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**The Relationship Between Husband's Support and Pregnant Women's
Willingness to Provide Exclusive Breastfeeding at the Eka Sriwahyuni Clinic
in 2025**

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Abstract

Exclusive breastfeeding is breast milk given to babies for six months, without adding formula milk, orange juice, honey, sugar water, without solid foods such as bananas, porridge, milk and rice (except medicines, vitamins and minerals). The purpose of this study was to determine the relationship between husband's support and the willingness of pregnant women to provide exclusive breastfeeding at the Eka Sriwahyuni Clinic in 2025. The study was cross-sectional with primary data obtained directly from the questionnaire, the population in this study were all pregnant women who visited the Eka Sriwahyuni clinic with a total of 30 respondents. The sampling technique in this study used the accidental sampling method. Data analysis used univariate analysis and bivariate analysis. The results of this study indicate a relationship between husband's support and the willingness of pregnant women to provide exclusive breastfeeding at the Eka Sriwahyuni clinic in 2025 with the results obtained using the chi-square test with a p-value of 0,000 shows that the p-value <0.05 means that there is a relationship between husband's support and the pregnant mother's willingness to provide exclusive breastfeeding. The conclusion of this study is that the husband's support that mothers receive in exclusive breastfeeding has a positive effect on the mother's experience, which influences the amount of breast milk produced by the mother because breast milk production becomes smoother.

Keywords : *Husband's Support, Pregnant Mother's Willingness, Exclusive Breastfeeding*

INTRODUCTION

Exclusive breastfeeding is breast milk given to babies from birth for six months, without adding and/or replacing it with other foods or drinks such as formula milk, orange juice, honey, sugar water, without solid foods such as bananas, porridge, milk and rice (except medicines, vitamins and minerals) (Ministry of Health, 2020) in the

journal[1]. Based on WHO recommendations, the best food for babies and children is breast milk (ASI) only for babies from birth to 6 months of age and continuing breastfeeding until the child is 2 years old. Providing only breast milk to meet the nutritional needs of babies up to the age of 6 months is also known as exclusive breastfeeding.[2]. Where in the

journal[3] Babies need milk produced by the mother (ASI) which contains all the nutrients the baby needs for growth and development. Babies who are exclusively breastfed are 14 times less likely to die than babies who are not exclusively breastfed.

According to 2020 World Health Organization (WHO) data, only around 44% of infants worldwide aged 0-6 months were exclusively breastfed. This falls short of the WHO's 2025 target of at least 50% (WHO, 2020).

Based on the 2015-2019 strategic plan targets, the Indonesian region that achieved the predetermined targets with the highest percentage of exclusive breastfeeding coverage was in West Nusa Tenggara at 87.35%, while the lowest percentage was in Located in Papua 15.32%[3] According to data (Ministry of Health's strategic plan 2020-2024), in 2022, every province will successfully achieve the annual target set by the Ministry of Health. Indonesia is targeting 50% of babies to receive exclusive breastfeeding.[4].

However, some provinces still experienced a decline in coverage, including North Sumatra. The percentage of infants in Sumatra receiving exclusive breastfeeding decreased by 0.66%, from 57.83% in 2021 to 57.17% in 2022 (Central Statistics Agency, 2022).[4] Labuhanbatu Regency is one of the regencies in North Sumatra Province that has not yet met the Ministry of Health's 2022 strategic plan targets. Exclusive breastfeeding rates by mothers to their babies remain low, due to several factors, including supporting factors.

According to research (DelCore et al., 2018) in the study[1] This study proves that husband support is a crucial aspect of exclusive breastfeeding. Several factors contribute to the low prevalence of exclusive breastfeeding among mothers, including support from the closest person, the husband. Husband according to (Prasetya, et al (2019) in research[2] A husband plays a vital role in supporting a mother during pregnancy, childbirth, and after birth, including exclusive breastfeeding. According to Brown and Davies, one form of husbandly support is when the husband supports, encourages, and promotes the practice of exclusive breastfeeding during the breastfeeding period.

Based on research[5] The statistical test results using Continuity Correction obtained a p-value of 0.015, which means $p\text{-value} < \alpha 0.05$. The results of the analysis of the relationship between husband's support received by mothers and exclusive breastfeeding were obtained from 89 respondents, most of the respondents who received high husband's support had a high exclusive breastfeeding status (76.1%). Thus, H_0 was rejected and it can be concluded that there is a significant relationship between husband's support received by mothers and exclusive breastfeeding.

This is reinforced by research[6] conducted by which the results obtained were 47 respondents (85.5%) husbands who supported the provision of exclusive breastfeeding and 7 respondents (14.5%) husbands who did not support the provision of exclusive breastfeeding. This shows that the results of HA are accepted, so the hypothesis of this study states that there is a significant relationship

between husband support and the provision of exclusive breastfeeding with a p-value of $0.000 < \alpha = 0.05$.

RESEARCH METHODS

This type of research is a cross-sectional study that aims to determine the relationship between husband's support and the willingness of pregnant women to provide exclusive breastfeeding. This research was conducted at the Eka Sriwahyuni clinic. The reason for choosing this location was because the number of pregnant women was sufficient for sampling and the place was easily accessible. This research started from March 2025 to October 2025. The population in this study were all pregnant women who visited the Eka Sriwahyuni clinic. The sampling technique was accidental sampling. The instrument used in this study was a questionnaire. A questionnaire is a number of questions or written statements used to obtain information from respondents.

The questionnaire used to measure husbands' support and mothers' willingness to breastfeed exclusively in this study was a closed-ended questionnaire containing 20 statements containing data on the relationship between husbands' support and mothers' willingness to breastfeed exclusively. The collected data were processed through editing, coding, entry, and cleaning. Univariate and bivariate analyses were used for data analysis.

