



The Role of The Family in The Success of Exclusive Breastfeeding

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Abstract

Support of others is a key factor for mothers who choose to breastfeed their infants, including those who balance work outside the home and breastfeeding. However, little research has been done to understand how maternal support during the postpartum period impacts mothers' ability to later balance work and breastfeeding, in particular full-time work and exclusive breastfeeding. The results of this qualitative study indicate that the timing of support plays a key role in mothers' ability to successfully overcome barriers during the early postpartum period, thus building maternal self-efficacy in addressing problems encountered when they return to work. Fathers' support can influence mothers' breastfeeding decisions and behavior. Potentially supportive behaviors have been reported in previous studies, but no studies have directly examined which, if any, of those actions are actually more likely to result in desired breastfeeding outcomes. The two studies reported in this paper address this gap by examining relationships between fathers' reported breastfeeding support and mothers' perceptions of received support and breastfeeding intentions, satisfaction, and duration. The Partner Breastfeeding Influence Scale (PBIS) was used in an online survey with 64 women and 41 men (34 couples) and a telephone survey with 80 mothers and 65 fathers (63 couples). Fathers' and mothers' reports of how often fathers engage in the types of support measured by the PBIS were used to predict breastfeeding intentions, satisfaction, and duration. In Study 1, responsiveness predicted breastfeeding success and satisfaction for men and satisfaction for women. However, mothers' intended breastfeeding duration was shorter when fathers both wanted them to breastfeed for a long time and were more appreciative and savvy about breastfeeding. Study 2 showed that the best breastfeeding support is given when a considerate, well-organized teamwork approach is used that is sensitive to the requirements of the mother.

Keyword: *Breastfeeding, Family, Role, Support, Successfully*

INTRODUCTION

Exclusive breastfeeding is one of the priority programs because of its broad impact on the nutritional status and health of infants. Breastfeeding is an excellent way of providing ideal food for the healthy growth and development of babies. Breastfeeding is a multidimensional health behavior that is influenced by the interaction of demographic, biological, psychological, and social factors. Some of these factors are modifiable. Much literature displays a causal relationship between several factors on the success of mothers in exclusive breastfeeding, several factors display inconsistent results on the success of mothers in exclusive breastfeeding (Mundagowa et al., 2019). There have been reports that factors affecting breastfeeding include the birth method, the mother's socioeconomic position, the mother's return to work, and

prenatal breastfeeding education. Peer support groups, technology, and family-centered breastfeeding models have all been investigated as potential strategies for assisting women in achieving their nursing objectives (Sayres & Visentin, 2018).

According to previous research, the majority of women who exclusively breastfeed report not receiving breastfeeding advice during prenatal care, demonstrating that there are other outside factors that support exclusive breastfeeding (Ferreira et al., 2018). Breastfeeding promotion and support in hospitals is expected to have a positive impact on maternal breastfeeding outcomes. The objective of this study is to examine the association between breastfeeding promotion in maternity hospitals in Germany and exclusive breastfeeding (EBF) rates during the first 4 months (Hockamp et al., 2022). Breastfeeding practices are adversely affected by maternal sadness and anxiety. To support maternal emotional wellbeing and avoid breastfeeding challenges, early detection of maternal mental health issues during the perinatal period is important (Coo et al., 2020).

The World Health Organization (WHO) in 2016 showed that the average rate of exclusive breastfeeding worldwide only reached around 38%. In East Nusa Tenggara Province, the percentage of exclusive breastfeeding for infants aged 0–6 months was 38.3%, while for infants aged 0–5 months it was 79.9% (5). The practice of breastfeeding less than one hour after the baby is born and giving colostrum in NTT is considered relatively good when compared to the national figures, namely 56.2% (national figure 29.3%) and 75.1% (national figure 74.7%) (WHO, 2016). Based on data from the Statistics Agency (BPS) in February 2017 that the Labor Force Participation Rate (TPAK) of women workers in Indonesia increased by 2.33% to 55.04% from the previous 52.71% in February 2016. As well as BPS data in August 2018 the Labor Force Participation Rate (TPAK) of women workers in Makassar decreased by 3.51% to 51.53% from the previous 55.04%, but these data illustrate that women are currently actively taking part in supporting the national economy and have equal opportunities in the field of work (BPS, 2018).

