

Booklet and Support from Husband to Exclusive Breastfeeding

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Abstract—One of the most influential factors in exclusive breastfeeding is the husband's support. Giving booklet becomes one way to increase husband's knowledge, attitude, and support toward breastfeeding. The aims of this study were to identify the effect of giving booklet on husband's knowledge, attitude, and support to exclusive breastfeeding; and to search for the correlation between husbands' characteristic, knowledge, attitude, and their support. The research design was quasi-experiment with pre-test and post-test with control group that had been held in May-June 2018. Samples of this study were all husbands of trimester III pregnant women that had been selected with inclusion and exclusion criteria. The samples were 36 husbands. Data analysis used Independent t-test, and MANOVA. Measuring instrument was questionnaire. There was a difference in knowledge increased between two groups with p value=0.026. There was a difference in attitude increased between two groups with p value=0.015. There was a difference in support increased between two groups with p=0.018. There was effect of giving booklet on increasing husband's knowledge, attitude, and support to exclusive breastfeeding. There was no correlation between husband's education, income, number of children, and age with husband's knowledge, attitude, and support toward breastfeeding on pregnant woman.

Keywords: Booklet, Support, Husband, Exclusive Breastfeeding

1. INTRODUCTION

The under-five year old mortality rate in the world in 2015 was 43 per 1000 live births¹ and 15.028 child deaths each year are associated with poor breastfeeding practices.² Optimal breastfeeding can have a major impact on any prevention intervention against child mortality.³ Numerous studies estimated that by increasing breastfeeding rates can prevent 823,000 child deaths annually.⁴ World Health Organization (WHO) and United Nations Children's Fund (UNICEF) recommend that breastfeeding begin within one hour after birth, continuing without food or other fluids for six months first life, and continued with the provision of additional food according to age until the baby reaches 2 year old.²

According to the 2017 Indonesian Health Profile data, the exclusive breastfeeding coverage in Yogyakarta Special Region (DIY) reached 73.61%. The highest percentage of exclusive breastfeeding coverage is in Sleman Regency, which is 81.66%, while the area with the lowest exclusive breastfeeding coverage is Yogyakarta City at 61.52%,⁵ and the two lowest exclusive breastfeeding proportion were experienced by Ngampilan and Wirobrajan Public Health Centre.⁶

A study in Kenya by Mukuria et al. revealed that the most significant factors affected consecutive exclusive breastfeeding, namely maternal psychic factors, family support, knowledge about exclusive breastfeeding, and exclusive breastfeeding counseling.⁷ The results of research conducted by Dwi Rantisari, et al. showed that there is a relationship between husband's support, parental support, health support, support of the Indonesian Breastfeeding Association (AIMI) and exclusive breastfeeding.⁸ Research conducted by Sijabat F, Thongpat S, Tirapaiwong Y in Indonesia found that husband's support is an important factor that correlates with breastfeeding practice.⁹

The five main points of husbands' supports in breastfeeding are knowledge, positive attitude, and involvement in decision making, practical support, and emotional support. The husband's positive or negative attitude toward breastfeeding can affect the mother's breastfeeding attitude.¹⁰ Then a study by Pontes et.al stated that the five

ways a husband can be involved in breastfeeding is to provide a supportive environment for mother and baby, participate more during pregnancy and childbirth, help with homework ladder, develop the role of parent, and be present at breastfeeding.¹¹

Research conducted in Iran reported that husbands who were counseled about breastfeeding were more likely to provide support to mothers.¹² Based on preliminary studies conducted at Wirobrajan Health Center and Health Center, extension of exclusive breastfeeding to husbands has not been optimal. Several studies have suggested that more researches are needed to identify methods and means of supports that can be used by husbands to support breastfeeding success.¹³ Pregnancy care proved to be a good opportunity to improve breastfeeding knowledge.¹⁴

One of the methods that can be used to increase knowledge about exclusive breastfeeding is using media: booklet and leaflet for instance. According to research conducted by Husni Abdul Ghani which revealed that booklet was more effective in increasing knowledge than leaflet.¹⁵

The purpose of this research was to know the effect of giving booklet to increase husband's knowledge, attitude, and support to exclusive breastfeeding in the third trimester pregnant women in area of Health Center of Ngampilan and Wirobrajan. The result of this research was expected to add empirical evidence to develop more effective way to increase husband's support to exclusive breastfeeding.

2. MATERIALS AND METHOD

This research was a quasi-experiment research using pretest-posttest design with control group. The population of this research were all husbands of third trimester pregnant women in Ngampilan and Wirobrajan Public Health Centre in Yogyakarta City and the sample was taken according to inclusion and exclusion criteria. The sample size was 36 husbands, then the placement of sample in experiment and control group used simple random sampling technique by lottery.

This research was conducted in the area of Ngampilan and Wirobrajan Health Center in Yoyakarta which was held on 28 May-24 June 2018. The research had previously received permission from the Yogyakarta Ministry of Health Polytechnic ethics commission number No. LB.01.01 / KE-02 / XXIII / 593/2018. The independent variable in this study was giving booklets to the experiment group and leaflets to the control group while the dependent variables were increased knowledge, attitudes, and support for exclusive breastfeeding in third trimester pregnant women.

