



# Influence of Counseling Using Video of Husbands Role in Supporting a Breastfeeding Programe in Bandung

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**Abstract. Background :**Breastfeeding is activity that requires intensive time. Women need various types of support to start and maintain optimal breastfeeding. Husband supports a predisposing factor for exclusive and optimal breastfeeding. Many studies show that husband support is the key to initiating and maintaining breast feeding.

**Methods :**This study uses quasi-experimental design (quasi-experimental research) with a post test design technique for breast feeding processfor fifteen days. There search consists of 45 spouse sample on treatment groups and 45 spouses on control groups.

**Results :**The results showed that there was a difference between the treatment group and the control group about the effect of Video Counseling on the Husband's Role in Supporting the Breastfeeding Process with a P value of 0.003

**Conclusion :**The results showed that there was a difference between the treatment group and the control group about the effect of Video Counseling on the Husband's Role in Supporting the Breastfeeding Process with a P value of 0.003. giving advice to the husband should be given gradually and repeatedly so that the husband has more involvement and more support for the breastfeeding process. Videos can be recommended as a tool for counseling, due to videos that are found to be effective for changing behavior.

## Introduction

The provision of breast milk (ASI) has benefits both for the health of the baby or maternal, but the rate of breastfeeding is still low in various countries. The World Health Organization (WHO) states that only about 39% of babies get breast milk. Based on data from the Ministry of Health in 2014 showed that exclusive breastfeeding reached 54%, while the rate of exclusive breastfeeding in West Java only reached 33.7%, far below the national figure. (Ministry of Health, 2015)

Breastfeeding is an activity that requires intensive time and women need various types of support to start and maintain optimal breast feeding. It is very important that a woman needs to be heard while breast feeding. The most important support is from her husband. Husband's support is very important in promoting the practice of exclusive and optimal breastfeeding. Husband played the important role of making decision due to breastfeed is a phenomenon on that must be faced and complex. (Brown A, Davies R, 2014)

All the women are able to breastfeed, they require structural, information, and good emotional

supports. Many factors those controlled women to give breast feed or not and how long give to breastfeed. The success of breast feeding needs the husband's support and close relatives as well as society. Some women feel uncomfortable when giving breastfeed in a public area. (Ariani, 2012 and Ona Oktalina et al, 2015)

Other studies have shown that the involvement and readiness of husband is predisposing factor to the administration of breast milk and the elaborate on the women who received support early from the husband, to higher exclusive breastfeeding with a prevalence of 25% compared with women who did not receive the support of her husband of 15 %. The study also showed that women who received support from their husbands for breast feeding, had low rates of absence from work and stopped working, and having little stress. This study also shows that not all husbands understand the benefits of breastfeeding, it is reported that 50% of husbands state that breast feeding is a practice that makes the breasts worse, this sounds strange, but it seems that husbands need to be properly informed about breastfeeding. Husband plays an important role in the decision process of breastfeeding but the husband requires a good knowledge to prepare an optimal support of their partner. (Datta J, Graham B, 2012)

Although husbands are an important part of the breastfeeding process, there are clear differences in the literature, describing their behavior, knowledge and feelings about breastfeeding. Some qualitative studies support that husbands feel that they are not part of the maternal or baby relationship that begins during pregnancy and also they are not involved in the breastfeeding process. (Box KM, Braun KL, 2012)

## Methods

This study used a quasi experimental design (quasi experimental research) with a post test design technique. Assessment of behavior in the treatment group doing for 15 days after being given counseling using video on the husband's role in supporting breastfeeding. The control group also conducted a behavioral assessment of support for the breastfeeding process for 15 days and afterwards showed a video about the role of the husband in supporting the breastfeeding process.

The study was conducted in Bandung, data retrieval in August up to October 2018. The sample of 90 spouse whom women gave birth within 24 hours, consist of 45 pairs for each group.

For the treatment group, respondents were asked to fill a questionnaire list after showing a video about husband's support for breastfeeding program, then observed the husband's support behavior.

Step of collection data as follows:

a. The spouse was given an explanation and fill informed consent

- b. The spouse was given counseling about breastfeeding technique
- c. The spouse was asked to watch husband's role in the breastfeeding process using video on mobile cellular phone
- d. The duration of counseling was around 20 to 25 minutes
- e. The wife was asked to fill out a questionnaire for 15 days after birthing process.

