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PROCEEDING

*Improving Quality of Life Through
Multi Sector Collaboration*

4th UPHEC

**UNIVERSITAS AHMAD DAHLAN
INTERNATIONAL CONFERENCE
ON PUBLIC HEALTH**

Yogyakarta, February, 21-22, 2018

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“Improving Quality of Life Through Multi Sector Collaboration”

ROYAL AMBARUKMO HOTEL- YOGYAKARTA, INDONESIA

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Universitas Ahmad Dahlan International Conference on Public Health

Theme:

“Improving Quality of Life through Multi Sector Collaboration”



Keynote Speaker

²⁸ dr. Anung Sugihantono, M.Kes
(Directorate General of Public Health, Ministry of Health Republic of Indonesia)

Speaker I

Assoc. Prof. Dr. Yeo Kee Jiar
(Universiti Teknologi Malaysia, Malaysia)

Speaker II⁵

Lina Handayani, Ph.D
(Universitas Ahmad Dahlan, Indonesia)

Speaker III

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Speaker IV⁵

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Speaker V⁵

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February 21-22, 2018
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²⁵ Organized by:
Faculty of Public Health, Universitas Ahmad Dahlan
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Foreword from Rector of Universitas Ahmad Dahlan

Good morning, Greeting to all of us

1. The honorable Keynote Speaker : dr. Anung Sugihartono, M.Kes (Directorate General of Public Health, Ministry of Health Republic of Indonesia)
2. Prof. Dr. Yeo KeeJiar (UTM, Malaysia)
3. Ma. Teresa G. De Guzman, Ph.D (UP Manila, Philippines)
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5. Novi Chandra, Ph.D , Universitas Gajah Mada
6. Speaker from UAD : Lina Handayani, Ph.D and Elli Nurhayati, Ph.D
7. And, the excellences the invited guests, presenters, and the participants

Assalamu 'alaikumWr.Wb

Welcome to the Universitas Ahmad Dahlan and the 32nd 4rd International Conference on Public Health (UPHEC). This event is held annually by the Faculty of Public Health Universitas Ahmad Dahlan with different collaborators. The principal purpose of this conference is to disseminate the scientific research in the Public Health domain, included the Quality of life through multisectoral collaboration.

Quality of life index is an estimation of overall quality of life which takes into account purchasing power index (higher is better), pollution index (lower is better), house price to income ratio (lower is better), cost of living index (lower is better), safety index (higher is better), health care index (higher is better), traffic commute time index (lower is better) and climate index (higher is better). In the year 2017 Indonesia occupies the 45th position out of 56 countries. This position an improvement after the previous year in 2016 Indonesia ranked 57th (from 61 countries). Despite the increase, Indonesia is still under neighboring countries such as Singapore, India and Malaysia.

It is obvious that the effort to improve the quality of life can not be solved only by the health sector alone. Multi-sectoral collaboration is required to achieve equitable development in various sectors in improving quality of life. It is important for us in Indonesia especially in Yogyakarta to have a program to learn the experience of multisectoral collaboration to improve quality of life from other countries. Therefore, in this 57th MILAD UAD series, we will hold an international seminar with the theme "Improving Quality of Life through Multisectoral Collaboration" which invite speakers from UAD and abroad.

This conference has become an effort in enhancing the knowledge of researchers, policy maker, student, other stakeholder and all participants. Hope this conference as a media for scientific gathering and collaboration between the participants taking into account in improving quality of life through multisectoral collaboration. Finally, and once again, welcome to UPHEC and with "Bismillahirohmanirohim" this conference officially opened. Thank you for your attention.

Wassalamu 'alaikum Wr. Wb.

Yogyakarta, February 2018
Rector of Universitas Ahmad Dahlan

Dr. Kasiyarno, M.Hum.

**Welcome Address from
Chairperson of the Universitas Ahmad Dahlan International Conference
on Public Health (UPHEC) 2018**

Assalamu 'alaikum warahmatullahi wabarokatuh,

Thanks to Allah SWT, which has given us guidance and blessing, therefore we were able to complete book of abstract for the 4th Universitas Ahmad Dahlan Public Health Conference (UPHEC). This conference is a series of UAD 57th anniversary activities. It is a collaboration between Faculty of Public Health and Faculty of Psychology, UAD. The theme of the 4th UPHEC "Improving Quality of Life through Multisectoral Collaboration" is deliberately appointed to support inter-sectoral collaboration to improve health status, especially to improve the quality of life.

