

The Relationship Between Husband's Support and Mother's Attitude in Breastfeeding Babies in the NICU

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ABSTRAK

Proses pemberian ASI merupakan hal yang penting untuk tumbuh kembang bayi. Proses ini membutuhkan keterlibatan banyak pihak, tidak hanya ibu akan tetapi keterlibatan keluarga juga penting selama prosesnya. Dukungan suami adalah salah satu faktor yang dapat menunjang keberhasilan proses ini. Keterlibatan suami secara aktif akan berdampak pada sikap ibu selama proses menyusui. Akan tetapi fenomenanya, banyak keluarga yang belum terlibat secara aktif. Adapun tujuan dari penelitian ini adalah untuk menganalisis hubungan dukungan suami terhadap sikap ibu dalam pemberian ASI pada bayi yang khususnya dirawat di ruang NICU. Penelitian ini dilakukan di RSUD Husada Prima Surabaya dengan populasi sebanyak 260 responden, dan sampel akan dipilih secara consecutive sampling sehingga setiap bulannya akan dipilih 30 responden. Instrumen penelitian yang digunakan adalah kuisioner modifikasi dari Social Support Questionnaire (SSQ), kemudian data yang terkumpul akan dianalisis menggunakan uji spearman. Hasil penelitian didapatkan sebanyak 17 responden dalam kategori dukungan suami cukup dan 17 responden berada pada kategori sikap netral selama pemberian ASI, sehingga hasil analisis didapatkan terdapat hubungan antara dukungan suami dengan sikap ibu selama pemberian ASI pada bayi di ruang NICU RSUD Husada Prima Surabaya.

Kata Kunci : Dukungan suami, Sikap ibu, Pemberian ASI, Ruang NICU

ABSTRACT

The process of breastfeeding is important for a baby's growth and development. This process requires the involvement of many parties, not only the mother but family involvement is also important during the process. Husband's support is one of the factors that can support the success of this process. The husband's active involvement will have an impact on the mother's attitude during the breastfeeding process. However, the phenomenon is that many families are not actively involved. The aim of this research is to analyze the relationship between husband's support and the mother's attitude in providing breast milk to babies who are being cared for in the NICU. This research was conducted at Husada Prima Surabaya Hospital with a population of 260 respondents, and the sample will be selected using consecutive sampling so that every month 30 respondents will be selected. The research instrument used is a modified questionnaire from the Social Support Questionnaire (SSQ), then the data collected will be analyzed using the Spearman test. The research results showed that 17 respondents were in the sufficient husband's support category and 17 respondents were in the neutral attitude category during breastfeeding, so that the results of the analysis showed that there was a relationship between husband's support and the mother's attitude during breastfeeding for babies in the NICU room at Husada Prima Hospital, Surabaya.

Keywords: Husband's support, mother's attitude, breastfeeding, NICU room

INTRODUCTION

Direct breastfeeding is the best way for infants to grow and develop. Babies bond directly with their mothers during breastfeeding. However, this is not in line with the prevailing societal trend, where breastfeeding practices remain relatively low. Data from the Indonesian Ministry of Health shows that compliance with breastfeeding remains below the national target of 70% (Indonesian Ministry of Health, 2021). Globally, the WHO (2022) states that breastfeeding rates are still far from the target needed to protect the health of women and children. Between 2015 and 2021, 47% of newborns began breastfeeding within one hour of birth, compared to the 70% target. During this period, the percentage of infants under six months who were breastfed reached 48%, ten percentage points higher than a decade earlier and approaching the World Health Assembly's (WHA) target of 50% by 2025. However, the global target for 2030 is to reach 70% by 2030. This also occurred in the neonatal intensive care unit (NICU) of a regional hospital from January to December 2024, with 260 patients, of whom 41% were breastfeeding their newborns.

