

ORIGINAL ARTICLE

Correlation between mother's knowledge and husband's support for the success of the Lactational Amenorrhea Method (LAM)Wahyunnisa Indrarosiana¹, Ernawati^{2*} , Ivon Diah Wittiarika¹¹Midwifery Education Program, Faculty of Medicine, Universitas Airlangga, Surabaya, Indonesia.²Department of Obstetrics and Gynecology, Faculty of Medicine, Universitas Airlangga, Surabaya, Indonesia.**ABSTRACT**

Objectives: This study aimed to analyze the relationship between mother's knowledge and husband's support for the success of LAM contraception in Brengkok Village, Brondong District, Lamongan Regency, East Java, Indonesia.

Materials and Methods: This study was an analytic observational study with a sample of 46 mothers who gave exclusive breastfeeding to their babies who met the inclusion criteria. The research instrument used a questionnaire to determine the level of mother's knowledge and husband's support about exclusive breastfeeding. Spearman Rank Correlation Test was used for data analysis with a significance level of 0.05.

Results: More than 50% of the respondents (25 respondents) successfully used the LAM method to prevent pregnancy. Statistical test showed that there was a relationship between mother's knowledge and success of LAM contraception with p value of 0.000, with a correlation coefficient of 0.523. Meanwhile, husband's support was not related to the success of LAM contraception with p value of 0.461 with a correlation coefficient of 0.111.

Conclusion: Mother's knowledge is related to the success of LAM contraception, and there is no relationship between husband's support and the success of LAM contraception.

Keywords: mother's knowledge; husband's support; Lactational Amenorrhea Method (LAM); contraception; maternal health

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ABSTRAK

Tujuan: untuk menganalisis hubungan pengetahuan ibu dan dukungan suami terhadap keberhasilan kontrasepsi MAL di Desa Brengkok Kecamatan Brondong Kabupaten Lamongan Jawa Timur.

Bahan dan Metode: Penelitian ini adalah penelitian observasional analitik dengan sample 46 ibu yang memberikan ASI eksklusif untuk bayinya yang memenuhi kriteria inklusi. Instrumen penelitian menggunakan kuisioner untuk mengetahui tingkat pengetahuan ibu dan dukungan suami tentang ASI Eksklusif. Uji Korelasi Rank Spearman digunakan untuk analisis data dengan taraf signifikansi 0,05.

Hasil: Lebih dari 50% responden (25 responden) berhasil menggunakan metode MAL untuk mencegah kehamilan. Uji statistik menunjukkan ada hubungan antara pengetahuan ibu dengan keberhasilan kontrasepsi LAM dengan nilai p=0,000, dengan koefisien korelasi 0,523. Sedangkan dukungan suami tidak berhubungan dengan keberhasilan kontrasepsi LAM yang dengan nilai p=0,461 dengan koefisien korelasi sebesar 0,111.

Simpulan: Pengetahuan ibu berhubungan keberhasilan kontrasepsi LAM, dan tidak ada hubungan antara dukungan suami dengan keberhasilan kontrasepsi LAM.

Kata kunci: pengetahuan ibu; dukungan suami; Metode Amenore Laktasi (MAL); kontrasepsi; kesehatan ibu

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INTRODUCTION

Contraception is an attempt to determine the number of children and spacing of children as desired, by delaying or prevent pregnancy. Based on the method of implementation, there are two kinds of contraception methods, namely the permanent method or steady contraception to end fertility and prevent pregnancy permanently, as well as the temporary method or spacing to regulate the distance between pregnancies for several years.¹

The Lactational Amenorrhoea Method (LAM) is one of the natural contraception methods of postpartum women. LAM is often called natural family planning by relying exclusively on breastfeeding. Breast milk is only given to babies without other foods or drinks until 6 months. LAM can be used as a contraceptive if it fulfills several conditions, including mothers who give exclusive breastfeeding entirely for their baby, mothers who have not experienced menstruation, and babies less than 6 months old.² In pursuance to the World Health Organization or WHO, the effectiveness of this LAM contraception reaches 98% for mothers who breastfeed exclusively during the first 6 months postpartum and before menstruation after childbirth. LAM contraception can be used by women who want to avoid pregnancy and meet the following criteria: mothers who breastfeed exclusively, postpartum mothers and their babies are less than 6 months old, and the women who have not had their period after giving birth.³

Lawrance W. Green states that a person's behavior will be affected by 4 factors: predisposition factors, supporting factors, driving factors, and environmental factors.⁴ Knowledge is a predisposition factor that influences individual behavior, the definition of knowledge is a process of the addition of information to an individual after sensing an object which indirectly becomes an essential domain in shaping human behavior.⁵ The another driving factor that is important in influencing human behavior is the husband's support. The husband's support is all the efforts made by a husband to his wife to give attention, comfort, and self-confidence to help the wife deal with a problem and make a decision. This husband's support can be in the form of emotional, instrumental, appreciation, and information support.⁶

