




# Review Article about Empowerment Models of Breastfeeding Mothers That Are Done In Parts of the World

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**Abstract.** Breastfeeding is one of the effective ways for the health and survival of a child, so it is necessary to increase breastfeeding to the international level throughout the world. To support sustainable and optimal breastfeeding practices, UNICEF and WHO call on governments and stakeholders to increase the investment needed to protect and support breastfeeding. Data from the World Health Organization (WHO) shows that the average rate of exclusive breastfeeding in the world is only around 38 percent. Based on this, it is necessary to empower breastfeeding mothers to increase exclusive breastfeeding. A literature scoping review using searches in four online databases (Pubmed, Elsevier, Google Scholar, National Library). From an online search 17,341 articles were identified, but only 4 met the inclusion criteria for this article. Most of this article is about empowering women to breastfeed. One article related to Empowerment of women to determine Early Breastfeeding Initiation, one article related to empowering breastfeeding mothers in the city and 2 articles related to empowering breastfeeding mothers to support exclusive breastfeeding. Maternal education is the only predictor of women's empowerment in interventions to increase breastfeeding world. The success of educating mothers and increasing the rate of breastfeeding can be adjusted to efforts to empower women in the future. However, there is doubt that education will be effective in a society where traditional values are firmly held or in a context where health professional resources are limited. These include unavoidable barriers to breastfeeding, such as the mother's physical constraints and the baby's need for immediate medical care.

**Keywords:** breastfeeding · empowerment · exclusive breastfeeding

## 1 Introduction

Many domestic and foreign organizations widely promote an increase in the rate of exclusive breastfeeding during the first 6 months after giving birth. Most health organizations; for example, the World Health Organization (WHO) and the United Nations Children's

Fund (UNICEF) recommend exclusive breastfeeding until the baby is approximately 6 months old before feeding other foods along with continued breastfeeding along with dietary supplements for at least the first time 2 years of life [1, 2]. Exclusive breastfeeding contains only breast milk that is given to the baby; not fortified with water, juices, milk mixtures and other foods, but drugs, vitamins and oral solutions can be given [3, 4].

During antenatal care, nurses provide support to mothers by providing information about breastfeeding practices and during labor assist mothers to initiate breastfeeding. Support significantly influences the practice and success of exclusive breastfeeding. Then the social, cultural, economic, biological, psychological and professional aspects of health workers are components of support that are very important to be maintained [5, 6].

## 2 Methode

The scoping review study was designed to identify the type and amount of information available in this regard regarding the empowerment of breastfeeding mothers in other parts of the world. The application of the Arksey and O'Marley framework in Chepkirui et al., 2020 was used to conduct searches related to the scope of the discussion. There are five stages, namely identifying research questions, identifying relevant studies, selecting relevant studies, mapping data and the last stage is compiling, summarizing, and reporting the results. In stages one and two, identifying research questions and relevant studies was carried out by searching using four online databases (Pubmed, Elsevier, Google Scholar, National Library). The search articles used the terms empowerment of breastfeeding mothers, support of breastfeeding mothers at puskesmas and exclusive breastfeeding mothers. The online data search was completed in September 2022. In the third stage, selecting relevant articles based on inclusion and exclusion criteria [5].

### 2.1 Study Selection Criteria

We present articles related to empowering breastfeeding mothers in health centers. The article shows that empowering breastfeeding mothers requires the involvement of partners and the need to increase social and cultural capital in the mother's environment, including families, communities, health care facilities and public spaces [8]. The article mentions Empowerment of breastfeeding mothers in health facilities requires the involvement of family members who accompany the mother, especially older relatives such as grandmothers as decision makers who must participate in counseling [6, 9]. The article includes mothers who have had breastfeeding experience in relation to the services they have received during breastfeeding promotion, postpartum mothers, mothers who are pregnant and mothers 2 months after giving birth but with unfavorable situations such as drug or alcohol use. We excluded articles that were not related to maternal empowerment, empowerment of mothers other than breastfeeding, recruitment of respondents who were not in health facilities and not exclusive breastfeeding.

