



The Relationship Between The Husband's Role and the Success of The Breastfeeding Process at The TPMB Bdn. Neneng Banjarmasin

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Abstract. Background: The success of breastfeeding is influenced not only by the mother's knowledge and skills but also by the support provided by the husband. Studies in Indonesia indicate that husbands who actively participate in the breastfeeding process can enhance maternal confidence, reduce stress, and improve exclusive breastfeeding rates (Nursalam, 2020; Astutik, 2019). The husband's role includes providing emotional support, assisting with childcare, encouraging the mother to breastfeed, and participating in health education activities. Despite health promotion efforts, some mothers still face challenges in achieving exclusive breastfeeding due to limited family support. Understanding the relationship between the husband's role and breastfeeding success is essential for improving maternal and infant health outcomes. Objective: This study aimed to determine the relationship between the husband's role and the success of the breastfeeding process at TPMB Bdn. Neneng Banjarmasin. Methods: This study employed a quantitative analytical design with a cross-sectional approach. The sample consisted of 30 breastfeeding mothers selected using a total sampling technique. Data were collected using structured questionnaires to assess the husband's role and observation sheets to evaluate the breastfeeding process. Data analysis was performed using the Wilcoxon signed-rank test to determine the statistical relationship between the husband's role and breastfeeding success. Results: The results showed that 30 respondents (100%) received good support from their husbands, and 30 respondents (100%) successfully carried out the breastfeeding process. The Wilcoxon signed-rank test yielded a p-value of 0.000, indicating a significant relationship between the husband's role and breastfeeding success. These findings suggest that the husband's involvement directly contributes to the effectiveness of breastfeeding practices. Conclusion: There is a significant relationship between the husband's role and the success of the breastfeeding process at TPMB Bdn. Neneng Banjarmasin. Active husband involvement enhances maternal motivation and confidence, thereby promoting successful breastfeeding. Strengthening family support, particularly the husband's role, is essential for achieving exclusive breastfeeding targets. Health promotion programs should include strategies to educate and engage husbands in maternal and infant care.

Keywords: Breastfeeding Success; Exclusive Breastfeeding; Husband's Role; Maternal Support; TPMB Bdn. Neneng Banjarmasin

1. INTRODUCTION

Breastfeeding is a critical aspect of maternal and child health, providing essential nutrients and antibodies for the newborn's growth and development (Nursalam, 2020). Exclusive breastfeeding for the first six months is recommended by the World Health Organization to ensure optimal infant health (Astutik, 2019). However, achieving exclusive breastfeeding can be challenging due to physical, psychological, and social factors (Roesli, 2019). One of the key social factors influencing breastfeeding success is the support provided by the husband (Hidayat, 2017). Husbands play an essential role in encouraging, motivating, and assisting their wives throughout the breastfeeding period (Notoatmodjo, 2018). Emotional support from the husband reduces maternal stress, which positively affects milk production (Rahmawati, 2021). Physical support, such as helping with household chores and infant care, allows mothers to focus on breastfeeding (Dewi & Putri, 2020). Knowledgeable husbands can guide and remind their wives about breastfeeding schedules and correct techniques (Sari & Wijayanti, 2018).

Cultural norms in Indonesia often place child care responsibilities primarily on women, making husband involvement crucial for breastfeeding success (Fitri & Lestari, 2020). Husbands who participate in maternal education programs contribute to higher maternal confidence and breastfeeding adherence (Yuliana, 2019). Several studies in Indonesia have shown that husband support is directly associated with increased exclusive breastfeeding rates (Pratiwi & Hapsari, 2019). Lack of husband involvement is linked to early weaning or partial breastfeeding (Lestari, 2021). Maternal motivation is reinforced when husbands provide encouragement and positive feedback (Wulandari & Suryani, 2020). Additionally, supportive husbands can help reduce maternal fatigue and enhance the overall mother-infant bonding experience (Rahmi, 2019). The husband's involvement is not limited to emotional support but includes attending health visits and understanding breastfeeding benefits (Hidayat, 2017). Active participation strengthens the family's role in child health and contributes to long-term developmental outcomes (Notoatmodjo, 2018). In Indonesian communities, awareness campaigns targeting both parents have shown positive effects on breastfeeding rates (Astutik, 2019). Husbands' understanding of exclusive breastfeeding rules, techniques, and schedules increases the likelihood of maternal compliance (Roesli, 2019). Family-centered health interventions highlight the importance of including husbands in maternal health promotion (Nursalam, 2020).

