

## THE ROLE OF BREASTFEEDING FATHERS IN PATRIARCHAL CULTURE IN EAST SUMBA REGENCY EAST NUSA TENGGARA PROVINCE

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### ABSTRACT

#### KEYWORDS

ASI father, Patriarchal Culture

One of the failure factors in exclusive breastfeeding is the role of the husband who has a higher position than women. The purpose of this study was to determine "The Role of ASI Fathers in Patriarchal Culture in East Sumba Regency, NTT Province". The method used is quantitative analysis. The population in this study were fathers and mothers who had children aged 6-24 months with a total sample of 120 people. The results showed that the four dimensions of the father's role in breastfeeding had the greatest influence on the mother's stress level and happiness. The most significant aspect of the gap between what mothers expect and how fathers support the practice of exclusive breastfeeding is physical support. Based on the research findings, it can be concluded that the four dimensions of the father's role in breastfeeding have the greatest influence on the stress level and mother's happiness.

### INTRODUCTION

After giving birth, breastfeeding is nature's way for a mother to help her child grow and develop. To successfully breastfeed, which is a difficult process, one needs strength and support (Salamah & Prasetya, 2019). So that the application of early breastfeeding initiation (IMD) and exclusive breastfeeding is still low (Evareny, Hakimi, & Padmawati, 2010). Breastfeeding is a mother's duty, but the father's role is also needed in the process of exclusive breastfeeding to children.

In this modern era, there is something called ASI fathering, namely the involvement of a father in providing moral and financial support to his wife during the breastfeeding process. The aim is to ensure that their children receive successful exclusive breastfeeding from birth to six months of age, and they continue to provide partial breastfeeding until the age of two (Mufdlilah, 2019). The role of the father is inseparable from patriarchal culture.

In Indonesia, patriarchal ideology and culture continue to exert a significant influence on interactions between members of society and in various aspects of life. Patriarchy can be interpreted as a condition of society that places men in a higher position than women in all aspects of social, cultural and economic life (Prasetya, Sari, Delfiyanti, & Muliana, 2019).

Habits in a patriarchal culture give mothers a sense of comfort and confidence in caring for their children, especially breastfeeding, which increases the quantity of breast milk produced thereby enabling the success of exclusive breastfeeding. (Ramadhan, Entoh, Nurfatimah, & Aminuddin, 2022).

According to statistical data from BPS in 2021 in East Sumba Regency, only 97.93% of babies aged 0-23 months are given breast milk. This has decreased from 2017,

when a total of 100% of toddlers aged 0-23 months were breastfed (BPS, 2023). One of the failure factors in exclusive breastfeeding is the husband's support (Muhammad Syukri, 2022). As many as 67.61% of fathers or husbands do not know the husband's role in supporting the practice of exclusive breastfeeding (Budianto & Handayani, 2017). Even some fathers do not know the concept of exclusive breastfeeding. Based on the explanation above, the author is interested in researching "The Role of Breastfeeding Fathers in Patriarchal Culture in East Sumba Regency, East Nusa Tenggara Province".

## RESEARCH METHOD

This research is a quantitative analytic research using a cross-sectional study design located in East Sumba Regency, East Nusa Tenggara. Analytical research aims to compare or determine differences between one or more variables when viewed from various perspectives and examine the relationship or influence between these variables (Pakpahan et al., 2021). The population in this study were mothers and fathers who had children aged 6-24 months. The sampling technique was taken by simple random sampling. The number of samples is 120 people consisting of 60 fathers and 60 mothers. The variables to be studied are categorized as follows.

1. Husband's physical support, including willingness to listen, voluntarily giving hugs and massages to his wife, taking turns looking after the baby, getting up at night, and helping with household chores.
2. Material support, including not criticizing the mother's body type and not being rude or angry about the mother's care of her baby.
3. Emotional support, including words of encouragement, showing pride for his wife, and comforting his wife when she is sad.
4. Informational support, including husbands knowing the benefits of breastfeeding, offering solutions to mothers' breastfeeding problems, and not giving formula milk.

Fathers and mothers who were selected as respondents will be asked about support. To determine the influence of the characteristics of the respondents will be used chi-square analysis. The t test aims to determine whether there are differences in the views of fathers and mothers on the role of breastfeeding fathers. In this study, alpha was used at 5%.

## RESULT AND DISCUSSION

**Tabel 1 Characteristics of respondents to the practice of exclusive breastfeeding in East Sumba Regency, East Nusa Tenggara**

	Total n=60	Exclusive Breastfeeding n=41	Not Exclusive Breastfeeding n=19	P-value
<b>Age</b>	32.2 (5.15)	32.36 (2.83)	32.14 (5.96)	0.878
<b>Number of Children</b>	2.1 (0.95)	2.94 (0.62)	1.7 (0.81)	<0.001
<b>Response</b>				
Negative	22 (36.70)	22	0	<0.001
Positive	38 (63.3)	19	19	
<b>Education</b>				
Senior High School	48 (80.0)	14	34	0.493
Bachelor	12 (20.0)	5	7	
<b>Occupation</b>				

Employee	21 (35.0)	10	11	<0.097
Unemployee	39 (65.0)	9	30	

Table 1 shows that 68.3% of mothers provide exclusive breastfeeding, the average age is 32.2 years, have 2 children, 63.3% of mothers support exclusive breastfeeding, 80% of mothers have high school education, and 65% are housewives. . It is known that the number of children and attitudes have a significant relationship with the practice of exclusive breastfeeding (p value <0.001) from the relationship between characteristics and practice. Positive attitudes are more influential than negative attitudes on the success of exclusive breastfeeding practices. The average exclusive breastfeeding mother has 2.94 children.

