

Husband's Knowledge And Support For The Implementation Of Early Initiation Of Breastfeeding In The Obstetric Room Of Timor Leste Referral Hospital

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ABSTRACT

The low practice of early breastfeeding is not due to many factors such as knowledge, husband's support, action and education. Method: The method used is analytic correlational with a cross sectional approach. The number of samples was 20 post-partum mothers, the sampling method was with the Accidental sampling technique. The data analysis used was Chi Square to see whether there was a relationship and husband's support for the implementation of early initiation of breastfeeding. Results: The results showed that of the 20 respondents, 13 respondents (65%) were good, 10 (50%) had good husband support, while implementing early initiation of breastfeeding was 14 (70%). The results of the Chi Square test show that the variables X1 and Y are 0.000, meaning that there is a relationship between Knowledge and the implementation of early initiation of breastfeeding.. For the results of the Chi Square test, the variables X2 and Y are 0.005, meaning that there is a relationship between husband's support and the implementation of early initiation of breastfeeding. Conclusion The importance of maternal knowledge and husband's support contributes greatly to postpartum early initiation of breastfeeding. in the Midwifery Room of the Suai Referral Hospital, Timor-Leste.

Keywords: Early Initiation Of Breastfeeding, Knowledge, Husband's Support, Implementation.

INTRODUCTION

Breastfeeding immediately after delivery has great benefits for the success of breastfeeding. Breastfeeding the baby within 30 minutes after giving birth determines the smoothness of further milk production. The goal is to provide stimulation as soon as possible to the breast so that milk production and flow activities go well. Babies are trained to use reflex suck it as soon as possible so that it can suckle smoothly. In the process of breastfeeding for the first time, the baby does not immediately get breast milk. There is something new on the 3rd day the milk is flowing out. The nutrition that the baby brings from the womb allows him to survive while waiting for breast milk. (Wordpres, 2017).

Breastfeeding has many advantages for both mother and baby. Breast milk contains all the nutrients needed by babies, immune substances against disease, as well as an expression of mother's love for her child. Research by Keren Demand et al in 2006 showed that breastfeeding in the first hour after delivery reduced the risk of death for infants aged 0-28 days by 22%. Late breastfeeding (after the first day) increases the risk of death 2.4 times (Utami Roesli, 2008). It was recorded that around 464 mothers at the lactation clinic at St. Carolus Hospital, Central Jakarta in 2006, complained that their milk was not coming out, even though mothers can actually meet their babies' needs by giving them breast milk as early as possible, namely in the

first hour after the baby is born (Wordpres, 2017). Babies who were breastfed immediately after delivery (approximately 30 minutes after delivery), the presentation of breastfeeding at 6 months was 59% and at 12 months was 38%. In infants who were not breastfed immediately after delivery, the percentage of breastfeeding at 6 months was only 19% and at 12 months only 8% (Utami Roesli, 2015). The low practice of early breastfeeding is influenced by many factors. According to Notoatmodjo (2012) there are factors that influence a person's health behavior, namely predisposing factors, enabling factors and reinforcing factors. Factors that facilitate or predispose to the occurrence of one's behavior (knowledge, attitude/support of husband, education, actions, beliefs, values and beliefs).

From the initial survey in the Midwifery room at the Suai Timor Referral Hospital Leste by interviewing 10 mother's *postpartum* got 3 mothers *postpartum* (30%) who did *early initiation of breastfeeding*. and 7 mothers *postpartum* (70%) who did not do *early initiation of breastfeeding*. From 5 mother *postpartum* who did *early initiation of breastfeeding* found that mothers did not know about the importance of, while 3 mothers (30%) reasoned that their husbands did not support *early initiation of breastfeeding*. because their husbands wanted to breastfeed their babies immediately with formula milk.