## 2.2 Mapping Data

There are two templates used and developed to find the data. The first template includes general study characteristics while the second template is information about implementation details and evaluation process. Data extraction can be carried out until all relevant information to answer the identified research questions is carried out. Then

**Table 1.** Searching in PubMed.

Search terms	Search details	Result
1.breastfeeding	("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR "breastfeeding"[All Fields] OR "breastfeedings"[All Fields] OR "breastfeeders"[All Fields]) AND (y_5[Filter]),"17,341",16:40:25	17.341 article
2,(support mother breastfeeding) AND (empowerment mother breastfeeding)	((("support"[All Fields] OR "support s"[All Fields] OR "supported"[All Fields] OR "supporter"[All Fields] OR "supporter s"[All Fields] OR "supporters"[All Fields] OR "supporting"[All Fields] OR "supportive"[All Fields] OR "supportiveness"[All Fields] OR "supports"[All Fields]) AND ("mother s"[All Fields] OR "mothered"[All Fields] OR "mothers"[MeSH Terms] OR "mothers"[All Fields] OR "mother"[All Fields] OR "mothering"[All Fields]) AND ("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR "breastfeeding"[All Fields] OR "breastfeedings"[All Fields] OR "breastfeeders"[All Fields]) AND (("empowerment"[MeSH Terms] OR "empowerment"[All Fields] OR "empowerments"[All Fields]) AND ("mother s"[All Fields] OR "mothered"[All Fields] OR "mothers"[MeSH Terms] OR "mothers"[All Fields] OR "mother"[All Fields] OR "mothering"[All Fields]) AND ("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR "breastfeeding"[All Fields] OR "breastfeedings"[All Fields] OR "breastfeeders"[All Fields]))) AND (y_5[Filter]),"29,16:44:19	29 article

*(continued)*

**Table 1.** (continued)

Search terms	Search details	Result
3,((breastfeeding) AND (support mothers breastfeeding)) AND (empowerment mother breastfeeding) AND (exclusive breastfeeding)	((("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR "breastfeeding"[All Fields] OR "breastfeedings"[All Fields] OR "breastfeeders"[All Fields]) AND (("support"[All Fields] OR "support s"[All Fields] OR "supported"[All Fields] OR "supporter"[All Fields] OR "supporter s"[All Fields] OR "supporters"[All Fields] OR "supporting"[All Fields] OR "supportive"[All Fields] OR "supportiveness"[All Fields] OR "supports"[All Fields]) AND ("mother s"[All Fields] OR "mothered"[All Fields] OR "mothers"[MeSH Terms] OR "mothers"[All Fields] OR "mother"[All Fields] OR "mothering"[All Fields]) AND ("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR "breastfeeding"[All Fields] OR "breastfeedings"[All Fields] OR "breastfeeders"[All Fields])) AND (("empowerment"[MeSH Terms] OR "empowerment"[All Fields] OR "empowerments"[All Fields]) AND ("mother s"[All Fields] OR "mothered"[All Fields] OR "mothers"[MeSH Terms] OR "mothers"[All Fields] OR "mother"[All Fields] OR "mothering"[All Fields]) AND ("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR "breastfeeding"[All Fields] OR "breastfeedings"[All Fields] OR "breastfeeders"[All Fields])) AND ("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR "breastfeeding"[All Fields] OR "breastfeedings"[All Fields] OR "breastfeeders"[All Fields])) AND ("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR "breastfeeding"[All Fields] OR "breastfeedings"[All Fields] OR "breastfeeders"[All Fields])) AND (y_5[Filter]),23,16:49:09	23 articles

(continued)

**Table 1.** (continued)

Search terms	Search details	Result
4,(((breastfeeding) AND (empowerment mother breastfeeding)) AND (mother exclusive breastfeeding)) AND (public health center)	(((("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR "breastfeeding"[All Fields] OR "breastfeedings"[All Fields] OR "breastfeeders"[All Fields]) AND (("empowerment"[MeSH Terms] OR "empowerment"[All Fields] OR "empowerments"[All Fields]) AND ("mother s"[All Fields] OR "mothered"[All Fields] OR "mothers"[MeSH Terms] OR "mothers"[All Fields] OR "mother"[All Fields] OR "mothering"[All Fields]) AND ("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR "breastfeeding"[All Fields] OR "breastfeedings"[All Fields] OR "breastfeeders"[All Fields]) AND ("mother s"[All Fields] OR "mothered"[All Fields] OR "mothers"[MeSH Terms] OR "mothers"[All Fields] OR "mother"[All Fields] OR "mothering"[All Fields]) AND ("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR ("exclusive"[All Fields] AND "breastfeeding"[All Fields]) OR "exclusive breastfeeding"[All Fields])) AND (("public health"[MeSH Terms] OR ("public"[All Fields] AND "health"[All Fields]) OR "public health"[All Fields]) AND ("center"[All Fields] OR "center s"[All Fields] OR "centers"[All Fields] OR "centre"[All Fields] OR "centre s"[All Fields] OR "centres"[All Fields])))) AND (y_5[Filter]),12,16:57:43	12 articles

(continued)