Failure to breastfeed negatively impacts infant health. A study by Ambarwati, Muis, and Susanti (2013) showed that 16% of newborn deaths could be prevented if babies were breastfed within the first day of life. Infant survival rates increased by 22% if babies were breastfed within the first hour after birth. Breast milk contains various essential nutrients to support normal growth, making it crucial for babies treated in the neonatal intensive care unit (NICU). Breast milk not only provides nutrition but also contains antibodies that help increase a baby's lifespan, especially for premature babies or those with medical conditions. Various studies have shown that breastfeeding can reduce the incidence of diarrhea and respiratory infections and increase IQ in children (Horta et al., 2015). Furthermore, breastfeeding can reduce the risk of diabetes and childhood cancer, and can reduce the likelihood of heart disease (Roesli, 2012). Meanwhile, children who are not breastfed are more likely to develop chronic diseases such as cancer, heart disease, hypertension, and diabetes as adults (Dahlan, Mubin, and Mustika, 2013). Various international and national efforts have been made to increase breastfeeding rates worldwide, but coverage has not yet reached the set targets (Asnidawati A., et al., 2021). Therefore, breastfeeding by mothers to their

babies needs to be increased, especially in the early stages of life (Hanindita, 2021).

Breastfeeding is not solely the mother's responsibility. Husband support is essential for increasing breastfeeding, as husbands play a significant role in the success of breastfeeding. A husband who understands the benefits of breastfeeding will consistently assist the mother in caring for the baby, including changing diapers, bathing the baby, and providing massages. Meanwhile, the mother's attitude focuses on improving the quality of her breast milk by consuming a balanced, nutritious diet and maintaining a healthy lifestyle.

Based on this background, this study aims to optimize the relationship between husbands and mothers regarding breastfeeding in the NICU. Through a comprehensive educational approach, it is hoped that compliance will significantly increase, which in turn can improve the health and well-being of the baby.

Husband's Support

Husbandly support can be defined as a caring attitude demonstrated through good cooperation, as well as moral and emotional support. In addition to emotional support, husbands also provide instrumental or financial support. Husbandly support is assistance given to wives, both psychologically, such as motivation, attention, and acceptance, and materially, including direct assistance or the provision of facilities to facilitate the wife's activities. This support creates a helpful and positive relationship for the wife, demonstrating a close and mutually supportive bond within the family (Widya, 2018).

A husband's support and attention play a crucial role in helping a wife build her self-confidence and self-esteem as a wife. With the attention given by a husband, a wife feels more confident that she is not only a suitable wife but will also be happy in her role as a (future) mother to her unborn child. Support from others, including a husband, can significantly contribute to a person's psychological stability.

A husband's support for a mother's breastfeeding helps a husband create harmony with the mother. Because a mother's emotional state or feelings can directly influence the mother's milk production, a husband creates harmony by consistently showing love and affection to both mother and child. Psychologically, a mother's feelings of happiness are always present. If a husband only creates chaos in the household and doesn't show affection

for his family, then the wife or mother will feel sad, leading to stress and frustration. This will also affect the mother's lifestyle and breast milk production. A husband's role is not only emotional; he can also provide practical assistance, such as changing diapers, burping the baby, giving expressed breast milk, taking the baby for walks in the park, and massaging the baby.

A husband who understands his role is the first step for a father in supporting a mother to achieve optimal breastfeeding success. If a husband maintains a conducive atmosphere, it will encourage the mother to breastfeed and continue to provide the best for her child. During the breastfeeding process between mother and baby, the husband's support is crucial. The wife's emotional state after giving birth can be affected by hormonal changes, fear of not being able to provide the best for her baby, and feeling alone in caring for her baby. Therefore, the husband is expected to always provide motivation and support for his wife throughout the loving process. In addition, the support provided by the husband while the wife is breastfeeding can also reduce fear and restore the mother's self-confidence in experiencing the process of loving her (Mustika Yanti, E & Wirasti, 2022).

METHODS

This study was conducted from March 3, 2025, to April 11, 2025, in the NICU and Sakura Wards at Husada Prima Hospital. This study has received ethical approval from University of Muhammadiyah Gresik Number 045/018.03/EC/KEPK/2025.