The Sustainable Development Goals (SDGs) are global action plans that have been approved by various leaders in the world. One of the targets of the Sustainable Development Goals (SGDs) is to end preventable deaths in infants and toddlers by 2030. Therefore, to reduce morbidity and mortality in infants, the United Nations Children's Fund (UNICEF) and the World Health Organization (WHO) recommend breastfeeding babies as soon as one hour after birth which is called early initiation of breastfeeding (IMD). Skin contact will occur between mother and baby and this will increase the mother's confidence so that it can support the success of exclusive breastfeeding for 6 months. after that it can be continued with breastfeeding and

MP-ASI until the child is 2 years old. Breast milk has a myriad of benefits that babies really need during their development process. One of the contents of breast milk is antibodies, antibodies are very important to protect babies from various diseases (WHO, 2017).

The decision to breastfeed for him is strongly influenced by psychological and psychosocial factors that vary between cultures and within the culture itself. The proportion of infants who have ever been breastfed varies widely, as does the duration of exclusive breastfeeding. Across Europe, less than 70% of babies in France and Ireland and about 100% in Denmark, Norway and Sweden began to be breastfed by their mothers in Australia in 2005, about 88% of mothers started breastfeeding their babies themselves, but only 17% were breastfeeding exclusive until the baby is 6 months old In the UK there are 78% of mothers who start breastfeeding their babies themselves, but less than 3% are still exclusively breastfeeding until their babies are 6 months old (Zielińska MA, Sobczak A, 2017). Implementation of breastfeeding (ASI) really needs support from the family such as husbands, parents, and in-laws. Family support has a very large role in exclusive breastfeeding for 6 months. Family support consists of instrumental support, emotional support, information support and appreciation (Ningsih et al., 2022).

In the World Health Assembly which took place on May 8, 2001, WHO made recommendations for exclusive breastfeeding for 6 months and complementary breastfeeding thereafter to continue breastfeeding for up to 2 years. This decision was adopted by the Indonesian government in 2004 through Kepmenkes RI No. 450/Menkes/SK/IV/ by setting a target of 80% exclusive breastfeeding for 6 months (Fikawati, 2015). Breast milk is the only ideal and most perfect food to meet the nutritional needs of infants during the growth process in the first 6 months of life. However, the coverage of exclusive breastfeeding in Indonesia is still low due to internal factors (age, knowledge, education, attitude/behaviour, and mother's health condition) and external factors (family role). This study aims to determine the relationship between family roles and mothers' knowledge about exclusive breastfeeding (EB) with EB practices in Tanah Merah Village, East Sepatan District, Tangerang Regency in 2017.

Six months after birth, exclusive breastfeeding is likely to be maintained due in large part to psychosocial factors (De Jager et al., 2014). A relationship strategy involving fathers may merit further research given the considerable gains in breastfeeding length, paternal breastfeeding self-efficacy, and maternal views of parental involvement and breastfeeding support (Abbass-Dick et al., 2015). Breastfeeding is a multidimensional health behavior that is influenced by the interaction of demographic, biological, psychological and social factors. Some of these factors are modifiable. Much literature shows a causal relationship between

several factors on the success of mothers in exclusive breastfeeding, several factors display inconsistent results on the success of mothers in exclusive breastfeeding (Mundagowa et al., 2019).