**Table 1.** (continued)

Search terms	Search details	Result
5,(((breastfeeding) AND (empowerment mother breastfeeding)) AND (mother exclusive breastfeeding)) AND (public health center)) NOT (kangaroo mother care)	(((("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR "breastfeeding"[All Fields] OR "breastfeedings"[All Fields] OR "breastfeeders"[All Fields]) AND ((("empowerment"[MeSH Terms] OR "empowerment"[All Fields] OR "empowerments"[All Fields]) AND ("mother s"[All Fields] OR "mothered"[All Fields] OR "mothers"[MeSH Terms] OR "mothers"[All Fields] OR "mother"[All Fields] OR "mothering"[All Fields]) AND ("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR "breastfeeding"[All Fields] OR "breastfeedings"[All Fields] OR "breastfeeders"[All Fields])) AND ((("mother s"[All Fields] OR "mothered"[All Fields] OR "mothers"[MeSH Terms] OR "mothers"[All Fields] OR "mother"[All Fields] OR "mothering"[All Fields]) AND ("breast feeding"[MeSH Terms] OR ("breast"[All Fields] AND "feeding"[All Fields]) OR "breast feeding"[All Fields] OR ("exclusive"[All Fields] AND "breastfeeding"[All Fields]) OR "exclusive breastfeeding"[All Fields])) AND ((("public health"[MeSH Terms] OR ("public"[All Fields] AND "health"[All Fields]) OR "public health"[All Fields]) AND ("center"[All Fields] OR "center s"[All Fields] OR "centers"[All Fields] OR "centre"[All Fields] OR "centres"[All Fields])) OR "kangaroo mother care method"[MeSH Terms] OR ("kangaroo mother"[All Fields] AND "care"[All Fields] AND "method"[All Fields]) OR "kangaroo mother care method"[All Fields] OR ("kangaroo"[All Fields] AND "mother"[All Fields] AND "care"[All Fields]) OR "kangaroo mother care"[All Fields])) AND (y_5[Filter])",9,16:59:10	9 articles

when the chart is complete, the type and distribution of articles is arranged according to the geographic area and year of publication of the article. Graphics are useful for simple descriptions of articles. A summary of the results was prepared to describe the similarities and differences in the studies and the depth of knowledge gained (Table 1).

### 3 Result

A total of 17,341 articles were still duplicated, the remaining 29 articles after being filtered by title by applying the inclusion criteria. There were 6 articles that were excluded because they were not relevant to the question. The remaining 11 complete articles were removed then the remaining 12 articles were reviewed and adjusted according to the inclusion-exclusion criteria. A total of 9 articles met but after being excluded there were only 4 articles at the end of the search. Most of the exceptions are related to mother

**Table 2.** Studies included in the synthesis

No	Penulis (tahun)	Negara	Tempat	Sasaran	Jenis pemberdayaan
1	Danielle G (2016)	Quebec, Kanada	Fasilitas Kesehatan	Ibu post partum yang melakukan kunjungan	Memberikan kesadaran ke tempat pelayanan Kesehatan bahwa proses menyusui adalah proses sosial, budaya dan bukan sekedar sebuah keputusan.
2	Alinane LYM (2021)	Malawi	Fasilitas Kesehatan	Ibu postpartum dan keluarga (nenek, bibi, suami dst)	Pemberdayaan berpusat keluarga untuk menghadapi tantangan dalam proses menyusui
3	Deborah S (2019)	Kanada	Fasilitas Kesehatan	Ibu hamil sekitar 16-20 minggu selama 6 bulan berpartisipasi	Pemberdayaan ibu hamil dalam situasi yang kurang menguntungkan
4	Setho H (2020)		Fasilitas Kesehatan	Ibu hamil, ibu menyusui dan ibu yang memiliki bayi 4-6 bulan	Pemberdayaan ibu dengan pemberian edukasi dengan mengatasi hambatanya

empowerment for kangaroo mother care, empowerment of breastfeeding mothers is carried out not in health facilities and does not include social support such as partner support including family, community, health care and public spaces (Table 2).

## 4 Discussion

Breastfeeding problems must be faced by a mother, mothers who have understood breastfeeding get far less support because they are considered to be able to cope. Apart from this, support for mothers still needs to be done by husbands, family and the mother's community. If this is not done, it will result in negative feelings for the mother such as feeling failed and unskilled in breastfeeding [6, 8]. It is necessary to empower mothers through increasing social and cultural capital so that the empowerment process does not only depend on institutions and health workers [5, 6, 10].

## 5 Conclusion

Maternal education is the only predictor of women's empowerment in interventions to increase breastfeeding worldwide. The success of educating mothers and increasing the rate of breastfeeding can be adjusted to efforts to empower women in the future. However, there is doubt that education will be effective in a society where traditional values are firmly held or in a context where health professional resources are limited. These include unavoidable barriers to breastfeeding, such as the mother's physical constraints and the baby's need for immediate medical care.

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