

Article

The Level of Knowledge and Support of Husband With Exclusive Breastfeeding at Padang

Dewi Susilawati¹¹DII Kebidanan STIKes MERCUBAKTIJAYA Padang, Kebidanan,, Indonesia

SUBMISSION TRACK

Received: Feb 17, 2019

Final Revision: May 13, 2019

Available Online: June 28, 2019

KEYWORDS

Level of Knowledge, Husband Support, Exclusive ASI

CORRESPONDENCE

Phone: 082141201050

E-mail: dewisusilawati39@gmail.com

A B S T R A C T

World breastfeeding coverage according to Indonesia is 55.7%, this coverage is still below the target of 80%. Factors The causes of low exclusive breastfeeding in Indonesia include factors of knowledge and support of the husband. This study was analytical with a design cross-sectional carried out in the Aia Pacah Sub-districts Air Dingin Health Center on June 21 -1 July 2018. Samples in this study were all husbands who had 6-12 months infants, a total sampling technique of 46 people. The data used were primary data which the instrument filled out the questionnaire directly by the respondents, the data was processed by editing, coding, entry, cleaning, and processing and analyzed using univariate and bivariate analysis with statistical test chi-square. The results of the study found that statistical tests using Chi-Square with a significance level of 95%, the p-value <0.005 is 0.004, p value> 0.05, which is 0.705. The conclusion of this research is that there is a relationship between the level of knowledge with exclusive breastfeeding and there is no relationship between husband's support and exclusive breastfeeding.

I. INTRODUCTION

According to WHO (2016), coverage Exclusive breastfeeding throughout the world only around 36% during the period 2007-2014. World Health Organization (WHO) and United Nations Children's Fund (UNICEF) recommend those nursing mothers the baby when the first hour after giving birth and continue until the age of 6 the first month of his life for achieving growth and development optimal child health. Introduction complementary foods with nutrients adequate and safe given during infancy enter the age of 6 months continuously breastfeeding for up to 2 years or more. A thing it makes children get nutrition adequate and safe. Recommendation WHO is known as the term gold standard for baby food (Kemenkes, 2016).

In line with WHO recommendations in 2003, the government Indonesia change recommendation exclusive breastfeeding from 4 months to 6 months. Some regulations the law is determined by the government of Indonesia protects the gift of Exclusive breastfeeding. These legal regulations among others are the Decree of the Minister of Religion Health Number 450 / MENKES / SK / VI / 2004 about Exclusive breastfeeding in Indonesia, as well as also contained in the Act Number 36 of 2009 article 128, article 129, article 200 and article 201 concerning health. Articles 200 and 201 regulate criminal threats for those who prevent the mother from carrying out the ASI program Exclusive. The government also stipulates government regulation No. 33 of 2012 about giving exclusive breastfeeding to implement the provisions of article 129 paragraph 2 in law number 36 years 2009 (Kemenkes, 2014).

Availability of regulations protects exclusive breastfeeding no immediately makes high coverage Exclusive breastfeeding in Indonesia. According to the results Basic Health Research (Riskesdas, 2013), the process of starting breastfeeding occurs most on 1-6 hours after birth (35.2%) and less than 1 hour IMD (Initiation Early Breastfeeding) of 34.5%. While the lowest process of starting breastfeeding occurs at 7-23 hours after birth at 3.7%. Refers to the target Strategic Plan, in 2015 which was as big as 39%, then national coverage Exclusive breastfeeding for infants of age less than six months at 55.7% has reached the target. However, the results it hasn't reached the target at comparing with national targets inside the Strategic Plan of Kementrian Kesehatan Republik Indonesia (Kemenkes RI) The year 2010-2014 for exclusive breastfeeding coverage, that is equal to 80% (Kementrian Kesehatan, 2010). By province, the range of coverage Exclusive breastfeeding for infants aged 0-6 months among others, the lowest is in the province North Sulawesi at 26.3% and highest in West Nusa Tenggara Province at 86.9% and West Sumatra in fourth place by 75% (Kemenkes, 2016).