METHODS

Systematic Review is a literature review that has the objective of identifying knowledge gaps, determining the research agenda, identifying implications for decision making and exploring extensively through the available evidence by mapping the concepts underlying the research, sources of evidence and the types of evidence available (Priyashantha et al., 2022). A systematic review is a review of the evidence on a specific question that employs systematic and explicit methods to identify, select, and critically appraise relevant primary research, as well as to extract and analyze data from the studies included in the reviews (Maros & Juniar, 2016). The aim of a systematic review is to map evidence on a topic of discussion based on the selected literature and identify key concepts, theories, sources, and knowledge gaps (Robinson et al., 2011). The process of scoping this review is carried out using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses for systematic Review (PRISMA-ScR) guidelines (Triandini et al., 2019). Although scoping reviews are conducted for different reasons than systematic reviews, they still require rigorous and transparent methods to ensure that the results are reliable (Gray, 2019).

PRISMA-ScR is designed to help readers (such as researchers, publishers, commissioners, policy makers, healthcare providers, guideline developers, and patients or consumers) have a better knowledge of related terminology, important concepts, and important elements to report for scoping reviews (Tricco et al., 2018).

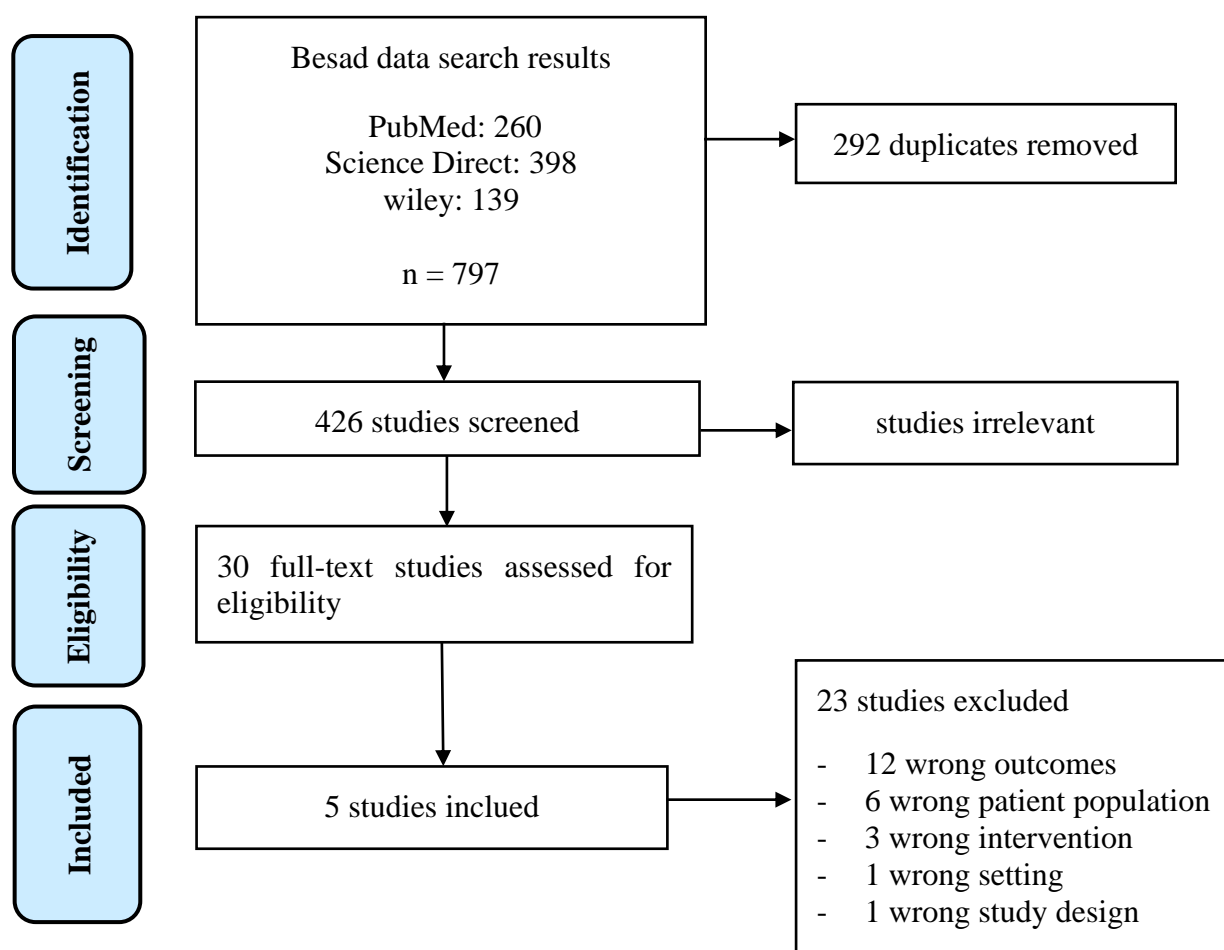
Table 2.1 Framework PICo

P (Population, Patient, Problem)	I (Intervention, Prognostics factor, Exposure)	C (Comparison or Intervention/if appropriate)	O (Outcome)
Family	Role family	-	success of exclusive breastfeeding

Based on the PICo Framework, is it a systematic review of the role of the family in the success of exclusive breastfeeding. The initial step is to determine the inclusion and exclusion criteria of the framework that has been created with the aim that the data sought will focus on the context sought. Following are the inclusion and exclusion criteria used by researchers in the systematic review:

Table 2.2 Inclusion and Exclusion Criteria

No	Aspek	Inklusi	Eksklusi
1	Article Characteristics	a. Original Research b. Articles published in English c. Articles published within the last 10 years (January 1, 2012 – October 30, 2022) d. All study designs	a. <i>Reviewed article</i> , Skripsi, book and Tesis b. Jurnal Predator
2	Participant	Populasi : family	Health workers