Lamongan Regency is one of the regencies located in East Java Province, Indonesia, with a fairly high population, reaching 1,179,059 people with a population density of 622 people/km², and with a population spread in Brondong District of 62,074 people.⁷ Based on data obtained from the practice place of midwives in Brengkok Village in May 2020, 20 people with

exclusive breastfeeding were found 6 (30%) of whom had a pregnancy with the distance from their previous births < 1 year, and 4 people (66.67%) were found not to choose using contraception after childbirth and only relied on exclusive breastfeeding for their babies, so that it can be considered unsuccessful in using of LAM contraception. Based on the results of research by Kurniawati, out of 52 mothers who had used LAM contraception, 7 of them failed to use LAM as a contraception method because of the mother's less knowledge about LAM contraception and the procedures exactly of breast-feeding.⁸

This study aimed for analyzing relationship between mother's knowledge and their husband' supports with the successful contraception of Lactational Amenorrhoea Method (LAM) for some mothers who gave exclusive breastfeeding for their babies in the Village of Brengkok, Sub-District Brondong of Lamongan Regency, East Java, Indonesia. The hypothesis in this study was that there was relationship between mother's knowledge and husband's support with the success of the Lactational Amenorrhoea Method (LAM) in mothers with exclusive breastfeeding.

MATERIALS AND METHODS

This was is conducted by using observational analytic method with cross-sectional approach. The population in this study was all mothers who gave exclusive breastfeeding for their babies in Posyandu at the Village of Brengkok, Sub-district Brondong, Lamongan Regency, East Java, Indonesia, in the period of July-December 2019. The samples was calculated using the formula for estimating a correlation coefficient and obtained result of as many as 46 respondents. The purposive sampling was the technique of sampling that used in this study based on the inclusion criteria obtained from the number of existing populations. The inclusion criteria that used in this study were mothers who gave breastfeeding exclusively, having baby aged 6 – 12 months, no menstruation for ≤ 6 months after giving birth, not using contraception other than LAM, stayed housemate with her husband and had active sexual relationships, as well as mothers who came at the time of the research and could communicate spoken or written. The exclusion criterion used was mothers who were not willing to become research respondents.

The first variables assumed to be the independent variables in this study were mother's knowledge and their husband's supports. The variable of mother's knowledge was defined as everything a mother knows about the exclusive breastfeeding and LAM contraception. This variable had an ordinal scale. The

instrument used as a measuring instrument for this variable was a questionnaire consisting of 10 questions. The assessment was divided into 3 categories of score, which was poor with 0%-56% correct answer, sufficient with 56%-75% correct answer, and good with 76%-100% correct answer. The variable of husband's supports was all the efforts which were given by the husband mentally, physically, and socially while accompanying the mother in conducting exclusive breastfeeding and using the LAM contraception. This variable had nominal scale by using research instrument of a questionnaire consisting of 16 questions with the assessment divided into 2 categories of scores that the if the husband was regarded as not providing support the score was 0-8 of correct answers, while if the husband was regarded as providing support the score was 9-16 of correct answers.

The second variable as the dependent variable was the successful contraception of Lactational Amenorrhea Method (LAM). This variable had nominal scale, measured using questionnaire with 3 statements measuring the success of LAM. There were 2 categories of assessment. LAM was successful if the answers obtained from the questionnaire met the determined parameters that the mother was not pregnant within 6 months after giving birth, with the condition that the mother had active sexual relations with her husband and the mother did not use other contraception. The mothers

were regarded as unsuccessful in using LAM contraception if there was one parameter not fulfilled.

This research was conducted in November 2019 – September 2020. Data processing was done by editing, coding, scoring, tabulating, data entry, and clearing. Data collected were analyzed using Spearman Rank correlation test with a level of significant $\alpha=0.05$ (degree of Confidence 95%) and using SPSS statistic computer program.

RESULTS AND DISCUSSION

The variable of mother's knowledge

The variable of a mother's knowledge was divided into 3 categories: poor, sufficient, and good. Based on data obtained from 46 respondents, most of them had sufficient knowledge of LAM contraception, consisting of 26 respondents (56.5%).

Table 1 shows that Spearman Rank correlation test statistical results obtained value of $P(0.000) < \alpha(0.05)$ with a correlation coefficient of 0.523 which means that there is a strong relationship between the mother's knowledge with the successful contraception of LAM with a positive direction of the relationship.