In line with that data, West Sumatra is the fourth 75% (Kemenkes RI, 2016). So West Sumatra Province is wrong one Province that has not yet reached the target national exclusive breastfeeding coverage at Indonesia. While the city of Padang shows the number of ASI exclusive in 2014 of 72.2% and decreased in 2015 namely 70.7%. Giving ASI in 2016 is as many as 5,961 people and received breast milk Exclusive as many as 4,305 (72.22%) increased in 2015 (DKK, 2016).

In the city of Padang, Health Center working area that carries out the highest exclusive breastfeeding is in the Work Area of the Lubuk Kilangan and Seberang Padang Health Center, which is more than 90%. While the implementation of exclusive breastfeeding is lowest in the working area of the Air Dingin Health Center (33.85%). This figure has not yet reached the 2014 national target according to the Kemenkes which is equal to 80% (DKK, 2016).

Based on the City Health Profile Padang in 2016, Researchers took research place in the work area Air Dingin Health Center, Koto Tangah District, Padang City, Sumatra Barat. Air Dingin Health Center is one of the Health Center in Padang City which has numbers lowest exclusive breastfeeding coverage of three the last year was 54.4% at in 2014, 57.4% in 2015 and 72.22% in 2016 (DKK, 2016).

Work Area of Air Dingin Health Center consists of three sub-districts, namely Balai Gadang sub-districts, Aia Pacah sub-districts dan Lubuak Minturun sub-districts Of the three sub-districts get coverage Exclusive breastfeeding in Aia Pacah sub-districts at 66.6%, this is coverage lowest of two sub-districts. Sub-districts the highest coverage is Lubuak Minturun sub-districts by 73.6% and the second is the sub-districts Balai Gadang is 70% (DKK, 2016).

There are many factors related to height and low exclusive breastfeeding in Indonesia, can be seen from internal factors namely Age, Health, Knowledge and Perception and External factors can be taken influence by education, support Health Officer, support person closest, culture, employment status and place of delivery (Pertiwi, 2012).

Based on a preliminary study which was done on January 9, 2018, from the data obtained from the results questionnaire charging for 10 people Fertile Age Couples (PUS) in the region the work of the Cold Water Health Center in the City of Padang. A total of 10 respondents were spouses Fertile Age (EFA) that has a baby 6-12 months of age who are not exclusive breastfeeding amounting to 6 (60%) people and 4 (40%) Exclusive breastfeeding people. Study results the introduction is obtained, the husband is understanding and understand about understanding, benefits, and ways of giving exclusive breastfeeding, only 2 (20%) husbands while 8 (80%) only husbands know about the meaning of ASI Exclusive without knowing the benefits and how to provide exclusive breastfeeding. Whereas 10 respondents Fertile Age Couples (PUS) obtained 5 (50%) people who get support from her husband in breastfeeding Exclusive and 5 (50%) people do not get husband's support in exclusive breastfeeding. While The Fertile Age Couple (EFA) whose wife working as much as exclusive breastfeeding 6 (60)% of people, and those who work giving 1 exclusive breastfeeding (10%) people, as well as from preliminary studies 3 (30%) mothers did not work giving exclusive breastfeeding to her baby.

Based on the background above the author wants to know the relationship Level of Knowledge and Support Husband of exclusive breastfeeding In the Aia Pacah Subdistricts Working Area Air Dingin Health Center District Koto Tengah Padang, West Sumatra 2018. This research aims to find out the relationship Level of Knowledge and Support Husband Against Giving Exclusive Breastfeeding In the Aia Pacah sub-districts Working Area Air Dingin Health Center in 2018