This book of abstract is a collection of all abstracts submitted to the 4th UPHEC. This book is compiled by scientific team guided by good abstract writing guidelines. We hope this book could be a media for all of us to share information; improving research quality, publication; and broadened our network.

Feedback from expert and everybody who have read this book are highly valuable. We would like to thanks to all who have worked hard and participated in completing this book. May this book bring benefits for all of us.

Wassalamu 'alaikum warahmatullahi wabarokatuh.

Best Regards

dr. Nurul Qomariyah, M.Med.Ed
Chairperson of UPHEC 2018

Table of Content

List of Speakers	i
Foreword from Rector	ii
Welcome Address from Chairman	iii
Table of Content	iv
Schedule of Conference	vii
The Organizing Committee	ix
Proceeding Papers	1-281

PROCEEDING

The Parents Role to Educate the Kids in Digital Era Abdul Kadir	1-6
The Effect of Posture UlosCraftman Work on Occupational Health Listiani Nurul Huda, Nelsy, IndraNasution, Nurlisa Ginting	7-16
Self-Esteem and Health-Related Quality of Life among Adolescent Santri Endah Puspita Sari, Indah Urfa	18-26
¹ Maternal Compliance during Antenatal Care Visit at Primary Health Care Pekanbaru, Riau Hetty Ismainar, Ani Triana, Hastuti Marlina	27-34
SARARI Effectiveness to Detect Breast Cancer in Women Childbearing Age on the Village of Terungkulon, District Krian Sidoarjo East Java Indonesia Kurnia Indriyanti Purnama Sari, Widya Anggraeni, Vera Virgia, Henny Vidya, Widya Nurcahyaningtyas	35-39
The Impact of Avocado (Persea Americana Mill) Leaf Decoctionto Reduce Systolic and Diastolic Blood Pressure among Hypertension Patients in Mojokerto, East Java - Indonesia Linda Presti Fibriana, HartinSuidah, Ninik Murtiyani, Iis Suwanti, Nuris Kushayati	40-44
The Occurrence of Measles Disease among Children Based on Geographic Information System in Pesisir Selatan District Masrizal, Romi Ronaldo, Randa Ilham	45-50
The Successfulness of Exclusive Breastfeeding for Working Mothers in the Formal Sector Mitra	51-59
Physical Activity Among Undergraduate University Students Nurul Qomariyah, Fardhiasih Dwi Astuti, Aprida Agung Priambadha	60-65
Carpal Tunnel Syndrome on Traditional Boat Driver in KutaiKartanegara District of East Kalimantan Iwan M. Ramdan, Fauzi Ridwan	66-73
The Relationship between Energy Consumption and Heat Stress of Dodol Stirrer Listiani Nurul Huda, Fricilya Simatupang, Indra Nasution	74-86
²⁰ Guidance of Entrepreneurship and Religious Fields as Supporting the Reproduction Health Promotion Model in Youth Art Organization "Paguyuban X" Sitti Nur Djannah	87-92

