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## **THE RELATIONSHIP BETWEEN HUSBAND'S SOCIAL SUPPORT AND BREASTFEEDING SELF-EFFICACY IN PRIMIPARA MOTHERS**

**Dinda Fitri Annisa<sup>1</sup>, Tesi Hermaleni<sup>2</sup>**

Universitas Negeri Padang

[dindafitri10@gmail.com](mailto:dindafitri10@gmail.com)<sup>1</sup>, [tesihermaleni@gmail.com](mailto:tesihermaleni@gmail.com)<sup>2</sup>

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### **Abstract:**

The correlation between husband's social support and breastfeeding self-efficacy in primiparous mothers. This study aims to see the relationship between social support, especially from the husband, and the mother's self-confidence in breastfeeding. Respondents in this study were 40 primiparous mothers with children aged 0-6 months living in Tanah Datar Regency—data collection using a purposive sampling technique. The husband's social support scale is designed based on the theory proposed by Sarafino (2004) as the independent variable (X), and the breastfeeding self-efficacy scale uses the Breastfeeding Self Efficacy Scale - Short Form (BSES-SF) scale as the dependent variable (Y). The results of data analysis using product moment found that ( $p = .000$ )  $< .005$ , meaning that there was a significant positive relationship between the husband's social support and breastfeeding self-efficacy in primiparous mothers.

**Keywords:** Husband's social support, breastfeeding self-efficacy, primiparous mother

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**Corresponding:** Dinda Fitri Annisa

**Email:** [dindafitri10@gmail.com](mailto:dindafitri10@gmail.com)

## **INTRODUCTION**

Breast milk (breast milk) is the best and most complete nutrition for babies. It contains nutrients that best suit the needs of babies in the process of growth and development, especially in the first two years. WHO and UNICEF recommend exclusive breastfeeding for babies from birth to 6 months, then continuing until two years of age (SJMJ et al., 2020). Previous research also explains that breastfeeding without any complementary food until the baby is six months old has extraordinary benefits for the development and growth of the baby and increases the affection between mother and baby. This feeling of being protected and loved in babies can form a confident and spiritual personality (Ega Putri, 2023). Previous research stated that exclusive breastfeeding has an effect on the cognitive development of babies, but only 2/3 of mothers started giving exclusive breastfeeding after knowing this information. (Fatimah et al., 2017) .

West Sumatra Province has a percentage of babies who receive exclusive breast milk of 77.09%, and Tanah Datar Regency has a rate of 76.2% (Risksdas, 2018). The following data states that both West Sumatra Province and Tanah Datar Regency still have a portion of babies receiving exclusive breast milk below the target set by the Indonesian Ministry of Health, namely 80%.

The mother's main problem in the breastfeeding process is the mother's need for more self-confidence that she can provide exclusive breastfeeding and the lack of assistance to breastfeeding mothers (WAHYUNINGTYAS, 2023). Quoted from previous research, which explains that the self-confidence that an individual has in something that has not been done and can increase motivation is called self-efficacy. In breastfeeding mothers, the mother's self-confidence in giving breast milk, as well as the mother's decision and prediction to continue giving exclusive breast milk, is called breastfeeding self-efficacy. (PRAMANIK, 2018) . Quotes from previous research state that breastfeeding self-efficacy influences individual responses such as thought patterns, emotional

reactions, and the mother's persistence in providing exclusive breast milk; low breastfeeding self-efficacy causes low motivation and perception. (Susilawati, 2019) . Previous research found that breastfeeding self-efficacy had a positive relationship with the initiation, duration and exclusivity of breastfeeding.

Another obstacle is that for primiparous mothers, breastfeeding is a new experience, so the stress level is higher than for multiparous mothers who have gone through the process of giving birth and breastfeeding before. Previous research explains that stress automatically affects the hormone oxytocin, essential in producing quality breast milk. The mother's feelings and psychology greatly influence the hormone oxytocin through a complex mechanism (Princess, 2017). Previous research stated that one crucial factor that can trigger the oxytocin reflex to increase breast milk production is social support from the husband. Social support from the family, especially the husband, has a significant role in breastfeeding success (Fauziandari, 2020).