II. METHODS

This research is about "Level of Knowledge and support Husband with exclusive breastfeeding at Aia Pacah sub-districts Working Area Air Dingin Health Center in 2018 ". The purpose of this study is to find out Knowledge Level Relations and Husband's support with breastfeeding Exclusive in Aia Pacah Wilayah Air Dingin Health Center work, this research held on June 21 - July 1 2018, the place of research is Aia Pacah Working Area of Air Dingin Health Center Padang City, The population of this study is all husbands who have babies 6-12 months old in Aia Pacah subdistricts Work Area Air Dingin Health Center work Padang City that is home to 49 person. This research is analytical, i.e. the research object is measured in time at the same time. Collection data obtained with primary data namely data that is filled directly by the respondent use the questionnaire taken with total sampling technique. Technique data processing is done by editing, coding, entry, cleaning, processing

III. RESULT

Exclusive breastfeeding

Table 1 Frequency Distribution of Exclusive Breastfeeding at Aia Pacah Subdistrict Working Area Air Dingin Health Center in 2018

Exclusif Breastfeeding	f	%
Yes	20	43,5
No	26	56,5
Total	46	100

Table 1. shows that from 46 respondents more than half (56.5%) babies who do not get exclusive breastfeeding In Aia Pacah subdistricts Working Area Air Dingin Health Center in 2018.

Knowledge Level

Table 2 Frequency Distribution Level of Knowledge of Respondents at Aia Pacah Subdistrict Working Area Air Dingin Health Center in 2018

Knowledge	f	%
High	14	30.4
Low	32	69.6
Total	46	100

Table 2. shows that from 46 respondents more than half or 32 respondents (69.6%) low level of knowledge about exclusive breastfeeding at the Aia Pacah sub-district Working Area Air Dingin Health Center in 2018.

Husband's Support

Table 3. Frequency Distribution of Husband's Support at Aia Pacah Subdistrict Working Area Air Dingin Health Center in 2018

Husband's Support	f	%
Positive	7	15.2
Negative	39	84.8
Total	46	100

Table 3 shows that from 46 almost all respondents or as many as 39 Respondents (84.8%) husbands support Negative about giving exclusive breastfeeding At Aia Pacah sub-district Working Area Air Dingin Health Center in 2018.

Relationship between Knowledge Level and Exclusive Breastfeeding

Table 4 The Relationship between the level of Knowledge and Exclusive Breastfeeding at Aia Pacah Subdistrict Working Area Air Dingin Health Center in 2018

Knowledge	Exclusive Breastfeeding				Total	%	P-Value
	Yes		No				
	f	%	f	%			
High	11	78,6	3	21,4	14	100	0,004
Low	9	28,1	23	71,9	32	100	
Total	20	53,5	26	46,5	46	100	

Table 4 can be seen that respondents who are not exclusive breastfeeding more found in many respondents have a low level of knowledge namely (71.9%) compared to respondents who have a level high knowledge that is (21.4%) Statistics test results obtained ρ value = 0.004 ($\rho < 0.05$), meaning there is a relationship between husband's level of knowledge by giving exclusive breastfeeding at sub-district Aia Pacah Working Area Air Dingin Health Center in 2018.

Relationship between husband's support and exclusive breastfeeding

Table 5. Relationship between husband's support and exclusive breastfeeding at Aia Pacah Subdistrict Working Area Air Dingin Health Center in 2018

Husbands Support	Exclusive Breastfeeding				Total	%	P-Value
	Yes		No				
	f	%	f	%			
Positive	4	57,1	3	42,9	7	100	0,682
Negative	16	41	23	59	39	100	
Total	20	49,05	23	50,95	46	100	

Table 5 can be seen that respondents who are not exclusive breastfeeding more found in many respondents have negative husband support is (59%) compared to respondents who have positive husband support namely (42.9%). Statistics test results obtained ρ value = 0.682 ($\rho < 0.05$), meaning there is no husband's support relationship with giving exclusive breastfeeding in Aia Pacah Subdistrict Working Area Air Dingin Health Center in 2018.