While the control group, counselling about husband's role using video was given after 15 days of observation

## Result

The research conducted, the characteristics of the respondents areas follows

Table 1  
Characteristics of Respondents

	Treatment	Control
Age Average of Husband (year)	30.3	31.7
Average Age of Wife (year)	27.2	28.2

Table 2  
Respondent's characteristics are based on parity, education and kind of job

Parity	Treatment		Control	
	f	%	f	%
1	15	33.3	17	37.8
2-4	29	64.5	28	62.2
5	1	2.2	0	0
<b>Husband's education</b>				
Elementary school	4	8.9	12	26.8
Junior high school	4	8.9	7	15.5
High school	31	68.9	15	33.3
Diploma	1	2.2	4	8.9
Bachelor	5	11.1	7	15.5
<b>Wife's Education</b>				
Elementary school	1	2.2	17	37.8
Junior high school	12	26.7	3	6.7
High school	26	57.8	17	37.8
Diploma	1	2.2	4	8.9
Bachelor	5	11.1	4	8.9
<b>Husband's Job</b>				
Teacher	1	2.2	2	4.4
Civil servants	1	2.2	1	2.2
Employee private	22	48.9	14	31.1
Entrepreneur	18	40.0	16	35.6
Laborer	3	6.7	12	26.7

## Wife's Job

Teacher	0	0	1	2.2
Employee Private	11	24.4	7	15.5
Entrepreneur	1	2.2	3	6.7
Laborer	1	2.2	0	0

Table 3  
Husband's Role in Supporting  
Breastfeeding Behavior

	Treatment		Control	
	f	%	f	%
Supports	26	57.7	17	37.7
Less supportive	19	23.3	28	62.3

Table 4  
Differences in the Husband's Role on  
Treatment Groups and Controls Groups  
In Supporting Breast feeding

Group	Frequency	Average
Treatment	45	10.1
Control	45	7.8

Effects of Video Counseling  
Of Husband's role in Breastfeeding program

Husband's role	Group	Freq	Average	Std Dev	Test Value
	Treatment	45	10.1	2.9	0.003
	Control	45	7.7	2.1	

## Discussion

The table above shows that the respondents at  $\pm$  30 years of age for the husband and most the wife at the age of healthy reproduction. Most parity in both groups was in 2-4 parity, while husband's education was high school in both groups as well as wife's education. The most respondent's job were as private employee and entrepreneur.

The average value of support in the treatment group was 10.07 while in the control group it was 7.67. After being analyzed using Mann Whitney there was a difference between the treatment group and the control group about the Effect of Video Counseling on the Husband's Role in Supporting the Breast feeding Program with a P value of 0.003. The Study similar to Mithani et al (2015) that passivity of fathers or husbands caused by lack of knowledge. Father's accessibility to get the right information about matters relating to breast milk, and how father can provide positive support to increase breastfeeding need.

Husband's support is also related to the husband's knowledge of breastfeeding woman (Özlüses E, and C elebioglu A 2014). This is

supported by the characteristics of respondents who mostly have the last high school education, because the higher education of a person the easier it is to receive information, with more information being received it will affect its role in the breastfeeding process.

Based on the results of the study, most husbands participated in the breastfeeding process where his wife had parity  $\geq 2$ , it can be assumed that a husband who has children 2 or more has the knowledge and experience of the breastfeeding process when having the first child, supported by the maturity of the respondents. The age of the husband who supports this study is the majority of the 30-32 year age group. According (Susin LRO, Giuliani ERJ, 2008) the more the age, the level of maturity and strength of a person will be more mature in thinking and working. Father's memory of the way he is cared for by his father, his experience in caring for children, and his perception of the role of men and fathers in his cultural and social groups will direct his choices in determining the tasks and responsibilities he will carry (Sugita, 2016). There are significant differences between the role of natural Husband Breastfeeding Support in the control group and the treatment group and this if the terms of their treatment in the form of counseling by using an audio-visual media, then it is very closely related. As we know in the absorption of information is strongly influenced by a media. The more use of the senses in capturing messages in the media, the easier it will be to influence the behavior of respondents as recipients of information. (Sadiman, Arief S, 2012 and Nana Sudjana and Ahmad Rivai, 2002)

Husband's support is one form of interactions in which there are relationships who give and receive assistance real nature that is done by the husband faced the strata. (Wulandari 2014 and Yulastri, Warsiti. 2009).

Research conducted Ayten Taspinar et al (2013) showed that the father's education, the parent class is very influential on successful breastfeeding.

In this study, it is expected that a husband / father will more understand about the psychological and physical needs of the woman after giving birth to be successful in giving her exclusive breastfeeding, so by giving information using interesting media, it is hoped that the husband / father will follow the message.

According (Adhisivam et al, 2017) in his research stated that with audio visual education media tools can improve patient's knowledge in health services. Knowledge is closely related to changes in behavior. The better the knowledge the more it will allow better behavior

## Conclusion

This research was a significant effect between the frequency of breastfeeding with uterine involution. The more frequency of breastfeeding will make uterine involution faster.

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