In previous research, a mother's success in breastfeeding for more than six months of her child's age was influenced by self-confidence and social support from her husband and family (Elsanti & Isnaini, 2018). Family support, especially husbands, can be provided through information, appreciation, instrumental and emotional support (Oktalina et al., 2015). Informational support from the husband can be supplied through suggestions and input given by the husband to the mother. Previous research explained that mothers who had received breastfeeding advice or counselling from their husbands could influence mothers' breastfeeding (Natasya, 2023). Appreciative support for mothers can be given through praise and encouragement to mothers. Compliant support for mothers makes them believe that they are loved and appreciated, thereby increasing mothers' breastfeeding self-efficacy. Husbands can provide instrumental support through treatments such as holding a crying baby, helping the wife with her work, etc. Previous research explains that emotional support can be provided by listening to the complaints expressed by the mother, and the husband can accompany the mother during the breastfeeding process (Rahayu & Wuryaningsih, 2019).

In previous research, he found that in Iran in 2019, there were 300 mothers Primiparas who breastfeed with babies under six months old, proving that family support, especially from husbands, is significantly positively related to breastfeeding self-efficacy. (WAHYUNINGTYAS, 2023) . Breastfeeding success rates increased in babies 0 to 6 months in the study group that included fathers in breastfeeding counselling, compared to the study group that only included mothers. Previous research also found that the husband's social support had a significant influence on the success of exclusive breastfeeding, where the more influential the husband's social support, the mother had 5.1 times greater chance of providing exclusive breastfeeding and vice versa. (Sahar & Permatasari, 2016).

Based on the explanation above, researchers are interested in researching more deeply, namely regarding the relationship between husbands' social support and breastfeeding self-efficacy in primiparous mothers.

## **METHOD**

The population in this study was primiparous mothers in Tanah Datar Regency. The sampling technique used purposive sampling. The sample criteria in this study were (1) primiparous mothers, (2) domiciled in Tanah Datar Regency, and (3) breastfeeding children aged 0-6 months. So we found a research sample of 40 subjects, with an age range of 18-38 years ( $M = 25.42$ ,  $SD = 4.624$ ), then 62.5% worked as Housewives (IRT), and 55% of the subjects had graduated from High School (SMA)/ equal. This research is correlational quantitative research, namely investigating the relationship between the husband's social support as an independent variable (X) and breastfeeding self-efficacy as a dependent variable (Y).

The data in this study was collected using two scales. This scale has a reliability value of  $\alpha = .868$ . This scale uses a Likert scale with four answer choices, namely suitable, very suitable, not suitable, and very not suitable. Then, the breastfeeding self-efficacy scale uses the Breastfeeding Self-Efficacy Scale - Short Form (BSES-SF). This scale has 14 items with five answer choices, namely very unsure, not sure, neutral, sure, and very sure. The reliability value on this scale is  $\alpha = .890$ . The data was analyzed using the product moment correlation technique to see whether there was a correlation between the two variables.

## RESULTS AND DISCUSSION

Table 1 shows the results of the normality test, which aims to see whether the variable data is normally distributed or not to meet parametric assumptions. In this research, normality testing uses One Sample Kolmogorov-Smirnov, where data is said to be expected if the Asymp.Sig (2-tailed) value is  $> .05$ . Meanwhile, if the data has an Asymp.Sig (2-tailed)  $< .05$ , then the data is said to be non-normally distributed. The results of the normality test are explained in the following table.

**Table 1 Normality Test**

Variable	N	Asymp.Sig (2 tailed)	K-SZ
Husband's Social Support	15	,710	,695
Breastfeeding Self-Efficacy	25	,559	,914

Based on the table above, the results show that the husband's social support data has a normally distributed data distribution, whereas the Asymp.The Sig (2-tailed) value is .710 ( $p > .05$ ) with a K-SZ value of .695. Then, the breastfeeding self-efficacy data has an Asymp.Sig (2-tailed) value of .559 ( $p > .05$ ), meaning the data is usually distributed with a K-SZ value of .914. Next, the researcher conducted a linearity test to see whether the two variables had a unidirectional relationship. The results of the linearity test are described in Table 2.