3	Study Focus	a. Article discussing the role of the family in exclusive breastfeeding b. Articles that discuss the success of exclusive breastfeeding	The role of health workers in the success of exclusive breastfeeding

**Picture 2.1 PRISMA Flowchart**

Selected publications are included in the imported PRISMA study flowchart for the title and abstract filtering column, while articles that are out of sync are included in the irrelevant study column. The researchers used the mapping findings from the Covidence website. The PRISMA Flowchart design is used because it can help researchers display the results of selecting articles, as a result making it easier for readers to understand the flow of selecting articles.

Tabel 2.4 JBI Critical Appraisal Checklist For Qualitative Study

ASSESSMENT QUESTIONS	ARTIKEL				
	A1	A2	A3	A4	A5
1. Is there a correspondence between the stated philosophical perspective and the research methodology?	3	3	3	3	3
2. Is there a match between the research methodology and the research questions or objectives?	3	3	3	3	3
3. Is there a match between the research methodology and the methods used to collect data?	3	3	3	3	3
4. Is there a fit between the research methodology and data representation and analysis?	3	3	3	3	3
5. Is there a match between the research methodology and the interpretation of the results?	3	3	3	3	3
6. Are there any statements that place the researcher culturally or theoretically?	3	3	3	3	3
7. Is the influence of researchers on research, and vice versa, addressed?	3	2	3	3	3
8. Were participants, and their voices, adequately represented?	3	3	3	3	3
9. Was the research ethical according to current criteria or, for recent research, and was there evidence of ethical approval by the appropriate body?	3	3	3	3	3
	3	3	3	3	3
TOTAL NILAI (GRADE)	30/A	29/A	30/A	30/A	30/A

Through the JBI Critical Appraisal Checklist For Qualitative Study it was obtained that the five articles obtained Grade A. In article 1 it has a score of 30, article 2 has a score of 29, article 3 has a score of 30, article 4 has a score of 30 and article 5 has a score of 30. In article 2 on the assessment of the influence of researchers on research, and vice versa, it is handled to get point 2 (unclear) because it only highlights some of the obstacles faced by mothers in the success of exclusive breastfeeding, and the role of the family in the success of exclusive breastfeeding.

RESULTS

1. Characteristics of Articles Based on Research Design

Based on the inclusion criteria that had been set since the beginning of screening the articles, the researcher used 5 articles, all of which used a qualitative study.

