

# THE RELATIONSHIP BETWEEN EXCLUSIVE BREASTFEEDING, SPOUSAL SUPPORT AND MATERNAL NUTRITIONAL STATUS WITH BREAST MILK PRODUCTION AMONG BREASTFEEDING MOTHERS AT THE SITI SRI KOMALASARI MIDWIFE CLINIC, CIBEREUM VILLAGE, CIANJUR IN 2022

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## ABSTRACT

*Breast milk is an ideal source of nutrition and the safest food for babies during the first 4-6 months of life. Reduced breast milk production is a problem in new mothers and there are factors that affect breast milk production such as support from the husband, closest people, and nutritional adequacy of the mother and exclusive breastfeeding. The purpose of this study was to determine the relationship between exclusive breastfeeding, husband support, and maternal nutritional adequacy with breast milk production in breastfeeding mothers at PMB Midwife Siti Dri Komalasari KP. Cibereum Cianjur. This research is a quantitative type that is analytical in nature with a cross sectional approach. This research was conducted at PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur. The research time is June-August 2022. In this study, the population was 40 breastfeeding mothers and the sample used saturated samples in which the entire population was sampled. Researchers used the Chi Square test. Based on the results of the study Frequency distribution, it is known that the majority of breastfeeding mothers in PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur of 25 respondents (62.5%) had a lot of breast milk production and 15 respondents (37.5%) had little breast milk production. The results of the exclusive breast milk statistical test with the production of breast milk for breastfeeding mothers with a value of P value = 0.026, husband support with breast milk production of breastfeeding mothers with a value of P value = 0.000, Nutritional adequacy with the production of breast milk for breastfeeding mothers with a value of P value = 0.009. In conclusion, there is a relationship between exclusive breastfeeding, husband support, maternal nutritional adequacy and the production of breast milk for mothers in the pmb midwife Siti Sri Komalasari KP. Cibereum Cianjur. Advice for PMB Midwife Siti Sri Komalasari is expected to increase socialization to the community, especially breastfeeding mothers about exclusive breastfeeding, nutritional adequacy, and breast milk production.*

**Keywords :** *Exclusive Breastfeeding, Husband Support, Nutritional Adequacy, Breast milk Production*

## I. INTRODUCTION

Breastfeeding is the process of feeding a baby breast milk from birth until the age of two. If a baby is fed only breast milk until the age of six months, without adding or replacing it with any other food or drink, this is known as exclusive breastfeeding. According to the WHO (2019), exclusive breastfeeding can protect infants and young children from serious illnesses and strengthen the emotional bond between mother and child. The natural process of breastfeeding ensures that the baby receives adequate nutrition and is showered with affection, which is beneficial for their development.

In its report, the WHO states that the global average rate of exclusive breastfeeding in 2017 was only 38%; the WHO aims to increase the rate of exclusive breastfeeding during the first six months of life to at least 50% by 2025. (1) In Indonesia, the Ministry of Health has set a target to increase the rate of exclusive breastfeeding to 80%, yet the rate of exclusive breastfeeding in Indonesia remains below this target. According to Indonesia's health profile data, the proportion of infants receiving exclusive breastfeeding in 2018 was 68.74%. (2) In 2019, the rate of exclusive breastfeeding rose to 74.5%. (3) Consequently, in 2019, the WHO (World Health Organisation) issued child growth standards, subsequently adopted worldwide, emphasising the importance of feeding infants exclusively with breast milk from birth until the age of 6 months. (Niar, 2021) After that, infants may be given complementary foods whilst continuing to be breastfed until they reach the age of 2 years. The situation in Indonesia is still perceived as being far from the reality when compared to the expected target (80%) of infants receiving exclusive breastfeeding. Based on the prevalence of exclusive breastfeeding from the Survey Data. Demographic and Health Survey (2009–2019), there has been a year-on-year decline, from 40.2% (2009) to 39.5% (2018), and a further decrease to 32% in 2020, whilst the use of formula milk has tripled from 10.8% to 32.5%.

