

INFLUENCE OF HUSBANDS' ATTITUDES VERSUS KNOWLEDGE ON MATERNAL BREASTFEEDING SELF-EFFICACY POST-CAESAREAN SECTION

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ABSTRACT

Self-efficacy predicts a mother's decision to breastfeed, the level of effort invested in breastfeeding, and the responses to challenges faced during the process. This study aims to determine the relationship between a husband's knowledge and attitude towards exclusive breastfeeding and the self-efficacy of mothers who have undergone cesarean sections. The design of this research is correlational with a cross-sectional framework. The sample consisted of 38 mothers post-cesarean section and their husbands, obtained through a Non-Probability Sampling technique using sequential sampling in the Al Aqsha 4th room of Haji Hospital, East Java Province. The analysis in this study employs Spearman's rho. The instrument assessed husbands' knowledge and attitudes regarding exclusive breastfeeding and the short form of breastfeeding self-efficacy (BSE-SF). The study results indicated that the knowledge level of most husbands fell into a suitable category, at 89.5%. Most husbands exhibited positive attitudes, at 65.8%. Meanwhile, the majority of post-cesarean section mothers recorded high levels of breastfeeding self-efficacy, at 78.9%. The results of the Spearman rho test regarding the knowledge and self-efficacy of breastfeeding mothers following cesarean sections yielded $p=0.141$ (>0.05). In contrast, the relationship between husbands' attitudes and the self-efficacy of breastfeeding mothers post-cesarean section was $p=0.022$ (<0.05). While the knowledge and attitudes of husbands regarding exclusive breastfeeding are categorized mainly as good, their knowledge does not influence the self-efficacy of mothers breastfeeding after cesarean delivery.

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Highlights:

1. Self-efficacy of breastfeeding post-cesarean section mothers
2. Husband's knowledge and attitude towards the realization of breastfeeding after caesarean section.

INTRODUCTION

Exclusive breastfeeding for the first 6 months of a child's life is part of implementing the gold standard Infant and Child Feeding (ICF) recommended by World Health Organization (WHO) and UNICEF. UNICEF estimates that breastfeeding exclusively for up to 6 months can prevent the deaths of 1.3 million children under the age of 5 years. However, still, less than half of the world's population breastfeeds exclusively in their infants (0-5 months), with a global rate of 36%¹. UNICEF has set a target of 80% by 2025 for each country to carry out exclusive breastfeeding. Based on data from WHO, the average rate of exclusive breastfeeding worldwide in 2022 is only 44% of the 50% exclusive breastfeeding target². According to Basic Health Research (RISKESDAS), in 2021, 52.5 percent – or only half of the 2.3 million babies under six months received exclusive breastfeeding in Indonesia, which decreased by 12 percent in 2019². Only 67.96% of Indonesians were exclusively breastfeeding in 2022, compared to 69.7% in 2021. This indicates that more intensive support is needed to increase this coverage, achieving the national target set by the government, which is as much as 80%².

In the meantime, in the province of East Java, 66.90% of infants under 6 months old in 2020, 69.61% in 2021, and 69.72% in 2022 experienced exclusive breastfeeding². Indonesia's exclusive breastfeeding coverage in 2022 was recorded at only 67.96%, down from 69.7% in 2021, indicating the need for more intensive support to increase, achieving the target set by the government nationally, which is as much as 80%². Meanwhile, in

East Java, the percentage of babies under 6 months who receive exclusive breastfeeding is 66.90% in 2020, 69.61% in 2021, and 69.72% in 2022².

External factors are the family factors, especially the husband. Misperception and inadequate support for breastfeeding are still challenges in many places³. Internal factors, namely post-caesarean section mothers, are faced with challenges in the recovery of post-caesarean section surgery and its treatment, so they often have difficulty breastfeeding at the beginning of the postpartum period⁴.

Problems surrounding exclusive breastfeeding are always essential to pay attention to. Breastfeeding difficulties, among others, arise in Post-Cephalan Section patients and significantly affect the self-efficacy of breastfeeding mothers. Therefore, it is essential for researchers interested in conducting a study on the relationship between a husband's knowledge and attitude about exclusive breastfeeding and the self-efficacy of post-caesarian section mothers to survey this relationship.

MATERIALS AND METHODS

This study uses a correlational research design, which is a research design used to reveal the relationship between two or more variables and the strength of the correlation between variables through a correlation test and a cross-sectional research design. The technique used for sampling is Non-Probability Sampling with sequential sampling. Research at Haji Hospital of East Java Province in January-March 2024. This research has been declared ethically feasible by the ethics committee of The Hajj Hospital of East

Java Province no. 445/025/KOM. ETIQUE /2024 on February 1, 2024..