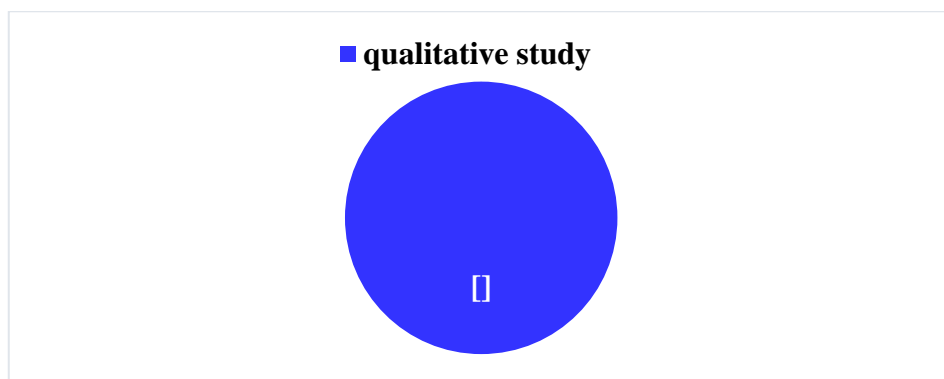


Figure 2.2 Based on Research Design

2. Characteristics of Articles by Country

Characteristics by country in the 5 articles that have been selected are as follows:

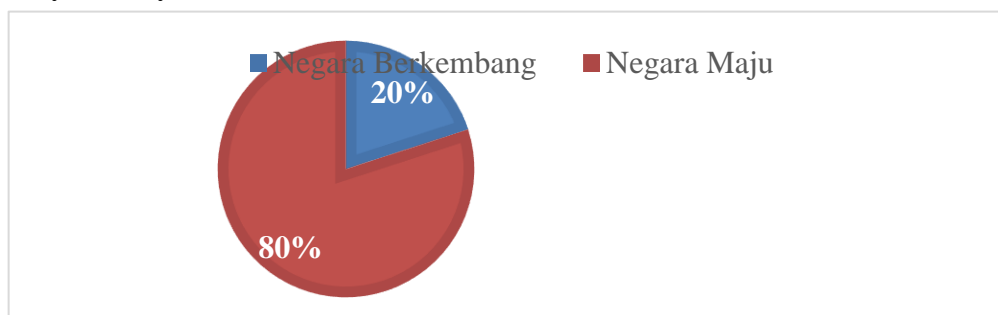


Figure 2.3 By Country

Characteristics by country in the five articles, namely 7 developed countries and 4 developing countries.

3. Characteristics of Articles by Year of Publication

Characteristics based on the year of publication of the five articles, namely 3 articles published in 2013, 2 articles published in 2019, and 2 articles published in 2020.

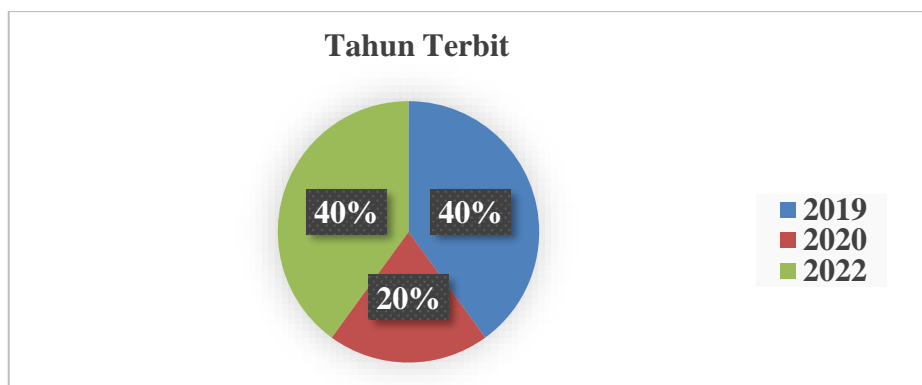


Figure 2.4 by Year of Publication

4. Characteristics of Articles Based on Grade

Based on the qualitative study, there is a Grade A (Good) Scale with a score of 21-30, Grade B (Fairly Good) with a score of 11-20 and Grade C (Poor) with a score of <10. The five articles earned Grade A with each score A1 (30/30 good quality), A2 (good quality). 29/30 good quality), A3 (30/30 good quality), A4 (30/30 good quality) and A5 (30/30 good quality).

