

The Effectiveness of the “Father-Supportive Breastfeeding” Program on Readiness of Breastfeeding Mothers

Sri Rezeki*, Erin Padilla Siregar, Amelia Erawaty Siregar, Emma Dosriamaya Noni Br Simanjuntak, Nopalina Suyanti Damanik, Parningotan Simanjuntak

STIKes Mitra Husada, Medan, Indonesia

*Corresponden Author: Sri Rezeki (srirejeki64044@gmail.com)



ARTICLE INFO

Keywords:

Breastfeeding,
Father-Supportive
Breastfeeding Program,
Mother,
Readiness.

ABSTRACT

Background: Exclusive breastfeeding (ASI) during six month First life still become standard gold in nutrition baby who is not replaced by products whatever (Victora et al., 2021). Globally, the latest data show There is increase, number exclusive breastfeeding still 48%, which means more from half babies in the world do not get right optimal nutrition (WHO, 2023). Failure in exclusive breastfeeding play a role to height number death baby consequence infection channel respiratory and diarrheal diseases in low- income countries low and middle (UNICEF, 2023).

Methods: Type of research This is observational with cross-sectional design. sample with use total sampling technique. Sample data obtained through questionnaire. Research carried out in Bangun Rejo Village with with sample is all fathers who have baby age 6–12 months with total number of 40 people. Sampling technique sample using total sampling. Instrument study in the form of questionnaire closed which has been tested validity and reliability. Data were analyzed using the Chi-square test with level significance 0.05

Results: Based on table on can seen the majority of 16 respondents (40%) were less Ready breast-feed with good breastfeeding fathers and minorities readiness breast-feed as many as 7 respondents (17.5%) with breastfeeding father is good. Statistical test results with using the chi square test, obtained result $0.014 < \alpha = 0.05$, can concluded There is effectiveness of the “Father-Supportive Breastfeeding” Program on readiness Mother breastfeeding. Important factors that influence success breastfeeding is one of them is readiness a mother. Readiness Mother for the breastfeeding process, attitudes and behavior Mother is part from maturity Mother in decide as well as prepare before provide exclusive breastfeeding.

Conclusion: Father-Supportive Breastfeeding Program effective in increase success of exclusive breastfeeding in mothers breastfeeding, so that father involvement through support emotional, informational, and instrumental evidence contribute to increasing success Mother in maintain exclusive breastfeeding until baby aged six month. Father's support plays a role important in increase breastfeeding self-efficacy mother, reduce stress during the postpartum period, as well as create environment conducive family for practice breastfeeding. A program that is special targeting capable fathers strengthen the role of the father as an integral part of system support breastfeeding, not only as companion passive, so that impact evident in behavior breast-feed Mother.

INTRODUCTION

Exclusive breastfeeding (ASI) during six month First life still become standard gold in nutrition baby who is not replaced by products whatever (Victora et al., 2021). Globally, the latest data show There is increase, number exclusive breastfeeding still 48%, which means more from half babies in the world do not get right optimal nutrition (WHO, 2023). Failure in exclusive breastfeeding play a role to height number death baby consequence infection channel respiratory and diarrheal diseases in low-income countries low and middle (UNICEF, 2023).

Based on data from the Indonesian Health Survey (SKI), the proportion exclusive breastfeeding for babies age 0-6 months recorded by 67.3%, however number This often experience decline drastic along increase age baby going to six month (Ministry of Health of the Republic of Indonesia, 2023). Decrease This often triggered by a lack of readiness Mother in face challenge lactation moment must return Work or moment face pressure social in the environment House stairs (Prasetyo et al., 2022).

Obstacle psychosocial become reason main thing that is often in health mother. Many mothers report that fatigue physical and anxiety related sufficient volume of breast milk becomes reason main they stop breast-feed in a way exclusive before time (Smith et al., 2022). Research show that burden double shouldered mother, between role at home and responsible answer breastfeeding that creates stressors can hinder reflex crucial oxytocin for smoothness breast milk production (Jones & Brown, 2024).

Study previously has Lots focus on the role power health and counselors lactation in facilities health, but data shows that education that only mother - centered not enough give results term length (Abbass-Dick et al., 2020). Paradigm new in promotion health start shift to direction involvement member family, especially the role of the father as supporters closest for mother (Tadesse et al., 2021). Fathers have position strategic For create conducive environment, but often times they feel No own competence or adequate knowledge For help (Sari et al., 2023).