There are still many mothers *postpartum* who do not do *early initiation of breastfeeding*. for various reasons, including fatigue after giving birth, pain due to labor with action, so that milk production is not smooth, mother's knowledge about *early initiation of breastfeeding*. is lacking, and husband's support is lacking. The solution that can be done is to provide information through counseling by health workers about *early initiation of breastfeeding*. to mothers and families is the most important thing to achieve smooth release and production of breast milk so that exclusive breastfeeding for newborns can be carried out properly and involve husbands and families in the process of Early Initiation of Breastfeeding so that mothers feel not alone and get support. The purpose of this study was to analyze the relationship between husband's knowledge and support for the implementation of *early initiation of breastfeeding*. in the Midwifery Room of the Referral Hospital in 2020. The benefit of this research is as input regarding the importance of mother's knowledge and husband's support for the implementation of *early initiation of breastfeeding*.

METHOD

This study uses correlational analysis with a cross sectional approach. The population was all mother's *postpartum* who gave birth in the Obstetrics Room of Referral Hospital, Timor Leste in 2020. The sample was some mother's *postpartum* who gave birth in the Obstetrics Room of Referral Hospital, Timor Leste in 2020 with a total of 20 respondents. The sampling technique used in this study is non *probability sampling* that is accidental *sampling*. The independent variable is the Ordinal scale Knowledge and Support of the husband and the dependent variable is the implementation of the Ordinal scale *early initiation of breastfeeding*. The time of research was from May to June 2020 in the Obstetrics Room of the Referral Hospital, Timor Leste. Measuring tool for the independent variable is a questionnaire and the dependent variable is an observation sheet. The process of collecting and processing data in this study, before data collection was carried out, submitted a cover letter from the Faculty of Nursing, IIK Strada DIV Midwifery Study Program, then submitted to Referral Hospital, Timor Leste to request permission for initial data collection. After obtaining permission, the researcher then asked the respondent's permission to be used as a subject in conducting a preliminary study to find out the relationship between mother's knowledge about *early initiation of breastfeeding*. and husband's support for the implementation of *early initiation of breastfeeding*.

How to collect data using questionnaire interviews and *early initiation of breastfeeding*. Observations. Researchers proceed to the preparation of the proposal. After the research

proposal is carried out, it is then followed by the preparation of a thesis. In collecting data from respondents the next step is *editor, Coding, Tabulating, Cleaning, and Entry data*. Data analysis uses test *Who Square With* interpretation when $p \text{ value} < \text{level of significant}$ (0.05) so the conclusion is that H_0 is rejected and H_1 is accepted, meaning that there is a relationship between the mother's knowledge and husband's support with the implementation of *early initiation of breastfeeding*. in the obstetric Room of Referral Hospital, Timor Leste in 2020.

RESULT

Characteristics of Respondents

Table 1 Characteristics of Respondents

Variable	Category	n	%
Age	< 20 years	0	0
	20-35 years	15	75
	> 35 years	5	25
Education	elementary school	4	20
	secondary school	12	60
	College	4	20
Parity	Primipara	9	45
	Multipara	11	55
	big multipara	0	0

Based on table 1, it was found that of the 20 respondents, most (75%) were aged 20-35 years, most (60%) had secondary education and most (55%) were multiparous.

Mother's Knowledge

Table 2 Frequency distribution of mothers' knowledge about early initiation of breastfeeding.

No	Knowledge	Frequency (f)	Percentage (%)
1	Good	13	65
2	Enough	5	25
3	Less	2	10
	Amount	20	100

Source: Primary research data 2020

Based on table 2 above, it shows that out of 20 respondents, more than half (65%) have good knowledge, namely 13 respondents.

Husband Support

Table 3 Frequency distribution of husband's support

No	Husband Support	Frequency (f)	Percentage (%)
1	Good	10	50
2	Enough	8	40
3	Less	2	10
	Amount	20	100

Source: Primary research data 2020

Based on table 3 above, it shows that of the 20 respondents, half (50%) have good husband support, namely 10 respondents.

Implementation of early initiation of breastfeeding.

Table 4 Frequency distribution of early initiation of breastfeeding implementation

No	Implementation Of Early Initiation Of Breastfeeding	Frequency (F)	Percentage (%)
1	Early Initiation Of Breastfeeding Done	14	70
2	Not Done Early Initiation Of Breastfeeding	6	30
Amount		20	100

Source: Primary research data 2020

Based on table 4 above, it shows that out of 20 respondents, more than half (70%) did Early Initiation Of Breastfeeding, namely 14 respondents.