Researchers collecting data use questionnaires that contain questions and statements that respondents will answer. The inclusion criteria in this study were post-cesarean section patients, husbands, and patients who were in the treatment room and could read and write. The exclusion criteria were patients who had contraindications to breastfeeding (based on the decision of the pediatrician in the room) or the baby died, patients and/or husbands who left the research location during the research process, and patients whose husbands did not accompany them during the treatment period. The questionnaire consists of a demographic characteristics questionnaire, a husband's knowledge questionnaire related to exclusive breastfeeding, a husband's attitude questionnaire related to exclusive breastfeeding, and a breastfeeding self-efficacy questionnaire.

This study's data analysis was done in univariate and bivariate stages. Univariate analysis is used to obtain a picture of the frequency distribution of each variable studied. Bivariate analysis aims to test the relationship between independent variables and dependent variables. In this study, the scale of knowledge, attitude, and self-efficacy data on breastfeeding are ordinal data. Each variable is then correlated/connected using the Spearman Rho correlation test with a significance level of 0.05.

RESULTS

Respondents in this study were post-cesarean section mothers and their husbands who were in the inpatient room of Al-Aqsha 4, Haji Hospital, East Java

Province, Surabaya, Indonesia. Table 1 below shows the characteristics of the respondents in this study.

Table 1. Respondent Characteristics

Characteristics	Category	Frequency (f)	Percentage (%)
Mother's age	20-35 years	30	78.9
	>35 years	8	21.1
Mother's education	Lower Education (Elementary, Junior)	14	36.9
	High Education (Senior, University)	24	63.1
Mother's job	Housewife (IRT)	24	63.2
	Private employee	10	26.3
	Self-Employee	4	10.5
Father's age	20-35 years	27	71.7
	>35 years	11	28.9
Father's education	Lower Education (Elementary, Junior)	11	28.9
	High Education (Senior, University)	27	71.1
Father's job	Civil Servants	2	5.3
	Private employee	23	60.5
	Self-employee	13	34.2
Family Income	< Rp. 1.400.000	7	18.4
	Rp. 1.400.000 – Rp 3.000.000	16	42.1
	> Rp 3.000.000	15	39.5

There were 38 married couples in the study's sample. According to the demographic data of the study's respondents, women of healthy reproductive age (20–35 years old) made up the majority (78.9%), with women of at-risk reproductive age (over 35 years old) making up the remaining minor percentage. Among those who fall into the group of college and high school graduates, the majority of respondents (63.1%) had advanced degrees. Sixty-two percent of the study's respondents are housewives.

Table 2. Distribution of patients based on current delivery history

Characteristic	Category	Frequency(f)	Percentage (%)
gravida status	1	11	28.9
	2	14	36.8
	3	9	23.7
	4 or more	4	10.5
caesarian section indication	Elective	26	68.4
	Cito	12	31.6
Gestation period	< 37 weeks	0	0
	37- 42 weeks	38	100
	> 42 weeks	0	0
Baby gender	Boys	18	47.4
	Girls	20	52.6
Birth weight	< 2500 grams	5	13.2
	2500 – 4000 gram	29	76.3
	> 4000 grams	4	10.5
Apgar Score	< 7	0	0
	> 7	38	100

According to the data, 71.7% of the respondents' spouses were between the ages of 20 and 35; 71.1% had completed college or high school, and private companies employed the majority (60.3%). According to the above data, 38 respondent couples earned between IDR 1,400,000 and IDR 3,000,000 per family, accounting for 42.1%; 18.4% earned less than IDR 1,400,000, while the other respondents earned more than IDR 3,000,000.

The majority of those surveyed are now parents to their second kid. Most caesarean section indications are elective or scheduled, and they are all within the typical gestational range of 37–42 weeks. Predominantly female babies who weigh between 2500 and 4000 grams, which is the usual range, and whose Apgar score is greater than 7, qualify for joint care.

Table 3. The Distribution of breastfeeding history and previous caesarean section

Characteristic	Category	Frequency (f)	Percentage (%)
Have a history of caesarean section	Yes	16	42.1
	No	22	57.9
Have experience breastfeeding	Yes	27	71.1
	No	11	28.9
Breastfeeding experience	Exclusive breastfeeding	17	44.7
	Breastfeeding and infant formula	9	23.7
	Infant formula only	1	2.6
	have no experience breastfeeding	11	28.9

Most of the study respondents, primigravida and multigravida, stated that this caesarean section was their first experience. Respondents who had breastfeeding experience had given exclusive breast milk to their babies.

