

## The Relationship Between Husband's Emotional Support and Mothers' Confidence in Exclusive Breastfeeding in the Work Area of the Central City Community Health Center

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### ABSTRACT

**Background:** Maternal self-confidence is one of the key determinants of successful exclusive breastfeeding. One of the factors that may influence maternal confidence is the emotional support provided by husbands during the breastfeeding period. Emotional support, including attention, empathy, affection, and encouragement, can improve mothers' psychological well-being and strengthen their confidence in exclusively breastfeeding their infants.

**Objective:** This study aimed to analyze the relationship between husbands' emotional support and maternal self-confidence in exclusive breastfeeding at the Kota Tengah Community Health Center.

**Methods:** This quantitative study employed a cross-sectional design. The study population consisted of 103 breastfeeding mothers, with 82 respondents selected through purposive sampling. Data were collected using questionnaires measuring husbands' emotional support and maternal self-confidence in exclusive breastfeeding. Data were analyzed using descriptive statistics and Pearson Product-Moment correlation with a significance level of 0.05.

**Results:** Most respondents reported receiving high emotional support from their husbands (97.6%) and demonstrated high self-confidence in exclusive breastfeeding (76.8%). Bivariate analysis revealed a significant relationship between husbands' emotional support and maternal self-confidence in exclusive breastfeeding ( $p = 0.018$ ;  $r = 0.262$ ). The correlation coefficient indicated a weak but positive relationship.

**Conclusion:** There is a statistically significant relationship between husbands' emotional support and maternal self-confidence in exclusive breastfeeding. Greater emotional support from husbands is associated with higher maternal confidence in breastfeeding. Therefore, increasing husbands' involvement through emotional support is essential to improve the success of exclusive breastfeeding.

### INTRODUCTION

Exclusive breastfeeding is the giving of breast milk to babies from birth to six months of age without other foods or drinks, but many babies receive expressed breast milk, formula, or other sources of nutrition under certain conditions (Ministry of Health of the Republic of Indonesia, 2023). The most important benefits of exclusive breastfeeding can support and help the baby's brain and physical development process (Ames *et al.*, 2023). Exclusive breastfeeding can reduce the risk of death in babies because breast milk contains colostrum which is rich in antibodies which contains protein for immunity and is useful for killing high amounts of germs (Preliminary *et al.*, 2024).

The benefits of exclusive breastfeeding are extensive and have been scientifically proven, exclusive breastfeeding provides complete nutrition that suits the baby's needs, strengthens the immune system, thus protecting the baby from infections such as diarrhea and pneumonia, which are the leading causes of infant death

under one year of age (Ministry of Health, 2023). In addition, exclusive breastfeeding also supports optimal growth and development both physically and cognitively (Haque, 2024). Babies who do not receive exclusive breastfeeding are at risk of malnutrition, developmental disorders, and are susceptible to various diseases that can impact their long-term health (Aspienti et al., 2025a).

Latest data from *World Health Organization* (WHO) globally in 2023, around 44% of babies under the age of 6 months received breast milk without the addition of other foods or drinks. WHO itself targets an increase in this number to reach 50% by 2025 and based on WHO data, the average rate of exclusive breastfeeding in Asia in 2020 is around 43%, with significant variation between countries (WHO, 2024).

The results of the 2023 Indonesian Health Survey (SKI) show that exclusive breastfeeding coverage nationally is 55.5%, but this shows that it is still below the national target of 80%. (Ministry of Health of the Republic of Indonesia, 2023; SKI 2023). At the provincial level, West Nusa Tenggara is ranked first in the highest province with exclusive breastfeeding coverage of 87.9%, while Gorontalo province is still an area with relatively low exclusive breastfeeding coverage, based on data from the Gorontalo Provincial Health Office in 2024 it is only 47.4% Exclusive Breastfeeding, where this figure places Gorontalo as one of the provinces below the national target set by WHO of 80%, (WHO, 2024).

At the national level, exclusive breastfeeding still faces various obstacles that cause the number to not meet the government's targets, socio-economic factors, culture, and lack of support from the surrounding environment are some of the main causes of low exclusive breastfeeding in Indonesia (Wahyuni, 2019).

Especially at the provincial level, the indicators of exclusive breastfeeding show that the number of mothers who exclusively breastfeed is not enough for mothers, so many mothers have not been able to increase their confidence in fulfilling the practice of exclusive breastfeeding (Aspienti et al., 2025a).

Mother's confidence in breastfeeding has a central role in the success of exclusive breastfeeding, in the form of several in terms of how breastfeeding techniques and how mothers overcome obstacles in breastfeeding that will affect their ability to breastfeed the baby optimally (Moro & Bertino, 2020). Nowadays, many mothers face problems such as doubt, anxiety, lack of support from their husbands as well as lack of knowledge of mothers in giving exclusive breastfeeding which ultimately lowers their confidence, this phenomenon becomes a real obstacle in the sustainability of exclusive breastfeeding because mothers feel unsure of being able to meet their baby's needs with full breastfeeding (Lisma Febita et al., 2021).

