



Publish: Association of Indonesian Teachers and Lecturers

International Journal of Health Sciences (IJHS)Journal Homepage: <https://jurnal.agdosi.com/index.php/IJHS/index>

Volume 4 | Number 3 | September 2026 |



Factors Related To The Success Of Exclusive Breastfeeding In Infants Aged 0–6 Months

Lumastari Ajeng Wijayanti ^{1*}, Rezqiah Aulia Rahmat ²^{*1} Applied Bachelor's Study Program in Midwifery (Kediri), Health Polytechnic of the Ministry of Health, Malang, Indonesia² Faculty of Medicine, Bosowa University Makassar, Indonesia***Correspondent Author** : Lumastari Ajeng Wijayanti, Email: ajengg1612@gmail.com

ABSTRACT

Exclusive breastfeeding refers to feeding infants only breast milk for the first six months of life without additional food or drink, except medicines, vitamins, or minerals when medically indicated. Despite its benefits, the coverage of exclusive breastfeeding in Indonesia remains below the national targets. Maternal knowledge, occupation, husband's support, health worker support, and early initiation of breastfeeding are among the factors influencing breastfeeding success. To analyze factors associated with the success of exclusive breastfeeding among infants aged 0–6 months. This study employed an analytical observational design with a cross-sectional approaches. A total of 120 mothers with infants aged 6–12 months were selected using purposive sampling. Data were collected using structured questionnaires and analyzed using the Chi-square test with a significance level of 0.05. The proportion of mothers who successfully practiced exclusive breastfeeding was 65.8%. Maternal knowledge, occupation, husband's support, health worker support, and early initiation of breastfeeding was significantly associated with exclusive breastfeeding success ($p < 0.05$). Maternal knowledge, occupation, husband's support, health worker support, and early initiation of breastfeeding are significantly associated with successful exclusive breastfeeding.

Keywords : *Exclusive Breastfeeding, Breastfeeding Mothers, Husbands Support, Maternal Knowledge, Infants*

1. INTRODUCTION

Breast milk is the best food for babies because it contains all the nutrients needed for optimal growth and development in the first six months of life. The World Health Organization (WHO) and the United Nations Children's The UNICEF Fund recommends exclusive breastfeeding from birth to six months of age, followed by adequate complementary feeding (MP-ASI) and continued breastfeeding until the age of two years or more.

Exclusive breastfeeding provides significant benefits for both babies and mothers. In infants, breast milk plays a role in boosting the immune system, reducing the risk of





respiratory infections, diarrhea, allergies, obesity, and chronic diseases later in life. For mothers, breastfeeding helps accelerate uterine involution, reduces postpartum bleeding, lowers the risk of breast and ovarian cancer, and strengthens the emotional bond between mother and baby.

Despite the numerous benefits of exclusive breastfeeding, achieving exclusive breastfeeding remains a challenge in many countries, including Indonesia. Surveys show that many mothers still provide formula or supplementary foods before their babies are six months old. This situation can be influenced by individual, family, social, cultural, and health service factors.

The success of exclusive breastfeeding is influenced by various factors. A mother's knowledge of the benefits and techniques of breastfeeding plays a crucial role in shaping breastfeeding behavior. Mothers with good knowledge tend to better understand the importance of exclusive breastfeeding and are better able to overcome various obstacles during the breastfeeding process.

Husband's support is a crucial factor influencing breastfeeding success. Emotional support, motivation, assistance with baby care, and the husband's involvement in the breastfeeding process can boost a mother's confidence in continuing to exclusively breastfeed. Support from healthcare professionals through lactation counseling and education during pregnancy and after delivery also plays a role in increasing breastfeeding success.

The mother's occupation also influences the success of exclusive breastfeeding. Working mothers often face various obstacles, such as limited breastfeeding time, unavailable lactation rooms, and lack of support in the workplace. On the other hand, implementing Early Initiation of Breastfeeding (IMD) has been shown to increase the success of exclusive breastfeeding by accelerating the suckling reflex and increasing milk production.

Seeing the complexity of factors that influence the success of exclusive breastfeeding, research is needed to identify factors related to the success of exclusive breastfeeding in infants aged 0–6 months so that it can be the basis for developing maternal and child health promotion programs.