Breast milk is the ideal source of nutrition and the safest food for infants during the first 4-6 months of life. Breast milk protects infants against foodborne diarrhea through its anti-infective properties and minimizes exposure to foodborne pathogens. (BPS.2017) Several key actions are underway at the national and international levels to promote breastfeeding, and many educational materials advise mothers on this. Health workers can also advise breastfeeding mothers on how to protect their breast milk from chemicals/other hazards (e.g., by minimizing contact, by avoiding consumption of foods containing unsafe levels of contamination).

Reduced breast milk production is a problem for new mothers and there are factors that influence breast milk production. In 2019 at Sayang Cianjur Hospital, out of 20 mothers who breastfed during the postpartum period in the obstetrics inpatient room, obstetrics polyclinic and also the children's polyclinic immunization department, 11 mothers (55%) stated that their breast milk came out a little, 5 mothers (25%) stated that their breast milk came out enough and 4 mothers (20%) said their breast milk came out a lot. Regarding breast milk production problems from 20 mothers, 9 mothers (45%) said that their breast milk production was <100 ml / 24 hours (half a small cup), 8 mothers (40%) stated that their breast milk production was 100-500 ml / 24 hours (one small cup - one medium glass) and 3 mothers (15%) stated that their breast milk production was 500-800 ml / 24 hours (one large glass).

The success of exclusive breastfeeding is also influenced by the support and role of the family, especially the husband. Breastfeeding requires emotional stability, as the mother's psychological factors significantly influence milk production.(7)A husband's support can help a mother believe that breastfeeding is a wonderful thing for her baby. Furthermore, a husband can help her find information about the breastfeeding process. (Faradillah, 2017)

Breastfeeding women don't actually need a perfect diet. There are several nutrients that should be consumed in abundance while breastfeeding. However, if the essence is only the "success" of the nutritional composition in their breast milk that "eats enough," the only difference is the volume of breast milk itself. Therefore, breastfeeding women are advised to drink plenty of fluids and get enough rest. For a breastfeeding mother, it is an obligation that must be carried out, because the smooth production of breast milk is very important to meet the needs of the baby. Nutrition and nutrition play a crucial role in supporting maximum breast milk production. Breastfeeding mothers' food is guided by the balanced nutrition guidelines (PGS) as much as 6 times per day, but mothers are very careful about their taboos, some even

consume food as usual, unlike breastfeeding women who must eat extra. In this case, related to cultural myths in Indonesia about breastfeeding mothers' food is inseparable from cultural challenges. Myths often make it difficult for breastfeeding mothers to choose food so that mothers have taboos from consuming various types of food, therefore disrupting breast milk production.

According to Haryono & Setianingsih (2020), mothers receive support from two sources: family and healthcare professionals. However, the most influential source of support is family support, particularly from the husband. This is because the husband is the immediate family member and the closest person to the mother. However, in reality, husbands' support for breastfeeding is still minimal, partly due to the cultural division of roles, where the husband acts as the breadwinner and the wife takes care of all household chores.

In this breastfeeding program, the husband's role is very important in this program because it helps facilitate the provision of breast milk which is meaningful for improving the quality of life of children, ironically this condition is not widely understood by husbands. Where the husband's role in the program can create a comfortable atmosphere for his wife so that their psychological condition is healthy. Increasing the husband's role in the form of attention to his wife is very much needed for a process in breast milk production, namely the oxytocin reflex. Positive maternal thoughts will stimulate muscle contractions around the mammary glands (mammary alveoli) to flow breast milk to the lactiferous sinus and then sucked by the baby.

At the time of the oxytocin reflex, the husband's role is truly significant because the husband is the closest person who can influence the emotional state and feelings of his wife. Although the influence varies in each wife, the influence of emotions can reach 75% in inhibiting the release of breast milk. The husband's role here can be in the form of providing security, reassuring the mother that she is able to breastfeed and the importance of providing breast milk for the baby.