This study used a non-experimental cross-sectional survey design. The population was 260 mothers who gave birth at the hospital between January and December 2024. The sample was drawn using consecutive sampling, with the criteria being respondents aged 18-45 years whose babies were hospitalized in the NICU, resulting in 30 samples per month. The research instrument used for the Husband's Support variable was a modified version of the Social Support Questionnaire (SSQ) for the amount of husband's support (SSQN), where the assessment of support focuses on husband's support. The variables of maternal attitudes and breastfeeding were assessed using questionnaires developed by the researchers based on measurement indicators. All instruments were validated and reliable before data collection. After data collection, the

results were analyzed using the Spearman test.

RESULTS AND DISCUSSION

Table 1. Husband's Support

No	Husband's Support	Frequency	Percentage (%)
1	Low	9	30
2	Moderate	17	56,7
3	High	4	13,3
Total		30	100%

Based on Table 1, the majority of mothers whose babies were treated in the NICU at Husada Prima Regional Hospital received moderate levels of support from their husbands, with 17 husbands (56.7%). Nine husbands (30%) received low levels of support, while only four husbands (13.3%) received high levels of support.

Table 2. Attitude's of Mother

No	Attitude's of Mother	Frequency	Percentage (%)
1	Negative attitude	8	26,7
2	Neutral attitude	17	56,7
3	Positive attitude	5	16,7
Total		30	100%

Based on Table 2, the majority of mothers, 17 (56.7%), had a neutral attitude toward breastfeeding in the NICU. Eight mothers (26.7%) had a negative attitude, while only five mothers (16.7%) had a positive attitude.

Table 3. Cross Tabulation of Husband's Support with Mother's Attitude in Giving Breast Milk

No	Husband's Support	Mother's Attitude			Total
		Negative	Netral	Positive	
1	Low	5	4	0	9
		16.7%	13.3%	.0%	30.0%
2	Moderate	3	13	1	17
		10.0%	43.3%	3.3%	56.7%
3	High	0	0	4	4
		.0%	.0%	13.3%	13.3%
Total		8	17	5	30
		26.7%	56.7%	16.7%	100.0%

Based on Table 3, out of a total of 30 mothers, 9 mothers (30.0%) fell into the low husband support category, where 5 mothers (16.7%) showed a negative attitude and 4 mothers (13.3%) had a neutral attitude, while none had a positive attitude. A total of 17 mothers (56.7%) received moderate husband support: of them 3 mothers (10.0%) had a negative attitude, 13 mothers (43.3%) had a neutral attitude, and only 1 mother (3.3%) had a positive attitude. Only 4 mothers (13.3%) received high husband support, and all of them (4 mothers, 13.3%) showed a positive attitude. Overall, the majority of mothers (56.7%) had a neutral attitude, especially in the moderate husband support group, while positive attitudes were mostly found in the high support group, and negative attitudes were most dominant in the low support group. These findings confirm that the higher the husband's support, the greater the mother's tendency to have a positive attitude towards breastfeeding in the NICU.

The results of data analysis using the Spearman correlation test showed that there was a significant relationship between husband's support and the mother's attitude towards breastfeeding babies treated in the NICU. The Spearman correlation coefficient value is 0.652 with a significance value of $p = 0.000$ ($p < 0.01$), indicating that the relationship is in the strong and statistically significant category. This means that the higher the level of support provided by the husband, the more positive the mother's attitude towards providing breast milk. These findings reinforce the importance of the husband's role in supporting breastfeeding mothers, especially in critical conditions such as caring for babies in the NICU. Therefore, intervention and education that involves partners (fathers) in lactation programs is very relevant to increase the success of breastfeeding, especially in the population of babies who need intensive care.