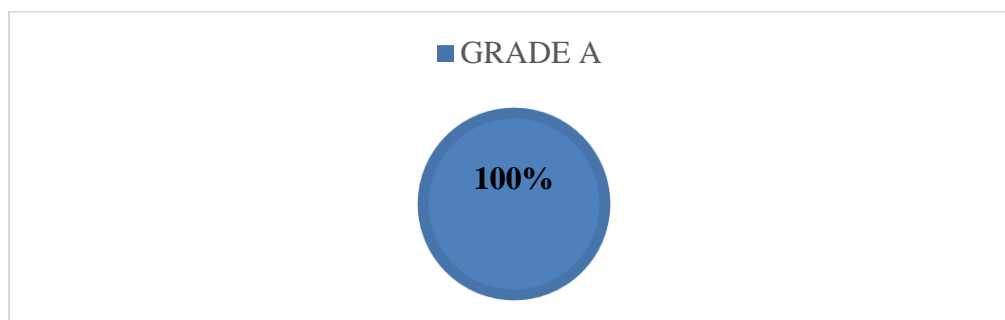


Figure 2.5 Based on Grade

DISCUSSION

1. Family Role

One of the objectives of this study is the role of the family in the success of exclusive breastfeeding. Based on data from the Statistics Agency (BPS) in February 2017, the Labor Force Participation Rate (TPAK) of women workers in Indonesia increased by 2.33% to 55.04% from the previous 52.71 % in February 2016 . As well as BPS data in August 2018 the Labor Force Participation Rate (TPAK) of female workers in Makassar decreased by 3.51% to 51.53% from the previous 55.04% but these data illustrate that women are currently actively taking part in supporting the national economy and have equal opportunities in the field of work (BPS, 2018). Breastfeeding was supported and normalized by strong familial and cultural traditions. Similar to those faced by American breastfeeding mothers in general, there were

obstacles to exclusive breastfeeding. Results confirm the necessity for tailored breastfeeding care that is culturally competent (Etc & Das C, Lucia MS, 2019).

The Sustainable Development Goals (SDGs) are global action plans that have been approved by various leaders in the world. One of the targets of the Sustainable Development Goals (SDGs) is to end preventable deaths in infants and toddlers by 2030. Therefore, to reduce morbidity and mortality in infants, the United Nations Children's Fund (UNICEF) and the World Health Organization (WHO) recommend breastfeeding babies as soon as one hour after birth which is called early initiation of breastfeeding (EIM). skin contact will occur between mother and baby and this will increase the mother's confidence so that it can support the success of exclusive breastfeeding for 6 months. after that it can be continued with breastfeeding and MP-ASI until the child is 2 years old. Breast milk has a myriad of benefits that babies really need during their development process. One of the contents of breast milk is antibodies, antibodies are very important to protect babies from various diseases (WHO, 2017).

2. Challenges and suggestions for mothers in the success of exclusive breastfeeding

The recommended strategy of newborn nourishment is generally agreed to be exclusive breastfeeding for at least six months. Yet, current research indicates that the majority of women are not adhering to this advice. Less research examines breastfeeding women's opinions and experiences, despite the fact that many studies focus on the subject of rising breastfeeding rates. In this poor community, there was a significant rate of obesity. A shorter period of exclusive breastfeeding and a poor household food situation increased the risk temporarily (de Melo et al., 2021).