2. RESEARCH METHODS

a. Research Design

This study uses a quantitative method with an observational analytical design using a cross-sectional approach, namely the measurement of independent variables and dependent variables is carried out at the same time.

b. Location and Time of Research

The research was conducted at the Community Health Center in January–March 2026



**c. Population and Sample****1) Population**

The research population was all mothers who had babies aged 6–12 months in the research work area.

2) Sample

The number of research samples was 120 respondents selected using purposive sampling technique.

d. Research Instruments

The research instruments consist of:

- 1) Respondent characteristics questionnaire.
- 2) Mother's knowledge questionnaire about exclusive breastfeeding.
- 3) Husband support questionnaire.
- 4) Health worker support questionnaire.
- 5) IMD history observation sheet.
- 6) Exclusive breastfeeding status sheet based on interviews and the KIA Book.

All instruments have undergone validity and reliability testing before being used in research.

e. Data collection technique

Data collection is carried out through the following steps:

- 1) Obtain research permits from relevant agencies.
- 2) Explain the purpose of the research to respondents and ask for *informed consent*).
- 3) Conduct interviews using structured questionnaires.
- 4) Check the KIA Book to ensure a history of exclusive breastfeeding.
- 5) Perform editing , coding , data entry , and data cleaning before analysis.

f. Data analysis

Data analysis was carried out using the **SPSS program** .

1) Univariate Analysis

Univariate analysis was used to describe the characteristics of respondents and the distribution of each research variable in the form of frequency, percentage, mean , and standard deviation.

2) Bivariate Analysis

Bivariate analysis was conducted using the Chi- Square test to determine the relationship between the studied factors and the success of exclusive breastfeeding. The statistical significance level was set at $\alpha = 0.05$. A p-value < 0.05 indicates a significant relationship between the independent variables and the success of exclusive breastfeeding.



**3. RESEARCH RESULTS AND DISCUSSION****a. Research result****Table 1. Respondent Characteristics (n = 120)**

Characteristics	Frequency (n)	Percentage (%)
Mother's Age (years)		
<20	8	6.7
20–35	84	70.0
>35	28	23.3
Education		
Base	24	20.0
Intermediate	65	54.2
Tall	31	25.8
Work		
Doesn't work	70	58.3
Work	50	41.7

Based on Table 1, most respondents were aged 20–35 years (70.0%), had secondary education (54.2%), and were unemployed (58.3%).

Table 2. Distribution of Factors Studied

Variables	Frequency	Percentage (%)
Good knowledge	82	68.3
Lack of knowledge	38	31.7
Good husband support	79	65.8
Lack of husband support	41	34.2
Good health worker support	88	73.3
Lack of support from health workers	32	26.7
IMD is carried out	90	75.0
IMD is not done	30	25.0
Successful exclusive breastfeeding	79	65.8
Not successful	41	34.2

Table 3. Relationship of Factors with the Success of Exclusive Breastfeeding

Variables	p- value	Information
Mother's knowledge	0.003	Relate
Mother's education	0.081	Not related
Mother's job	0.020	Relate
Husband's support	0.001	Relate
Support for health workers	0.014	Relate
Early Initiation of Breastfeeding (IMD)	0.005	Relate

Chi- square test results showed that maternal knowledge, occupation, husband's support, health worker support, and implementation of IMD were significantly





associated with successful exclusive breastfeeding ($p < 0.05$). Meanwhile, maternal education level did not show a significant relationship ($p > 0.05$).

b. Discussion

This study shows that the success of exclusive breastfeeding is influenced by several factors, namely maternal knowledge, maternal occupation, husband's support, support from health workers, and the implementation of Early Initiation of Breastfeeding (IMD). These factors play a crucial role in determining a mother's success in exclusively breastfeeding until the baby is six months old.

The results showed that maternal knowledge was significantly associated with the success of exclusive breastfeeding ($p = 0.003$). Mothers with good knowledge of the benefits of breast milk, breastfeeding techniques, and lactation management tended to be more successful at exclusive breastfeeding than mothers with less knowledge. Good knowledge increased mothers' confidence in dealing with various breastfeeding challenges, such as perceived insufficient milk production, sore nipples, and the perception that the baby was not full.