IV. DISCUSSION

Exclusive breastfeeding

Based on the results of the research, on table 1. shows that of 46 respondents more than half of 26 people (56.5%) respondents who have babies 6-12 months that don't get breast milk Exclusive and as many as 20 people (43.5%) respondents have 6-12 months babies who give exclusively breastfeeding at Aia Pacah subdistrict Working Area Air Dingin Health Center in 2018.

The results of this study are almost the same with the results of Pertiwi's research, 2012 about the description of the factors affect exclusive breastfeeding at Kunciran Indah subdistrict Tangerang as many as (68.9%) respondents not giving exclusive breastfeeding. So also with Hakim's research, 2012 about related factors with exclusive breastfeeding in infants 6-12 months in the working area Nabire health center is more of half of the respondents whose babies are not Exclusive breastfeeding (70.2%) (Pertiwi, 2012).

Analysis of the author, the respondent have 6-12 months babies who don't Exclusive breastfeeding can be seen from the results research, that which affects exclusive breastfeeding in research this can be seen from age and education. Because of the results of the study respondents who have babies 6-12 months that are not exclusively exclusive breastfeeding find at age 34-43 that is as much 14 people (53.8%) respondents. Age is considered the most period good for married. This time is a time of trouble. If someone is not ready to enter the stage this, he will have trouble inside complete the development phase. Problems faced are like problems job/position, friend problem live/choose to settle down and financial issues, all of them requires adjustments in it. The thing this is also included in breastfeeding Exclusive. Mature age will tend to have a lot of related experience with exclusive breastfeeding. Experience which is enough about exclusive breastfeeding husband plays a role in encouraging mother when giving exclusive breastfeeding.

The results of this study are not the same as the theory of Wawan (2012), Increasingly enough age, maturity level, and someone's strength will be more mature in thinking and working. Age at says it's quite an age according to the BKKBN (2016), for men starting at age 25 year. This age is considered a period the best for home stairs because they are ripe and can think adult on average. From in terms of people's trust more mature people have believed whose maturity is not high. This matter will be as from experience and mental maturity. This includes too regarding exclusive breastfeeding. Age the mature ones will tend to have a lot of experience related to Exclusive breastfeeding (Wawan & Dewi, 2012).

Level of Husband's Knowledge

Based on the results of the research, on Table 2 shows that of 46 respondents more than half or 32 people respondent (69.6%) level low knowledge about giving Exclusive breastfeeding and as many as 14 people (30.4%) respondents with knowledge high about giving exclusive breastfeeding at Aia Pacah Subdistrict Working Area Air Dingin Health Center in 2018.

In contrast to the results of research conducted by Siti Syamsiah (2012), the data indicated that the husbands of pregnant wives with profound knowledge were 55%. Meanwhile, the husbands of pregnant wives with poor knowledge were 45%. The results showed that the level of knowledge regarding exclusive breastfeeding was quite high (Syamsiah, 2011).

The results of this study are almost the same with Sahulika et al, 2015 research. about husbands Determinant factor Associated The results of this study are almost the same with Sahulika et al, 2015 research. about Husband's Determinant factor Associated with Exclusive Breastfeeding Practices in the Gayamsari Health Center Work Area with Exclusive Breastfeeding Practices in the Gayamsari Health Center Work Area Semarang City (72%) of respondents have low knowledge about exclusive breastfeeding (Sahulika, Rahayuning, & Rahfiludin, 2015).

Researcher's analysis, someone's education can affect one's mindset that is. In general, it is increasingly high someone's education is getting easier to receive information. Associated with exclusive breastfeeding at the education level very closely related to the ability to absorb or accept information about exclusive breastfeeding.

The results of the analysis in this study same with theory according to Wawan (2012), education means guidance which given someone else's direction certain defining ideals humans to do and fill life to achieve salvation and happiness Education is needed for information such as things that support health so can improve quality of life. Education could influence someone includes a person's behavior, especially the inner lifestyle, motivated to participate in development. In general the higher one's education easier to receive information (Wawan & Dewi, 2012).