Table 4. Results of measuring husband knowledge and attitudes, and self-efficacy of breastfeeding mothers on post caesarean section at the Haji Hospital of East Java Province on February 1, 2024 – March 10, 2024

Measurement	Knowledge	Attitude	Self-efficacy breastfeeding
Minimum	55	53	43
Maximum	100	76	70
Median	87,5	67	56
Mean	86,8	65,5	56,6
SD	9,76	7,22	6,88

Table 4 explains the husband's knowledge data, distributed from 55 to 100. Most data is concentrated around the high value, considering the median (87.5) is closer to the maximum value than the minimum value. The relatively low standard deviation from the mean indicates that most values are close to the average.

The husband's attitude data,

distributed from 53 to 76, shows a relatively large value variation. The average (mean), slightly lower than the median, indicates that the data distribution may be skewed somewhat towards lower values. The moderate standard deviation (7.22) indicates that there is quite a significant variation around the average, but not too extreme.

The breastfeeding self-efficacy data range from 43 to 70, indicating quite a significant variation between the minimum and maximum values. The mean is almost the same as the median, indicating that the data distribution tends to be symmetrical. The relatively low standard deviation indicates that most values are close to the average, with slight variation.

Table 5. The relationship between the husband's knowledge about exclusive breastfeeding and the self-efficacy of breastfeeding mothers post-caesarean section

Husbands' Attitudes about Exclusive Breastfeeding	<i>Self-efficacy of breastfeeding mothers on post-caesarean section</i>				Total	
	Low		High			
	f	%	f	%	Σ	%
Negative	3	7.89	2	5.26	5	13.16
Positive	5	13.2	28	73.68	33	86.84
Total	8	21.09	30	78.94	38	100

Using the Spearman rho test, the husband's raw knowledge score was associated with the breastfeeding self-efficacy score of post-caesarean section mothers. The rho coefficient (r) was 0.243, ($p = 0.141$). Thus, it was concluded that there was no relationship between knowledge and breastfeeding self-efficacy of post-caesarean section mothers.

Figure 1 shows a cesarean section diagram related to the relationship between husbands' knowledge and breastfeeding self-efficacy of post-caesarean section mothers.

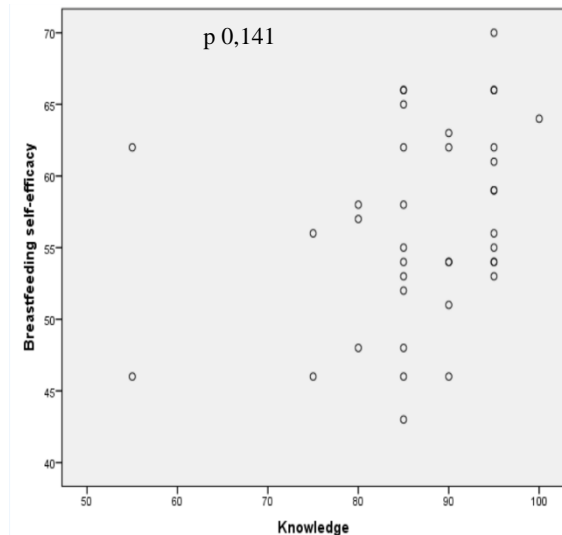


Figure 1. Scatter diagram of the relationship between husband's knowledge about exclusive breastfeeding and breastfeeding self-efficacy of post-caesarean section mothers

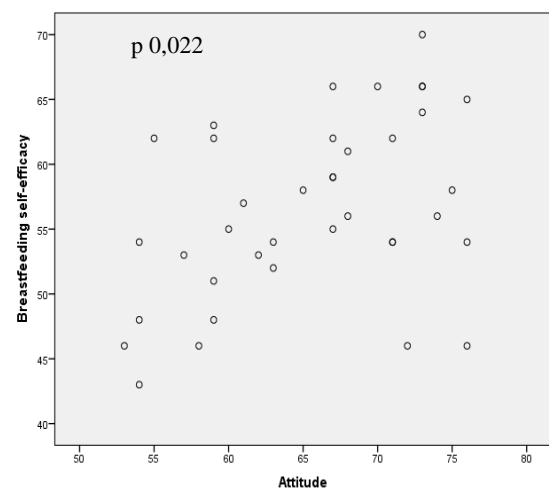


Figure 2 Scatter diagram of the related to the relationship between the husband's attitude and breastfeeding self-efficacy of post-caesarean section mothers

Figure 2 shows a cesarean section diagram related to the relationship between the husband's attitude and breastfeeding self-efficacy of post-caesarean section mothers. Using the Spearman rho test, the husband's attitude raw score was related to the breastfeeding self-efficacy score of post-caesarean section mothers. The rho coefficient (r) was 0.372 ($p = 0.022$). Thus, it was concluded that there was a relationship between knowledge and breastfeeding self-efficacy.