Husband's support, which mostly shows the medium category in this research, illustrates that the majority of husbands provide sufficient support, although not completely high. This indicates the importance of intervention in increasing husband's involvement, which can have an impact on the success of breastfeeding, especially in critical conditions in the NICU. Providing information about lactation management to husbands can increase their support and involvement during the breastfeeding process (Noaritasari, 2019). Get as much information about breast milk as possible, such as the benefits/advantages of breast milk for your husband and together to look for other supporting factors such as close family, friends, etc. (Maryunani, 2015). By providing education about exclusive breastfeeding from an early age, especially to husbands, it is hoped that this will increase knowledge and create strong motivation to be able to provide exclusive breastfeeding to their babies so that breastfeeding coverage can increase in accordance with the expected minimum service standards (SPM) (Bayi et al., 2018). Educational programs that involve partners to support breastfeeding mothers can increase the quality of support provided and improve mothers' breastfeeding attitudes and behavior.

Measuring husband's support in this study used the Social Support Questionnaire (SSQ) developed by Sarason et al., with a focus on the aspect of the amount of support (Social Support Questionnaire Number / SSQN). The SSQN aspect measures how much real support the mother receives from her husband in various forms, such as emotional support, practical help, and direct involvement in the breastfeeding process. From the data obtained, the average SSQN is in the medium to high category, with 68% of mothers stating that their husbands are actively involved in the breastfeeding process, both directly (for example, helping with the process of expressing breast milk) and indirectly (such as taking care of hospital administration and ensuring the mother's comfort).

The characteristics of the mother, husband and baby are also interrelated factors in the effectiveness of this support. Mothers with more than one parity, as well as husbands who have a minimum educational background of high school, tend to have higher SSQN scores. In addition, premature babies or babies with LBW conditions who require longer care in the NICU also affect the intensity of support needed; The longer the

treatment period, the greater the mother's need for ongoing support from her husband.

Looking at the results of this research and theory, the author believes that the success of breastfeeding in the NICU is not only determined by the quality of support, but also by the actual quantity received by the mother. The more support the husband provides, the greater the mother's confidence in breastfeeding, even in the midst of stress and uncertainty in the NICU. Hospitals should not only provide education about the importance of breastfeeding to mothers, but also actively involve husbands in every education and care process, by utilizing instruments such as the SSQ to periodically monitor and evaluate the effectiveness of husbands' support. With this approach, it is hoped that the exclusive breastfeeding program in the NICU can be more optimal and have a positive impact on the health of the baby and mother.

From a psychological perspective, strong support from a husband can reduce a mother's stress level, increase self-confidence, and strengthen the belief that breastfeeding is important and worth fighting for, even in difficult conditions such as in the NICU. Characteristics of mothers and husbands, such as age, education, and previous breastfeeding experience, also strengthen this relationship. For example, mothers with previous breastfeeding experience who are supported by highly educated husbands tend to have a combination of very positive attitudes.

The results of this study reinforce the importance of involving couples in breastfeeding promotion and education programs in health facilities, especially in the NICU room. Hospitals need to design family-based interventions (family-centered care), where husbands are empowered as the mother's main supporter. In the future, lactation training and counseling should not only be intended for mothers, but also husbands, with a communicative approach based on local culture so that it is easily accepted. Apart from that, policies that allow husbands to accompany mothers during certain hours in the NICU room or lactation area can also be a concrete solution.

CONCLUSION

The conclusion obtained from the results of this research is that the majority of husbands have sufficient support, 17 people (57.6%), while the mother's attitude towards breastfeeding is in the

neutral category, 17 people (56.7%) in breastfeeding, so it can be concluded that there is a significant relationship between husband's support and the mother's attitude towards giving breast milk to babies being cared for in the NICU at Husada Prima Regional Hospital. The suggestion that can be recommended to increase husband's support is to increase the Education Program for Husbands in Hospitals to also involve husbands in the breastfeeding process. Training about the benefits of breast milk, how to support breastfeeding mothers, and how to communicate effectively between husband and wife when the baby is being cared for in the NICU can make a big contribution to the success of breastfeeding.

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