Relationship of Knowledge with the Implementation of early initiation of breastfeeding.

Table 5 Relationship between knowledge and early initiation of breastfeeding implementation

Knowledge	Implementation of early initiation of breastfeeding.				Total
	Held		Not Implemented		
	Σ	%	Σ	%	
Good	13	65	0	0	13
Enough	1	5	4	20	5
Less	0	0	2	10	2
Total	14	70	6	30	20

$\alpha=0.05p\text{-value}=0.000$

Based on the table above, it shows that the majority of respondents have good knowledge and carry out *early initiation of breastfeeding*, a total of 13 people (65%). Based on the results of statistical tests using calculations *Who Square*, it is known that the test results *Who Square* variables X1 and Y are 0.000, which means there is a relationship between Knowledge and early initiation of breastfeeding. Implementation.

Relationship between Husband's Support and Implementation of early initiation of breastfeeding.

Table 6 Husband's Support with early initiation of breastfeeding.

Husband Support	Implementation of early initiation of breastfeeding.				Total
	Held		Not Implemented		
	Σ	%	Σ	%	
Good	10	50	0	0	10
Enough	4	20	4	20	8
Less	0	0	2	10	2
Total	14	70	6	30	20

$\alpha=0.05$ p -value =0.000

Based on the table above, it shows that the majority of respondents with the support of good husbands and implementing early initiation of breastfeeding are 10 people (50%). Meanwhile, the results of the Chi Square test for variables X2 and Y are 0.005, which means that there is a relationship between husband's support and early initiation of breastfeeding implementation.

DISCUSSION

Mother's Knowledge

Based on table 2 above, it shows that out of 20 respondents, more than half (60%) have good knowledge, namely 13 respondents.

According to Notoatmodjo (2014) that knowledge is the result of "knowing" after people sense a certain object through sight, hearing, smell, taste, and touch, most of it is obtained through the eyes and ears. The good knowledge of the respondents in this study was influenced by age, more than half of the respondents, 15 people (75%), were aged 20-35 years. The age level of 20-35 years is in the middle level, so that it affects the knowledge of the respondents. According to Notoatmodjo (2014), that age greatly influences a person's knowledge, with increasing age, the level of knowledge will develop according to the knowledge obtained. This explains that good knowledge is influenced by the age of the respondents who are classified as adults (20-35 years) so that it has an impact on the results of respondents in answering questions who are also knowledgeable. This good knowledge of respondents was also influenced by the level of education because at most 12 people (60%) had secondary education and 4 respondents (20%) had higher education. According to Notoatmodjo (2014), education is a basic effort to develop personality and abilities inside and outside of school that lasts a lifetime. A person's education will affect his perspective on himself and his environment, so that the attitude of people with high education and low education will be different. The respondents' lack of knowledge was influenced by parity because at most 11 people (55%) were multiparous mothers. Parity greatly affects one's knowledge because experience will increase according to the number of children.

Knowledge will affect the implementation of early initiation of breastfeeding. Because mothers with good knowledge of early initiation of breastfeeding. Will realize the importance of early initiation of breastfeeding. For themselves and their babies. Respondents' knowledge about early initiation of breastfeeding is in a good category, steps that can be taken are to continue to provide encouragement and education to mothers and husbands in caring for their babies at home so that they always work together and also so that mothers and husbands

continue to increase their knowledge about breastfeeding. The best way is to have counseling from health workers and the awareness of the respondents themselves to increase their knowledge by reading a lot from print media or adding information from electronic media.

Husband Support

Based on table 3 above, it shows that of the 20 respondents, half (50%) have good husband support, namely 10 respondents.

Support is providing something to meet someone else's needs. Support can also be interpreted as providing encouragement/motivation or encouragement and advice to others in decision-making situations (Chaplin, 2012). Kuntjoro (2009, in Fithriany 2011) says that the notion of support is verbal or non-verbal information, advice, assistance, real or behavior given by people who are familiar with the subject in their social environment or in the form of presence and things that can provide emotional benefits or affect the behavior of recipients or support is the presence, willingness, care of people who rely on, appreciate and love us.

