

Husband's Support for Smooth Breast Milk Production in Postpartum Mothers in Bengkulu City

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Abstract

According to the 2021 Basic Health Research, only 52.5% of infants <6 months were breastfed, and only 55% of children under two years old were still breastfed, down 12% from 2019. This figure is far from the national target of 80% for exclusive breastfeeding. Low exclusive breastfeeding increases the risk of diseases such as ARI (35.09%), diarrhea (38.07%), and malnutrition (49.2%) which can have several negative effects on infants. Husband's support is very important for successful breastfeeding. This study aims to determine the relationship between husband's support and the smooth production of breast milk in postpartum mothers in Bengkulu City in 2024. This research uses quantitative methods with a cross-sectional design. The research population was postpartum mothers who lived in Bengkulu City, and the sample was taken by total sampling with a total of 74 respondents. Data was collected through a questionnaire consisting of questions related to husband's support and breast milk production. Test data analysis using the chi-square test. The research results show that most husbands support breastfeeding mothers with smooth breast milk production of 93.5%. The analysis test shows that there is a relationship between husband's support and breast milk production ($p = 0.000 < 0.05$, OR = 72,500). Forms of husband's support include informational, emotional, instrumental and assessment support. Husband's support is one of the factors that can support mothers when breastfeeding, so it is recommended to all parties, especially providing counseling to pregnant women and their husbands during the pregnancy-breastfeeding process.

Keywords

Husband's Support, Postpartum Mothers, Smooth Breast Milk Production