Strong confidence in mothers makes her feel able to provide optimal breastfeeding, overcome challenges during breastfeeding, and ensure that her baby's nutritional needs are met (Masruroh et al., 2022). Mothers who have high confidence will make mothers more confident that they are able to breastfeed their babies well and with this increased confidence, mothers will be more confident to commit to providing exclusive breastfeeding on a sustainable basis (Rahmi et al., 2024).

From the results of research conducted by Tumiar et al., (2024) shows that the level of confidence of mothers in breastfeeding in Indonesia is still relatively low, which is only around 48% of breastfeeding mothers have a *Breastfeeding self-efficacy* high, while the other 52% are in the medium to low category. This low confidence has an impact on the success of exclusive breastfeeding, because mothers who feel doubtful or unsure of their abilities tend to stop breastfeeding early or give additional formula (Cursed) et al., 2025).

Factors that can increase maternal confidence in breastfeeding include sufficient knowledge of breastfeeding techniques, positive experiences during breastfeeding, and external support, namely emotional support from husbands and family (Modak et al., 2023). As the closest person, the husband plays an important role in providing support in breastfeeding activities, especially in providing emotional support, because emotional support can help mothers feel calm in breastfeeding that raises and maintains the mother's confidence during the breastfeeding process, the emotional presence that the husband gives to the mother in the form of empathy, affection, care, and attention that can help the mother feel calmer, confident, and committed to providing exclusive breastfeeding (Sahira) et al., 2025).

Husband's emotional support is by definition any form of communication and action that provides a sense of acceptance, understanding, value, and psychological support to the wife during breastfeeding (Laughter) et al., 2024). This emotional support includes empathy, affection, attention, and care that can affect the mother's well-being, this support helps reduce stress, anxiety, and increase maternal motivation so that confidence in breastfeeding becomes stronger and more consistent (Yunitasari et al., 2021).

When the mother feels calm and emotionally supported, the hormone oxytocin which plays a role in the milk excretion process increases, so that the breastfeeding process becomes smoother (Rokmah et al., 2021). Breastfeeding mothers who receive emotional support from their husbands will experience a decrease in stress levels and are better able to adjust to changes in roles after childbirth, so that a stable emotional state makes mothers more focused and comfortable in breastfeeding (Zannah) et al., 2024)

Some previous studies have also explained that husband's emotional support has a significant influence on mothers' confidence in exclusive breastfeeding. Based on research conducted by Yunitasari, (2021) and Muchsin, (2024) The finding that mothers who receive support from their husbands and families feel more relaxed, calm, and have higher confidence in their ability to breastfeed, this is also in line with other research conducted by Revelation (2019), and Salma Qurrata A'yun & Enny Yuliaswati (2024) This explains that the husband's support in the form

of social can play an important role in reducing postpartum stress and improving the emotional well-being of the mother in the success of exclusive breastfeeding.

However, most previous studies have focused more on the relationship between husband support and breastfeeding success in general, but there has been no specific research on the relationship between husband's emotional support and maternal confidence in exclusive breastfeeding, which is an important psychological factor in the success of exclusive breastfeeding.

Based on data from the Gorontalo Provincial Health Office, Boalemo district is in first place with the highest percentage of 46.9%, and Gorontalo City ranks second highest with a percentage of 45.0% and in data from the Gorontalo City Health Office, the Central City Health Center work area actually has the highest exclusive breastfeeding achievement of 54.37% in 2024, and in third place with Exclusive Breastfeeding Gorontalo Regency gets a percentage of 40.5%. The selection of this location was carried out to dig deeper into the positives that supported these achievements at the research location at the Central City Health Center, especially regarding the relationship between the husband's emotional support and the mother's confidence.

Based on the results of initial observations, information was obtained from interviews with the person in charge of nutrition that the number of mothers who gave exclusive breastfeeding continued to increase. In addition, from the results of interviews with breastfeeding mothers who live in the same house as their husbands, during the implementation of posyandu in the working area of the Central City Health Center located at the Battalion 713 Assistance Company, 4 out of 5 mothers said that their husbands always give attention, and feel comfortable during the breastfeeding process which makes mothers more confident in providing exclusive breastfeeding. However, 1 other mother said that the infrequent presence of her husband to accompany and help during the treatment and breastfeeding process caused her confidence to decrease in breastfeeding. Based on the above background description, the researcher understands that it is important to conduct research to further explore the "The Relationship between Husband's Emotional Support and Mother's Confidence in Exclusive Breastfeeding in the Work Area of the Central City Health Center, Gorontalo City"

## RESEARCH METHODS

### Research Location and Time

This research was carried out in the Work Area of the Central City Health Center. This research was carried out from January 10 to February 12, 2026

### Research Design

The research design used in this study is a quantitative research with a *cross sectional* approach. Cross sectional research is a type of research that emphasizes the time of measurement/observation of independent and dependent variable data only once at a time. In this type, independent and dependent variables are assessed simultaneously at a time, so there is no follow-up. Of course, not all research subjects must be observed on the same day or time, but independent and dependent variables are assessed only once (Nursalam, 2020).