The data type in this study was the primary data taken by the researchers that came to the respondent's house with the help of cadres. Then the researcher gave pretest questionnaire that need to be done by husbands within 30 minutes. After being given a pretest questionnaire, the husbands in the experimental group will be given booklets, while the husbands in the control group given leaflets. After 2 weeks, the posttest questionnaire which was the same with the pretest ones was given to the husband with 30 minutes time allocation.

The research instruments were the booklets given to the experimental group, the leaflets given to the control group, and the questionnaire which is the measuring instrument in this study. Questionnaires used include questionnaires knowledge, attitude, and support of husbands to exclusive breastfeeding in pregnant women of the third trimester who have passed the validity test first. The analysis used was Independent T-test, and MANOVA.

3. RESULTS AND DISCUSSION

At the time of the study, obtained a sample of 36 people and known characteristics of respondents based on education, income, number of children, and age. The chi-square test was then performed to find out whether the two groups were homogeneous or not.

Table 1. Respondents Frequency **Distribution** based on Husband's Characteristic of Education, Husband's Income, Number of Children, and Age of Husband

Characteristic	Experiment		Control		p-value
	n	%	n	%	
Husband's education					
Low	3	16.7	-	-	0.085
Middle	10	55.6	14	77.8	
High	5	27.8	4	22.2	
Husband's income					
<UMK(city minimum of wage)	4	22.2	9	50.0	0.083
≥UMK(city minimum of wage)	14	77.8	9	50.0	
Number of Children					
None	6	33.3	4	22.2	0.457
≥1	12	66.7	14	77.8	
Husband's age					
21-30	6	33.3	6	33.3	1.000
31-40	11	61.1	11	61.1	
≥41	1	5.6	1	5.6	

The characteristics of respondents in the experimental group and the majority control group (Table 1) are 22 people (61.1%) aged 31-40 years old, 24 people (66.7%) graduated from secondary education (SMA), 26 people (72.2 %) having children ≥1, and 23 people (63.9%) gained ≥UMK income. The table above also shows the results of Chi-square test with the results of p-value > 0.05 so that it can be concluded that between the control group and the experimental group is homogeneous.

Table 2. Husband's Knowledge on Exclusive Breastfeeding Before and After Treatment in Experimental Groups and Control Groups

Variable	Mean Pre-test	Mean Posttest	Mean Different	Different increase	p-value
	(±SD)	(±SD)	95%CI	95%CI	
Experiment	8.5556 (2.33193)	10.3889 (2.19997)	1.83333 (-2.54176-(-1.12491))	-0.944 (-1.768-(-0.121))	0.026
Control	9.8889 (1.81137)	10.7778 (1.47750)	0.88889 (-1.36797-(-0.40981))		

The Independent T-test statistical tests (Table 2) shows the differences in the average increase of husbands' knowledge based on the treatment between the two groups which presents p-value = 0.026. It meant that there was influence of giving booklet to increase husband's knowledge to exclusive breastfeeding.

Table 3. Husband's attitude to Exclusive Breastfeeding Before and After Treatment in Experiment Group and Control Group

Variable	Mean Pre-test	Mean Posttest	Mean Different	Different increase	p-value
	(±SD)	(±SD)	95%CI	95%CI	
Experiment	52.1667 (4.47542)	53.8333 (3.72985)	1.66667 (-2.50228-(-0.8316))	-1.167 (-2.082-9-0.251)	0.015
Control	50.2778 (2.67462)	50.7778 (2.48657)	0.50000 (-0.92642-(-0.07358))		

The results of the Independent T-test statistical test (Table 3) conducted to determine the difference in the average increase in husband's attitude based on the treatment between the two groups. The results showed p-value = 0.015 meaning that there was a difference in attitude improvement between the experimental group given the booklet and the control group given the leaflet. This indicated the effect of booklet on the improvement of husband's attitude toward exclusive breastfeeding.

Table 4. Husband's Support to Exclusive Breastfeeding Before and After Treatment in Experiment Group and Control Group

Variable	Mean Pre-test (±SD)	Mean Posttest (±SD)	Mean Different 95%CI	Different increase 95%CI	p-value
Experiment	16.2222 (2.86060)	17.2778 (2.13667)	1.05556 (-1.70444-(-0.40667))	0.8333 (-1.50719-(-0.15947))	0.018
Control	15.4444 (3.01413)	15.6667 (3.10597)	0.22222 (-0.43496-(-0.00949))		

The Independent T-test statistics was conducted to determine the difference in mean increase in husband support based on treatment in both groups. On Table 4, based on the treatment given to the two groups, the results shows obtained p-value = 0.018, meaning that there was a difference in the increase of support between the experimental group given the booklet and the control group given the leaflet. This showed that giving booklets had an effect on increasing husband's support to exclusive breastfeeding.