Susscreen Cream Formula: A Combination of Greentea Extract (<i>Camellia sinensis</i>L) and Dry Extract of Aloe Vera (<i>Aloe barbadensis</i>Miller) Nining Sugihartini, Resa Andriani Amijaya, Suci Amalia Ramadayanti	93-100
¹⁹ The Meaning of Work and Their Relationship in the Family: Case Study in Woman Food Home Industry Workers in Malang Tin Agustina Karnawati	101-108
Root Cause Analysis as an Alternative Solution for Patient Safety Incident in a Hospital in Yogyakarta Triyani Marwati	109-117
The Role of Stretching on Musculoskeletal Pain among Junior High School Students Wuriani, Lestari M, Lidia Hastuti, Jaka Pradika, Gusti Jhoni	118-123
The Effectiveness of Dhikr Intervention for Cortisol and IgG Mechanism; Case Study for Nurses in Sultan Agung Hospital of Semarang Rita Kartikasari, Suharto Taat Putra, Agus Suwandono, Sudiro, Rifki Muslim, Amin Syukur, Nugroho Susanto	124-128
¹⁷ High Dose of Vitamin A Supplement Decreases Bone Mineral Calcium Rate in 3-7 Weeks Old Sprague Dawley Rats Wiryatun Lestariana, Lily Arsanti Lestari, Anindhita Syahbi Syagata	129-136
The Influence of Marketing Mix (Place, People, Promotion and Process) on Customers' Decision Making Process in Choosing Vania Hospital, Bogor 2016 Tri Yuliani, Agus Nurudin	137-150
The Correlation between Birth Spacing and Low Birth Weight Cases Cholifah, Paramitha Amelia Kusumawardani, Siti Cholifah	151-155
¹⁵ Implementation Analysis of Interactive Learning Media in Improving Laboratory Skills on Midwifery Course in Health Sciences High School in Pemkab Jombang Niken Grah Prihartanti, Kolifah, Mudhawaroh	156-161
³⁷ A Phenomenological Analysis of Commercial Sex Workers in Preventing the Transmission of HIV/AIDS Sri Wahyuni, Tutik Rahayu	162-168
Emotion Regulation and Health-Related Quality of Life among College Students with Asthma Wardah Roudhotina, Endah Puspita Sari	169-178
The Effectiveness of Anemia Prevention Program in Different Age Groups in Developing Countries Gelora Mangalik	179-184
Family Support for Men Participation in Posyandu Heni Maryati, Monika Sawitri Prihatini	185-189
²⁴ The Relations between Anemia and Female Adolescent's Dysmenorrhea Paramitha Amelia Kusumawardani, Cholifah	190-195
Return to Work Program for Improving Quality of Life (QoL) of Worker with Disability Caused by Accident: A Review of the Regulation and Implementation in Indonesia Indriati Paskarini	196-202

¹⁴ The Influence of Spatial Distribution of Social Environmental Factors on the Incidence of Dengue Hemorrhagic Fever (DHF) in Limboto District Ririn Pakaya	203-211
Factors Influencing Knowledge, Practice, and Behavior of Household Waste Management among Riverside Communities Aprizal Satria Hanafi, Qomariyatus Sholihah, Ema Novita Deniati	212-221
Breastfeeding and Husband's Attitude Nurfritria Swastiningsih, Sri Kushartati	222-231
Oral Health Promotion for Children with Special Needs Hermien Nugraheni, Tri Wiyatin, Sofwan Indarjo	232-240
Resilience and Happiness in Women Hally Weliangan, Nurul Qomariah	241-248
Health Locus of Control and Health-Related Quality of Life In Medical Students Who Smoke Hassena Rachmahayati, Rina Rahmatika, Titi Sahidah Fitriana, Riselligia Caninsti	249-258
Determinant Factors of Pulmonary Tuberculosis Incidence at Tilamuta Public Health Center of Boalemo Distric Wahyuni Hafid, Franning Deisi Badu, Melisa Usman	259-264
Family Support Among for Diabetic Foot Ulcer Patients (Qualitative Study in Three Tribes in West Kalimantan) Gusti Jhoni Putra, Tisa Gusmiah, Kharisma Pratama, Usman	265-271
The Quality of Life Among Elderly in Jember District, East Java, Indonesia Aldiar Annisa Putri, Ni'mal Baroya, Andrei Ramani	272-281

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Breastfeeding and Husband's Attitude

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Faculty of Psychology, Universitas Ahmad Dahlan

Article Info

Keyword:

Breastfeeding,
Husband's attitude,
Support.

