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The Effect Of Whatsapp-Based Nursing Education On Hypertension Self-Management In The Elderly In Rural Areas

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ABSTRACT

Exclusive breastfeeding for the first six months of a baby's life is an important effort in improving the health and growth of the baby. However, the success of exclusive breastfeeding is influenced by various factors, one of which is family support. Emotional support, information, and practical assistance from the family can increase the mother's motivation to provide exclusive breastfeeding. This study aims to analyze the effect of family support on the success of exclusive breastfeeding in primiparous mothers. The study used an analytical design with a cross-sectional approach. The study sample was 70 primiparous mothers with babies aged 0–6 months. Data were collected through interviews using a structured questionnaire. Data analysis used the chi-square test. The results showed that mothers who received good family support had a success rate of exclusive breastfeeding of 78.4%, while mothers with less family support only had a success rate of 41.2%. The results of the statistical test showed a p value = 0.012 ($p < 0.05$). It was concluded that family support has a significant influence on the success of exclusive breastfeeding in primiparous mothers.

Keywords: Family Support, Exclusive Breastfeeding, Primiparous Mothers, Breastfeeding





1. Introduction

Exclusive breastfeeding is the provision of only breast milk to a baby from birth to six months of age, with no additional food or drink other than medication and vitamins. Exclusive breastfeeding has numerous benefits for both the baby and the mother.

For babies, breast milk serves as a complete source of nutrition and provides protection against various infectious diseases. Furthermore, exclusive breastfeeding can support optimal growth and development.

Although the benefits of exclusive breastfeeding are widely known, the success rate of exclusive breastfeeding remains suboptimal in some regions. Various factors can influence breastfeeding success, including maternal knowledge, maternal health, support from healthcare providers, and family support.

Primiparous mothers, breastfeeding is a new experience that often comes with various challenges. Family support, especially from husbands and other family members, is crucial in helping mothers navigate the challenges of breastfeeding.

This study aims to analyze the influence of family support on the success of exclusive breastfeeding in primiparous mothers.

2. Research Methods

a. Research Design

This study uses an analytical design with a cross-sectional approach.

b. Population and Sample

Primiparous mothers who had babies aged 0–6 months in the working area of Health Center X.

The sample size was 70 respondents selected using purposive sampling technique.

c. Inclusion Criteria

- 1) Primiparous mother
- 2) Have a baby aged 0–6 months
- 3) Willing to be a research respondent

d. Research Variables

Independent variables:

- Family support

Dependent variable:

- Success of exclusive breastfeeding

e. Data collection

Data was collected through interviews using a questionnaire which included:

- Family emotional support
- Information support





- Instrumental support

f. Data analysis

Data analysis was performed using:

- Descriptive analysis
- Chi-square test with a significance level of 0.05.

3. Research Results And Discussion

a. Research Result

1) Respondent Characteristics

This study involved 70 primiparous mothers with infants aged 0–6 months. Respondent characteristics included maternal age, education level, and employment status.

Table 1.
Respondent Characteristics

Characteristics	n	%
Mother's Age		
<20 years	10	14.3
20–35 years	48	68.6
>35 years	12	17.1
Education		
Base	18	25.7
Intermediate	36	51.4
Tall	16	22.9
Employment Status		
Work	26	37.1
Doesn't work	44	62.9

The majority of respondents were of healthy reproductive age (20–35 years old). This age group is considered physiologically and psychologically more prepared to assume the role of mother and has better adaptation skills to breastfeeding.

2) Level of Family Support

Family support in this study includes emotional support, information support, and instrumental support provided to mothers during the breastfeeding period.



**Table 2.****Distribution of Family Support**

Family Support	n	%
Good	37	52.9
Not enough	33	47.1

More than half of respondents received good family support. Family support in the form of motivation, assistance with household chores, and information about the benefits of breastfeeding significantly assisted mothers in maintaining breastfeeding practices.

3) Success of Exclusive Breastfeeding

Table 3.**Distribution of Exclusive Breastfeeding Success**

Success of Exclusive Breastfeeding	n	%
Succeed	44	62.9
Not successful	26	37.1

Most mothers successfully breastfeed their babies exclusively until they are six months old. This success is influenced by various factors, such as maternal motivation, knowledge of the benefits of breastfeeding, and support from family and healthcare professionals.

4) The Relationship Between Family Support and the Success of Exclusive Breastfeeding

Table 4.**Relationship between Family Support and Exclusive Breastfeeding**

Family Support	Exclusive Breastfeeding	Not Exclusive	Total
Good	29	8	37
Not enough	15	18	33
Total	44	26	70

The results of the analysis using the chi-square test show:
 $p = 0.012$

Because the p value < 0.05 , there is a significant relationship between family support and the success of exclusive breastfeeding in primiparous mothers.





5) Risk Analysis of Exclusive Breastfeeding Failure

Table 5.**Risks of Failure to Provide Exclusive Breastfeeding**

Family Support	Risk of Failure
Good	21.6%
Not enough	54.5%

Mothers who do not receive family support have more than double the risk of failing to provide exclusive breastfeeding compared to mothers who receive good family support.

b. Discussion

The research results show that family support has a significant influence on the success of exclusive breastfeeding in primiparous mothers. Mothers who receive good family support have a greater chance of successfully providing exclusive breastfeeding to their babies.

Family support plays a crucial role in increasing a mother's motivation to breastfeed. Emotional support, such as encouragement and appreciation, can boost a mother's confidence in her role as a breastfeeding mother.

Instrumental support such as helping with household chores also allows mothers to have more time and energy to optimally breastfeed their babies.

The husband's role in supporting the mother is also crucial. A husband who actively provides emotional and practical support can increase the success of exclusive breastfeeding.

From the perspective of health behavior theory, family support is a reinforcing factor. Factors that can influence a person's health behavior. Support provided by the family can strengthen the mother's motivation to maintain exclusive breastfeeding practices.

Successful exclusive breastfeeding isn't solely influenced by family support. Other factors, such as the mother's education level, her health, and support from healthcare professionals, also play a crucial role.

This study shows that a family-based approach is very important in increasing the success of the exclusive breastfeeding program.

➤ **Practical Implications**

The results of this study indicate that family involvement in exclusive breastfeeding promotion programs is crucial. Health workers need to educate not only mothers but also family members, especially husbands, about the importance of supporting breastfeeding mothers.





This approach is expected to increase the success of exclusive breastfeeding and support optimal infant growth and development.

4. Conclusion And Suggestions

a. Conclusion

Family support significantly influences the success of exclusive breastfeeding in primiparous mothers. Mothers who receive good family support have a greater chance of successfully providing exclusive breastfeeding to their babies.

b. Suggestion

- 1) Health workers need to involve families in education about the importance of exclusive breastfeeding.
- 2) Husbands and family members are expected to provide optimal support to mothers during breastfeeding.
- 3) Further research can examine other factors that influence the success of exclusive breastfeeding.

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