Table 5. Different Mean of Husband's Education, Husband's Income, Number of Children, and Husband's Age with Husband's Knowledge, Attitudes, and Support to Exclusive Breastfeeding

Variable	Knowledge Mean (±SD)	Attitude Mean (±SD)	Support Mean (±SD)	Homogeneity	p-value
Husband's education					
Low	11.00 (3.606)	52.67(5.859)	18.67(1.528)	0.224	0.293
Middle	10.50 (1.445)	51.71(3.263)	15.67(2.713)		
High	10.67 (2.398)	53.78(3.232)	17.89(2.315)		
Husband's Income					
<UMK	11.00(1.732)	51.00(3.367)	16.62(3.124)	0.124	0.188
≥UMK	10.35(1.921)	53.04(3.404)	16.39(2.589)		
Number of children					
None	11.00(1.700)	51.70(3.268)	16.90(2.807)	0.927	0.639
≥1	10.42(1.922)	52.54(3.603)	16.31(2.768)		
Husband's Age					
21-30	10.58(1.832)	51.58(3.423)	15.83(2.209)	0.961	0.656
31-40	10.73(1.830)	52.86(3.357)	16.37(3.011)		
≥41	9.00(2.828)	50.50(6.364)	17.50(3.536)		

MANOVA test result (Table 5) shows that there is no difference of husband's education level, husband's income, number of children, and husband's age with husband's knowledge, attitude, and support to exclusive breastfeeding because all p-value > 0.05. It could be concluded that there was no influence on the characteristics of husbands with their knowledge, attitudes, and support to exclusive breastfeeding.

There are some prominent factors influencing consecutive exclusive breastfeeding, namely maternal psychic factors, family support, knowledge on exclusive breastfeeding, and ASI counseling.⁷ A strong cultural factor in Yogyakarta also influences infant feeding such as sugar and starch water since there is perception that babies cry because they are hungry.¹⁶ Husbands have the authority over family's decisions including breastfeeding.¹⁴ PRECED-PROCEED theory by Lawrence Green explained that behavior was motivated or influenced by three main factors, namely predisposing factors, enabling factors, and reinforcing factors. In this study, the factors that will be given intervention are the reinforcing factors meaning as family supports especially the husband. The five main points of husband's supports are knowledge, positive attitude, involvement in decision making, practical support, and emotional support for breastfeeding. The positive or negative attitude of husband to breastfeeding may influence breastfeeding behavior.¹¹ Efforts to increase husbands' support for breastfeeding need to be conducted in various ways, for example, by increasing knowledge, empowering husbands to be more involved in breastfeeding decisions, providing specific tips on how husbands may be involved in breastfeeding, and improve the comfort of breastfeeding activity in public places.^{17,18,19,20,21,22}

From the results of this study, most subjects were in the age of 31-40 years, had children more than or equal to 1, had middle education (SMA), and had more or equal income with UMK. The results of this study show that based on the treatment given to the two groups on increasing knowledge obtained p-value = 0.026, meaning

that there was a difference in the increase in knowledge between the experimental group given the booklet and the control group given the leaflet. The results of the study were in line with the results of research conducted by Husni Abdul Ghani.¹⁵ Booklets are non-periodical publications that can consist of a small number of pages, not related to other publications, and completed in one publication.²³ While leaflets are the form of the delivery of health information in the form of folded sheets that are practical, economical, the target can be independent learning, easily made, reproduced and repaired and easily adapted to the target group. Leaflets are used to provide a brief description of a problem.²⁴ From the number of pages, the booklet can contain more information than leaflets.

Furthermore, the results of this study showed that based on the treatment given to the two groups on increasing attitudes obtained p-value = 0.015, meaning that there were differences in attitude improvement between the experimental group given the booklet and the control group given the leaflet. The results above were in line with research conducted by Hanafi et al.²⁵ In a study by Laanterä et al. It was stated that the husband's attitude towards breastfeeding was influenced by breastfeeding knowledge.²⁵ Booklets for husbands are intended to provide knowledge to husbands about exclusive breastfeeding.

In this study also showed that based on the treatment given to both groups on the improvement of the support obtained p-value = 0.018, it meant there was a difference in the increase in support between the experimental group given the booklet and the leaflet control group. The results were in line with research conducted by NB Baryam et al.¹⁴ The intervention of husbands about exclusive breastfeeding during the antenatal period would strengthen the motivation of mothers to breastfeed.¹⁴

The results of this study indicated that there was no difference in husbands' average education, husbands' income, the number of children, and husbands' age with their knowledge, attitudes, and support because the results of the analysis showed that all p-values are <0.05. This was in line with the study of Buddhika Mahesh et al.,²⁶ K. Abhinaya et al.,²⁷ Laanterä et al.,²⁸ Tran Huu Binch et al.,²⁹ and Su-Ying Tsai.³⁰

4. CONCLUSION

Booklets and leaflets could improve husbands' knowledge, attitudes, and support for exclusive breastfeeding. The booklet had more influence on increasing the knowledge, attitudes, and support of husbands on exclusive breastfeeding.

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