ABSTRACT

There are factors that may influence the succeed of breastfeeding, one of them is the **29** importance of husband's support. Husband should have a supportive attitude towards breastfeeding. The aimed of this study were to determine the attitude of husband's towards breastfeeding and identify factors that affect the attitude towards breastfeeding. This researched used qualitative method with phenomenology approach. Data collected using semi-structured interview continued with content analysis to analyzed the data. There are three husband involved in this research whose wives still breastfeeding their children aged between 0-1 years old and also involved three significant person as data source triangulation. The result showed that the three subjects showed a supportive attitude that appears from the cognitive response which is related to their knowledge about breastfeeding and the benefit of breastmilk to baby, affective response related to the pleasure feeling, satisfaction and grateful that his child got breastfed and also felt the benefit, as well as conative that related to the tendency behaviors and concrete action that have been done by all participants in example provide assistance to their wife so that their wife could breastfeeding smoothly and even participate in promoting or sharing information about the importance of breastfeeding to their friends, family or colleague. Furthermore, factors that influence their attitude to support breastfeeding was their personal experience, their significant other especially their wife, and the mass media. On this research, the influence of religious factor was found in subject number three. Lastly, on subject number one and number three, the involvement with breastfeeding community was also the factor that affect their attitude to support breastfeeding.

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1. INTRODUCTION

Breastfeeding is a natural thing and should be started as soon as possible after the baby is born, either through spontaneous or cesarean delivery, as long as the mother and baby are in a healthy and stable condition. This is in accordance with the regulation from Indonesian Ministry of Health in Kepmenkes no 450/Menkes/SK/VI/2004 (Kepmenkes, 2004) regarding exclusive breastfeeding in Indonesia. Breastfeeding is every mother's rights, for both working and non-working mothers. It has been proven that breastfeeding provides benefits, not only for babies and mothers, but also for the welfare of the family. For babies, the benefits of breast milk are protecting the immature baby's intestine as well as giving the best nutrients (Walker, 2010). In addition, according to the American Academy of Pediatrics (AAP), the benefits of breastfeeding are reducing the risk of asthma, gastrointestinal infections, and ear infections, as well as improving infant health (Bono and Pronzato, 2012).

According to the **35** United States Breastfeeding Committee (USBC, 2002), the benefits of breastfeeding for mothers are reducing the risk of breast cancer and cervical cancer, reducing the risk of postpartum hemorrhage and the risk of anemia. In addition, breastfeeding also improves the attachment between a mother and her child. More broadly, for the family or social environment,

breastfeeding brings economic benefits because there is no need for them to spare a budget to buy food or liquid substitutes, such as infant formula, thus reducing packaging waste of the formula which is more environmentally friendly.

In the Holy Qur'an in QS. Al-Baqarah verse 233, it is stated that "Mothers may breastfeed their children for two complete years for whoever wishes to complete the nursing (period)". The verse shows that, in the teachings of Islam, mothers are encouraged to breastfeed their child. Furthermore, the World Health Organization (WHO), the American Academy of Pediatrics (AAP), the American Academy of Family Physicians (AAFP) and the Indonesian Pediatric Association (IDAI) recommend exclusive breastfeeding for 6 months which may be continued up to 2 years. However, in fact, there are still many mothers in Indonesia who cannot maintain breastfeeding until the child is two years old.

The presence of children in the family, of course, provides many changes to the overall condition of the family. The postpartum period has so far been considered a risky condition that is able to improve serious mood disorders (WHO, 2008). Hormonal changes that occur which are accompanied by changes in the role of the mother who must nurture and breastfeed the child require a mother to be able to adjust to the demands. When faced with various demands of the situation, one tends to seek help from others to solve the problem.

According to Dewey (2001), stress conditions, both physically and mentally, experienced by breastfeeding mother will have an impact on the reflexes of her released milk, which decreases the release of the oxytocin hormone during breastfeeding. If this occurs repeatedly, it can reduce milk production because, at the time of breastfeeding, optimal breast emptying does not occur.

Previous research by Swastiningsih (2014) on two breastfeeding mothers found that although both had a strong desire to breastfeed but in the early breastfeeding, they experienced several problems such as lack of information about breastfeeding, doubt about their ability to breastfeed, lack of support from health personnel or hospital, breast pain, and the crying baby who was difficult to nurse. When faced with these problems, both subjects coped them by looking for problem-focused and emotion-focused solutions such as finding good information by reading, browsing the internet, seeking support, asking, meeting counselors, and also getting support or assistance from others, especially families.