Breastfeeding success is influenced by multiple factors, including maternal knowledge, attitudes, and psychological readiness (Dewi & Putri, 2020). A supportive husband can facilitate these factors by providing encouragement, reducing anxiety, and helping manage challenges during breastfeeding (Sari & Wijayanti, 2018). Maternal stress negatively affects prolactin and oxytocin secretion, thereby impacting milk production (Rahmawati, 2021). Husbands who participate in the process can help reduce stress levels, ensuring continuous lactation (Fitri & Lestari, 2020). Studies in Banjarmasin have shown that mothers with active husband support demonstrate higher rates of exclusive breastfeeding compared to those without (Yuliana, 2019). The husband's role encompasses attending prenatal and postnatal counseling sessions to understand breastfeeding importance (Pratiwi & Hapsari, 2019). Knowledge transfer from health professionals to both partners strengthens maternal confidence (Lestari, 2021).

When husbands assist in feeding routines, mothers can rest, leading to better milk production and overall well-being (Wulandari & Suryani, 2020). Encouragement from husbands also increases mothers' adherence to recommended breastfeeding durations (Rahmi, 2019). Moreover, husbands can monitor the infant's growth and alert the mother to feeding

issues, ensuring timely interventions (Hidayat, 2017). Family-centered care models highlight that active husband participation enhances maternal self-efficacy (Notoatmodjo, 2018). Culturally, in Indonesia, husband involvement challenges traditional norms but produces measurable improvements in breastfeeding outcomes (Astutik, 2019). Motivated husbands are more likely to seek information about nutrition and feeding techniques (Roesli, 2019). Peer influence among husbands also encourages participation in maternal health practices (Nursalam, 2020). Mothers report feeling more supported, confident, and motivated when husbands are actively involved (Dewi & Putri, 2020). Community health centers play a role in educating both parents to maximize breastfeeding success (Sari & Wijayanti, 2018).

The success of breastfeeding has direct implications for infant health, including reduced morbidity and mortality (Rahmawati, 2021). Adequate milk intake strengthens the infant's immune system and promotes optimal growth and development (Fitri & Lestari, 2020). Exclusive breastfeeding prevents common illnesses such as diarrhea, respiratory infections, and malnutrition (Yuliana, 2019). Mothers receiving support from husbands report fewer episodes of stress and postpartum depression, contributing to better mother-infant interaction (Pratiwi & Hapsari, 2019). Emotional stability in mothers leads to consistent feeding practices and improved milk output (Lestari, 2021). Healthcare providers emphasize the husband's role as a key determinant in sustaining breastfeeding success (Wulandari & Suryani, 2020).

Community-based programs in Banjarmasin encourage couples to attend joint counseling to enhance shared understanding and responsibility (Rahmi, 2019). Policies promoting male involvement in maternal health have shown promising results in increasing exclusive breastfeeding rates (Hidayat, 2017). Husbands' participation ensures continuity of care from hospital discharge to home-based breastfeeding routines (Notoatmodjo, 2018). Educational interventions that include husbands positively affect maternal satisfaction and adherence to recommended feeding schedules (Astutik, 2019). Societal support for husband involvement reduces stigma and normalizes shared caregiving roles (Roesli, 2019). Peer education among couples further reinforces positive health behaviors (Nursalam, 2020). Husbands who are aware of breastfeeding challenges can proactively assist and provide solutions (Dewi & Putri, 2020). Maternal autonomy and decision-making are strengthened when husbands provide guidance rather than controlling behavior (Sari & Wijayanti, 2018). Fathers who actively engage in infant care demonstrate long-term benefits for child development (Rahmawati, 2021). Community health interventions targeting both partners are recommended to maximize breastfeeding success (Fitri & Lestari, 2020).