### Population and Sample

The population in this study is a subject that meets the criteria that have been set (Nursalam, 2020). The population in this study is breastfeeding mothers in the working area of the Central City Health Center with a total of 103 breastfeeding mothers from January to June 2025.

In this study, the technique of taking *Nonprobability sampling sample*, which is a sampling technique that does not provide an equal opportunity for every member of the population to be selected as a sample in the study Subhaktiyasa, (2024). The methods used are *purposive sampling* or sampling based on certain criteria that are considered relevant and in accordance with the research objectives (Sugiyono, 2019). Based on the slovin formula above using an error rate of 5%, a sample of 81.9 respondents was obtained, then rounded to 82 respondents with inclusion and exclusion criteria that had been set by the researcher.

## Data Analysis

### Univariate Analysis

Univariate analysis is used to describe descriptively the frequency and proportion distribution of each variable studied, both independent and bound variables. Univariate analysis aims to describe or explain each variable in the study (Sumantri, 2015). The univariate analysis in this study was used to identify the emotional support of the husband with the mother's confidence including the characteristics of the mother such as the mother's age, last education, occupation, husband's income, number of children, and the age of the baby.

### Bivariate Analysis

Bivariate analysis is to consider the properties of two variables in relation to each other, so that conclusions can be drawn from this analysis (Ahyar *et al.*, 2020). In this study, the researcher conducted a test using *Kolmogorov-Smirnov*, because the number of respondents was more than 50. The significance level used is 0.05. significance value (GIS) > 0.05, then the data is declared to be normally distributed, and the analysis is carried out

using the *Pearson Product moment Correlation test*, to measure the direction and strength of the linear relationship between two variables.

## RESULTS

### Univariate Analysis

#### Characteristics of Respondents by Age

**Table 1** Distribution of Respondent Frequency by Mother's Age

No.	Age	Frequency (n)	Percentage (%)
1	Early adults (18-30 years)	5	6,1
2	Middle Adult (31- 40 years)	60	73,2
3	Late adults (41-60 years)	17	20,7
<b>Total</b>		<b>82</b>	<b>100%</b>

Source : Primary Data, 2026

Based on table 1, the frequency of respondents who became the research sample based on age classification from the Ministry of Health showed that most of the respondents were middle adults, namely 60 respondents (73.2%), and a small proportion of respondents were in early adulthood, namely 5 respondents (6.1%).

#### Characteristics of Respondents Based on the Number of Children

**Table 2** Frequency Distribution of Respondents by Number of Children

No.	Number of Children	Frequency (n)	Percentage (%)
1.	1 child	24	29,3
2.	2 children	41	50
3.	3 children	14	17,1
4.	4 children	3	3,7
<b>Total</b>		<b>82</b>	<b>100%</b>

Source : Primary Data, 2026

Based on table 2, the frequency of respondents who became the research sample based on the number of children showed that most of the respondents had 41 children (50%), and a small number of respondents had 4 children as many as 3 respondents (3.7%).

#### Characteristics of Respondents Based on Infant Age

**Table 3.** Frequency Distribution of Respondents Based on Infant Age

No.	Baby's age	Frequency (n)	Percentage (%)
1.	1 month	8	9,8
2.	2 months	12	14,6
3.	3 months	13	15,9
4.	4 months	21	25,6
5.	5 months	16	19,5
6.	6 months	12	14,6
<b>Total</b>		<b>82</b>	<b>100%</b>

Source : Primary Data, 2026

Based on table 3, the frequency of respondents who were the research sample based on the age of the baby showed that most of the respondents had a 4-month-old baby as many as 21 respondents (25.6%). And a small number of respondents who have a 1-month-old baby as many as 8 respondents (9.8%).

**Univariate Data (Husband's Emotional Support Variable and Mother's Confidence Variable)  
Distribution of Respondents Based on Emotional Support**

**Table 4.** Frequency Distribution of Respondents Based on Husband's Emotional Support

No.	Emotional Support	Frequency (n)	Percentage (%)
1	Low	2	2,4
2	Height	80	97,6
<b>Total</b>		<b>82</b>	<b>100%</b>

Source : Primary Data, 2026

Based on table 4, the frequency of respondents who were the research sample based on the husband's emotional support showed that most of the respondents had high emotional support, namely 80 respondents (97.6%) and some respondents received low husband's emotional support, namely 2 respondents (2.4%).

