

## The Influence of Education on Knowledge of the Role of Breastfeeding Fathers at the Ob-Gyn Polyclinic, RSU Balimed Negara

Gusti Ayu Krisna Dewi, Ni Gusti Ayu Pramita Aswitami, Ni Putu Mirah Yunita Udayani  
STIKes Bina Usada Bali  
krisnadewigustiayu@gmail.com

### Abstract

The role of the father is critical to the success of breastfeeding. Good knowledge of the role of breastfeeding fathers obtained through education will enable fathers to provide optimal support to mothers in order for them to provide exclusive breastfeeding to their children. The purpose of this study is to determine the effect of education on knowledge of the role Father's Role in Exclusive Breastfeeding at the Obgyn Polyclinic of RSU Balimed Negara. The study design used was pre-experimental using a one-group pre-post test design. The sampling technique uses nonprobability sampling, namely a total sampling of 32 respondents. The results showed that before the intervention was given, most of the respondents had sufficient knowledge, namely 19 respondents (59.4%) and after the intervention was given, most of the respondents had good knowledge, namely 18 respondents (56.2%). The results of the Wilcoxon signed ranks test obtained a p value (0.000) <0.05, which means that there is an influence of education on knowledge of Father's Role in Exclusive Breastfeeding at the Obgyn Polyclinic of RSU Balimed Negara Health workers, especially midwives, are expected to be able to provide education about the role of breastfeeding fathers to fathers when carrying out ANC at the midwifery polyclinic or Midwife Independent Practice (MIP), so that fathers have sufficient knowledge regarding the role of breastfeeding fathers.

**Keywords** : Breastmilk (ASI), ASI Father, Education

### INTRODUCTION

Breast milk (ASI) is the best food for babies up to 6 months of age because it contains various nutrients that babies really need to grow and develop optimally (Amir, 2020). The importance of breast milk for babies has encouraged the government to issue various policies regarding exclusive breastfeeding, but currently efforts to increase breast milk (ASI) provision are still only focused on mothers even though there have been many studies that prove that the role of fathers is an important factor in supporting successful breastfeeding/giving. breast milk (Rahmawati, 2019).

Who (World Health Organization) data for 2017 states that only 44% of newborns in the world receive breast milk within the first hour of birth and less than 40% of children under 6 months of age are given exclusive breast milk (Who, 2017) . Coverage of exclusive breastfeeding in Indonesia is still quite low. The proportion of exclusive

breastfeeding according to 2018 Riskesdas data is 37.3%, which is still very far from the national target set at 50% (Ministry of Health, 2018). In 2021, Bali Province recorded exclusive breastfeeding coverage of 69.9% (Bali Provincial Health Office, 2021).

Lack of Nutrients Through Exclusive Breastfeeding to Babies and Lack of Stimulation Can Result in the Risk of Stunting. Considering the many benefits that can be obtained by giving exclusive breast milk to babies for 6 months, the World Health Organization United Nations Children's Fund (UNICEF) and WHO recommends that babies born only receive breast milk from their mothers for 6 months (Wulandari, 2021).

One of the factors that influences the success of providing exclusive breastfeeding to babies is support from the family, especially the husband. Mothers will feel helped and supported by their husband's involvement in it. Research (Yanti,

2021) states that there is a close relationship between the husband's participation and the success of providing exclusive breastfeeding.

Husbands and families play a role in encouraging mothers' positive attitudes towards providing breast milk to their babies. This support can facilitate the reflex of expressing breast milk because the mother receives psychological and emotional support. The support of people closest to you, especially husbands, is really needed to support mothers while providing breast milk, giving rise to the term breastfeeding father or breastfeeding father. If the mother feels supported, loved and cared for, positive emotions will emerge which will increase the production of the hormone oxytocin so that breast milk production runs smoothly (Andreinie, 2019). Family support, especially the role of the breastfeeding father, is related to the success of providing exclusive breastfeeding to babies. This is supported by family knowledge about good breastfeeding.

