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Education for Husbands about Successful Breastfeeding (A Literatur Review)

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Abstrak

WHO has recommended mothers to breastfeed their babies until at least six months after birth. The success of this WHO recommendation depends on several factors, and one of these factors is husband's support. From the three journal articles reviewed in this research, husband's support was proven to be very supportive of the success of early initiation of breastfeeding and exclusive breastfeeding. With the husband's support and the husband's presence when breastfeeding mothers are still active to provide breast milk to their babies, premature cessation of breastfeeding can be prevented because breastfeeding mothers feel appreciated for their efforts so far in conceiving, giving birth and breastfeeding their babies. Therefore, husband's support is considered a very significant intervention for successful breastfeeding.

Keywords: Husband's Support; Breastfeeding Success; Exclusive Breastfeeding

Introduction

WHO recommends exclusive breastfeeding for the first six months of a baby's life, and can be continued until the baby reaches two years of age [1]. Breastfeeding has a very large role in optimizing public health. Breastfeeding and breast milk (ASI) have been proven to have many positive impacts on the health and well-being of mothers and babies.

Breast milk has even been reported to reduce the risk of disease, both in the baby and in the baby's future life. Types I and II diabetes are among the many diseases that can be prevented in the future [2] while ovarian cancer and type II diabetes can also reduce the risk of infecting mothers who have given breast milk to their babies [3]

When successful, breastfeeding can improve the mother's well-being, so this can have an impact on the family's well-being. Several studies have reported that the problems that arise in breastfeeding are related to, among other things, the lack of support received by mothers to breastfeed their babies [4]

Support for successful breastfeeding can come from various parties, such as midwives and other health workers, family, especially husbands, and the community. As the person closest to the new mother, the husband has a very important role in making the breastfeeding program a success, both early initiation and exclusive breastfeeding. Several studies have been conducted to determine whether husband's support plays a role in

breastfeeding success, including breastfeeding duration [5,6].

A study states that mothers who receive support from husbands or partners, family members, and health workers increase their chances of continuing to breastfeed in the first six weeks after giving birth by 37 times greater than mothers who do not receive support [7].

Husband's support is a factor that is very important in the duration of breastfeeding. In one study, among 123 mothers, the most significant factor for mothers to stop breastfeeding was the mother's perception of her husband's attitude, and 80% of those who stopped breastfeeding even reported that their husbands did not support and wanted the mother to breastfeed her baby longer again [8].

Because the support given to breastfeeding mothers to continue breastfeeding their babies is very important, ultimately support for breastfeeding can be seen as an effective health intervention for improving the welfare of mothers and children. This review research was conducted to provide a clearer picture of the importance of husband's support for breastfeeding success.

Method

This research is a literature study or library research [9]. This research focuses on information about similar studies or those whose similarities will be sought and all relevant information and thoughts will be used as material for analysis and discussion in this research.

This research involves identifying and allocating sources that provide factual information that will be tailored to the objectives of this research. The research material in this library research refers to

data in journals obtained online from the internet.

The main data for this research was taken from several journals that have examined the relationship between husband's support and breastfeeding success. These studies are 1) Maternal Perceptions of Partner Support during Breastfeeding [10] by Mannion et al in 2013; 2) The Maternal Perception on Paternal Support: Influence on the Duration of Breastfeeding¹¹ by Silva et al in 2012; and 3) Engaging and supporting fathers to promote breast feeding: A concept analysis¹² by Sherriff et al in 2013. This research uses descriptive methods to explain the content obtained from the four journal articles above.

Result

The results of research conducted by Mannion et al, husband's support is strongly related to the mother's self-confidence and feelings of ability to breastfeed [10]. Mothers who received positive and active support from their husbands showed a higher level of self-confidence compared to mothers who did not receive positive support from their husbands.

Research conducted by Silva et al, one of the factors that causes mothers to stop breastfeeding their babies in the first three months after birth is the husband's lack of participation in providing support for mothers to breastfeed their babies [11]. The presence of a husband apparently influences a mother's decision to stop or continue breastfeeding her baby. In this study, when the husband was not present while the mother was breastfeeding her baby, the mother tended to stop breastfeeding her baby three months after birth.

Research conducted by Sherriff et al., husband's support is very important in the

initiation and continuation of breastfeeding [12]. With their husband's support, mothers feel feelings of anxiety and isolation decrease, so they feel comfortable continuing to breastfeed their babies.

Discussion

Empirical evidence from the three studies above shows that husbands are the main source of support needed by mothers to initiate breastfeeding of their babies. Apart from that, the husband's support can also influence the mother's decision to continue breastfeeding her baby, increase the mother's self-confidence, and plan the right time to wean her baby.

Research on factors that might influence the duration of breastfeeding that might be used for breastfeeding promotion programs will continue to be carried out. One of these factors is the presence of the husband to provide support for breastfeeding mothers so that they continue to breastfeed their babies. Husbands also play a very important role in participating in making decisions about the fixed time to wean their babies.

Husband's support has a very large influence on the prevalence of breastfeeding in the first month after birth. This finding is also in line with research conducted by Arora et al [8] that the most significant factor for early weaning is the mother's perception of her husband's preferences. In the study, 80% of mothers reported that their husband's support encouraged them to breastfeed their babies.

Research by Littman et al [13] states that the husband's approval is the most significant factor in deciding to breastfeed his baby. In this study, almost all husbands were present when the birth took place, which indirectly provided support and attention to the mother.

Taking care of, nurturing, educating and raising children is a shared obligation between father and mother. Therefore, everything that supports the success of raising children must be pursued jointly by father and mother with full awareness, responsibility and love. Even though the mother is the only person who can carry out breastfeeding activities physically and technically, the success and quality of breastfeeding is largely determined by the atmosphere of togetherness between the father and mother. The presence of a husband felt by breastfeeding mothers is very important in ensuring successful breastfeeding, both Early Breastfeeding Initiation (IMD) and exclusive breastfeeding.

The presence of husband's support or the presence of the husband himself can arouse feelings of happiness in breastfeeding mothers; Feelings of happiness will increase the production of the hormone oxytocin which can ultimately increase breast milk production [14]. On the other hand, sadness or a mother's physical and mental fatigue will interfere with the oxytocin reflex, so that breast milk production is also disrupted.

Apart from physical exhaustion, breastfeeding can also be emotionally exhausting. Especially in the early stages of breastfeeding, mothers face many obstacles, mothers may experience breast milk not coming out or they may even experience baby blues. Wives need support and encouragement from their partners. Therefore, the husband's support will be a reward for everything the mother has done in conceiving and giving birth to breastfeeding the baby. This award can inspire breastfeeding mothers not to give up and stop breastfeeding.

The husband's role is to anticipate and provide physical and emotional support to breastfeeding mothers such as affection, feelings of security and comfort, encouragement is very important. In a

study [15], the husband's empathy for breastfeeding mothers was crucial in breastfeeding success. The empathy provided can create feelings of happiness and security for breastfeeding mothers which will have an impact on the baby's happiness, because the strong bond between mother and child can transmit feelings of happiness from mother to child.

Summary

Three journals have been reviewed in this research, so the husband's role in providing support to breastfeeding mothers to initiate early breastfeeding and continue breastfeeding their babies is very important. The husband's physical and emotional presence greatly influences the level of happiness of breastfeeding mothers, so that breastfeeding success can be achieved. With the attention that the husband gives to breastfeeding mothers, breastfeeding mothers will feel safe and comfortable in giving breast milk to their babies. With this togetherness, planning the duration of breastfeeding and also the right time to wean their child can be discussed properly for the welfare of mother and baby.

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