**Tabel 2 Paired t-test Analysis of Physical, Material, Emotional, and Informational Support from the Perspectives of Mothers and Fathers**

Variabel	Mean	SD	P-value
<b>Paired 1</b>			
Father's Physical Support	5	0,86	<0,001
Mother's Physical Support	6,7	0,66	
<b>Paired 2</b>			
Father's Material Support	5,0	0,36	<0,001
Mother's Material Support	5,8	0,32	
<b>Paired 3</b>			
Father's Emotional Support	6,8	0,77	<0,001
Mother's Emotional Support	7,5	1,03	
<b>Paired 4</b>			
Father's Informational Support	3,38	0,73	0,013
Mother's Informational Support	3,90	1,50	

In all aspects of support it is known from table 2 that the mother's expectations are more important than the father's support. The physical support of breastfeeding fathers has a value of 5 on the dimensions of physical support, and the mother's expectations have a value of 6.7. With a p value < 0.001, this difference is statistically significant. Father's material support is 5 and mother's expectations are 5.8 on the material support dimension. With a p value < 0.001, the perceived difference in material support is also statistically significant.

Mother's expectations are worth 7.55 in emotional support, while the father's role is worth 6.8, with a p-value <0.001. Father's informational support has a value of 3.38 on the information support dimension, while mother's expectations have a value of 3.9. Differences in the perception of mothers and fathers towards information support is indicated by a p-value of 0.013.

It can be concluded that the expectations of mothers and the role of breastfeeding fathers are not fulfilled. The dimension of physical support, which includes the desire to listen to the wife, voluntarily massage the wife, give hugs, take turns taking care of the baby, want to get up at night, and want to help with household chores, is where the gap lies. between the father's role and the mother's greatest expectations.

In addition, emotional support is the type of support most expected by mothers with a value of 7.5. Emotional support in the form of feeling proud of the wife, comforting the mother when she is sad, encouraging and praising the mother, not judging the mother's body shape, and not being rude or angry towards the mother who takes care of the baby.

## Discussion

A patriarchal culture that rejects gender equality makes men have a higher position. The dominant role that husbands play as fathers in patriarchal cultures can be related. The practice of exclusive breastfeeding shows the dominance of the father in giving encouragement and positive feedback to his family. Through patrilinealistic bond-based support and reinforcement in influencing the behavior of breastfeeding mothers (Aritonang & Simanjuntak, 2020).

The problem of low breastfeeding rates in Indonesia is caused by several factors, one of which is the husband who is the closest person and plays an important role during pregnancy, childbirth and postnatal care, including breastfeeding (Fadhilah, 2022). According to the results of research from various countries, the psychological state of a mother and the success of breastfeeding, especially exclusive breastfeeding, will be influenced by the husband's support for breastfeeding mothers (Suryaningsih & Redowati, 2022).

Untuk mencapai ASI eksklusif, seorang ayah dapat memberikan dukungan positif untuk meningkatkan praktik menyusui dan terus mendukung penuh istrinya hingga bayi berusia enam bulan. Dukungan yang dapat diberikan oleh ayah kepada ibunya meliputi dukungan fisik, dukungan material, dukungan emosional, dan dukungan informasional (Rosyada, Putri, & Yeni, 2021).

Supports that can be given to wives who are breastfeeding include helping their wives complete household chores while breastfeeding, burping the baby after breastfeeding, accompanying their wives to attend lactation classes, and making sure their children are getting enough food. nutrition. To encourage breastfeeding, husbands must remind their wives to give exclusive breastfeeding until the baby is 6 months old (Tail, 2019).

In a patriarchal society, playing a positive role gives the husband the opportunity to be the person responsible for supporting and encouraging the baby's mother to achieve exclusive breastfeeding. Since patriarchy is based on gender inequality, fathers come first when it comes to providing emotional support to mothers from their babies. Therefore, even though the baby's mother is less motivated to provide exclusive breastfeeding, the husband who views it positively can influence her behavior (Handayani, 2018).

## CONCLUSION

Based on the research findings, it can be concluded that the four dimensions of the father's role in breastfeeding have the greatest influence on the stress level and mother's happiness. The most significant aspect of the gap between what mothers expect and how fathers support the practice of exclusive breastfeeding is physical support.

Provide support to mothers in breastfeeding both physical support, material support, emotional support, and informational support. This is very helpful in reducing the mother's stress level. Physical support which has the highest gap, if the father helps in doing household chores, it can lighten some of the mother's tasks in the household.

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