The opinion that researchers can convey based on the data above is that the husband's support is high, one of which is due to the husband's knowledge, the husband often accompanies the mother in checking with health workers, and health workers often provide counseling and education to mothers and husbands alike. The husband is the closest person to the mother. There is ample evidence that women who are cared for and loved by their partners during pregnancy show fewer emotional and physical symptoms, adjust more easily during pregnancy and are less at risk of complications during childbirth. Mothers who are supported by their husbands in childbirth will be excited to go through every stage of labor including the implementation of early initiation of breastfeeding..

Relationship between mother's knowledge about early initiation of breastfeeding and implementation of early initiation of breastfeeding.

Based on the table above, it shows that the majority of respondents have good knowledge and carry out early initiation of breastfeeding, a total of 13 people (65%). Based on the results of statistical tests using calculations *Who Square*, it is known that the test results *Who Square* variables X1 and Y are 0.000, <0.05 which means there is a relationship between Knowledge and Implementation of early initiation of breastfeeding. According to Nawawi, E (2010) quoted in Oktafiani (2012) knowledge also plays a role in increasing mother's activity. Knowledge is obtained from one's own or other people's experience, knowledge is a very important domain in shaping one's actions. In general, a pregnant woman who has good knowledge about early initiation of breastfeeding can raise awareness among pregnant women and will have an impact and influence on the behavior of pregnant women in carrying out early initiation of breastfeeding..

In this study, it was concluded that there was a relationship between mother's knowledge and the implementation of early initiation of breastfeeding. One of the factors that can influence the implementation of early initiation of breastfeeding by the mother is the mother's knowledge about early initiation of breastfeeding. In general, a mother who has good knowledge about early initiation of breastfeeding can raise awareness among mothers and will have an impact and influence on mothers in carrying out early initiation of breastfeeding. This means that with good knowledge will make the mother want to carry early initiation of breastfeeding during childbirth, conversely with less knowledge, the mother will not carry out early initiation of breastfeeding.. More optimal health efforts are needed from health workers to always provide health education to mothers about the importance of early initiation of breastfeeding for the safety of babies and mothers during the delivery process.

Husband Support Relations and Implementation of early initiation of breastfeeding.

Based on the table above, it shows that the majority of respondents with the support of good husbands and implementing early initiation of breastfeeding are 10 people (50%). From

the results of the Chi Square test, the variables X2 and Y are 0.005, which means that there is a relationship between husband's support and early initiation of breastfeeding implementation.

Husband's support is the support provided by the husband in the form of verbal and non-verbal, advice, real assistance in the form of behavior or presence that can provide emotional benefits and influence the behavior of his wife. Husband's support is an integral part of social support. The positive impact of husband's support is to increase a person's adjustment to events in life (Friedman, 2013). This is in accordance with the theory of Notoatmodjo, (2013), that husband's support is the nature of interaction that takes place in various individual social relations, namely that the wife has become a tradition that everything must be with the approval of the husband or those in charge at home. This greatly affects the mother in carrying out early initiation of breastfeeding during the birth process. The husband has a very important role in supporting the mother in carrying out early initiation of breastfeeding, because if the husband does not support it, it will affect the mother in carrying out early initiation of breastfeeding. Conducting counseling and persuasive approaches to husbands and families about the importance of early initiation of breastfeeding can be carried out by health workers. This is expected to increase husband's support for the implementation of early initiation of breastfeeding so that it influences mothers in carrying out early initiation of breastfeeding.

CONCLUSION

More than half of the respondents (65%) in the Midwifery Room of the Suai Timor Leste Referral Hospital had good knowledge, namely 13 respondents. Half of the respondents (50%) with the support of a good husband are as many as 10 respondents. More than half of the respondents (70%) did early initiation of breastfeeding, as many as 14 respondents. Based on the results of statistical tests using calculations *Who Square*, it is known that the test results *Who Square* variables X1 and Y are 0.000, which means there is a relationship between Knowledge and early initiation of breastfeeding implementation. Meanwhile, the results of the Chi Square test for variables X2 and Y are 0.005, which means that there is a relationship between husband's support and early initiation of breastfeeding implementation.

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