This finding aligns with Lawrence's theory that knowledge is a predisposing factor influencing a person's health behavior. Several studies have also reported that education during pregnancy can significantly improve breastfeeding success.

Maternal occupation also correlated with the success of exclusive breastfeeding ($p = 0.020$). Working mothers often face limited breastfeeding time, short maternity leave, and less than optimal lactation room facilities at work. Conversely, non-working mothers have greater opportunities to breastfeed directly, resulting in higher success rates of exclusive breastfeeding.

Husband's support was the strongest factor in this study ($p = 0.001$). Emotional support, motivation, assistance with baby care, and appreciation for breastfeeding mothers can increase mothers' confidence in exclusive breastfeeding. Husband's involvement throughout pregnancy and breastfeeding has also been shown to increase breastfeeding success.

Support from healthcare professionals was significantly associated with successful exclusive breastfeeding ($p = 0.014$). Lactation counseling, education on proper breastfeeding techniques, postpartum support, and infant growth monitoring are all forms of professional support that can improve breastfeeding success.

Early Initiation of Breastfeeding (IMD) also showed a significant relationship with the success of exclusive breastfeeding ($p = 0.005$). Early initiation of breastfeeding (IMD) helps babies recognize their mother's nipples earlier, stimulates the release of the hormones oxytocin and prolactin, and accelerates milk production. Therefore, babies who receive early initiation of breastfeeding (IMD) have a greater chance of being exclusively breastfed until six months of age.





Publish: Association of Indonesian Teachers and Lecturers

International Journal of Health Sciences (IJHS)Journal Homepage: <https://jurnal.agdosi.com/index.php/IJHS/index>

Volume 4 | Number 3 | September 2026 |



Maternal education level did not significantly correlate with the success of exclusive breastfeeding ($p=0.081$). This suggests that mothers with both low and high levels of education have an equal chance of successfully providing exclusive breastfeeding if they receive adequate information and support from family and health professionals.

The results of this study align with previous research, which suggests that successful exclusive breastfeeding is the result of an interaction between individual, family, environmental, and healthcare system factors. Therefore, increasing exclusive breastfeeding coverage requires a comprehensive approach through education, family support, breastfeeding-friendly workplace policies, and strengthening lactation services in healthcare facilities.

4. CONCLUSION AND SUGGESTIONS

a. Conclusion

This study shows that maternal knowledge, maternal occupation, husband's support, support from health workers, and implementation of Early Initiation of Breastfeeding (IMD) are significantly associated with the success of exclusive breastfeeding in infants aged 0–6 months. Meanwhile, maternal education level did not show a significant relationship. Support from family and health workers is essential to improve the success of exclusive breastfeeding practices.

b. Suggestion

- 1) Health workers need to increase education regarding the benefits and techniques of exclusive breastfeeding from pregnancy to postpartum.
- 2) Husbands and family members are expected to play an active role in providing emotional and practical support to breastfeeding mothers.
- 3) Workplaces are expected to provide lactation rooms and policies that support working mothers to continue providing exclusive breastfeeding.
- 4) Health facilities need to optimize the implementation of Early Breastfeeding Initiation (IMD) and lactation counseling as part of maternal and neonatal services.
- 5) Further research is recommended to use a cohort or prospective design with a larger sample size and add other variables, such as economic status, culture, and workplace policies.

REFERENCES

1. American Academy of Pediatrics . Breastfeeding and the use of human milk . Pediatrics . 2022;150(6):e2022057988.
2. Dennis CL. Breastfeeding initiation and duration : A review of the literature . J Obstet Gynecol Neonatal Nurs . 2002;31(1):12–32.