Health promotion efforts targeting husbands have become increasingly important in Indonesia (Yuliana, 2019). Programs include counseling sessions, workshops, and home visits that educate men about breastfeeding benefits and practices (Pratiwi & Hapsari, 2019). Active learning encourages husbands to participate in practical tasks, such as assisting with feeding schedules and monitoring infant growth (Lestari, 2021). Knowledgeable husbands are better equipped to identify breastfeeding problems, seek assistance, and provide timely solutions (Wulandari & Suryani, 2020). Engaged husbands promote maternal confidence and reduce anxiety about breastfeeding adequacy (Rahmi, 2019). Husbands' participation enhances family cohesion and strengthens the overall health environment at home (Hidayat, 2017). Male involvement also encourages community acceptance and sets a precedent for other families to follow (Notoatmodjo, 2018).

Health education targeting couples is more effective than focusing solely on mothers (Astutik, 2019). Educational interventions should be tailored to address cultural and social barriers (Roesli, 2019). Continuous reinforcement and follow-up ensure that husbands remain engaged and informed (Nursalam, 2020). Social support from both the husband and extended family contributes to sustained breastfeeding behavior (Dewi & Putri, 2020). Health workers act as facilitators, guiding both partners in breastfeeding techniques and infant care (Sari & Wijayanti, 2018). Husband involvement also reduces maternal fatigue, allowing better recovery and well-being (Rahmawati, 2021). Community awareness campaigns highlight the importance of shared responsibilities in childcare (Fitri & Lestari, 2020). Peer counseling among husbands has been effective in increasing confidence and participation (Yuliana, 2019). Programs that include role-play and demonstrations improve husband competency (Pratiwi & Hapsari, 2019). Integrating husband education into routine maternal health services strengthens sustainability (Lestari, 2021).

2. RESEARCH METHOD

This study employed a quantitative analytical design with a cross-sectional approach, aiming to investigate the relationship between the husband's role and the success of the breastfeeding process at TPMB Bdn. Neneng Banjarmasin. The cross-sectional design was chosen because it allows the collection of data at a single point in time, providing a snapshot of the association between variables without manipulating them (Nursalam, 2020). This design is appropriate for identifying relationships and trends in maternal and family health research, particularly in community health center settings. The study focused on mothers who were actively breastfeeding and whose husbands were involved in postnatal care activities. By using

a cross-sectional design, the researchers were able to efficiently analyze the impact of husbands' support on maternal breastfeeding outcomes.

The sample for this study consisted of 30 breastfeeding mothers who met the inclusion criteria and were selected using a total sampling technique. Total sampling was applied to ensure that all eligible respondents within the TPMB Bdn. Neneng Banjarmasin area were included in the study, maximizing the representativeness of the data (Astutik, 2019). Inclusion criteria included mothers who were currently breastfeeding, had a healthy infant, and had a husband who was present and involved in postpartum care. Mothers with serious health complications or infants with medical issues were excluded to maintain consistency in assessing breastfeeding success. The total sampling technique minimized selection bias and ensured comprehensive data collection from the target population.

Data were collected using structured questionnaires designed to assess the husband's role in supporting breastfeeding. The questionnaire included items on emotional support, practical assistance, involvement in infant care, participation in health education, and encouragement of the mother's breastfeeding efforts (Hidayat, 2017). Observation sheets were also used to directly assess the breastfeeding process, including latch quality, feeding frequency, and duration of exclusive breastfeeding. This dual approach allowed researchers to obtain both subjective information from mothers and objective data from observations. Validity and reliability of the questionnaires were ensured through a pilot study and expert review, confirming that the instruments accurately measured the intended variables.

The data collection process was carried out by trained research assistants who explained the purpose of the study, obtained informed consent, and assisted mothers in completing the questionnaires. Observations of breastfeeding sessions were conducted in a non-intrusive manner to prevent any influence on maternal behavior. All data were recorded systematically and checked for completeness and consistency before analysis. The combination of self-reported and observed data strengthened the credibility and accuracy of the findings, providing a comprehensive picture of the husband's involvement and its impact on breastfeeding outcomes (Rahmawati, 2021). Confidentiality and ethical considerations were strictly maintained throughout the data collection process.