Based on the findings, it can be concluded that if breastfeeding mothers can overcome their problems, it can lead to smooth process of breastfeeding. Some things can improve the success of the breastfeeding process, such as the support of various parties such as the family, husband or mother, health workers, and support groups of breastfeeding mothers (Reeves *et al.*, 2006 and Handayani *et al.*, 2012). In addition, the results of a study by Reeves *et al.* (2006) on mothers in North Florida showed that breastfeeding mothers needed the most support from their husbands to continue breastfeeding. Studies from Chen and Chi (2000) showed that mothers had a positive attitude toward breastfeeding because they got approval from their husbands and parents so that they chose to breastfeed and not to provide infant formula for their babies. Al-Sour *et al.* (2010) stated that factors that influenced mother to breastfeed successfully were mother's positive attitude towards breastfeeding, mothers' previous experience on breastfeeding, and supportive partner for breastfeeding. Based on those findings, it can be concluded that the role of husband is very important and a wife who is breastfeeding expect a real role from the husband to support her breastfeeding decision.

In Indonesia today, there is a movement that is driven by men who are fathers who show concern about breastfeeding. They believed that breastfeeding is not merely wife's responsibility as a mother but also the father's responsibility. In 2011, a community of Breastfeeding Father (Ayah ASI) was established. It promotes a lot in the cyberspace via twitter account @ID_AyahASI. It has its own website, www.ayahasi.org which is managed by 8 breastfeeding father. Ayah ASI (breastfeeding father) is the name for fathers who support wives to breastfeed their children (http://www.ayahasi.org/gimana-id_ayahasiada, accessed on November 27, 2014). Since then, Ayah ASI community has been growing in almost all parts of Indonesia which is shown by some twitter accounts, such as @Ayahasi_Jakarta, @AyahASI_Bekasi, @AyahASI_Solo, @AyahASI_Lampung, @PapiASI_Plg, @AyahASI_Smg and @Ayahasi_Jogja in Yogyakarta (Gunawan *et al.*, 2012).

The existence of the community shows that fathers have a positive and supportive attitude toward the breastfeeding process. Attitude is a disposition to respond to a thing favorably or unfavorably to an object, person, institution or event (Ajzen, 2005). According to Berkowitz (Azwar, 2005), one's attitude toward objects is either favorable or unfavorable to the object. Cattell (Olson and Hergenbahn, 2013) stated that attitudes can be defined as the tendency to respond to a particular way in a given situation for a particular object or event. In this research, husband's attitude towards breastfeeding means the tendency of a husband to provide support or being supportive or not to

support or show impartial response to various matters related to the behavior of his wife to breastfeed.

Husbands are expected to have positive attitude or be supportive towards breastfeeding. Husband's supports are beneficial and can give positive impacts such as smooth flow of breast, mother's enthusiasm to breastfeed, mother's comfortable feeling, and mother's perceived burden decrease (Annisa and Swastiningsih, 2015). A father's positive attitude to breastfeeding is likely to lead to breastfeeding initiation and continuance, for example through confidence to breastfeed in public and challenge negative perceptions from peers, health professional and others (Sherriff et al, 2014).

In this research, there are three attitude responses to identify husband's attitude towards breastfeeding, which is in line to Ajzen (2005), including cognitive response, affective response and conative response. Cognitive response is the reflection of perceptions and thoughts about the object of attitude. Verbally, it can be shown through the expression of beliefs about the object of attitude, whereas, nonverbally, it is a perceptual reaction about the object of attitude. Affective response relates to evaluation and feelings toward attitude objects. Verbally, it can be demonstrated by expressing feelings toward the object of attitude and is nonverbally visible from physiological reactions to object attitudes such as changes in the pupils, heartbeat, blood pressure, and facial muscle reactions. Conative response appears from the tendency of behavior, intention, commitment and action related to attitude object. Verbally, it can be seen through the expression of intentions of a behavior as what someone says, done, planned or will be done under the right conditions. Nonverbally, it is demonstrated through the apparent behavior that appears to object attitude.