Breastfeeding mothers need to increase their self-confidence and motivation in providing breast milk, increasing knowledge about correct breastfeeding through counseling in health services (Rosyada, 2018).

Good knowledge is needed for a father to be able to carry out the role of "breastfeeding father", therefore education is needed to increase fathers' knowledge. Education is an interactive learning process as an effort to add new knowledge, attitudes and skills (Perry and Potter, 2016). Education is planned with the aim of influencing other people so that they do what is expected by the educator. It is hoped that father education will increase fathers' knowledge about breast milk and the father's role in the breastfeeding process so that fathers understand and accept their important role in achieving successful breastfeeding, which can then increase fathers' capacity in implementing the role of "breast milk father" (Notoatmodjo, 2014).

Research conducted by Tresnaasih (2021) states that the father's role is related to breastfeeding with a low correlation because there are other factors besides the father's role that influence breastfeeding.

Rahayu's research (2019) states that most fathers who have babies with a history of exclusive breastfeeding provide emotional, instrumental and informative support to their wives.

The number of postpartum mothers at RSU Balimed Negara in the last three months between May-July 2022 was recorded at 94 mothers and from the results of interviews conducted with ten postpartum mothers, only 40% of them gave exclusive breast milk and 60% gave formula milk for various reasons, including: breast milk not flowing smoothly on the first day of birth, lack of husband and family support in caring for the baby, baby and mother being cared for separately after birth, and work reasons.

Based on the above, considering the many benefits of providing exclusive breastfeeding and the need for support from those closest to you in providing breast milk, researchers are interested in examining "the influence of education on knowledge of the role of breastfeeding fathers in the ob-gyn polyclinic, RSU Balimed Negara".

## **METHOD**

The research design used is pre-experimental using a one-group pre-post test design.

The population in this study were all husbands of third trimester pregnant women at the Ob-gyn Polyclinic RSU Balimed Negara from December 2022 to January 2023, a total of 32 people. The sampling technique used in this research is non probability sampling, namely total sampling.

This research has been tested first at the STIKES Bina Usada Bali ethics commission with number 312/EA/KEPK-BUB-2022. The data collection instrument used in this research was a questionnaire regarding knowledge of the role of breastfeeding fathers. The collected data was analyzed using non-parametric statistical test techniques, namely the Wilcoxon signed rank test.

## RESULT

### 1. Respondent Characteristic

Table 1. Respondent Distribution Frequency Based on Age, Education, and Work

No	Variabel	Mean (SD)	Min-Max
1	Usia (tahun)	29,62 (2,93)	25-35
		Frekuensi (f)	Persentase (%)
2	<b>Pendidikan</b>		
	SD	4	12,5
	SMP	5	15,6
	SMA	14	43,8
	PT	9	28,1
3	<b>Pekerjaan</b>		
	Swasta	20	62,5
	PNS	4	12,5
	Wiraswasta	8	25,0

Based on table 1 above, it can be seen that, of the 32 respondents studied, the average age of the respondents was 29.62 years with the youngest being 25 years and the oldest being 35 years, with the most respondents having a high school education, namely 14 respondents (43.8 %) and the majority of respondents work in the private sector, namely 20 respondents (62.5%).

### 2. Results of Identification of Husbands' Knowledge About the Role of Breastfeeding Fathers at the Ob-gyn Polyclinic RSU Balimed Negara Before Being Provided with Education

Pengetahuan	Frekuensi (f)	Persentase (%)
Kurang	13	40,6
Cukup	19	59,4
Baik	0	0
Total	32	100

### 2. Husbands' Knowledge About the Role of Breastfeeding Fathers at the Ob-Gyn Polyclinic RSU Balimed Negara Before Being Provided with Education

Based on table 2 above, it can be seen that, of the 32 respondents studied, it was found that the majority of respondents before being given education on the role of breastfeeding fathers were categorized as having sufficient knowledge about the role of breastfeeding fathers, namely 19 respondents (59.4%).