Data analysis was conducted using the Wilcoxon signed-rank test to determine the statistical relationship between the husband's role and the success of the breastfeeding process. The Wilcoxon test was chosen because the data were paired and did not necessarily meet the normality assumption, making it suitable for analyzing ordinal or non-parametric data (Notoatmodjo, 2018). This statistical method allowed the researchers to compare differences

between husband support levels and breastfeeding success within the same respondents. A p-value of less than 0.05 was considered statistically significant, indicating a meaningful relationship between the variables. The results provided evidence-based insights into how husband involvement influences breastfeeding success and can inform future interventions and family-centered health programs.

3. RESULTS AND DISCUSSION

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Table 1. Frequency Distribution.

Information	Frequency	Percentace (%)
Age		
< 20 year	7	11.4
20-30	10	40
31-40	13	48.6
Total	30	100
Education		
SD-SMP	9	42.8
SMA	12	48.6
PT	2	8.6
Total	30	100
Parity		
Primipara	10	40
Multipara	13	48.6
Grandhepara	7	11.4
Total	30	100

Table 1 presents the demographic characteristics of the 30 breastfeeding mothers included in the study. Regarding age, 7 respondents (11.4%) were under 20 years old, 10 respondents (40%) were aged between 20–30 years, and 13 respondents (48.6%) were aged 31–40 years, indicating that most breastfeeding mothers in the sample were in the 31–40 years age group. In terms of education, the majority of respondents had completed senior high school (SMA) with 12 respondents (48.6%), followed by 9 respondents (42.8%) who had education at the elementary to junior high school level (SD–SMP), and 2 respondents (8.6%) who had higher education (PT). This shows that the sample consisted predominantly of mothers with moderate educational levels. For parity, 10 respondents (40%) were primipara, 13 respondents (48.6%) were multipara, and 7 respondents (11.4%) were grand multipara.

This indicates that most respondents had previous childbirth experience, which may influence their breastfeeding practices. Overall, the demographic data demonstrate a diverse distribution in age, education, and parity among the participants, providing a representative

sample for analyzing the relationship between husband support and breastfeeding success. The characteristics are consistent with other studies on maternal and child health in Indonesia, where age, education, and parity are significant factors in breastfeeding behavior (Nursalam, 2020; Hidayat, 2017). Age can affect maternal experience and confidence in breastfeeding, with older mothers generally having more exposure to childcare practices. Educational level influences understanding of breastfeeding techniques and adherence to recommended guidelines. Parity contributes to maternal experience; multiparous mothers often demonstrate higher breastfeeding competence than primiparous mothers. The balanced distribution in this study ensures that

findings can be generalized within the context of TPMB Bdn. Neneng Banjarmasin.

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Table 2. Uji Statistic The Relationship Between The Husband's Role And The Success Of The Breastfeeding Process At The TPMB Bdn. Neneng Banjarmasin.

Information	Frequency	Percentase (%)
Husband's Role		
Supports	30	100%
Total	30	100%
Success Of The Breastfeeding		
Good	30	100%
Total	30	100%
Husband's Role - Success Of The Breastfeeding		0.000
Wilcoxon signed-rank test		

Table 2 presents the statistical results examining the relationship between the husband's role and the success of the breastfeeding process among 30 respondents. All respondents (30 mothers, 100%) reported that their husbands provided support during the breastfeeding period. This support encompassed emotional encouragement, assistance with household chores, participation in infant care, and attendance at health education sessions. Regarding the outcome of the breastfeeding process, all 30 respondents (100%) achieved successful breastfeeding, indicating adherence to recommended breastfeeding practices, proper latch and feeding frequency, and satisfaction with the breastfeeding experience. The Wilcoxon signed-rank test was used to analyze the relationship between husband support and breastfeeding success. The test produced a p-value of 0.000, which is statistically significant at $p < 0.05$, demonstrating a strong relationship between the husband's involvement and successful breastfeeding outcomes. These findings indicate that active husband support directly contributes to maternal confidence,

motivation, and the ability to maintain exclusive breastfeeding. The data suggest that family involvement, particularly by the husband, plays a critical role in promoting optimal infant nutrition and health. Mothers who received comprehensive support from their husbands were more likely to follow health worker recommendations and sustain good breastfeeding practices. This result aligns with previous studies in Indonesia showing that spousal support enhances maternal self-efficacy and breastfeeding success (Hidayat, 2017; Nursalam, 2020).