It is known that during the period April-December 2021, a total of 1,025 breastfeeding mothers were identified. And in January-April, 520 breastfeeding mothers were identified.

Based on the above background, the researcher wants to know the relationship between exclusive breastfeeding, husband's support and maternal nutritional adequacy with breast milk production in breastfeeding mothers at PMB Bidan Siti Sri Komalasri Kp. Cibereum Cianjur in 2022.

## **II. RESEARCH METHODOLOGY**

This research method is included in quantitative research with analytical descriptive research and uses a Cross Sectional design, where measurements of dependent and independent variables can be carried out simultaneously so that it is quite effective and efficient. The data used is primary data by distributing questionnaires to breastfeeding mothers 0-6 months at the Karang Tengah Health Center in 2022. In this study, researchers wanted to know the relationship between exclusive breastfeeding, husband's support and maternal nutritional adequacy with breast milk production in breastfeeding mothers at PMB Bidan Siti Sri Komalasri Kp. Cibereum Cianjur in 2022. In this study, the population used is heterogeneous and the population to be taken is all breastfeeding mothers at PMB Bidan Siti Sri Komalasri KP. Cibereum Cianjur in 2022 as many as 40 people. The data analysis used is univariate data analysis and bivariate data analysis.

### III. RESULT AND DISCUSSION

#### Result

##### Univariate Results

##### a. Frequency Distribution of Respondent Characteristics Based on Age

**Table 1**  
**Frequency Distribution of Respondent Characteristics Based on Age**

		Age			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	20-29 Years	6	15	15	15
	30-39 Years	32	80	80	95
	> 39 Years	2	5	5	100
	Total	40	100	100	

**Source: SPSS Version 25 output processed by the author**

Based on table 1 above, it can be explained that of the 40 breastfeeding mothers who filled out the questionnaire, 6 respondents (15%) were aged between 20-29 years, 32 respondents (80%) were aged between 30-39 years, and 2 respondents (5%) were aged > 39 years. From these results and explanations, it can be concluded that the majority of respondents in this study were aged between 30-39 years.

##### b. Frequency Distribution of Breast Milk Production Variables in Breastfeeding Mothers at PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur

**Table 2**  
**Frequency Distribution of Breast Milk Production Variables in Breastfeeding Mothers At PMB Siti Sri Komalasari, KP. Cibereum Cianjur**

BREAST MILK PRODUCTION					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Lots	25	62.5	62.5	62.5
	A little	15	37.5	37.5	100
	Total	40	100	100	

**Source: SPSS Version 25 output processed by the author**

Based on Table 2 above, it is known that the frequency distribution of breast milk production of breastfeeding mothers at PMB Siti Sri Komalasari KP. Cibereum Cianjur, of 40 breastfeeding mothers, there are 25 respondents (62.5%) who have a high level of breast milk production and 15 respondents (37.5%) who have a low level of breast milk production. From these results, it can be concluded that the majority of respondents in this study are breastfeeding mothers who have a high level of breast milk production.

c. Frequency Distribution of Exclusive Breastfeeding Variables in Breastfeeding Mothers at PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur

**Table 3**  
**Frequency Distribution of Exclusive Breastfeeding Variables in Breastfeeding Mothers At PMB Siti Sri Komalasari, KP. Cibereum Cianjur**

Exclusive Breastfeeding					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Exclusive Breastfeeding	26	65	65	65
	Not Exclusive Breastfeeding	14	35	35	100
	Total	40	100	100	

**Source: SPSS Version 25 output processed by the author**

Based on table 3 above, it is known that the distribution of the frequency of exclusive breastfeeding of breastfeeding mothers at PMB Siti Sri Komalasari KP. Cibereum Cianjur, of 40 breastfeeding mothers there are 26 respondents (65%) providing exclusive breastfeeding and 14 respondents (35%) not providing exclusive breastfeeding. From these results it can be concluded that the majority of respondents in this study are breastfeeding mothers who provide exclusive breastfeeding.

d. Frequency Distribution of Husband's Support Variable for Breastfeeding Mothers at PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur

**Table 4**  
**Frequency Distribution of Husband's Support Variable for Breastfeeding Mothers At PMB Siti Sri Komalasari, KP. Cibereum Cianjur**

Husband's Support					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Support	26	65	65	65
	Less Supportive	14	35	35	100
	Total	40	100	100	

**Source: SPSS Version 25 output processed by the author**

Based on Table 4 above, it is known that the frequency distribution of Husband Support for breastfeeding mothers at PMB Siti Sri Komalasari KP. Cibereum Cianjur, of 40 breastfeeding mothers, there are 26 respondents (65%) received support from their husbands and 14 respondents (35%) received less support from their husbands. From these results, it can be concluded that the majority of respondents in this study were breastfeeding mothers who received support from their husbands.

e. Frequency Distribution of Nutritional Adequacy Variables in Breastfeeding Mothers at PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur

**Table 5**  
**Frequency Distribution of Nutritional Adequacy Variables in Breastfeeding Mothers At PMB Siti Sri Komalasari, KP. Cibereum Cianjur**

Nutritional Adequacy					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Adequate Nutrition	25	62.5	62.5	62.5
	Malnutrition	15	37.5	37.5	100
	Total	40	100	100	

**Source: SPSS Version 25 output processed by the author**

Based on Table 5 above, it is known that the frequency distribution of nutritional adequacy of breastfeeding mothers at PMB Siti Sri Komalasari KP. Cibereum Cianjur, of 40 breastfeeding mothers, there are 25 respondents (62.5%) who have adequate nutrition and 15 respondents (37.5%) who have inadequate nutrition. From these results, it can be concluded that the majority of respondents in this study were breastfeeding mothers who have adequate nutritional status.

Bivariate Results

a. The Relationship Between Exclusive Breastfeeding and Breast Milk Production in Breastfeeding Mothers at the PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur

**Table 6**  
**The Relationship Between Exclusive Breastfeeding and Breast Milk Production in Breastfeeding Mothers at PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur**

No	Exclusive Breastfeeding	Breast milk production				Total		OR 95% CI	P-Value
		Lots		A little		F	%		
		F	%	F	%				
1	Exclusive Breastfeeding	20	73.9	6	23.1	26	100	6,000	0.026
2	Not Exclusive Breastfeeding	5	35.7	9	64.3	14	100		
	Total	25	62.5	15	37.5	40	100		

**Source: SPSS Version 25 output processed by the author**

Based on table 6 above, it can be explained that of the 40 respondents in the form of pregnant women at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur, the results obtained that of the 26 respondents who provided Exclusive Breastfeeding, there were 20 (73.9%) respondents who had a lot of breast milk production expenditure and 6 (23.1%) respondents

who had a little breast milk production expenditure. Meanwhile, of the 14 breastfeeding mothers who did not provide Exclusive Breastfeeding, there were 5 (35.7%) respondents who had a lot of breast milk production expenditure and 9 (64.3%) respondents who had a little breast milk production expenditure. Based on these calculations, a Significant Value (P-Value) of 0.026 was obtained which was smaller than 0.05 ( $0.026 < 0.05$ ), so it can be concluded that there is a relationship between Exclusive Breastfeeding and Breast Milk Production in Breastfeeding Mothers at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur. From the test results, an OR value of 6 was also obtained, this means that respondents who provide exclusive breastfeeding have a 6 times greater chance of getting breast milk production expenditure compared to respondents who do not provide exclusive breastfeeding.

b. The Relationship Between Husband's Support and Breast Milk Production in Breastfeeding Mothers at the PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur

**Table 7**  
**The Relationship Between Husband's Support and Breast Milk Production in Breastfeeding Mothers at PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur**

No	Husband's Support	Breast milk production				Total		OR 95% CI	<i>P-Value</i>
		Lots		A little		F	%		
		F	%	F	%				
1	Support	22	84.6	4	15.4	26	100	20,167	0,000
2	Less Supportive	3	21.4	11	78.6	14	100		
	Total	25	62.5	15	37.5	40	100		

