respondents indicate that 35 from 85 respondents (41.2%) had high levels of breastfeeding self-efficacy. Most mothers were confident of managing sufficient breastfeeding and breastfeeding situations as desired. Mothers with low self-efficacy level numbered 19 persons (22.3%), and 2 persons with very low self-efficacy level of total mother respondents (2.4%). Some mothers with low self-efficacy levels still had low confidence in breastfeeding without formula, and were not sure they could overcome problems during breastfeeding. Mothers had low confidence in being able to meet the nutritional needs of infants with breast milk alone so that mothers chose to add infant formula for babies under 6 months old.

Table 1: The correlation between husband's knowledge about exclusive breastfeeding and breastfeeding self-efficacy on mothers who had babies under 6 months in the work area of Puskesmas Pucang Sewu Surabaya (July, 2017).

| Husband's knowledge | Breastfeeding self-efficacy | | | | | | | | Total | |
|---------------------|-----------------------------|------|----------|------|-----|------|----------|-----|-------|------|
| | High | | Moderate | | Low | | Very Low | | | |
| | f | % | f | % | f | % | f | % | Σ | % |
| Good | 22 | 25.9 | 12 | 14.1 | 5 | 5.9 | 0 | 0 | 39 | 45.9 |
| Moderate | 11 | 12.9 | 13 | 15.3 | 10 | 11.8 | 1 | 1.2 | 35 | 41.2 |
| Low | 2 | 2.4 | 4 | 4.7 | 4 | 4.7 | 1 | 1.2 | 11 | 12.9 |
| Total | 35 | 41.4 | 29 | 34.1 | 19 | 22.4 | 2 | 2.4 | 85 | 100 |

Spearman rho test = 0.002. The coefficient correlation (r) = 0.338

Table 2: The correlation between husband's attitude and breastfeeding self-efficacy on mothers with babies under 6 months in the work area of Puskesmas Pucang Sewu Surabaya (July, 2017).

| Husband's attitude | Breastfeeding self efficacy | | | | | | | | Total | |
|--------------------|-----------------------------|------|----------|------|-----|------|----------|-----|-------|------|
| | High | | Moderate | | Low | | Very Low | | | |
| | f | % | f | % | f | % | f | % | Σ | % |
| Positive | 33 | 38.8 | 20 | 23.5 | 0 | 0 | 0 | 0 | 53 | 62.3 |
| Negative | 2 | 2.4 | 9 | 10.6 | 19 | 22.3 | 2 | 2.4 | 32 | 37.7 |
| Total | 35 | 41.2 | 29 | 34.1 | 19 | 22.3 | 2 | 2.4 | 85 | 100 |

Uji Spearman rho p = 0.000. Koefisien korelasi (r) = 0.723

Table 1 shows that 22 mothers of 85 as respondents (25.9%) who had high levels of breastfeeding self-efficacy had husbands with good knowledge about exclusive breastfeeding. Whereas low breastfeeding self-efficacy was found in 4 mothers who had husbands with lack of knowledge about exclusive breastfeeding (4.7%). The results of statistical analysis using a Spearman rho correlation test with significance level $\alpha < 0.05$ obtained p value 0.002 with coefficient correlation (r) 0.338 meaning that there was a sufficient correlation between husband knowledge and self-efficacy of breastfeeding in mothers with infants aged 0-6 months.

Table 2 shows that 33 from 85 mothers with high breastfeeding self-efficacy had husbands with positive attitudes (38.8%), while 19 mothers with low breastfeeding self-efficacy were found who had husbands with negative attitudes about exclusive breastfeeding (22.3%). The results of statistical analysis using a Spearman correlation test obtained $p = 0.000$ with a correlation coefficient (r) of 0.723 which means there is a strong correlation between the husband's attitude with self-efficacy breastfeeding in mothers with infants aged 0-6 months, the more positive the husband's attitude, the better breastfeeding self-efficacy.

4 DISCUSSION

The better the knowledge possessed by the husband, the higher the level of self-efficacy possessed by the mother. Husbands who have a good knowledge of breastfeeding can lead to a higher level of understanding. Kong and Lee (2004) state that the husband's knowledge affects the support provided by the husband when the mother breastfeeds her baby. The increasing understanding of husbands about breastfeeding can raise awareness for husbands to be positive by supporting mothers to breastfeed their babies (Bich & Cuong 2017). Thus, affecting the psychological condition of the mother and increasing self-confidence, and hence improving a mother's breastfeeding self-efficacy.

There are four sources that can affect a person's level of self-efficacy, experience of success, other people's experiences, verbal persuasion, and physical-emotional circumstances (Dennis 2003). Verbal persuasion could be defined as supporting information that is communicated verbally by other influential persons which states that a person has the ability to do something (Dennis 2011). One of the important influences in shaping the self-efficacy of a

mother is family, especially the husband. The family is the smallest unit in the community where many mothers spend time taking care of the baby so that the family, especially the husband, has an important role in providing support that can affect the psychological condition of the mother while breastfeeding her baby (Kusumaningrum et al. 2010). Information that will be used to provide verbal persuasion to nursing mothers depends on the knowledge of husbands who provide support (Rumaseuw et al. 2018). The knowledge possessed by husbands about exclusive breastfeeding can be important for verbal persuasion of mothers who breastfeed their babies.

A husband's positive attitude has a significant effect to improving breastfeeding self-efficacy in mothers with infants aged 0-6 months. The source of self-efficacy through verbal persuasion is used to convince a person of their ability to perform a particular task. People who are experience verbal persuasion have the ability to better master the tasks related to that persuasion and try harder to deal with problems. The suggestion can contribute significantly in improving self-efficacy (Dennis 2011).

Husbands become an important part in verbal persuasion for breastfeeding mothers because it is the closest person who can improve the physical and psychological state of the mother (Kohan et al. 2016). This can be caused by the knowledge and attitude factors of the husband (Rumaseuw et al. 2018). A husband's positive attitude can affect the level of a mother's self-efficacy through the source of verbal persuasion. A husband's positive attitude can be demonstrated through the provision of maternal support to always breastfeed the baby. Positive attitudes shown by husbands will cause positive emotions in mothers who are able to increase the hormone oxytocin so that milk production becomes more fluent because the mother feels cared for and supported (Roesli 2008). This stable emotional state can have an impact on enhancing the mother's self-efficacy while breastfeeding her baby. The more the husband has a positive attitude towards breastfeeding, the higher the level of the mother's self-efficacy during breastfeeding.

The lack of a husband's role in the process of breastfeeding the baby is due to cultural habits; one is the division of roles in which the husband only plays an obligatory part as the breadwinner and the mother takes care of all household affairs including the matter of breastfeeding (Bich & Cuong 2017). While Roesli (2008) states that the husband can play

an active role in supporting the success of breastfeeding the baby by being positive through the provision of attention and assistance, and encouraging the mother to continue to breastfeed her baby because not infrequently mothers who experience emotional and physical conditions are less stable after delivery (Sari 2011). This can lead to a reduction in the mother's level of self-efficacy in breastfeeding her baby. A husband's positive attitude can help to prevent a reduction in the level of self-efficacy possessed by the mother.

5 CONCLUSION

Most of the husbands in this study had good levels of knowledge and positive attitudes about exclusive breastfeeding. This affects the high level of breastfeeding self-efficacy in the mother, especially regarding the aspect of the mother's belief in being able to meet the needs of breastfeeding for infants for 6 months.

The findings of this study indicate that it is very important that health education about exclusive breastfeeding be given continuously, not only to the mother but also to the support system around the mother, especially husbands, in order to create an environment conducive to supporting exclusive breastfeeding.

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