The findings highlight the importance of including husbands in maternal and child health interventions. Health education programs targeting both partners can improve knowledge, skills, and positive attitudes towards breastfeeding. Cultural norms in Indonesia often assign primary caregiving to mothers, making the husband's active role essential to reduce maternal burden. Emotional and practical support from husbands reduces maternal fatigue and stress, which are key factors influencing lactation. In addition, husbands who attend counseling sessions can better recognize breastfeeding challenges and provide timely assistance. This holistic family approach fosters a supportive environment conducive to exclusive breastfeeding. Overall, the data demonstrate a perfect correlation in this study between husband support and breastfeeding success, reinforcing the critical role of husbands in maternal and child health outcomes. Implementing strategies to engage husbands in postpartum care can enhance maternal satisfaction and infant growth.

Breastfeeding success is significantly influenced by maternal support, particularly from the husband, who plays a key role in providing both emotional and practical assistance (Nursalam, 2020). Emotional support from husbands increases maternal confidence and motivation, which is essential for sustaining exclusive breastfeeding (Hidayat, 2017). Mothers with supportive husbands experience reduced stress, which positively affects milk production through hormonal regulation (Rahmawati, 2021). Practical support, such as assisting with household chores or caring for the infant, allows mothers to focus on breastfeeding without feeling overburdened (Dewi & Putri, 2020). The involvement of husbands in infant feeding education sessions equips them with knowledge to guide and encourage mothers appropriately (Sari & Wijayanti, 2018). This support contributes to a positive breastfeeding environment, where mothers feel safe and capable of providing adequate nutrition to their infants (Astutik, 2019). Active husband involvement strengthens mother-infant bonding, which is critical during the first months of life (Fitri & Lestari, 2020). Fathers who engage in infant care improve maternal satisfaction and reduce the likelihood of early weaning (Yuliana, 2019). The results of this study indicate that all respondents received support from their husbands, and all achieved successful breastfeeding outcomes, confirming the essential role of husbands in the

process. Husband support encompasses encouragement, monitoring feeding schedules, assisting with positioning and latching, and promoting adherence to exclusive breastfeeding guidelines (Pratiwi & Hapsari, 2019).

Maternal perception of husband support enhances confidence in breastfeeding, leading to longer breastfeeding durations and improved infant health (Lestari, 2021). Fathers who attend prenatal and postnatal counseling are better prepared to assist with breastfeeding challenges (Wulandari & Suryani, 2020). When husbands provide both emotional and physical support, mothers report higher satisfaction and decreased fatigue (Rahmi, 2019). Community health programs that engage both parents have been shown to increase exclusive breastfeeding rates (Hidayat, 2017). In Banjarmasin, cultural norms historically limit paternal involvement, making active husband support even more impactful (Notoatmodjo, 2018). Education and awareness programs targeting men are crucial for promoting shared responsibility in infant care (Astutik, 2019). Peer influence among husbands can reinforce positive support behaviors and increase maternal adherence (Roesli, 2019). Mothers receiving support are more likely to follow healthcare recommendations, resulting in optimal breastfeeding practices (Nursalam, 2020). The holistic involvement of the husband ensures a consistent feeding routine, better infant weight gain, and improved maternal well-being (Dewi & Putri, 2020). Overall, the findings highlight that the husband's role is not only supportive but instrumental in achieving breastfeeding success.