Results of Identification of Husbands' Knowledge About the Role of Breastfeeding Fathers at the Ob-gyn Polyclinic RSU Balimed Negara after being given education

Table 3. Husband's Knowledge About the Role of Breastfeeding Fathers at the Ob-gyn Polyclinic RSU Balimed Negara after being given education  
Based on table 3 above, it can be seen that, of the 32 respondents studied, it was found that the majority of respondents after being given education on the role of breastfeeding fathers were categorized as having good knowledge

about the role of breastfeeding fathers, namely 18 respondents (56.2%).

The influence of education on knowledge of the

Pengetahuan	Frekuensi (f)	Persentase (%)
Kurang	0	0
Cukup	14	43,8
Baik	18	56,2
Total	32	100

role of breastfeeding fathers at the Ob-gyn Polyclinic, RSU Balimed Negara

Table 4. The Influence of Education on Knowledge of the Role of Breastfeeding Fathers at the Ob-gyn Polyclinic, RSU Balimed Negara

Edukasi Peran Ayah	Pengetahuan						Z	p
	Kurang		Cukup		Baik			
ASI	n	%	n	%	n	%		
Sebelum	13	40,6	19	59,4	0	0	-4,625	0,000
Setelah	0	0	14	43,8	18	56,2		

Based on table 4, it can be seen from the results of the Wilcoxon signed ranks test on the influence of education on knowledge of the role of breastfeeding fathers at the Ob-gyn Polyclinic, RSU Balimed Negara. At a significance level of  $\alpha$  0.05, the value of p (0.000) < 0.05 was obtained, so that H<sub>0</sub> was rejected and H<sub>a</sub> was accepted. This shows that there is a significant influence of education on knowledge of the role of breastfeeding fathers at the Ob-gyn Polyclinic, RSU Balimed Negara.

## DISCUSSION

### 1. Results of Identifying Respondent Characteristics Based on Age, Education and Occupation

The results of identifying the characteristics of respondents based on age, education and occupation of the 32 respondents studied showed that the average age of the respondents was 29.62 years with the youngest being 25 years and the oldest being 35 years, the most respondents having a high school education, namely 14 respondents (43, 8%) and the majority of respondents work in the private sector, namely 20 respondents (62.5%).

According to Widyastutik (2019), the older you are, the better your level of maturity in thinking and working. Age 25-35 years is the best reproductive time, because psychologically they have reached optimal cognitive development so they are able to assess things objectively. Judging from the respondents' work, according to Sahulika (2019), fathers who are busy working

will be less exposed to information because their time is more taken up earning a living so they are not free to be exposed to information related to the role of breastfeeding fathers.

A person's level of education will also influence a husband's insight and knowledge, the lower the husband's education, the less access to health information for the family. Educated fathers will search more intensively for information regarding matters related to health and knowledge regarding the importance of exclusive breastfeeding for babies (Rosyada & Putri, 2018). Based on the results obtained in this study, fathers' knowledge about the role of breastfeeding fathers at the Ob-gyn Polyclinic, RSU Balimed Negara is also related to the father's age, education and occupation.

#### 1. Results of Identification of Husbands' Knowledge About the Role of Breastfeeding Fathers at the Obgyn Polyclinic RSU Balimed Negara Before Being Provided with Education on the Role of Breastfeeding Fathers

The results of identifying husbands' knowledge about the role of breast milk fathers before being given education on the role of breast milk fathers at the Obgyn Polyclinic RSU Balimed Negara. From the 32 respondents studied, it was found that the majority of respondents were categorized as having sufficient knowledge, namely 19 respondents (59.4%), 13 respondents (40, 6%) were categorized as having poor knowledge and no respondents were categorized as having good knowledge. This is because most respondents were unable to correctly answer the husband's knowledge questionnaire about the role of breastfeeding fathers.