Table 1. Relationship between mother's knowledge and the successful contraception of LAM

The Mother's Knowledge	The successful contraception of LAM				Total		Correlation coefficient
	Not successful		Successful		Σ	%	
	n	%	N	%			
Poor	7	15.2	1	2.2	8	17.4	0.523
Sufficient	13	28.3	13	28.3	26	56.5	
Good	1	2.2	11	23.9	12	26.2	
					46	100	

Spearman's rho, $P = 0,000$ $\alpha = 0,05$

Table 2. Relationship between husband's supports and the successful contraception of LAM

Husband's Support	The successful contraception of LAM				Total		Correlation coefficient
	Not successful		Successful		Σ	%	
	N	%	N	%			
Not support	2	4.3	1	2.2	3	6.5	0.111
Support	19	41.3	24	52.2	43	93.5	
					46	100	

Spearman's rho, $P = 0.461$ $\alpha = 0.05$

The husband's supports

The husband's support variable was divided into 2 categories, support and not support. The husband supported the mother using LAM contraception if the score was between 9-16 correct answers. Of the 46 respondents, mostly had husbands who supported mothers in using LAM contraception, comprising 43 respondents (93.5%).

Table 2 shows that Spearman Rank correlation test statistical results had the value of $P(0.461) < \alpha(0.05)$ with a correlation coefficient of 0.111 indicating no relationship between their husband's supports with the successful contraception of LAM and shows frail relationship strength with a positive direction of the relationship.

The relationship between mother's knowledges and the successful contraception of LAM

The Spearman Rank correlation test results on mother's knowledge and the successful contraception of LAM indicated a relationship between mother's knowledge and the successful contraception of LAM in mothers with exclusive breastfeeding. A study by Pratiwi's obtained similar results,⁹ where there was a strong relationship between knowledge and attitudes about LAM in fertile age couples and stated that knowledge can affect one's perspective mood.

Respondents who showed correct information about LAM were able to accept the contraception positively. The research result of Darmayanti's also showed a relationship of the knowledge of pregnancy. The higher the knowledge of respondents about LAM, the higher the respondent's interest in using LAM.¹⁰

The relationship between mother's knowledge and the successful contraception of LAM in Posyandu in the Village of Brengkok had a correlation coefficient of 0.523, showing a strong relationship between the mother's knowledge with the success of LAM. A good understanding will help the success of LAM contraception. Data in the results of this study showed that 11 out of 12 respondents who had good knowledge could succeed in using LAM contraception.

Knowledge is defined as the addition of information to an individual after sensing an object that will affect the perception and intensity of attention to the object.⁵ In addition, knowledge is also a critical domain in shaping one's actions.¹¹ In the opinion of Lawrence W. Green, 3 factors influence health behavior, ie. the predisposition factors, supporting aspects, and driving factors. One of

the predisposition factors that influence an individual's health behavior is knowledge.⁴

The relationship between husband's supports and the successful contraception of LAM

The Spearman Rank correlation test results showed that husband's support had no correlation with the success of LAM. They had very weak relationship strength with a positive direction of the relationship. The result of Kurniawati's research showed different outcomes, where there was a relationship between husband's supports and the success rate of LAM. She found that if the husband supported the mother emotionally and instrumentally, by providing appreciation and information about LAM, the mother would feel comfortable and confident so that she could succeed in using LAM.⁸ The research result of Febriniwati's study also showed different results, that there was a relationship between the husband's support and the application of LAM.¹² The different results between this study and other studies resulted from several factors.

The role of husband's supports in the successful use of LAM contraception was encouraging. The majority of the respondents who succeeded in exclusive breastfeeding had husband's support with the success of LAM contraception as much as 52.2%, in this case, because the majority of the husbands had continuously provided support to the respondents in all aspects. In this study, the husband's support husbands with the lowest score was appreciation.

Husband's support is some efforts provided by the husband to provide attention, comfort, and strong self-confidence that can produce emotional benefits and support to the recipient's behaviour.¹³ Husband's support is a social source a mother needs in facing pressure and some problems. The support can be in the form of appreciation and interest for the wife, tolerance, and affectionate attitudes.¹⁴ According to Hardiningsih and Ngadiyono, family is a group of people who are closest to an individual and always give encouragement in any form and situation, and the husband is the closest family member who can be trusted to provide support to his wife.¹⁵

CONCLUSIONS

There was a relationship between mothers' knowledge and no relationship between husband's supports successful use of LAM's contraception in mothers with exclusive breastfeeding in the Village of Brengkok, Sub-District Brondon, Lamongan Regency, East Java, Indonesia. It is important to increase health workers'

awareness to provide more education to pregnant women and their spouses about exclusive breastfeeding and LAM contraception to increase successful exclusive breastfeeding and contraception.

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