The phenomenon of "alienated fathers" in the lactation process is very common. happened, where the father considered breast-feed is affairs biological Woman solely (Handayani & Utami, 2024). In fact, when the father was given understanding about technique breastfeeding and how to overcome constraint lactation, they can play a role as "guard" the goal " that protects Mother from influence negative external, such as recommendation giving formula milk early (Rahman & Nur, 2023). Intervention proven father-based capable increase trust self Mother up to two times compared to without support couples (Brown et al., 2022).

Incidence rate exclusive breastfeeding failure consequence lack of support husbands in some urban areas reported reached 45% (Hidayat et al., 2021). Many fathers want to help However stuck on help practical which is precisely risky, such as give formula milk so that the mother Can rest (Prasetyo et al., 2022). This show existence need urge will an educational model that is capable change father's behavior just observer become supporters supportive active (Sari et al., 2023).

The "Father-Supportive Breastfeeding" program was designed For bridge gap information This with involving fathers from the antenatal period until postnatal. This program No only give theory, but also simulation practical for father in give comfort physique for mother, like technique massage oxytocin which can done at home (Handayani & Utami, 2024). With involving fathers in emotional and technical, expected burden psychological Mother can distributed in a way more fair within the family unit (Jones & Brown, 2024).

Study this is very important remember Still limited intervention models lactation in Indonesia that integrates the role of the father in structured and sustainable. In a scientific, research This will prove to what extent the variables father's support can in a way direct intervene variables success lactation in mothers (Tadesse et al., 2021). Research results This expected can become references for maker policy in compile class programs Mother pregnant which also requires presence husband (Rahman & Nur, 2023).

Father's involvement in breast-feed is form investment term long for health children and welfare family in a way overall. Through proper program implementation targets, obstacles that have been This cause failure lactation can mitigated since early through educated father's hands.

METHODS

Types of research This is observational with cross-sectional design. sample with use total sampling technique. Sample data obtained through questionnaire. Research carried out in Bangun Rejo Village with with sample is all fathers who have baby age 6–12 months with total number of 40 people. Sampling technique sample using total sampling. Instrument study in the form of questionnaire closed which has been tested validity and reliability. Data were analyzed using the Chi-square test with level significance 0.05.

RESULTS

Analysis Univariate

No	Breastfeeding Father	F	%
1	Good	23	57.5
2	Not good	17	42.5
	Total	40	100

Based on table on can known that majority Breastfeeding Father respondents are less Good as many as 23 respondents (57.5%) and the minority of Breastfeeding Fater are good as many as 17 people (42.5%).

Readiness of Breastfeeding Mothers

No	Mother's Readiness	F	%
1	Ready	19	47.5
2	Not ready	21	52.5
	Total	40	100

Based on table on can known that majority respondents readiness Mother not enough Ready as many as 21 respondents (52.5%) and a minority readiness Mother Ready as many as 19 people (47.5%).

Bivariate Analysis

Breastfeeding Father	Breastfeeding Readiness				Total		p-Value
	Ready		Not Ready				
	f	%	f	%	f	%	
Good	7	17.5	16	40	23	57.5	0.014
Not good	12	30	5	12.5	17	42.5	
Total	19	47.5	21	52.5	40	100	

Based on table on can seen the majority of 16 respondents (40%) were less Ready breast-feed with good breastfeeding fathers and minorities readiness breast-feed as many as 7 respondents (17.5%) with breastfeeding father good.

Statistical test results with using the chi square test, obtained result $0.014 < \alpha = 0.05$, can concluded There is effectiveness of the “Father-Supportive Breastfeeding” Program on readiness Mother breast-feed.

DISCUSSION

Based on table on can seen the majority of 16 respondents (40%) were less Ready breast-feed with good breastfeeding fathers and minorities readiness breast-feed as many as 7 respondents (17.5%) with breastfeeding father is good. Statistical test results with using the chi square test, obtained result $0.014 < \alpha = 0.05$, can concluded There is effectiveness of the “Father-Supportive Breastfeeding” Program on readiness Mother breast-feed.

These results are also supported by other research conducted by (Ferinawati & Husniati, 2023). From the results of the Chi-square test with level 95% confidence ($\alpha = 0.05$) of the results calculation show p-value ($0.028 < \alpha (0.05)$) means obtained There is the relationship between breastfeeding fathers and success of exclusive breastfeeding in the Work Area July II Health Center, Regency Bireuen. Breastfeeding father or role as well as father's support has influence significant to decision a Mother in