A breastfeeding father is a mindset and action of a father who supports, helps, encourages and oversees the relationship between mother and baby in providing breast milk as the main food for their baby (Widayana, 2017). The aim of providing education on the role of breastfeeding fathers is to increase the success of providing exclusive breastfeeding to babies from birth to 6 months of age and continued with partial breastfeeding until 2 years of age. The role of mothers and fathers is very important in providing exclusive breastfeeding. Correct understanding and playing an active role in providing exclusive breastfeeding is expected to shape fathers into ideal breastfeeding partners (Widyastutik, 2019).

The assessment of fathers' knowledge about the role of breastfeeding fathers in this study used a knowledge of the role of breastfeeding fathers questionnaire consisting of 15 questions covering the definition of a breastfeeding father, the role of a breastfeeding father and how to become a breastfeeding father. Based on the results of the questionnaire, it was discovered that before being given education, most respondents had insufficient knowledge regarding the role of breastfeeding fathers. The results of the questionnaire analysis conducted by researchers revealed that the majority of respondents did not know what a breastfeeding father is, the role of a breastfeeding father and how to become a breastfeeding father.

The results obtained in this study are in line with research by Mariani (2021) which found that the majority of fathers in PMB Eliyanti, Kuningan Regency had sufficient knowledge about the role of breastfeeding fathers. Research conducted by Rahmawati (2019) also found that fathers who were not given education about the role of breastfeeding fathers in the work area of the Sananwetan Community Health Center, Blitar City had insufficient knowledge.

Based on these results, researchers assume that the lack of knowledge that respondents have regarding the role of breastfeeding fathers is due to the lack of exposure to information that respondents have about how to properly become a breastfeeding father. Lack of exposure to this information means that fathers are not optimal in providing support and assistance in breastfeeding by mothers. This will have an impact on the achievement of exclusive breastfeeding for babies globally.

#### Results of Identification of Husbands' Knowledge About the Role of Breastfeeding Fathers at the Ob-Gyn Polyclinic RSU Balimed Negara After Being Provided with Education on the Role of Breastfeeding Fathers

The results of identifying husbands' knowledge about the role of breastfeeding fathers after being given education on the role of breastfeeding fathers at the Obgyn Polyclinic RSU Balimed Negara. Of the 32 respondents studied, it was found that the majority of respondents were categorized as having good knowledge, namely 18 respondents (56.2%), 14 respondents (43, 8%) were categorized as having sufficient knowledge and no respondents were categorized

as having insufficient knowledge. This is because after being given education on the role of breast milk fathers, fathers received information about the role of breast milk fathers so that most fathers were able to correctly answer the husband's knowledge questionnaire about the role of breast milk fathers.

Education is an interactive learning process as an effort to add new knowledge, attitudes and skills (Perry and Potter, 2016). The results of this research are in line with the theory put forward by Notoatmodjo (2014) which states that education will increase fathers' knowledge about breastfeeding and the role of fathers in the breastfeeding process so that fathers understand and accept their important role in achieving successful breastfeeding.

Education on the role of breastfeeding fathers in this research was carried out personally by researchers to respondents who accompanied their wives to check-ups at the ob-gyn clinic at RSU Balimed Negara. The educational process in this research was carried out using lecture, discussion and question and answer methods using leaflet media. The material presented includes: understanding breast milk and its benefits, definition of a breast milk father, role, methods and tips for success in becoming a breast milk father. During the process of providing education, all respondents were very enthusiastic, actively asked questions and provided positive feedback.

The results obtained in this study are in line with research conducted by Mariani (2021) which found that the majority of fathers in PMB Eliyanti, Kuningan Regency had good knowledge about the role of breastfeeding fathers after being given education. Research conducted by Rahmawati (2019) also found that fathers who were given education about the role of breastfeeding fathers in the work area of the Sananwetan Community Health Center, Blitar City had better knowledge than those who were not given education.

Based on these results, the researchers assumed that providing education on the role of breastfeeding fathers given to respondents was proven to increase respondents' knowledge about the role of breastfeeding fathers. This happened because respondents were very enthusiastic about the education implementation process. Leaflet educational media is also effectively used as a means of supporting the

provision of education in research, because as a learning medium, the presentation of this media is simple and concise and can be distributed on various occasions. This simple design means that the recipient does not need a lot of time to read it so that all the contents can be conveyed.