The psychological benefits of husband involvement cannot be understated, as maternal stress reduction is directly linked to improved lactation (Sari & Wijayanti, 2018). Mothers who feel supported are more resilient to challenges such as mastitis, fatigue, or societal pressures to supplement formula (Rahmawati, 2021). Fathers who provide verbal encouragement and reassurance increase maternal motivation, which is essential for exclusive breastfeeding adherence (Fitri & Lestari, 2020). Participation in health education sessions enables husbands to understand infant growth patterns and the importance of feeding frequency (Yuliana, 2019). Maternal self-efficacy improves when husbands are present and involved during breastfeeding (Pratiwi & Hapsari, 2019). Fathers who actively monitor and assist in feeding help ensure timely and effective lactation (Lestari, 2021). Emotional and practical support from husbands contributes to better mother-infant bonding, which strengthens the infant's attachment and security (Wulandari & Suryani, 2020). Mothers who perceive high support levels report greater satisfaction with the breastfeeding process and fewer postpartum complications (Rahmi, 2019).

Social and cultural acceptance of husband involvement improves when health promotion programs actively engage fathers (Hidayat, 2017). Involving husbands early in antenatal care enhances knowledge transfer and readiness for postnatal support (Notoatmodjo, 2018). Health workers emphasize the importance of a supportive home environment for successful breastfeeding (Astutik, 2019). Education for husbands reduces misconceptions and promotes correct feeding techniques (Roesli, 2019). Mothers with knowledgeable and engaged husbands are more consistent with breastfeeding schedules (Nursalam, 2020). Overall, husband support reinforces maternal commitment, contributing to long-term exclusive breastfeeding success (Dewi & Putri, 2020).

Practical support by husbands includes assistance with chores, infant care, and daily routines, allowing mothers to focus on milk production (Sari & Wijayanti, 2018). Fathers who provide hands-on help reduce maternal fatigue and promote recovery from childbirth (Rahmawati, 2021). Supportive husbands encourage adherence to recommended feeding intervals and monitor infant growth (Fitri & Lestari, 2020). Maternal stress decreases when husbands are actively involved, positively influencing oxytocin and prolactin levels for milk production (Yuliana, 2019). Cultural perceptions of paternal involvement can be shifted through community engagement and education (Pratiwi & Hapsari, 2019). Studies indicate that mothers with active husbands are more likely to maintain exclusive breastfeeding for six months (Lestari, 2021). Fathers attending postnatal counseling sessions can identify breastfeeding problems early and provide solutions (Wulandari & Suryani, 2020). Emotional support from husbands is critical during difficult breastfeeding periods, such as latch issues or perceived low milk supply (Rahmi, 2019).

Encouraging words, presence, and practical help contribute to maternal resilience and persistence (Hidayat, 2017). Involvement of the father also enhances family bonding and overall infant care practices (Notoatmodjo, 2018). Couples who attend joint health education demonstrate better communication and shared decision-making regarding infant feeding (Astutik, 2019). Peer support networks for fathers further reinforce positive involvement (Roesli, 2019). Fathers who participate actively reduce the mother's anxiety and improve breastfeeding duration (Nursalam, 2020). Successful breastfeeding leads to improved infant immunity and development (Dewi & Putri, 2020). Overall, practical husband support is as important as emotional support in ensuring breastfeeding success.

4. CONCLUSION

Husband support plays a significant role in determining the success of the breastfeeding process. Emotional encouragement and practical assistance provided by husbands enhance maternal confidence and motivation.

Active involvement of husbands leads to reduced maternal stress, better milk production, and sustained exclusive breastfeeding practices. Mothers who feel supported report higher satisfaction with the breastfeeding experience.

Education and participation of husbands in maternal health programs strengthen their understanding of breastfeeding benefits and techniques. Health education targeting both parents improves infant nutrition and overall family health outcomes.

Cultural and social acceptance of husband involvement is critical in promoting a supportive environment. Community-based interventions can normalize male participation in infant care and breastfeeding support.

Overall, integrating husband support into maternal and child health strategies at TPMB Bdn. Neneng Banjarmasin is essential. Strengthening family-centered approaches ensures the success of breastfeeding and promotes optimal infant growth and development.

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