Then, a correlation test was conducted to see the relationship between the husband's social support and breastfeeding self-efficacy in primiparous mothers. The results of the correlation test show that there is a significant relationship between the husband's social support variable and breastfeeding self-efficacy, where the sig (2-tailed) value is ( $p = .000$ )  $< .05$ . Then the Pearson correlation value is .727, which means the two variables are correlated with each other with a percentage of 72.7%. Based on the results obtained, the hypothesis in this study is accepted, namely that there is a relationship between the husband's social support and breastfeeding self-efficacy in primiparous mothers.

Researchers also conducted a linearity test, which aims to see whether the variables of the husband's social support and breastfeeding self-efficacy have a unidirectional relationship or not. To see the linearity of the data, a statistical method is used, namely F-Linearity, which is obtained with the help of SPSS. Both variables are said to be linear if the Sig value. (2-tailed)  $> .05$ . The results of the linearity test between the variables of husband's social support and breastfeeding self-efficacy were found to be  $F = 37,182$  with a Deviation of Linearity value of .669, so  $p > .05$ , which means that the two variables have a unidirectional or linear relationship. The research data was categorized to see the level of husbands' social support and breastfeeding self-efficacy among primiparous mothers in Tanah Datar Regency. Researchers classified subjects into three categories, namely high, medium and low. The categorization of the two variables is explained in the following table:

**Table 2: Cataloging Data on Husband's Social Support and Breastfeeding Self-Efficacy**

Category	Husband's Social Support	N	Breastfeeding Self-Efficacy	N
Low	$X < 54$	2	$X < 30.4$	4
Currently	$54 \leq X < 81$	28	$30.4 \leq X < 47.6$	22
Tall	$X \geq 81$	10	$X \geq 47.6$	14
Total	-	<b>40</b>	-	<b>40</b>

Based on Table 2 above, it is explained that in the husband's social support variable, the majority of subjects are in the medium category, namely with a percentage of 70% or as many as 28 subjects, then ten subjects are in the high class with a rate of 25%. In contrast, in the low category, there are two subjects with a percentage of 5%. Based on the data obtained from the table above, it can be concluded that most subjects received moderate levels of social support from their husbands. This means most issues in this study received fairly good social support from their husbands but with a lower intensity than subjects in the high category.

In the breastfeeding self-efficacy variable, most subjects were in the medium category, with 22 subjects or 55% of all topics. Then 14 other issues were in the high class with a percentage of 35%, while four other subjects were in the low category with a rate of 10%. It can be concluded that the majority of research subjects have breastfeeding self-efficacy at a moderate level. This means that primiparous mothers in Tanah Datar Regency feel satisfied when they can and have the confidence to meet their children's needs.

This research found a positive relationship between the husband's social support and breastfeeding self-efficacy, where the higher the husband's social support received by primiparous mothers, the higher the mother's confidence in breastfeeding and vice versa. This is supported by previous research, which states that providing social support from husbands has a positive relationship and impact on breastfeeding self-efficacy in mothers, where mothers will feel more enthusiastic about giving breast milk and increase the sense of comfort and the burden faced by mothers is reduced (Agustin, 2019). Previous research stated that social support functions as a source to control feelings of stress and control individuals to more effectively deal with various stressful conditions such as pregnancy, childbirth and breastfeeding (Wiranti, 2021).

Previous research explains that social support significantly influences breastfeeding self-efficacy, so the more social support the mother gets, the more the mother's breastfeeding self-efficacy will also increase (Wulandari & Susilawati, 2021). One of the supports that influences a mother's confidence in breastfeeding is social support from her husband. Previous research stated that when a mother gets social support from her husband, this affects the mother's motivation to look after herself and her baby (Islamiyah & Sardjan, 2021). The reason given to breastfeeding mothers is essential because it can be a stimulant for producing higher-quality breast milk (Ona, 2023).

Previous research also stated that when husbands support their partners verbally and actively, they will have higher self-confidence, including in terms of breastfeeding. The feedback given by husbands about the mother's breastfeeding process can increase the mother's self-confidence in breastfeeding. (Doko et al., 2019). Previous research explains that social support, especially from husbands, is effective in increasing mothers' success in breastfeeding and makes mothers make confident decisions about breastfeeding their children from birth (Pamuji & Rumah, 2020). Exclusive breastfeeding by mothers for children is also higher among mothers who receive social support from their husbands compared to mothers who do not receive social support from their husbands.