#### 1. The Influence of Education on Knowledge of the Role of Breastfeeding Fathers at the Ob-Gyn Polyclinic RSU Balimed Negara

Based on the results of the analysis using a nonparametric statistical test, namely the Wilcoxon signed ranks test, to determine the effect of education on knowledge of the role of breastfeeding fathers at the Obgyn Polyclinic RSU Balimed Negara at a significance level of  $\alpha$  0.05, the p value (0.000) < 0.05 was obtained. This shows that there is an influence of education on knowledge of the role of breastfeeding fathers at the Ob-gyn Polyclinic, RSU Balimed Negara.

The results of the analysis of respondent characteristics showed that the average age of respondents was 29.62 years with an age range of 25-35 years. Most of them have completed higher education, namely high school to university. According to Widyastutik (2019), the older you are, the better your level of maturity in thinking and working. Age 25-35 years is the best reproductive time, because psychologically they have reached optimal cognitive development so they are able to assess things objectively. A person's level of education will influence a husband's insight and knowledge, the lower the husband's education, the less access to health information for the family. Educated fathers will search more intensively for information regarding matters related to health and knowledge regarding the importance of exclusive breastfeeding for babies (Rosyada and Putri, 2018).

Knowledge is the result of knowing and this occurs after people sense a particular object. Knowledge or cognitive is a very important domain for shaping one's actions (Notoatmodjo, 2014). One of the factors that greatly influences a person's knowledge, which in this study is the father's knowledge about the role of breastfeeding fathers, is information. Someone who has more sources of information about the role of breastfeeding fathers and the benefits of

exclusive breastfeeding will gain broader knowledge (Ati, 2018).

Good knowledge is needed for a father to be able to carry out the role of "breastfeeding father", therefore education is needed to increase fathers' knowledge. Notoatmodjo (2014) stated that increasing fathers' knowledge about breast milk and the role of fathers in the breastfeeding process so that fathers understand and accept their important role in achieving successful breastfeeding can then increase fathers' capacity in implementing the role of "breast milk father". This is in line with what was found in this research where from the results of data analysis it was found that the majority of respondents experienced an increase in knowledge after the education process was carried out.

The results of this research are also in line with research conducted by Rahmawati (2019) which found that there was a significant influence of father's education on the role of breastfeeding fathers. Research conducted by Mariani (2021) also found that there was an increase in fathers' knowledge about the role of breastfeeding fathers after being given education. Research (Yanti, 2021) states that there is a close relationship between the husband's role and the success of exclusive breastfeeding, so sufficient knowledge is needed so that the father can carry out his role as a breastfeeding father.

Based on the results obtained in this study, researchers assume that fathers' knowledge about the role of breastfeeding fathers is influenced by the information that fathers have regarding the role of breastfeeding fathers. Education using appropriate methods and media will be able to provide meaningful information for fathers, so that fathers have good knowledge about the role of breastfeeding fathers. Good knowledge regarding the role of breastfeeding fathers will enable fathers to optimally provide

support to mothers to be able to provide exclusive breastfeeding to their children.

## CONCLUSIONS AND RECOMMENDATIONS

### CONCLUSION

There is an influence of education on knowledge of the role of breast-feeding fathers in the Ob-gyn Polyclinic RSU Balimed Negara with a P value  $(0.000) < 0.05$ .

### SUGGESTION

It is hoped that future researchers will be able to develop similar research regarding the influence of education on knowledge of the role of breastfeeding fathers. Referring to the results obtained in this research, researchers can then carry out similar research by considering cultural and experiential factors.