Azwar (2005), stated that there are several factors that can affect the formation of an attitude that is personal experience, the influence of significant other, culture, mass media, educational or religious institution, and emotional factor. According to Sherriff et al (2014), the occurrence of a husband's positive attitude towards breastfeeding is influenced by positive aspirations from mothers and fathers to want to breast feed at home and/ or in public, health professionals acknowledging the role and contribution of the father in supporting breast feeding, positive attitudes of others such as immediate and extended family, peer groups, and influential others, as well as supportive cultures or settings where attitudes to breast feeding are played out (e.g. in public places such as cafes, restaurants and work places) that normalize breast feeding in public.

2. RESEARCH METHOD

This research used qualitative method with phenomenological approach to reveal the attitude of husbands and factors that affect husbands' attitude towards their wife's breastfeeding behavior. Subjects on this research were three husbands whose wives were still breastfeeding their child (aged 0-1 years old) which were chosen based on criterion sampling. Criterion sampling involved a special standard of what was needed by the researchers. Researchers selected respondents who met several criteria. This was done to ensure the data quality (Poerwandari, 2017). The point of criterion sampling is to be sure to understand cases that are likely to be information-rich because they may reveal major system weaknesses that become targets of opportunity for program or system improvement (Patton, 1990).

The data was collected by using semi-structured interview to all three subjects. To fulfill the research trustworthiness, the significant person for each subject was interviewed for data source triangulation.

Table 1. Research subject's profile

No	Profile	1st Subject	2nd Subject	3rd Subject
1	Name (initial)	AP	DS	SN
2	Age	36 years old	30 years old	34 years old
3	Occupation	Private employee	Entrepreneur	Private employee
4	Latest Education	Bachelor's degree	Bachelor's degree	Bachelor's degree
5	Number of children	2	2	2
6	Children age	6 years& 4 month old	4 years& 10 months old	6 years& 1 years old

Table 2. Significant person's profile

No	Description	1st Subject	2nd Subject	3rd Subject
1	Name	AS	BN	OA
2	Gender	Female	Female	Female
3	Age	34 years old	30 years old	29 years old
4	Latest Education	Bachelor	Bachelor	Bachelor
5	Occupation	Lactation counselor	Housewife	Entrepreneur
6	Relationship with subject	Wife	Wife	Wife

3. RESULTS AND DISCUSSION

Findings of this study explain about the husbands' attitude response which are classified into three aspects, i. e. cognitive response, affective response and conative response as well as explain about factors that affect the emerge of husband's attitude towards breastfeeding.

3.1 Results

3.1.1 Husband's attitude towards breastfeeding

Cognitive response

All subjects had a good knowledge related to the benefits of breast milk and the importance of breastfeeding for both mother and baby. Subjects also knew about breastfeeding procedures, starting from breastfeeding early after the baby was born or known as IMD (early breastfeeding initiation), giving exclusive breastfeeding, giving complementary food after 6 months, and also weaning time for the baby. Subjects believed that breast milk was the best for baby and breastfeeding was useful to build closeness between a mother or parent and a child. These beliefs made the subjects support their wives to breastfeed their children to the optimum extent possible.

Yes it's very important for the health of the baby, especially when given early, starting from the first month to 6 months to form the immune system. After birth, the Colostrumis a bit yellowish in color from the mother. It is the source of vitamin and is useful for body endurance. (SN)

Breastfeeding is very important and irreplaceable. (AP)

Affective response

The three subjects expressed satisfaction, happiness and gratefulness that their children can be given breast milk because they felt the positive benefits of breast milk. It also appeared that subjects cared and gave extra attention concerning their wives and children. The three subjects also felt comfortable when their wives shared their breastfeeding experience or discussed their breastfeeding issues. When the wife had difficulty in breastfeeding, the subjects showed their concerns and empathy towards the worries and difficulties faced by their wives and tried to help overcome the problems, by attempting to make their wives and children happy and also comfortable. Subjects also felt comfortable and enthusiastic when sharing stories about breast milk and breastfeeding with others, like friends and colleagues.

Sometimes I felt sorry to see my wife feeling tired, so I gave her massage, and usually I helped her to take care of my daughter at night so that she could have a rest.