Table 6 Cross-tabulation of husbands' attitudes about Exclusive Breastfeeding with self-efficacy of breastfeeding mothers on post caesarean section at Haji Hospital, East Java Province

Knowledge	Low		High		Σ	%
	f	%	f	%		
Less	1	2.63	1	2.63	2	5.26
Enough	1	2.63	1	2.63	2	5.26
Good	6	15.79	28	73.69	34	89.48
Total	8	21.05	30	78.95	38	100

DISCUSSION

Most of the respondents are of healthy reproductive age. They are mentally mature enough for couples to carry out a selective process to make choices in behavior, including behaviors related to exclusive breastfeeding⁵. The relationship between a mother's age and the type of exclusivity in breastfeeding. Breastfeeding mothers over the age of 35 years need more attention in providing breast milk, especially in using the right educational media and counseling facilities to increase breastfeeding confidence^{6,7}. Post-caesarean section mothers work primarily as housewives, so it is possible to breastfeed.

Their babies are at any time compared to mothers working outside the home⁷⁻⁹. This aligns with research that shows that freelance or full-time mothers have a longer breastfeeding duration than working mothers¹⁰. Related research was also presented in a systematic literature review of 11 articles using primary data from Hong Kong, Italy, Australia, the United States, Canada, China, and Singapore. The publication years ranged from 2015 to 2022. At most, the results showed that mothers who only gave breast milk/pumped breast milk^{11,12}. Mothers who have previous breastfeeding experience will increase self-efficacy. Experience of

success is the source that has the greatest influence on individual self-efficacy because it is based on authentic experience. Some primiparous respondents have high self-efficacy¹².

Husband's knowledge about exclusive breastfeeding

The education of the husband respondents in this study is mainly in the category of higher education (high school and college), so it is very possible to access more information about exclusive breastfeeding. Fathers can increase the potential for breastfeeding because fathers who (Exclusive pumping/Exclusive Expression) tend to have a shorter duration than mothers who breastfeed directly (direct breastfeeding)^{11,12}.

Work and income are interrelated factors determining a family's economic status, which can affect breastfeeding. Manado stated that no relationship exists between a family's economic level and exclusive breastfeeding in infants aged 0-6 months¹³. Women with higher family incomes, those whose partners or spouses had higher levels of education, and women whose partners or spouses had professional or executive occupations were more likely to breastfeed than their peers. After adjusting for possible confounding factors, maternal and paternal education remained positively associated with breastfeeding, while income and occupation were no longer significant¹⁴.

Being educated enough can support his wife or partner and help him learn more about starting and continuing breastfeeding¹⁵. Fathers in Asia have a diverse understanding of breastfeeding, and their involvement in breastfeeding is influenced by personal, cultural, religious, social, and environmental factors¹⁵. Communication between people will lead

to knowledge development from a narrow scope to a broad scope, from a simple to a complex level, and from a vague to a clearer level¹⁵.

Husband's attitude about exclusive breastfeeding

In Asia, father involvement in breastfeeding is a complex and context-sensitive multi-dimensional phenomenon that needs to be widely considered and evaluated¹⁵. All of the men in the survey said they appreciated the health benefits of breastfeeding, acknowledged that it was natural, and empathized with the mother's effort. Otherwise, they did not take part in the breastfeeding decision and believed that giving milk is more comfortable than breastfeeding, felt separated from the breastfeeding process, and felt uncomfortable breastfeeding in public places¹⁶.

Mother's Self-efficacy Breastfeeding after post-caesarean section

Breastfeeding self-efficacy (BSE) is a mother's confidence in her ability to breastfeed or breastfeed her baby¹⁷. Low self-confidence, especially in mothers after cesarean sections, leads to maternal perceptions of a lack of breast milk and the risk of stopping breastfeeding immediately¹⁸. Self-efficacy has a significant and linear effect on motivation. The better the self-efficacy, the more motivation and vice versa increase⁴.

Research on post-caesarean section mothers in the al Aqsha room 4th of Haji Hospital in East Java Province obtained the results that the majority of mothers have breastfeeding self-efficacy in the high category. The self-efficacy of post-caesarean section mothers was lower than that of spontaneous postpartum mothers¹⁸. However, in this study, a high

level of self-efficacy was obtained from the post-section cesarean section mother.