Publish: Association of Indonesian Teachers and Lecturers

International Journal of Health Sciences (IJHS)Journal Homepage: <https://jurnal.agdosi.com/index.php/IJHS/index>

Volume 4 | Number 3 | September 2026 |



3. Horta BL, Loret de Mola C, Victora CG. Long-term consequences of breastfeeding on cholesterol , obesity , systolic blood pressure , and type 2 diabetes. *Acta Paediatr* . 2015;104(467):30–37.
4. Ministry of Health of the Republic of Indonesia. Indonesian Health Profile 2023. Jakarta: Ministry of Health of the Republic of Indonesia; 2024.
5. Lawrence RA, Lawrence RM. Breastfeeding : A guide for the medical profession . 9th ed. Philadelphia : Elsevier ; 2022.
6. McFadden A, Gavine A, Renfrew MJ, Wade A, Buchanan P, Taylor JL, et al. Support for healthy breastfeeding mothers with healthy term babies . *Cochrane Database System Rev* . 2017;(2):CD001141.
7. Meedya S, Fahy K, Kable A. Factors that positively influence breastfeeding duration to six months : A literature review . *Women Birth* . 2010;23(4):135–145.
8. Mulia, M., Rosmiati, R., Rahmat, RA, Pannyiwi, R., & Wijayanti, LA (2026). Bullying And Its Relationship To Anxiety , Depression , And Self-Esteem . *International Journal of Health Sciences* , 4(1), 61–67. <https://doi.org/10.59585/ijhs.v4i1.1097>
9. Pannyiwi, R. (2026). The Free Nutritional Meal Program (MBG) as a Government Intervention to Improve Children's Health and Learning Achievement. *Sahabat Sosial: Journal of Community Service*, 4(4), 1586–1599. Retrieved from <https://jurnal.agdosi.com/index.php/jpemas/article/view/1361>
10. Rollins NC, Bhandari N, Hajeebhoy N, Horton S, Lutter CK, Martines JC, et al. Why invest , and what it will take to improve breastfeeding practices ? *Lancet* . 2016;387(10017):491–504.
11. Sinha B, Chowdhury R, Sankar MJ, Martines J, Taneja S, Mazumder S, et al. Interventions to improve breastfeeding outcomes . *Acta Paediatr* . 2015;104(467):114–134.
12. United Nations Children's Fund . Programming guidance : Infant and young child feeding . New York : UNICEF; 2020.
13. Victora CG, Bahl R, Barros AJD, França GVA, Horton S, Krasevec J, et al. Breastfeeding in the 21st century : Epidemiology , mechanisms , and lifelong effect . *Lancet* . 2016;387(10017):475–490.
14. Wijayanti, LA, Musdalifah, M., Asriani Hijrah, & Edi Pramono. (2026). The Relationship Between Health Promotion Intensity And Public Health Behavior . *International Journal of Health Sciences* , 4(1), 172–180. <https://doi.org/10.59585/ijhs.v4i1.1112>
15. Wijayanti, LA, & Rahmat, RA (2026). Risk Factors for Diabetes Mellitus in the Elderly . *Barongko : Journal of Health Sciences* , 4(2), 940–946. Retrieved from <https://jurnal.agdosi.com/index.php/Barongko/article/view/1214>
16. World Health Organization Indicators for assessing infant and young child feeding practices . Geneva : WHO; 2021.





Publish: Association of Indonesian Teachers and Lecturers

International Journal of Health Sciences (IJHS)Journal Homepage: <https://jurnal.agdosi.com/index.php/IJHS/index>

Volume 4 | Number 3 | September 2026 |



17. World Health Organization . WHO recommendations on maternal and newborn care for a positive postnatal experience . Geneva : WHO; 2022.
18. World Health Organization , United Nations Children's Fund Capture the moment : Early initiation of breastfeeding . Geneva : WHO; 2018.
19. Wahyuni, T., Achmad, VS, Pannyiwi, R., & Rahmat, RA (2025). The Relationship Between Nurse's Knowledge about Ventilators and Compliance in Preventing Ventilator - Associated Pneumonia (VAP) in the ICU. International Journal of Health Sciences , 3(4), 704–710. <https://doi.org/10.59585/ijhs.v3i4.892>
20. Yotebieng M, Labbok M, Soeters HM, Chalachala JL, Lapika B, Vitta BS, et al. Ten steps to successful breastfeeding program to improve breastfeeding practices . BMJ Open. 2015;5(10):e008181.