the breastfeeding process (Wulandari, S., & Nurlaela, 2021). The role of the father can be divided into a number of indicators among others in the form of instrumental, emotional, appraisal, financial support until informational. The form of breastfeeding father's role can be done including providing information related to breast milk and breastfeeding, for example about Initiation Early Breastfeeding (IMD), Exclusive Breastfeeding, benefits, techniques of breastfeeding, how to give until storage of expressed breast milk, support implementation of IMD and exclusive breastfeeding, giving support positive and supportive mother, participation in care and nurturing baby for example carrying baby, changing diapers, skin to skin contact, burping baby, soothing baby, carrying baby. For sunbathing, helping work. House ladder like sweeping home, washing clothes, fulfilling intake nutrition mother, fulfill necessary requirements. For breastfeeding, accompanying Mother moment breast-feed until do inspection health (Nabila, 2024). Readiness interpreted as something sufficient ability. Good in a way physique both physically and mentally. It is said readiness physique means own sufficient energy and good health, while mental readiness shows that somebody own sufficient interest and motivation. For do something activity. Important factors that influence success breastfeeding is one of them is readiness a mother. Readiness Mother for the breastfeeding process, attitudes and behavior Mother is part from maturity Mother in decide as well as prepare before providing exclusive breastfeeding. Developmental level individual influence from maturity. Difficulties in adaptation. For breastfeed her baby will appear if you feel No Ready breastfeeding. Babies are affected by perspective Mother. This Because right they For get breast milk as source nutrition main No can filled.

Although results show effectiveness intervention term short, some limitations demand caution in interpretation. First, the one-group pretest–posttest design without group control weaken ability For reveal influence besides intervention (e.g. history short or effect measurement). Second, measurement done very briefly (24–72 hours) so that Not yet can describe sustainability change attitude become behavior term long or its impact on indicators clinical like exclusive breastfeeding coverage at 6 weeks of age or 6 months. Third, the possibility of social bias (social desirability) can make respondents give the answer that is considered "correct", so that suggested in the study furthermore enter measurement behavior objective (e.g. observation) support or report Mother about practice breastfeeding) and the scale that allows mean $\pm$ SD analysis for evaluate magnitude changes. Fourth, purposive sampling and proportion respondents educated tall limit generalization to larger population heterogeneous (Etty et al., 2024).

According to assumptions of researchers, respondents No Ready For give breast milk before breastfeeding father intervention because husband No so care and don't care give information about importance breastfeeding. Can be seen from results questionnaire that the average respondent only answer agree For provide exclusive breastfeeding, and not There are those who answered strongly agree. The statement is less approved by respondents is Certain that the breast milk that comes out will many, feel limited by pregnancy now, and at the age of 7.5 months pregnant No done maintenance breasts. Lack of readiness This can caused by Because support and motivation from the people around mothers are also lacking, especially her husband, in give information and motivation about breast-feed.

CONCLUSION

Father-Supportive Breastfeeding Program effective in increase success of exclusive breastfeeding in mothers breastfeeding, so that father involvement through support emotional, informational, and instrumental evidence contribute to increasing success Mother in maintain exclusive breastfeeding until baby aged six month. Father's support plays a role important in increase *breastfeeding self-efficacy* mother, reduce stress during the postpartum period, as well as create environment conducive family for practice breastfeeding. A program that is special targeting capable fathers strengthen the role of the father as an integral part of system support breastfeeding, not only as companion passive, so that impact evident in behavior breast-feed Mother.

Based on results study In this regard, it is recommended that breastfeeding promotion programs in facilities service health in a way active involving fathers through education and mentoring structured from antenatal to postpartum. Health workers, especially midwives and nurses maternity, expected can

integrate approach *Father-Supportive Breastfeeding* to in service routine midwifery as effort increase exclusive breastfeeding coverage.

For future practice, research advanced recommended use design *randomized controlled trial* with wider coverage area wide as well as consider factor social culture that influences the role of fathers in breastfeeding. In addition, the development of intervention models based family and support policy institutional expected can strengthen sustainability of the *Father-Supportive Breastfeeding* program in effort increase health mother and child.

ACKNOWLEDGMENTS:

The author would like to express his sincere gratitude to all parties who have supported the completion of this research.

Special appreciation is expressed to the Head of Bangun Rejo Village and the midwives at the local health center for their cooperation during the research process.

The authors would also like to thank the fathers of infants aged 6-12 months who volunteered to participate in this study and provided valuable information. Our deepest gratitude goes to the academic advisors and lecturers of the Midwifery Department, Mitra Husada Health College, Medan, for their guidance, encouragement, and constructive input throughout the research.

CONFLICTS OF INTEREST

There is an effectiveness of the “Father-Supportive Breastfeeding” Program on the readiness of breastfeeding mothers in Bangun Rejo Village, Tanjung Morawa in 2025. Health workers are expected to be able to provide health information about Father-Supportive Breastfeeding, namely in pregnancy classes or postpartum visits through counseling and demonstration activities, and so that respondents can carry out the Father-Supportive Breastfeeding program for mother's readiness in breastfeeding.