### BIBLIOGRAPHY

1. Amalia, R. and Andarumi, N. Q. R. (2018) *Buku Ajar Asuhan Kebidanan Pada Neonatus, Bayi, Balita Dan Anak Pra Sekolah*. Yogyakarta: CV Budi Utama.
2. Amir, Y. (2020) 'Hubungan Pemberian ASI Eksklusif terhadap Tumbuh Kembang Bayi', *Jurnal Ners Indonesia*, 1(1), pp. 90–98.
3. Andreinie, R. (2019) 'Hubungan Breastfeeding Father dengan Pemberian ASI Eksklusif', *Cendekia Medika*, 4(September), pp. 139–146.
4. Arifin, J. (2017) 'SPSS 24 Untuk Penelitian dan Skripsi', *PT Elex Media Komputindo*. doi: 717050941.
5. Arifin, Z. (2017) 'Kriteria Instrumen Dalam Suatu Penelitian', *Jurnal Theorems (the original research of mathematics)*.
6. Arikunto, S. (2013) *Prosedur Penelitian: Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta.
7. Astutik, R. Y. (2014) *Payudara dan Laktasi*. Jakarta: Salemba Medika.
8. Ati, S. (2018) 'Pengantar Konsep Informasi,

- Data, dan Pengetahuan', *ASIP4204*, pp. 1–32.
9. Delima, M. (2018) 'Hubungan Penerapan Breastfeeding Father Terhadap Sikap Ibu Dalam Pemberian ASI eksklusif', *Prosiding Seminar Kesehatan Perintis*, 1(1), pp. 1–10.
  10. Dinkes Provinsi Bali (2021) 'Profil Kesehatan Provinsi Bali Tahun 2021', *Dinas Kesehatan Provinsi Bali*.
  11. Ikatan Dokter Anak Indonesia (IDAI) (2018) 'Seputar Pekan Imunisasi Dunia 2018', *Indonesian Pediatric Society*.
  12. Kemenkes RI (2018) *Hasil Utama RISKESDAS 2018*. Jakarta: Kementerian Kesehatan Republik Indonesia.
  13. Kemenkes RI (2019) *Profil Kesehatan Indonesia 2018 [Indonesia Health Profile 2018]*.
  14. Liawati, N. (2018) 'Hubungan Pengetahuan Ibu Postpartum Sectio Caesarea Tentang Mobilisasi Dini Dengan Pelaksanaan Mobilisasi Dini Pada Pasien Post Operasi Sectio Caesarea Di Ruang Raden Dewi Sartika Rsud Sekarwangi Kabupaten Sukabumi', *Jurnal Ilmiah Ilmu Kesehatan dan Keperawatan*, 3(1), pp. 119–133.
  15. Machfoedz, I & Suryani, E. (2013) *Pendidikan Kesehatan Bagian Dari Promosi Kesehatan*. Yogyakarta: F Tranaya.
  16. Mahmud, A. (2018) 'Tingkat Pengetahuan Suami tentang Breastfeeding Father (Ayah ASI)', *Repository Muhammadiyah University of Ponorogo*.
  17. Mariani, N. N. (2021) 'Pemberian Edukasi Ayah dalam Upaya Peningkatan Keberhasilan Menyusui di PMB Eliyanti Kabupaten Kuningan', *Jurnal Abdikemas*, 3, pp. 207–211.
  18. Mariati, M. (2018) 'Pengaruh Pemberian Pendidikan Kesehatan Mobilisasi Dini Dengan Lama Hari Rawat Pada Pasien Post Operasi Sectio Caesaria', *Jurnal Media Kesehatan*, 8(2), pp. 106–112.
  19. Mufdlilah, Zulfa, S. Z. and Johan, R. B. (2019) *Buku Panduan Ayah ASI, Buku Panduan Ayah ASI*. Yogyakarta: Nuha Medika.
  20. Munandar, A. A. (2018) 'Hakikat ilmu pengetahuan budaya', *Yayasan Pustaka Obor Indonesia*.
  21. Notoatmodjo (2014) 'Notoatmodjo', *Pengetahuan Sikap dan Perilaku*. Jakarta: Rineka Cipta.