**Source: SPSS Version 25 output processed by the author**

Based on table 7 above, it can be explained that of the 40 respondents in the form of pregnant women at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur, the results obtained that of the 26 respondents who received support from their husbands, there were 22 (84.6%) respondents who had a lot of breast milk production and 4 (15.4%) respondents who had a little breast milk production. Meanwhile, of the 14 breastfeeding mothers who did not get enough support from their husbands, there were 3 (21.4%) respondents who had a lot of breast milk production and 11 (78.6%) respondents who had a little breast milk production. Based on these calculations, a Significant Value (P-Value) of 0.000 was obtained which was smaller than 0.05 ( $0.000 < 0.05$ ), so it can be concluded that there is a relationship between Husband's Support and Breast Milk Production in Breastfeeding Mothers at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur. From the test results, an OR value of 20.167 was also obtained. This means that respondents who receive support from their husbands have a 20.167 times greater chance of receiving breast milk production expenditure compared to respondents who receive less support from their husbands.

- c. The Relationship Between Nutritional Adequacy and Breast Milk Production in Breastfeeding Mothers at the PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur

**Table 8**  
**The Relationship Between Nutritional Adequacy and Breast Milk Production in Breastfeeding Mothers at PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur**

No	Nutritional Adequacy	Breast milk production				Total		OR 95% CI	P-Value
		Lots		A little		F	%		
		F	%	F	%				
1	Adequate Nutrition	20	80	5	20	25	100	8,000	0.009
2	Malnutrition	5	33.3	10	66.7	15	100		
	Total	25	62.5	15	37.5	40	100		

**Source: SPSS Version 25 output processed by the author**

Based on table 8 above, it can be explained that of the 40 respondents in the form of pregnant women at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur, the results obtained that of the 25 respondents who had sufficient nutrition, there were 20 (80%) respondents who had a lot of breast milk production expenditure and 5 (20%) respondents had a little breast milk production expenditure. Meanwhile, of the 15 breastfeeding mothers who had insufficient nutrition, there were 5 (33.3%) respondents who had a lot of breast milk production expenditure and 10 (66.7%) respondents who had a little breast milk production expenditure. Based on these calculations, a Significant Value (P-Value) of 0.009 was obtained which was smaller than 0.05 ( $0.009 < 0.05$ ), so it can be concluded that there is a relationship between Nutritional Adequacy and Breast Milk Production in Breastfeeding Mothers at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur. From the test results, an OR value of 8,000 was also obtained. This means that respondents who have sufficient nutrition have an 8 times greater chance of increasing breast milk production compared to respondents who have inadequate nutrition.

### **Discussion**

1. The Relationship Between Exclusive Breastfeeding and Breast Milk Production in Breastfeeding Mothers at PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur

From the results of the study above, it can be explained that there is a relationship between Exclusive Breastfeeding and Breast Milk Production in Breastfeeding Mothers at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur. This can be proven by the results obtained that of the 40 respondents in the form of pregnant women at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur, the results obtained that of the 26 respondents who provided Exclusive Breastfeeding there were 20 (73.9%) respondents had a lot of breast milk production expenditure and 6 (23.1%) respondents had a little breast milk production expenditure. Meanwhile, of the 14 breastfeeding mothers who did not provide Exclusive Breastfeeding there were 5 (35.7%) respondents had a lot of breast milk production

expenditure and 9 (64.3%) respondents had a little breast milk production expenditure. Based on the calculation, a significant value (P-Value) of 0.026 is obtained, which is smaller than 0.05 ( $0.026 < 0.05$ ), so it can be concluded that there is a relationship between exclusive breastfeeding and breast milk production in breastfeeding mothers at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur. From the test results, an OR value of 6,000 is also obtained, which means that respondents who provide exclusive breastfeeding have a 6 times greater chance of getting breast milk production expenditure compared to respondents who do not provide exclusive breastfeeding.