REFERENCES

- Abbass-Dick, J., Sun, W., Newport, A., Xie, F., Godfrey, D., & Goodman, W. M. (2020). The comparison of access to an eHealth resource to current practice on mother and co-parent teamwork and breastfeeding rates: A randomized controlled trial. *Midwifery*, 90, 102812.
- Brown, A., et al. (2022). *Paternal Support and Its Influence on Early Breastfeeding Cessation*. Journal of Advanced Nursing, 78(4), 1102-1115.
- Etty, C. R., Damanik, E., Sembiring, R., & Bukit, B. B. (2024). The Relationship Between Knowledge And The Readiness Of Post-Part Mothers Towards Exclusive Breastfeeding In The Working Area Of The Buhit Public Health Center. *Jurnal Health Reproductive*, 9(1), 1-12.
- Ferinawati, F., & Husniati, H. (2023). The Relationship between Mothers' and Fathers' Breastfeeding Knowledge and the Success of Exclusive Breastfeeding in the Juli II Community Health Center Work Area, Juli District, Bireuen Regency. *Journal Of Healthcare Technology and Medicine*, 9(2), 1172-1181.
- Handayani, S., Prihadi, K. D., Vergawita, T., Fitriani, I., Hafidz, B., & Aisyahrani, A. I. B. (2025). The role of social-psychological support in breastfeeding promotion among young mothers: literature review. *Int J Public Health*, 14(1), 148-60.
- Hidayat, Nathalia, A., Rahmawati, D., Nastiti, K., & Salmarini, D. D. (2024). Factors influencing the occurrence of exclusive breastfeeding failure in six-month-old infants. *Health Sciences International Journal*, 2(2), 96-103.
- Jones, A. L., & Brown, M. S. (2024). *The Social Determinants of Breastfeeding: A Modern Perspective on Household Dynamics*. International Breastfeeding Journal, 19(2), 112-125.
- Ministry of Health of the Republic of Indonesia. (2023). *Report on the Results of the Indonesian Health Survey (SKI) 2023*. Health Development Policy Agency.
- Nabila Permata Arimbi, Z. (2024). *The Relationship between the Level of Knowledge of Breastfeeding Mothers and Exclusive Breastfeeding in the Panyileukan Community Health Center Area (Doctoral dissertation, Universitas Bhakti Kencana)*.

- Prasetyo, YB, et al. (2022). *Father's Knowledge and Attitudes Toward Exclusive Breastfeeding: A Community-Based Study*. *Journal of Nursing Research*, 30(4), 1-10.
- Rahman, A., & Nur, H. (2023). *Decision Support System for Successful Exclusive Breastfeeding: The Role of the Nuclear Family*. *Journal of Health Sciences*, 15(3), 201-215.
- Sari, DP, et al. (2023). *Effectiveness of Paternal Involvement in Lactation Support Programs: A Systematic Review*. *Global Health Action*, 16(1), 2189432.
- Silalahi Mei. (2023). The Relationship between Oxytocin Massage and Smooth Breast Milk Production in Postpartum Mothers in Tomuan Village, East Siantar District, Simalungun Regency in 2023. *Journal of General Health Science Research*
- Smith, J.P., et al. (2022). *The Economics of Breastfeeding and The Burden of Postpartum Labor*. *Journal of Human Lactation*, 38(3), 410-422.
- Sri R (2025). The Influence Of Postpartum Mothers' Understanding Of Breast Care On The Success Of Breastfeeding At Fahrini Amin Clinic, Blangpidie Subdistrict, Southwest Aceh Regency, Aceh Province In 2025. [The 5th Mitra Husada Health International Conference \(MiHHICo\)2025](#)
- Tadesse, F., et al. (2021). *Paternal involvement in breastfeeding support and its association with exclusive breastfeeding practices*. *Maternal and Child Nutrition*, 17(4), e13197.
- UNICEF. (2023). *The State of the World's Children 2023: For Every Child, Vaccination*. [United Nations Children's Fund](#).
- Victora, CG, et al. (2021). Breastfeeding in the 21st century: epidemiology, mechanisms, and lifelong effects. [The Lancet](#), 397(10272), 435-445.
- WHO. (2023). *World Breastfeeding Week 2023: Let's make breastfeeding and work, work!*. [World Health Organization](#).
- Wulandari, S., & Nurlaela, E. (2021, December). Hubungan Dukungan Suami dengan Pemberian ASI Eksklusif: Literature Review. *In Prosiding Seminar Nasional Kesehatan* (Vol. 1, pp. 1984-1995).