Results of the research in Dhaka Cyti The study showed that no significant association was found between total knowledge score of breastfeeding with remaining sociodemographic variables like age, marital status, family income and expenditure (Afrose *et al.*, 2012)

Many factors influence the exclusive breastfeeding, namely mother's knowledge, husband's knowledge, education, attitude, family or husband's support, socio-economic factors, mother's demographics (Afrose *et al.*, 2012; Mohamad *et al.*, 2015; Thet *et al.*, 2016; Alamirew *et al.*, 2017; Elyas *et al.*, 2017; Ratnasari *et al.*, 2017; Senghore *et al.*, 2018; Amelinda, Astuti and Yuliani, 2019; Nurfa'izah, Sinaga and Mabe, 2019; Tsegaye *et al.*, 2019)

Husbands Support

Based on the results of the research, On Table 4.3 shows that of 46 respondents almost all or as many as 39 people respondents (84.8%) support husbands Negative about giving exclusive breastfeeding At Aia Pacah Subdistrict Working Area Air Dingin Health Center in 2018.

The results of this study are the same as Sahulika et al, 2015 research about father-related determinant factors with the practice of exclusive breastfeeding Semarang city received father's support more negative is (69.6%) while father positive support is more few are (28.6%) respondents have low knowledge about exclusive breastfeeding (Sahulika, Rahayuning, & Rahfiludin, 2015).

Analysis of researchers, respondents who have 6-12 months babies negative support can be seen from the results research, that which affects a husband's support in this study can be seen from the education factor. Education someone can influence the mindset of that person. In general the higher one's education easier to receive information. Related about exclusive breastfeeding level education very closely related to one's ability to absorb or receive information and someone can think of what is best for family or can think more rationally and can be received by everyone.

The results of the analysis in this study same with theory according to Wawan (2012), education means guidance which given someone else's direction certain defining ideals humans to do and fill life to achieve salvation and happiness Education is needed for information such as things that support health so can improve quality of life. Education could influence someone includes a person's behavior, especially the inner lifestyle, motivated to participate in development. In general the higher one's education easier to receive information (Wawan & Dewi, 2012).

Relationship between Knowledge Level and Exclusive Breastfeeding

Based on the results of the study, Table 4 can be seen that respondents who do not have more exclusive breastfeeding found in respondents who have a low level of knowledge which is 23 Respondents (71.9%) were compared with respondents who have a level high knowledge of 3 people respondents (21.4%). Whereas at respondents who have babies 6-12 month ASI exclusively with high knowledge of 11 people (78.6%) respondents and respondents who have 6-12 months babies ASI exclusively with knowledge low as many as 9 people (28.1%) respondent. Statistical results obtained ρ value = 0.004 ($\rho < 0.05$), meaning there is the relationship between husband's level of knowledge by giving exclusive breastfeeding at Aia Pacah Subdistrict Working Area Air Dingin Health Center in 2018.

The results of this study are the same as Research The results of this study are almost the same with research (Sari, 2011) about relationship between the characteristics of knowledge, attitudes and father's support for giving Exclusive breastfeeding in the working area Talang Solok found a relationship level of knowledge of respondents with exclusive breastfeeding ($p = 0.019$). In line with research (Sahulika, Rahayuning, & Rahfiludin, 2015) and research (Juherman, 2008) that knowledge is very meaningful to exclusive breastfeeding because of the results research shows that there is a meaningful relationship between father's knowledge with the practice of breastfeeding exclusively. Where a father has a lack of knowledge about ASI exclusive opportunity 3.4 times his wife not to give exclusive breastfeeding (Sahulika, Rahayuning, & Rahfiludin, 2015).