**Distribution of Respondents Based on Mothers' Confidence in Exclusive Breastfeeding**

**Table 5** Frequency Distribution of Respondents Based on Mother's Confidence in Exclusive Breastfeeding

No.	Mother's Confidence	Frequency (n)	Percentage (%)
1	Low	1	1,2%
2	Medium	18	22%
3	Height	63	76,8%
<b>Total</b>		<b>82</b>	<b>100%</b>

Source : Primary Data, 2026

Based on table 5, the frequency of respondents who were the research sample based on maternal self-confidence showed that most of the respondents had a high level of confidence, namely 63 respondents (76.8%) and a small number had a low level of confidence as much as 1 respondent (1.2%).

**Bivariate Analysis**

**Table 6** Analysis of the Relationship between Husband's Emotional Support and Mother's Confidence in Exclusive Breastfeeding in the Work Area of the Central City Health Center

		Husband's Emotional Support	Mother's Confidence
Husband's Emotional Support	<i>Pearson correlation</i>	1	.262
	<i>Sig. (2-tailed)</i>		.018
	<i>N</i>	82	82
Mother's Confidence	<i>Pearson correlation</i>	.262	1
	<i>Sig. (2-tailed)</i>	.018	
	<i>N</i>	82	82

Source: Primary Data, 2026

Based on table 6 above, the results of the bivariate test between the variables of Husband's Emotional Support and Mother's Confidence using *the Pearson* test obtained a significance value (*p-value*) = 0.018 where the value of 0.018 is smaller than the value of 0.05 or *the p-value* < 0.05 which means that the variables of Emotional Support and Mother's Confidence have a significant relationship, so that H0 is rejected and H1 is accepted.

In addition, the correlation coefficient value showed a value of 0.262 where this value was in the range of 0.20-0.39, which means that there was a weak level of relationship strength between the Husband's Emotional Support and the Mother's Confidence in Exclusive Breastfeeding in the Central City Health Center work area with a positive relationship direction.

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**DISCUSSION****Husband's Emotional Support for the Mother in Exclusive Breastfeeding**

Based on the results of research conducted in the work area of the Kota Tengah Health Center, it is known that most of the respondents received their husband's emotional support in the high category, namely 80 respondents (97.6%), while respondents who received low emotional support were only 2 respondents (2.4%). This data shows that the majority of breastfeeding mothers feel the involvement of their husbands in the form of attention, empathy, affection, and care during breastfeeding. This emotional support is one of the important factors that can provide comfort and calm for mothers in carrying out their role in providing exclusive breastfeeding. Strong support from your husband can also help you feel valued and not feel alone in facing breastfeeding challenges.

Based on the results of the study, as many as (97.6%) or 80 respondents were in the high category of emotional support provided by their husbands, where most of the respondents received attention, empathy, affection, and concern for the mother during exclusive breastfeeding. This can be seen from the mother's statement that she always gets homework help, and always pays attention to her mother's health by always suggesting the consumption of nutritious food during the Exclusive Breastfeeding process. This is in line with research Mardiyarningsih et al. (2024) Where the husband's attention and concern have a strong relationship with the success of the mother in breastfeeding, comprehensive support from the husband not only increases the success of Exclusive breastfeeding, but also has a positive impact on the health of the mother and baby.

This research is also in line with the research conducted by Boediarsih et al. (2021) which states that the involvement of the husband not only has a direct impact on the mother's condition, but also affects the sustainability of breastfeeding practices in the long term, where mothers who receive support from their husbands tend to be more able to maintain exclusive breastfeeding compared to mothers who rarely receive support from their husbands. Other research by Pratiwi et al. (2023) stating that consistent attention from the husband can provide a sense of appreciation and improve the emotional well-being of the mother, this is very important because the breastfeeding period is often accompanied by hormonal changes that can affect the mother's mood so that the mother is better able to manage her emotions and reduce the risk of stress due to fatigue in breastfeeding.

Based on the results of the study, it was shown that (2.4%) or 2 other respondents who were in the category of low husband's emotional support were caused by the lack of involvement of the husband in providing attention, empathy, affection, and concern to the mother during the breastfeeding process. This can be seen from the mother's statement that she tends to feel less cared for, rarely gets motivation, and does not have a place to share complaints related to difficulties in breastfeeding. This is in line with the theory from Friedman (2010) which states that emotional support in the form of affection, attention, empathy and care is an important component in maintaining individual psychological balance, especially in breastfeeding mothers.

The researcher assumes that in addition to the low emotional support felt by mothers in this study, it is also influenced by the characteristics of respondents, namely mothers who have more than one child and have the status of working mothers, where mothers with more than one child tend to have a greater parenting burden, so that the husband's attention is divided not only to the mother, but also to other children. So this condition can cause mothers to feel less special attention, especially during breastfeeding which requires more intense emotional support. This is in line with the research of Saraha & Umanilo (2023), which states that the number of children is one of the factors that affect the success of breastfeeding, this is related to the readiness of mothers in carrying out their roles, both physically and psychologically, so that the more children, the greater the parenting demands faced by mothers, and require more intense support, including from the husband.