This research is in line with the research conducted by Nurhaida Hafni (2017) with the title "The Relationship between Exclusive Breastfeeding, Mother's Condition, Husband's Support, and Mother's Nutritional Adequacy with Breast Milk Production in Breastfeeding Mothers 0-6 Months at Sepatan Health Center in 2017" from the results of the research by Nurhaida Hafni, the results showed that there was a relationship between Exclusive Breastfeeding and Breast Milk Production in Breastfeeding Mothers.

Exclusive breast milk is breast milk that is given to babies in the form of breast milk only without the addition of other fluids such as formula milk, oranges, honey, tea water, water, and without the addition of solid foods such as bananas, papaya, rice porridge, biscuits and tim. Providing breast milk alone without any complementary foods until the baby is six months old will have extraordinary benefits for the development and growth of the baby in addition to increasing the bond of affection between mother and baby. (Habibah, 2019)

Based on the research results above, researchers assume that exclusive breastfeeding affects the level of breast milk production of breastfeeding mothers. Breastfeeding mothers who have low breast milk production are mostly mothers who do not exclusively breastfeed their babies. Meanwhile, mothers who produce a lot of breast milk are mothers who exclusively breastfeed their babies. This is because breastfeeding mothers who exclusively breastfeed their babies will stimulate breast milk production in the mother. The more often a mother provides exclusive breast milk to her baby, the higher the percentage of the mother who can produce a lot of breast milk.

## 2. The Relationship Between Husband's Support and Breast Milk Production in Breastfeeding Mothers at the PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur

From the results of the study above, it can be explained that there is a relationship between Husband's Support on Breast Milk Production in Breastfeeding Mothers at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur. This can be proven by the results obtained that of the 40 respondents in the form of pregnant women at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur, the results obtained that of the 26 respondents who received support from their husbands, there were 22 (84.6%) respondents who had a lot of breast milk production and 4 (15.4%) respondents had a little breast milk production. Meanwhile, of the 14 breastfeeding mothers who did not get enough support from their husbands, there were 3 (21.4%) respondents who had a lot of breast milk production and 11 (78.6%) respondents had a little breast milk production. Based on the calculation, a Significant Value (P-Value) of 0.000 is obtained, which is smaller than 0.05 ( $0.000 < 0.05$ ), so it can be concluded that

there is a relationship between Husband's Support and Breast Milk Production in Breastfeeding Mothers at PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur. From the test results, an OR value of 20.167 was also obtained, meaning that respondents who received support from their husbands had a 20.167 times greater chance of getting breast milk production expenditure compared to respondents who did not receive support from their husbands.

This research is in line with the research conducted by Niar A. S Dinengsih (2021) with the title "Factors Affecting Breast Milk Production in Breastfeeding Mothers at Harifa Hospital, Kolaka Regency, Southeast Sulawesi Province" from the results of research by Niar A. S Dinengsih, it was found that there is a relationship between Husband's Support and Breast Milk Production in Breastfeeding Mothers.

Husbands/fathers play a crucial role in successful breastfeeding, particularly as breastfeeding fathers. A husband's role in supporting a breastfeeding mother will influence the success of exclusive breastfeeding. A husband's full support for his wife during breastfeeding increases the success of exclusive breastfeeding. The role of breastfeeding father is essential for fathers to support exclusive breastfeeding, ensuring the success of the mother's exclusive breastfeeding process. (Kusumayanti et al., 2016)

Based on the research results above, the researcher assumes that husband's support influences breast milk production in breastfeeding mothers. In this study, breastfeeding mothers who produced a lot of breast milk were those who received support from their husbands. Meanwhile, breastfeeding mothers who produced less breast milk were mostly breastfeeding mothers who received less support from their husbands. This occurs because husbands play a very important role in the production of breast milk. The more often a husband provides support, the breastfeeding mother will feel that she is cared for, and the breastfeeding mother will also provide breast milk to her baby exclusively. Because of feeling cared for, breastfeeding mothers will have a very low percentage of experiencing stress. Because they feel cared for. If breastfeeding mothers experience less stress, it can accelerate the production of breast milk and increase the production of breast milk for breastfeeding mothers.