  22. Notoatmodjo (2018) 'Metodologi Penelitian Kesehatan. Jakarta: Rineka Cipta.', *Notoatmodjo, S. (2018). Metodologi Penelitian Kesehatan. Jakarta: Rineka Cipta*.
  23. Nurmaliza (2018) 'Hubungan pengetahuan dan pendidikan', *Jurnal Kesmas*, 1(1).
  24. Nursalam (2017) 'Metodologi Penelitian Ilmu Keperawatan: Pendekatan Praktis', *Metodologi Penelitian Ilmu Keperawatan: Pendekatan Praktis*. Jakarta: Salemba Medika.
  25. Perry and Potter (2016) *Fundamentals Of Nursing*. 9th Edition. Jakarta: EGC.
  26. Potter, P. A. and Perry, A. G. (2015) *Fundamental Keperawatan Buku 1 Ed. 7*, Jakarta: Salemba Medika.
  27. Rahayu, D. (2019) 'Dukungan Keluarga dalam Pemberian ASI Eksklusif pada Ibu Menyusui di Wilayah Kerja Puskesmas Pucang Sewu Surabaya', *Jurnal Keperawatan*, XII(2), pp. 129–138.
  28. Rahmawati, A. (2019) 'Optimalisasi Peran Ayah ASI (Breastfeeding Father) Melalui Pemberian Edukasi Ayah Prenatal', *Jurnal Ners dan Kebidanan (Journal of Ners and Midwifery)*, 3(2), pp. 101–106.
  29. Rosyada, A. (2018) 'Pemodelan Peran Ayah ASI (Breastfeeding Father) terhadap Keberhasilan ASI Eksklusif di Wilayah Kerja Puskesmas 23 Ilir Kota Palembang', *Seminar Nasional Kesehatan Masyarakat UMS*, pp. 4–9.
  30. Rosyada, A. and Putri, D. A. (2018) 'Peran Ayah ASI Terhadap Keberhasilan Praktik ASI Eksklusif di Wilayah Kerja Puskesmas 23 Ilir Kota Palembang', *Jurnal Berkala Kesehatan*, 4(2), p. 70.
  31. Sugiyono (2018) *Metodologi Penelitian Kuantitatif, Kualitatif dan R&G*. Bandung: ALFABETA.
  32. Suradi, R. (2016) 'Spesifitas Biologis Air Susu Ibu', *Sari Pediatri*, 3(3), p. 134.
  33. Tresnaasih, A. (2021) 'Hubungan Peran Ayah Dengan Memberikan ASI Eksklusif', *Jurnal Asuhan Ibu dan Anak*, 6(2), pp. 57–64.
  34. Vera, E. Y. (2018) 'Dukungan Suami pada Ibu dalam Pemberian ASI Eksklusif di Wilayah Kerja Puskesmas Godean II Sleman Yogyakarta', *Jurnal Keperawatan. Universitas Muhammadiyah Malang*, 4(1),

pp. 724–732.

<https://journal.ibrahimy.ac.id/index.php/oksitosin/article/view/360/349>.

35. Walyani, E. S. (2015) *Perawatan Kehamilan dan Menyusui Anak Pertama agar Bayi Lahir dan Tumbuh Sehat*. Yogyakarta: Pustaka Baru Press.
36. Widayana, W. (2017) 'Hubungan Tingkat Pengetahuan Suami Tentang ASI Eksklusif dengan Penerapan Breastfeeding Father di Desa Kleco Kecamatan Bendo Kabupaten Magetan', *Ilmiah Kebidanan*, 4, pp. 9–15.
37. Widyastutik, O. (2019) 'Eksistensi "Ayah" ASI di Kota Pontianak', *Jurnal Kesehatan Masyarakat Khatulistiwa*, pp. 146–156. Available at:
38. World Health Organization (WHO) (2017) *Protecting, promoting and supporting Breastfeeding In Facilities providing maternity and newborn services*. Switzerland: WHO Document Production Service.
39. Wulandari, S. (2021) 'Hubungan Dukungan Suami dengan Pemberian ASI Eksklusif : Literature Review', *Prosiding Seminar Nasional Kesehatan*, 1(1), pp. 1984–1995.