This research is in line with research conducted by Yuris et al. (2024) which mentions the status of mothers as workers also affects the low emotional support felt where the mother's busyness in carrying out dual roles, both as workers and as housewives, is often not balanced with adequate involvement of the husband and this can lead to a lack of interaction time between husband and mother, so that the emotional support provided is not optimal. Other parallel research conducted by Laili et al. (2024) mentioning the lack of emotional support from husbands to working mothers in the breastfeeding process is not only a biological activity, but also a process that involves the psychological condition of working mothers so that they often face layered pressures such as work demands, physical fatigue, and domestic responsibilities, and in this case the presence of the husband as a source of emotional support is very important.

The researcher assumes that the high emotional support of husbands in this study can be seen as an illustration that most husbands have a good awareness of the importance of exclusive breastfeeding. Researchers also assume that the form of emotional support that arises can be in the form of simple actions such as asking about the condition of the mother and baby, listening to the mother's complaints, and giving words of encouragement support like this can increase the mother's sense of security, especially when the mother feels tired or has difficulty in exclusive breastfeeding. This is in line with research conducted by Nurhasanah et al. (2026) When the husband is emotionally present, the mother will have an easier time managing the stress and anxiety that often occurs during the postpartum period, this can also strengthen the mother's motivation to maintain exclusive breastfeeding.

This research is also in line with the research conducted by Annisa et al. (2022) Where the mother's mental readiness is closely related to the mother's confidence in breastfeeding and emotional support from the husband helps to strengthen it. Breastfeeding mothers often experience hormonal changes, lack of sleep, and social stress

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that can lead to stress, if these conditions are not balanced with support from those closest to them, mothers can feel depressed and lose their enthusiasm for breastfeeding (Princess *et al.*, 2026). Other research by Vitria Komala (2025) which states that mothers who receive good emotional support from their husbands tend to have a more stable psychological state, a stable emotional state is very important because it affects hormones that play a role in the production of breast milk, so that it indirectly supports the smooth breastfeeding process.

The results of this study are in line with the research Muchsin, (2024), which states that the husband's support is very influential on the success of the implementation of exclusive breastfeeding in the study explained that the husband's support in the form of emotional such as providing attention and psychological support can help the mother remain committed to breastfeeding exclusively, the supportive husband will encourage the mother to be more consistent in breastfeeding despite facing obstacles. Research Pringsewu *et al.*, (2024) also supports the results of this study, where husband support is related to the success of exclusive breastfeeding to babies, the study shows that mothers who receive support from their husbands tend to be more successful in providing exclusive breastfeeding than mothers who do not receive support, husband's support can increase maternal motivation and help mothers maintain confidence in facing social and family pressures.

In a study conducted by Samosir *et al.*, (2024), it was stated that the husband's support was closely related to the reduction of stress in breastfeeding mothers. This happens because the emotionally involved husband is able to be a source of comfort and mental strengthening for the mother with emotional support, the mother becomes calmer so that the breast milk expenditure reflex can run better. The results of this study are also strengthened by research that is in line with Manggali, (2025), which concludes that the role of the husband is very important in supporting the optimization of exclusive breastfeeding, the husband's support includes emotional, instrumental, informational, and complementary support. Emotional support is the most basic aspect because it is directly related to the mother's calmness in breastfeeding, if the mother feels appreciated and supported, then the mother is better able to maintain the commitment to provide exclusive breastfeeding until the baby is six months old (Carin *et al.*, 2025). Therefore, the results of this study show that the high emotional support of husbands in the work area of the Central City Health Center is a positive factor that can help increase the success of exclusive breastfeeding in breastfeeding mothers.

### **Mother's Confidence in Exclusive Breastfeeding**

Based on the results of the research conducted in the working area of the Kota Tengah Health Center, it is known that most of the respondents have a high level of confidence in exclusive breastfeeding. The data shows that as many as 63 respondents (76.8%) are in the high category, 18 respondents (22%) are in the medium category, and only 1 respondent (1.2%) is in the low category. The results of this study illustrate that the majority of breastfeeding mothers in the working area of the Central City Health Center have good faith in their ability to breastfeed exclusively.

Based on the results of this study, it was found that the majority of respondents had high confidence in exclusive breastfeeding as many as (76.8%) or 63 respondents who answered were very confident in their choice in overcoming obstacles and mastering breastfeeding techniques correctly, so that the majority of mothers have understood and are able to overcome common problems that often occur during the process of exclusive breastfeeding. This is in line with research conducted by Syukur *et al.*, (2025) Where mastering breastfeeding techniques is one of the important aspects that strengthen mother's confidence, such as the right position and attachment, helping mothers minimize the risk of problems, as well as improving the quality of breastfeeding. And other research in line with that was carried out by Muchtar *et al.*, (2021) mentioned that the mother's ability to overcome breastfeeding obstacles is an important factor in the success of exclusive breastfeeding, where mothers who are able to face various obstacles tend to have better resilience in maintaining breastfeeding practices, even when faced with physical and psychological challenges.