We evaluate the material in this article and pinpoint recurring themes in breastfeeding experiences among women (Debevec & Evanson, 2016). On the other hand, apart from the desire to exclusively breastfeed their babies, not a few mothers experience challenges in being able to do so. Widodo Suhartoyo, Senior Technical and Liaison Advisor for Childhood Education and Development (ECED) of the Tanoto Foundation said that there could be many factors. "For example, because the mother is working and there is no lactation room at work, there is a lack of knowledge about breastfeeding; there is a perception that formula milk is the same or even better than breast milk; lack of support from husband, family and environment, especially when mother's milk production after delivery is still limited; lack of support from health workers accompanying mothers during birth; lactation problems, and so on." These challenges are actually experienced by mothers, and in some cases actually originate from

parties outside the mother concerned. Therefore, awareness, support and participation of various parties are also needed to enable mothers to give breast milk anywhere and anytime. In the closest sphere, the role of the husband and family is very significant. Alleviating household chores, creating a comfortable atmosphere for mothers, encouraging mothers when they feel anxious will motivate mothers to be able to exclusively breastfeed.

3. Success og Exclusive Breastfeeding

Based on research by CHAMPS Mississippi, a BabyFriendly designated hospital, between late 2019 and early 2020. To obtain qualitative data to inform the study, we conducted one-on-one focus groups with nursing staff on a purposive sample of five methods that have been described in depth elsewhere (Burnham et al., 2021); briefly, Baby-Friendly leaders at each selected hospital recruited a convenience sample of about five nursing staff, from the labor and delivery unit, Fluid requirements for breastfeeding mothers will typically be higher than for non-breastfeeding mothers. A mother who exclusively breastfeeds a 6 month old baby may produce ~800 mL of milk per day, ranging from 450 to 1200 mL per day, to share their experiences regarding the BabyFriendly designation process. Focus group sessions were recorded, professionally transcribed and analyzed using thematic analysis with an inductive approach to coding and analysis (Onwuegbuzie et al., 2013).

Ideational metrics offer important understandings for Social and behavior change (SBC) programs that try to alter and improve health behaviors, such as breastfeeding practices, place a major emphasis on these ideas. The decisions made by women to breastfeed were significantly influenced by a number of cognitive, emotional, and social dimensions. The most crucial concepts for SBC programs to target to increase early initiation of breastfeeding and EBF rates in northwest Nigeria include maternal knowledge of the benefits of breastfeeding to the mother (cognitive), knowledge of the appropriate time to introduce complementary foods (cognitive), beliefs on colostrum (cognitive), self-efficacy to breastfeed (emotional), and perceived social norms (social) (Anaba et al., 2022). Investigator triangulation was used to maximize the reliability of the analysis. Final themes and sub-themes were generated and agreed upon by consensus of the research team, then linked to relevant RE-AIM domains and key citations identified to exemplify each theme or sub-theme.

The purpose of this study is to increase the confidence of mothers so that they can support the success of exclusive breastfeeding for 6 months based on support from the husband's family and other families. after that it can be continued with breastfeeding and MP-ASI until the child is 2 years old. Breast milk has a myriad of benefits that babies really need during their development process. One of the contents of breast milk is antibodies, antibodies

are very important to protect babies from various diseases (WHO, 2017). Breastfeeding is a multidimensional health behavior that is influenced by the interaction of demographic, biological, psychological and social factors. The need for health professionals to actively promote breastfeeding while taking into consideration the views of women and families (Ragusa et al., 2021).

CONCLUSIONS

The results of a systematic review of the role of the family in the success of exclusive breastfeeding for 0-6 months from several countries have been successful, including from developed countries. Breast milk has a myriad of benefits that babies really need during their development process. One of the contents of breast milk is antibodies, antibodies are very important to protect babies from various diseases. There are several countries that have researched and said that apart from breast milk antibodies, they also have benefits for intelligence.

To predict breastfeeding intentions, satisfaction, and duration, mothers' and fathers' reports of how frequently fathers engage in the sorts of support indicated by the Programmes were analyzed. For both men and women, responsiveness was a predictor of both nursing success and satisfaction. Nevertheless, women' anticipated breastfeeding length was lower when fathers were more supportive of and knowledgeable about breastfeeding and also wanted them to do so for a long period. When a caring, well-coordinated teamwork approach is employed and it is responsive to the mother's needs, breastfeeding support is provided at its finest.

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