The relationship between the husband's knowledge about exclusive breastfeeding and the self-efficacy of breastfeeding mothers after post-caesarean section

Based on the analysis of the statistical test of husband knowledge and self-efficacy of post-caesarean section breastfeeding mothers using the Spearman rho test, the results of statistical analysis with a value of $p=0.141$ (>0.005) were obtained, which means that there was no significant relationship between husband's knowledge about exclusive breastfeeding and self-efficacy of post-caesarean section breastfeeding mothers. However, there is a relationship between the husband's knowledge about exclusive breastfeeding and the husband's attitude. The statistical test results showed a value of $p=0.021$ ($>0,005$).

Another study on the relationship between husband knowledge and maternal behavior in exclusive breastfeeding conducted in Negeri Sakti village, Gedong Tataan District, Pesawaran Regency obtained different results that showed that there was a meaningful relationship between husband knowledge and maternal behavior in exclusive breastfeeding in infants 6 to 12 months¹⁹. Likewise, a study conducted in the UPTD Bantar Health Center work area in Tasikmalaya stated that a relationship was found between the husband's knowledge about breastfeeding and the mother's motivation²⁰.

The husband's knowledge is essential in determining the husband's attitude toward breastfeeding. However, the husband's knowledge may not immediately affect breastfeeding self-efficacy if it is not manifested in the form of real action, such as a positive attitude of the husband towards

his wife. Concrete action of supporting breastfeeding from the husband will emerge if the husband's knowledge is processed into adopting new behaviors.

The relationship between the husband's attitude about exclusive breastfeeding and the self-efficacy of breastfeeding mothers after caesarean section

Based on the results of the study, it is known that there is a significant relationship between the husband's attitude and the self-efficacy of breastfeeding mothers after caesarean section in the Al Aqsha 4th room, Hajj Hospital, East Java Province. In this study, the husband respondents were those who were with their wives during treatment. So, the husband's presence and role are meaningful to mothers. The results of this study are the same as those of the research related to husband attitudes and exclusive breastfeeding behavior in Negeri Sakti village, Gedong Tataan District, Pesawaran Regency¹⁹.

Research in Bugmali, Nepal, showed that mothers who received support from their husbands were 10 times more likely to report confidence in breastfeeding than those who did not receive support, according to Nepali and Shakya²¹. The father's role is considered necessary in a family, so the perception of the spouse or wife towards the father's attitude can change his or her subjective criteria regarding exclusive breastfeeding (EBF)¹⁵. A positive attitude toward breastfeeding can show the role of the husband, who supports breastfeeding self-efficacy.

Husbands' support will make breastfeeding mothers more confident in their abilities, increase their trust and confidence, and influence their decision to start and maintain breastfeeding²². A significant relationship between emotional

support, reward support, informative support, and husband's instrumental support and breastfeeding self-efficacy²³. Mothers who receive more support from their partners during the postpartum period have higher rates of breastfeeding²⁴.

Breastfeeding is a natural process that mothers carry out with their babies. It is essential to build confidence so that the breastfeeding process goes well. It is appropriate for mothers to believe that they can meet the breast milk needs of their babies. The support provided by the husband will affect the mother's psychological condition, which will have an impact on the breastfeeding success, and maintaining the mother's emotional condition to maintain breastfeeding the baby. Breastfeeding mothers expect the presence and real action of their husbands to increase their self-efficacy after caesarean section.

Strengths and limitations

This study presents quantitative data related to the correlation of factors that influence breastfeeding self-efficacy according to variables, but cannot dig deeper into additional factors that may also influence breastfeeding self-efficacy. Every woman has a unique experience in pregnancy, childbirth, and breastfeeding, so future qualitative research would be excellent to find other factors influencing breastfeeding mothers' confidence.

CONCLUSION

The knowledge and attitudes of husbands about exclusive breastfeeding are primarily in the good category. Still, husbands' knowledge about exclusive breastfeeding does not affect the self-efficacy of breastfeeding post-caesarean section mothers. The self-efficacy of breastfeeding post-caesarean section

mothers in the Al Aqsha 4 room of the Haji Hospital, East Java Province is mainly in the high category. The more positive the attitude the husband shows, the more the mother's self-efficacy in breastfeeding will increase.

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CONFLICT OF INTEREST

All authors have no conflict of interest.

ETHICS CONSIDERATION

Research has been declared ethically feasible by the ethics committee of The Hajj Hospital of East Java Province, No. 445/025/KOM. ETIQUE/2024 on February 1, 2024.

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AUTHOR CONTRIBUTION

AD and IDW conceptualized the study; IDW and PL reviewed and edited the manuscript; AD wrote the original draft.

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