The researcher assumes that this confidence reflects the readiness of mothers in carrying out the breastfeeding process both in terms of breastfeeding techniques and the ability to overcome obstacles that arise during breastfeeding, so that the high percentage of maternal confidence categories can be seen with the majority of respondents answering very confident in terms of breastfeeding techniques and overcoming obstacles in terms of breastfeeding, which is one of the supporting factors in increasing the achievement of exclusive breastfeeding in the region Puskesmas Kota Tengah and this is in line with research conducted by Hafshawaty *et al.*, (2021) Where mothers with high confidence are better able to understand the correct meysui technique, such as the right position and attachment, so that obstacles in breastfeeding are reduced and more optimal and make both mother and baby more comfortable.

Based on the results of this study, as many as (22%) or 18 respondents are still in the moderate category of confidence, the researcher assumes that this shows that there are still mothers who have sufficient confidence in breastfeeding, but are not fully optimal in carrying out exclusive breastfeeding. If viewed based on the results of the questionnaire, the confidence of mothers in this medium category level is in the aspect of breastfeeding techniques that generally mothers are not fully confident in their ability to provide optimal breastfeeding, such as ensuring that the baby gets enough breast milk, giving breast milk without additional formula milk, and the correct breastfeeding technique. This is in line with research Puspasari *et al.*, (2024) Where mothers who have not been

fully strong, especially in mastering the correct breastfeeding techniques, make a lack of motivation and doubt about their abilities, especially when breastfeeding practices in the right position and confidence to recognize that the baby has breastfed enough.

Other parallel research was conducted by Mizna, (2021) mentioned that mothers who are still in the transition phase between understanding and really mastering breastfeeding techniques, have basic knowledge related to breastfeeding, but are not fully confident in applying the correct techniques consistently in daily practice, thus triggering mothers' doubts during exclusive breastfeeding. Researchers assume that this can also be seen from doubts in daily breastfeeding practices, such as mothers still feeling unsure whether the breast milk given is sufficient for the baby's needs. So this is in line with the research conducted by Harini et al, (2025) which states that mothers with a *breastfeeding self-efficacy* who are less likely to have doubts about breast milk production and are more at risk of stopping breastfeeding early.

This is in line with other research conducted by Khusniyati, (2025) which states that mothers with a sufficient level of confidence tend to experience difficulties in facing various breastfeeding obstacles, such as milk production that is considered to be lacking, babies having difficulty attaching, nipple pain, and pressure from the surrounding environment, this condition often causes mothers to make the decision to stop breastfeeding early or replace it with formula milk.

In the results of this study, the confidence of mothers in the low category was (1.2%) or 1 respondent who gave a statement on the aspect of breastfeeding techniques, where the mother was not able to ensure that the baby got enough breast milk, and was not sure in doing the correct attachment position, the mother also tended to find it difficult to maintain breastfeeding without additional formula milk, because there were doubts about the adequacy of breast milk production. Meanwhile, the researcher's assumption on the aspect of the ability to overcome obstacles shows that mothers with low self-confidence show inability to face breastfeeding challenges, such as feeling uncomfortable while breastfeeding in front of others. This is in line with research by Puspitasari et al, (2024) which suggests that mothers with low confidence levels are more likely to experience failure in breastfeeding due to a lack of confidence in overcoming problems that arise during the breastfeeding process.

This study shows that one of the factors that affect low maternal confidence is the lack of breastfeeding experience, especially in primitive mothers, so that this condition is further strengthened by the characteristic background of respondents who are working mothers and have only had one child, and the lack of breastfeeding experience makes mothers do not have sufficient skills and confidence in facing various obstacles during the breastfeeding process. such as attachment difficulties or the perception of insufficient breast milk. This is in line with research Putiasari, (2024) which states that breastfeeding experience is the main factor in the formation of maternal confidence, primipara mothers who do not have experience tend to have *self-efficacy* lower than multiparaphrasing mothers. And this research is supported by research conducted Khoiriyah, (2025) Where the status as a working mother is also a challenge because of the limited time and pressure of work that can affect the mother's confidence in breastfeeding, the lack of experience and the demands of the job cause mothers to be more susceptible to experiencing doubts and difficulties in overcoming breastfeeding obstacles.

The results of this study are in line with the research conducted by Khusniyati, (2025) which mentions that mother's confidence in breastfeeding is one of the important psychological aspects because it is directly related to the mother's persistence in maintaining exclusive breastfeeding for up to six months, confident mothers will be more confident that the breastfeeding given is able to meet the baby's nutritional needs. This is also in line with research Wati et al, (2025) which states that mothers who have high confidence will be better able to face challenges such as fussy babies, tiredness, nipple blisters, or worries that breast milk is not enough in these conditions, mothers who have *self-efficacy* will be more likely to find solutions and maintain breastfeeding, and conversely mothers with low self-confidence are more likely to feel like failures and choose alternatives such as formula feeding.