In this study, adequate family support was significantly associated with practicing exclusive breastfeeding. This finding is consistent with that of a previous study that indicated that family support can increase exclusive breastfeeding achievement (WHO, 2009; Lailatussu *et al.*, 2018)

Relationship between husband's support and exclusive breastfeeding

Based on results research, found that respondents were having a baby 6-12 months is not exclusive breastfeeding found on respondents who have husband's support negative in giving exclusive breastfeeding that is (59%) compared to respondents who have husband's support positive that is (42.9%). On the respondent who has 6-12 months babies Exclusive breastfeeding with negative support 16 people (41%) respondents and respondents who have babies 6-12 month that is exclusive breastfeeding with support positive as many as 4 people (57.1%) respondent.

The statistical test results obtained ρ value = 0.682 ($\rho < 0.05$), meaning there is no relationship level of knowledge with exclusive breastfeeding Aia Pacah Subdistrict Working Area Air Dingin Health Center in 2018.

The results of this study are different from research (Sari, 2011) about Relationships characteristics of knowledge, attitude and father's support for breastfeeding exclusively in the Puskesmas Working Area Talang Solok found a relationship husband's support with breastfeeding exclusive ($p = 0.034$). And in line too with research (Sahulika, Rahayuning, & Rahfiludin, 2015) and research (Juherman, 2008) that support husbands very important in the practice of giving Exclusive breastfeeding.

This study has revealed that the majority mothers are dependent on their husband for income. Therefore, particularly mothers who are divorced have a lot difficulty to support the child as most of the income came from the husband. They try to work as soon as possible after delivery (most of the time home to home laundry, cooking, day laboring in construction, etc.) and so it will be difficult to exclusively breastfed their child (Tsegaye *et al.*, 2019).

V. CONCLUSION

It can be concluded that More from half of the respondents who have babies 6-12 months that is not exclusive breastfeeding, more from half the level of husbands knowledge low in breastfeeding practices Exclusive, almost all husband's support negative in the practice of breastfeeding Exclusive, there is a level relationship father's knowledge with breastfeeding Exclusive, No support relationship husband with exclusive breastfeeding at Aia Pacah Subdistrict Working Area Air Dingin Health Center in 2018.

REFERENCES

- Afrose, L. *et al.* (2012) "Factors associated with knowledge about breastfeeding among female garment workers in Dhaka city," *Original Research*, 1(3), pp. 249–255.
- Alamirew, M. W. *et al.* (2017) "Knowledge and Attitude towards Exclusive Breast Feeding among Mothers Attending Antenatal and Immunization Clinic at Dabat Health Center , Northwest Ethiopia : A Cross-Sectional Institution Based Study," *Nursing Research and Practice*. Hindawi, 2017, pp. 1–9. doi: 10.1155/2017/6561028.
- Amelinda, R. H., Astuti, S. and Yuliani, A. (2019) "The Description of Husband ' s Knowledge and Support of Giving Exclusive Breastfeeding in Mekargalih, Jatinangor, Indonesia," in *The 2nd International Meeting of Public Health 2016 Public Health Perspective of Sustainable Development Goals: Challenges and Opportunities in Asia Pacific Region V*, pp. 254–261. doi: 10.18502/kl.v4i10.3794.
- DKK. (2016). *Profil Kesehatan Kota Padang*. Padang: Dinas Kesehatan Kota Padang.
- Elyas, L. *et al.* (2017) "Exclusive Breastfeeding Practice and Associated Factors among Mothers Attending Private Pediatric and Child Clinics , Addis Ababa , Ethiopia : A Cross-Sectional Study," *international journal of pediatrics*, 2017, pp. 1–9.
- Juherman, Y. N. (2008). *Skripsi Pengetahuan, Sikap dan Peranan Ayah Terhadap Pemberian ASI Eksklusif*. IPB.
- Kemenkes, R. (2016). *Pekan ASI Indonesia*. Jakarta: Kemenkes RI.
- Kemenkes, R. (2014). *Pusat Data dan Informasi*. Jakarta: Kemenkes RI.
- Lailatussu, M. *et al.* (2018) "Family Support as a Factor Influencing the Provision of Exclusive Breastfeeding among Adolescent Mothers in Bantul , Yogyakarta Dukungan Keluarga sebagai Faktor yang Memengaruhi Pemberian ASI," *National Public Health Journal*, 12(3), pp. 114–119. doi: 10.21109/kesmas.
- Mohamad, N. *et al.* (2015) "Knowledge and Attitude towards Exclusive Breastfeeding Practices among fathers who attend Primary Health Care Facilities in Suburban , Malaysia," *International Journal of Collaborative Research on Internal Medicine & Public Health*, 7(7), pp. 154–163.
- Nurfa'izah, D. A., Sinaga, E. and Mabe, W. (2019) "g Breastfeeding omong Mothers of Dani Tribein Sub - District Angkasa , Jayapura," *KnE Publishing*.
- Pertiwi. (2012). *Skripsi Gambaran Faktor-Faktor yang Mempengaruhi Pemberian ASI Ekalusif di Kelurahan Kunciran Indah Tangerang*. Universitas Indonesia.
- Ratnasari, D. *et al.* (2017) "Family support and exclusive breastfeeding among Yogyakarta mothers in employment," *Asia Pac J Clin Nurt*, 26, pp. 31–35. doi: 10.6133/apjcn.062017.s8.