The social support received by subjects in this study from their husbands was mainly at a medium level, followed by a high level and then a low level. Social support is support provided by the people closest to an individual, including family support, friendships, and the individual's significant

others (Rahma & Rahayu, 2018). Previous research suggests that a husband's social support is a helpful relationship and has exceptional value for wives who have signs of positive ties (Romalasari & Astuti, 2020). A husband's social support is also defined as a caring attitude shown by providing emotional and moral support, as well as exemplary forms of cooperation (Pomo, 2022). The husband's social support consisting of moving, appreciative, instrumental and informative support helps increase the breastfeeding mother's confidence that she can meet her child's needs and care for her child because other people support her, especially her husband.

Regarding emotional support, one part of social support, most subjects are in the medium category. This means that the husband gives expressions that can calm the mother. Not only words but the physical touch the husband gives to the mother also affects the mother's emotional state. Previous research stated that when individuals receive emotional support, they feel safe, valuable, cared for and loved. Then, most subjects have award support in the medium category (Dityo & Satwika, 2022). Appreciative support can be in the form of a positive view given by the husband to the mother in the form of an assessment of the mother's way of breastfeeding and caring for the child, such as warnings and constructive advice. Previous research stated that when a mother gets support and positive assessment from those closest to her, it will help strengthen her belief that her actions in giving breast milk to the baby are correct (Laily et al., 2023).

Previous research stated that information, attitudes and ways of breastfeeding children are essential for mothers to know (Syahrir & Alam, 2016). In this study, primiparous mothers in Tanah Datar Regency had a moderate level of information support from their husbands. Information support can be from the husband's opinion and knowledge regarding how to breastfeed and care for primiparous babies. The level of education also plays a vital role in obtaining information on breast milk. Instrumental support or direct assistance to primiparous mothers in Tanah Datar Regency is at a medium level. This means that the husband has provided sufficient aid directly to the wife. Previous research stated that the factor that influences the instrumental support given by husbands to breastfeeding mothers is work (Lilis & Lovita, 2021). When a husband or family has a good and sufficient job, they can provide better instrumental support.

This research shows that most subjects have a moderate level of breastfeeding self-efficacy. Self-efficacy, according to Bandura (1978), is a cognitive process of an individual's self-confidence in his ability to regulate thought processes, emotional states, social environment, motivation, and in carrying out specific behaviour. Previous research explains that breastfeeding self-efficacy is a mother's belief in breastfeeding her baby and predicts whether the mother chooses to breastfeed, how much effort she makes to breastfeed, and the mother's response when problems or difficulties occur in breastfeeding. Breastfeeding self-efficacy is a strong predictor that influences a mother's success in providing exclusive breastfeeding and breastfeeding her baby (RAHMADANI & SUTRISNA, 2022).

Previous research explains that social support significantly influences breastfeeding self-efficacy, so the more social support the mother gets, the more the mother's breastfeeding self-efficacy will also increase (Yuliana & Hartati, 2017). Social support refers to belonging, acceptance, love and being liked. For each person, support creates a safe and reassuring relationship, where a sense of intimacy and closeness plays a significant role in reassuring a person. If a person is under good social support, his stress will be significantly reduce. On the other hand, lack of support reduces the person's positive self-awareness and, as a result, causes anxiety and stress. In addition, self-confidence is a social cognitive structure which includes self-confidence and belief in the ability to do a job or demonstrate a behaviour. Breastfeeding self-efficacy is a mother's perceived ability to breastfeed and is a valuable framework that predicts a mother's breastfeeding behaviour and indicates her confidence and ability to breastfeed. By increasing the mother's self-efficacy and ability to breastfeed, social

support can advance the mother's self-esteem and self-confidence. Social support serves as a source of acceptance to control stress and allows individuals to more effectively deal with conditions such as pregnancy, childbirth and breastfeeding.

## CONCLUSION

From this research, it is clear that most primiparous mothers in Tanah Datar Regency receive moderate levels of husband support. Generally, breastfeeding self-efficacy among primiparous mothers in Tanah Datar Regency is medium. The research results show a significant positive relationship between the husband's social support and breastfeeding self-efficacy in primiparous mothers in Tanah Datar Regency, meaning that the higher the husband's support, the higher the breastfeeding self-efficacy of primiparous mothers and vice versa.

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