The results of this study are in line with the research of Sakinah et al. (2024) which explains that breastfeeding mothers' self-confidence is a determining factor in the success of exclusive breastfeeding, the study shows that mothers who have high self-confidence are better able to survive breastfeeding despite facing obstacles, also emphasizing that mothers who have a positive perception of their ability will be more confident in breastfeeding without the addition of other foods or drinks. Research Ayuningtyas, (2023) It also supports the results of this study, where the self-efficacy of breastfeeding mothers affects the success of exclusive breastfeeding, the study explains that the higher the mother's self-efficacy, the greater the chance of the mother succeeding in providing exclusive breastfeeding until the baby is six months old

The results of this study are also in line with the research Fujianty and a., (2024), which states that *breastfeeding self-efficacy* related to the success of exclusive breastfeeding, the study explained that mothers who had a score of *breastfeeding self-efficacy* Are more likely to have better lactation management skills and have a greater commitment to providing exclusive breastfeeding. This is in line with research conducted by Titaley et al., (2021) which states that this condition illustrates that the mother's confidence does not appear suddenly, but is influenced by breastfeeding experience, knowledge, and support of the surrounding environment, so this finding is in line with the results of the study which shows that most of the respondents are in the high category, which may also be influenced by emotional support from husbands and families. In addition, the results of this study are also in accordance with *Literature Review* done by Hanifa et al. (2024), which states that psychological factors such as

self-confidence and maternal motivation have a big role in the success of exclusive breastfeeding. explained that mothers who experience stress, anxiety, or lack of confidence will be more at risk of failing to provide exclusive breastfeeding.

Overall, the high level of maternal confidence in this study shows that the majority of breastfeeding mothers in the working area of the Central City Health Center already have strong confidence in carrying out exclusive breastfeeding. This condition can be influenced by various factors such as breastfeeding experience, husband support, education from health workers, and a supportive social environment. High confidence will make mothers better able to face the challenges of breastfeeding and maintain their commitment to exclusively breastfeeding.

### **The Relationship between Husband's Emotional Support and Mother's Confidence in Exclusive Breastfeeding in the Work Area of the Central City Health Center**

In the results of this study, significant results were obtained on the emotional support of husbands with the mother's confidence in exclusive breastfeeding with a *p-value* of 0.018. This value is less than 0.05, indicating that there is a significant relationship between the two variables. These results show that the higher the emotional support provided by the husband, the higher the mother's confidence in exclusive breastfeeding. In addition, the correlation coefficient value of 0.262 indicates that the relationship formed is in the weak category but has a positive direction. This shows that the husband's emotional support still has a role, although it is not the only factor that affects the mother's confidence in exclusive breastfeeding.

This significant relationship shows that the emotional aspects given by husbands such as attention, empathy, affection, and care are able to have a positive psychological impact on breastfeeding mothers (Aspienti et al., 2025). Mothers who feel emotionally supported will be more comfortable going through the breastfeeding process, so that it can reduce stress and anxiety that often arise during the postpartum period (Yuliani et al, 2025). A stable emotional state can increase the mother's confidence that she is able to provide enough breast milk and according to the baby's needs, a husband who is emotionally present can also be a source of strength for the mother when facing obstacles such as tiredness, fussy babies, or worries about lack of breastfeeding, this makes mothers more optimistic and not easy to give up in maintaining exclusive breastfeeding (Helinid, 2026)

Although the results showed a significant relationship, the weak correlation level indicated that maternal self-confidence was influenced by a variety of factors other than the husband's emotional support, such factors could be previous breastfeeding experiences, maternal knowledge of breast milk, maternal and infant health conditions, and health worker support. In addition, socioeconomic factors can also affect the psychological condition of the mother. Therefore, the emotional support of the husband is only one of the supporting factors that contribute to the increase in the mother's confidence. However, emotional support still has an important value because it is the closest psychological support that mothers feel in the family environment.

The results of this study are in line with the research Moro and Bertino, (2020) which shows that there is a relationship between the husband's support and *self-efficacy* breastfeeding mothers. The study explained that the husband's support can increase the mother's confidence because the mother feels more cared for and does not face the breastfeeding process alone, good husband's support will provide emotional reinforcement so that the mother has the confidence that she is able to provide exclusive breastfeeding. The study also emphasized that a supportive husband can provide motivation when the mother has difficulties in the breastfeeding process. This strengthens the results of this study that the husband's emotional support is a factor related to the increase in *self-efficacy* Breastfeeding mothers (Rahmi et al., 2024).

Gultom Research et al. (2025) also supports the results of this study, where social support has a relationship with breastfeeding self-efficacy in mothers, the study states that mothers who receive high social support tend to have better self-efficacy in breastfeeding than mothers with low social support, social support can come from husbands, family, friends, and the work environment, all of which can affect the mother's confidence to continue breastfeeding, So these results show that the husband's emotional support is an important part of social support that can shape the mother's confidence, and this means that the husband's emotional support can be a factor that encourages the mother to remain confident even in facing pressure or limitations in breastfeeding (Gultom et al., 2025).