- Senghore, T. *et al.* (2018) “Predictors of exclusive breastfeeding knowledge and intention to or practice of exclusive breastfeeding among antenatal and postnatal women receiving routine care : a cross-sectional study,” *International Breastfeeding Journal*, 13(9), pp. 1–8. doi: <https://doi.org/10.1186/s13006-018-0154-0>.
- Sahulika, H., Rahayuning, D., & Rahfiludin, M. Z. (2015). Faktor Determinan Ayah yang Berhubungan dengan Praktik ASI Eksklusif Di Wilayah Kerja Puskesmas Gayamsari Kota Semarang. *Jurnal Kesehatan Masyarakat* , 3 (3) , 2356-3346.
- Sari, R. R. (2011). *Skripsi Hubungan Karakteristik Pengetahuan, Sikap dan Dukungan Ayah Terhadap Pemberian ASI Eksklusif di Wilayah Kerja Puskesmas Talang Solok*. Universitas Indonesia .
- Syamsiah, S. (2011) “Tingkat pengetahuan suami mengenai asi eksklusif dan hubungannya dengan penerapan breastfeeding father,” *Jurnal Kesehatan Prima*, 3(1), pp. 1–13.
- Thet, M. M. *et al.* (2016) “Barriers to exclusive breastfeeding in the Ayeyarwaddy Region in Myanmar : Qualitative findings from mothers , grandmothers , and husbands,” *Appetite*. Elsevier, 96, pp. 62–69. doi: 10.1016/j.appet.2015.08.044.
- Tsegaye, M. *et al.* (2019) “Level of exclusive breastfeeding practice in remote and pastoralist community , Aysaita woreda, Afar, Ethiopia,” *International Breastfeeding Journal*. International Breastfeeding Journal, 14(6), pp. 1–15.
- Wawan, A., & Dewi, M. (2012). *Teori dan Pengukuran Pengetahuan, Sikap, dan Prilaku Manusia*. Yogyakarta: Nuha Medika.
- WHO (2009) *Global Strategy for Infant and Young Child*.

BIOGRAPHY

First Author. Dewi Susilawati earned the title of a Midwife (Bd) from the Midwifery Education Study Program at Airlangga University in 2012 and earned a Masters degree in Midwifery (M.Keb) from the Andalas University, Faculty of Medicine, Midwifery study program in 2016. Dewi Susilawati now works in DIII midwifery STIKes MERCUBAKTIJAYA Padang. The professional and academic achievements received by the company were The Best 1st Free Papers of Midwifery ops in the event: Oral Presentation of Midwifery with the theme "Midwifery Education Midwifery Care" in 2016 and received a beginner research grant in 2018. The number of current publications 4 articles. The interest of researchers is currently focusing on those related to postpartum mothers.