RESEARCH RESULT

2. Bivariate Analysis

1. Univariate Analysis

Table 1. Frequency Distribution of Respondents Based on Age, Education, and Occupation at Eka Sriwahyuni Clinic in 2025.

Distribution	N	%	Total
Age			
<20 years	-	-	
20-35 years	2	90	
>35 years	7	10	100
	3		%
Education			
Elementary/Middle School	2	6.7	
Senior High School	5	16.7	
College	2	76.6	100
	3		%
Work			
Self-employed	3	10	
housewife	2	70	
Private employees	1	20	
Laborer	6	0	
civil servant	-	0	100
	-		%
Total	3	100	100
	0	%	%

From table 1 it can be seen that of the 30 respondents, the majority are aged 20-35 years old, 27 people (90%), and the minority of respondents aged >35 years old are 3 people (10%). Based on education, the majority have a college education, namely 23 people (76.7%), and the minority have an elementary/junior high school education, namely 2 people (6.7%). Based on occupation, the majority of respondents are housewives, as many as 21 people (70%), and the minority of respondents are self-employed, as many as 3 people (10%).

Table 2. The Relationship Between Husband's Support and Pregnant Women's Willingness to Provide Exclusive Breastfeeding at the Eka Sriwahyuni Clinic 2025

Husband's Support	Exclusive Breastfeeding				Total		<i>P value</i>
	Exclusive Breastfeeding		Not Exclusive Breastfeeding		n		
	n	%	n	%			
Support	15	50	0	0	15	%	<i>0,000</i>
Does not support	1	3.3	14	46.7	15	50	
Total	16	20	14	80	30	100	

Based on the chi-square results above, the results obtained were that mothers with husbands' support who supported and provided exclusive breastfeeding were 15 people, mothers with husbands' support who did not support and did not provide exclusive breastfeeding were 14 people, and the results obtained were $p\text{-value} = 0,000 < 0.05$. This shows that there is a relationship between husband's support for providing exclusive breastfeeding.

Will	Exclusive Breastfeeding				Total		<i>P value</i>
	Exclusive Breastfeeding		Not Exclusive Breastfeeding		n	%	
	n	%	n	%			
Want to	16	53.4	1	3.3	17	56.7	0,000
Don't want to	0	0	13	43.3	13	43.3	
Total	6	20	24	80	30	100	

Based on the chi-square results above, the results obtained were that 16 mothers wanted to provide exclusive breastfeeding, 13 mothers did not want to provide exclusive breastfeeding, and the p-value obtained was $0.00 < 0.05$. This shows that there is a relationship between the willingness of pregnant women to provide exclusive breastfeeding.

DISCUSSION

Age

Based on table 1.1, the average age of mothers producing breast milk is 90%, aged 20-30 years.

Education

Based on Table 1.1, 76.6% had a high school education. Researchers assume that the results of this study align with the theory that the higher a person's education level, the easier it is for them to absorb information. This significantly impacts a person's knowledge, as education is a measure of how easily someone can absorb information. This made it easier for respondents to obtain information about the importance of exclusive breastfeeding.

Work

Of the 30 respondents, the majority of respondents were housewives, 21 people (70%) and the minority of respondents were self-employed, 3 people (10%).

According to research journals[7] Work is a demanding activity that requires a lot of time and attention because it involves multiple parties, across sectors, and other factors. Working mothers with babies under 6 months of age are less likely to exclusively breastfeed.

Based on the research results above, researchers assume that mothers who are housewives will be willing to provide exclusive breastfeeding, because they have a lot of free time.

Bivariate Analysis

The Relationship Between Husband's Support and Pregnant Women's Willingness to Provide Exclusive Breastfeeding at the Eka Sriwahyuni Clinic in 2025

Based on the results of the study on the relationship between

husband's support and the willingness of pregnant women to provide exclusive breastfeeding at the Eka Sriwahyuni clinic in 2025, the results of the chi square test were obtained with a p-value of 0.000 indicates that the p-value < 0.05 , which means that there is a relationship between husband's support and the willingness of pregnant women to provide exclusive breastfeeding at the Eka Sriwahyuni clinic in 2025. The results of this study are in accordance with research that has been conducted by previous researchers, namely by (Sirait et al., 2022). The results of this study show that there is a significant relationship between husband's support and exclusive breastfeeding with a p-value of 0.000 $< \alpha = 0.05$.

In addition, the results of this study are also supported by research (Novira et al., 2023) that the prevalence of exclusive breastfeeding was 21.2%, most husbands supported exclusive breastfeeding 72.7%, the results of this study showed a significant relationship between husband's support and exclusive breastfeeding.

Successful breastfeeding is largely determined by the father's role, as he helps determine the smooth flow of the milk-let-down reflex, which is greatly influenced by the mother's emotional state and feelings. Fathers can play an active role in assisting mothers in providing exclusive breastfeeding by providing emotional support and other assistance.[10].

CONCLUSION AND SUGGESTIONS

Based on the age characteristics of the 30 respondents studied, the majority were 20-35 years old, as many as 27 respondents (90%), based on the educational characteristics of the 30 respondents studied, the majority had a college education, 23 respondents (76.6%), based on the occupation of the 30 respondents, the majority were housewives, 21 respondents (70%). Of the 30 respondents studied, the majority of respondents received support from their husbands, as many as 15 people and a minority did not receive support from their husbands, as many as 14 people. Based on the results of the study of 30 respondents, the majority provided exclusive breastfeeding with the category of wanting as many as 16 people and a minority with the category of not wanting as many as 13 people. There is a relationship between husband's support and the willingness of pregnant women to provide exclusive breastfeeding at the Eka Sriwahyuni clinic in 2025 with a p-value of 0.000.

CONFLICT OF INTEREST

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