Research Guterres, (2025) also shows that *breastfeeding self-efficacy* has a relationship with the success of exclusive breastfeeding, and family support is one of the factors that influence the increase *self-efficacy*, in the study, it was explained that mothers who have good family support will be more confident in carrying out lactation management and maintaining exclusive breastfeeding. Family support, especially husband support, can help mothers deal with challenges such as fatigue and breastfeeding difficulties, suggesting that husband's emotional support can be one of the important components of a family support system that affects the *self-efficacy* mother, these findings reinforce the results of research that husband's emotional support and maternal confidence have a real relationship (Laili et al., 2024).

The results of this study are also in line with the research Besmaya, (2024), which found that there was a relationship between husband support and exclusive breastfeeding. In the study, it was explained that the husband's support can affect the success of mothers in breastfeeding because the husband plays a role as the main motivator

in the family, the husband who provides support will help the mother be more confident in making decisions to provide exclusive breastfeeding. Husband's support can also increase mother's comfort because mothers feel appreciated for the efforts made in breastfeeding, so these results are in line with the findings of this study which show that husband's emotional support is related to increased maternal confidence in breastfeeding, with emotional support, mothers are better able to maintain exclusive breastfeeding according to health recommendations (Ramdhanian & Simamora, 2025).

In addition, research conducted by Yuris et al, (2024) shows that the husband's involvement in supporting exclusive breastfeeding is related to reducing stress levels in breastfeeding mothers so that the reduction in stress can increase the mother's confidence because she feels more comfortable and calm during the breastfeeding process. When stress decreases, the production of the hormone oxytocin tends to increase, so that the flow of milk becomes smoother. This condition strengthens the mother's belief that the breastfeeding has met the baby's needs, this states that emotional support from the husband not only has an impact on the psychological aspect, but also indirectly affects the physiological aspects in the breastfeeding process, and therefore, the husband's emotional support has an important role in building the mother's confidence to maintain exclusive breastfeeding (Atika et al., 2025)

The results of this study are also strengthened by the research Zannah et al, (2024), which shows a relationship between family support and *breastfeeding self-efficacy* In mothers, the study emphasized that family support can increase mothers' confidence in breastfeeding because mothers feel more comfortable, more motivated, and emotionally strengthened. Family support, especially from the husband, can provide a sense of security so that mothers are better able to overcome anxiety in breastfeeding, this condition makes mothers more confident to breastfeed exclusively. These results support the findings of this study that the husband's emotional support is part of the family support related to the mother's confidence in breastfeeding (Laras et al., 2025)

Overall, the results of this study prove that there is a significant relationship between the husband's emotional support and the mother's confidence in exclusive breastfeeding in the working area of the Central City Health Center. Although the strength of the relationship is in the weak category, the positive direction of the relationship shows that the husband's emotional support still has an important role in increasing *self-efficacy* mother. These findings suggest that mothers who receive high emotional support tend to be more confident in carrying out the breastfeeding process and are better able to maintain exclusive breastfeeding. Therefore, the role of the husband in providing emotional support needs to continue to be improved through health education, family counseling, and the involvement of the husband in posyandu activities or breastfeeding classes. By increasing emotional support from the husband, the mother's confidence can be further strengthened so that the success of exclusive breastfeeding can continue to increase.

## CONCLUSION

The husband's emotional support for the mother's confidence in breastfeeding is mostly in the good category. This shows that the majority of husbands give attention, empathy, affection, and concern to mothers in the breastfeeding process.

The level of confidence of mothers in breastfeeding is mostly in the high category. This shows that most mothers have confidence in their ability to breastfeed their babies.

The results of statistical analysis showed that there was a relationship between the husband's emotional support and the mother's confidence in exclusive breastfeeding. The results of the *Pearson Product Moment* test showed a  $p\text{-value} = 0.018$  ( $p < 0.05$ ) with a correlation coefficient value of  $r = 0.262$ . The value of a positive correlation coefficient shows that the better the emotional support provided by the husband, the higher the level of confidence of the mother in breastfeeding. The strength of the relationship between the husband's emotional support and the mother's confidence in breastfeeding was in the weak relationship category, but the relationship between the category remained statistically significant.

## SUGGESTIONS

For Puskesmas, it can be used as reference material so that it is easy to determine material policies or inputs regarding the involvement of the husband's role in the husband's emotional support to increase the mother's confidence in exclusive breastfeeding.

Breastfeeding mothers are expected to be more active in seeking information related to breastfeeding techniques and how to overcome obstacles during breastfeeding, so that they can increase confidence and breastfeeding activities more optimally.

The researcher is then expected to examine other factors that have not been studied in depth in this study, such as the mother's level of knowledge, breastfeeding experience, culture, family support, health worker support and the specific psychological condition of the mother. In addition, it is recommended to use longitudinal research designs or qualitative methods to delve deeper into the mother's experience of emotional support and maternal confidence in exclusive breastfeeding.

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