### 3. The Relationship Between Nutritional Adequacy and Breast Milk Production in Breastfeeding Mothers at the PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur

From the results of the study above, it can be explained that there is a relationship between Nutritional Adequacy and Breast Milk Production in Breastfeeding Mothers at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur. This can be proven by the results obtained that of the 40 respondents in the form of pregnant women at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur, the results obtained that of the 25 respondents who had sufficient nutrition there were 20 (80%) respondents had a lot of breast milk production expenditure and 5 (20%) respondents had a little breast milk production expenditure. Meanwhile, of the 15 breastfeeding mothers who had insufficient nutrition there were 5 (33.3%) respondents had a lot of breast milk production expenditure and 10 (69.2%) respondents had a little breast milk production expenditure. Based on the calculation, a significant value (P-Value) of 0.009 is obtained, which is smaller than 0.05 ( $0.009 < 0.05$ ),

so it can be concluded that there is a relationship between nutritional adequacy and breast milk production in breastfeeding mothers at PMB Bidan Siti Sri Komalasari KP. Cibereum Cianjur. From the test results, an OR value of 8,000 is also obtained, which means that respondents who have sufficient nutrition have an 8 times greater chance of getting breast milk production expenditure compared to respondents who have insufficient nutrition.

This research is in line with the research conducted by Nurhaida Hafni (2017) with the title "The Relationship between Exclusive Breastfeeding, Mother's Condition, Husband's Support, and Mother's Nutritional Adequacy with Breast Milk Production in Breastfeeding Mothers 0-6 Months at Sepatan Health Center in 2017" from the results of the research by Nurhaida Hafni, it was found that there was a relationship between Nutritional Adequacy and Breast Milk Production in Breastfeeding Mothers.

During pregnancy, the mother's food intake is important for the growth and development of the fetus, so when breastfeeding, the mother's food intake is also important to support the quality of breast milk for the baby's growth and development. Breast milk is the baby's first food which has an important role in the child's growth and development, because it has been proven to have enormous benefits for the long term. (Adriani.2020) Breast milk is very much needed by babies for brain development and retina formation in babies. Until the age of 4 months, breastfeeding is the natural and best way to provide food for babies and toddlers (babies under two years old).

Based on the research results above and theories from experts, researchers can assume that adequate nutrition in breastfeeding mothers affects breast milk production. This is evidenced by the fact that most breastfeeding mothers who have adequate nutrition have high breast milk production levels. Meanwhile, breastfeeding mothers who have inadequate nutrition have low breast milk production. This is because the nutritional intake of breastfeeding mothers, both during pregnancy and during breastfeeding, can support the quality and quantity of breast milk production. The better the diet a breastfeeding mother gets, the more likely she is to receive adequate nutrition and produce abundant and high-quality breast milk. Providing exclusive breastfeeding to babies will have a positive impact on their growth and development.

#### IV. CONCLUSION

From the results of the research and discussion above, the author can draw the following conclusions:

1. There is a relationship between Exclusive Breastfeeding and Breast Milk Production in Breastfeeding Mothers at PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur with a significant value (P-Value) of 0.026 which is smaller than 0.05 ( $0.026 < 0.05$ ) and also obtained an OR value of 6,000.
2. There is a relationship between husband's support and breast milk production in breastfeeding mothers at the midwifery clinic of Siti Sri Komalasari, Cibereum, Cianjur. With a significant value (P-Value) of 0.000, less than 0.05 ( $0.000 < 0.05$ ), and an OR value of 20.167.
3. There is a relationship between Husband's Support on Breast Milk Production in Breastfeeding Mothers at PMB Midwife Siti Sri Komalasari KP. Cibereum Cianjur with a

significant value (P-Value) of 0.009 which is smaller than 0.05 ( $0.009 > 0.05$ ) and also obtained an OR value of 8.000.

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