Alhamdulillah... Yes, I'm happy, I'm glad that she is a housewife so she can focus on our daughter, the most important thing is our children's health. (DS)

There's one child in my parent-in-law's neighborhood. That child is not breastfed.... ...Compared to my daughter, that little girl often got sick while my daughter is not. My daughter is healthier, more active and intelligent. (AP)

I, as a husband, think it's positive (breastfeeding), I support her.. I'm happy and excited.(SN)

Conative response

Subjects expressed approval and support to their wives to be able to breastfeed their children. When the wives had difficulty or problems in breastfeeding, subjects would show their effort to help. Things that had been done by subjects was to help finding a solution like seeking information via the Internet, reading books, asking other people who had more experience, asking the doctor or to

the parent or in-laws. Subjects also took concrete actions to help their wives or make their wives feel comfortable such as massaging them when they were exhausted, babysitting the baby when their wives did chores or other works, giving their wives a chance to rest, and even promoting the benefits and importance of breastfeeding to motivate others to breastfeed.

...We tried to share the task at home as much as possible. She has her focus more on M (2nd child who is still breastfed), and I'm on A (1st child). I also accompany A to sleep...so that she wouldn't feel abandoned.

All my friends...in the office or even my high school friends... I always give them information about breastfeeding... some friends asked me why she could not produce milk, about difficulties on breastfeeding... If I didn't know the answer then I'd asked my wife for the solution because she is a counselor (AP)

Mostly from the internet, why can she not produce a lot of milk? What does she need to do to increase milk supply? (DS)

The most important support is from a husband. Whenever she felt exhausted, I tried to calm her down and gave her support to encourage her.

Colleagues in my office who had a newborn baby often asked me about breastfeeding... there are three pregnant women in my office, I already told them to prepare for breastfeeding...(SN)

3.1.2 Factors influencing the attitude

There were some factors that affected subject's attitude towards breastfeeding.

Personal experience

Subjects found out the benefits of breast milk and were also able to see that their children were becoming more healthy and active. For subject SN, he revealed that there was a difference between his condition, who was not breastfed, and his sister who was breastfed until the age of 3, i. e. her physical condition was healthier than SN.

I wasn't breastfed fully for two years, but my sister was. We have different condition and she is healthier than me. I've ever read a literature that when someone doesn't get enough breastmilk, some of their body function and physical health will be affected. (SN)

Significant other

Subject's significant other, such as wife, mother and others who had more experience, played an important role in influencing subject's attitude. Subjects mostly got information about breastfeeding from their wife.

From my mother, she helped us a lot, she told me about the importance of exclusive breastfeeding, and the doctor said so, as well. (DS)

I often listened to my wife's story when she met her home visit clients about breastfeeding problems... and the solution. Baby shouldn't take milk from a bottle. If you want to give expressed breastmilk, you better use spoon, syringe, cup feeder, etc. (AP)

I got the information about breastfeeding from a breastfeeding community. My wife joined a community named AIMI. (SN)

Mass Media

Subjects gathered information and knowledge related to breastfeeding from the internet and mailing list.

I often googled to find information that I'm curious about, like what is inside breastmilk? (SN)

The source of information is from the internet, and there's a mailing list named ASI for Baby. (AP)

Religious belief

Religious belief influenced subject SN to support breastfeeding. This belief is related to the teachings of Islam because SN is a muslim.

That's why at the period of prophet Muhammad SAW, baby shouldn't be "breastfed by cow" but you could ask another mother to nurse the children if the biological mother could not breastfeed them. I didn't suggest my wife to give formula for the baby and that she should nurse the baby for 2 years. Yes, 2 years is in accordance with the sunnah of the prophet. It is because, from what I see from the development of my first daughter, it is true and that is why the prophet said that babies should be breast fed until they are two years old...it is good for their body endurance. (SN)

The involvement to pro-breastfeeding communities

Subjects AP and SN had a connection with a community concerned with breastfeeding in Indonesia because both of their wives were the members of the community. Subject AP's wife was a breastfeeding counselor and SN's wife, although not a breastfeeding counselor, was involved as an administrator in the community. The involvement of their wives in the community provided many positive influences such as gaining increased knowledge of breastfeeding including its benefits. It enhanced their positive attitudes or supports for their wife in breastfeeding.

...problems related to breastfeeding for example not able to produce milk, then I asked AIMI's counselor...sometimes the information cant be found in google, I knew it from the association.. (SN)

We know about AIMI when my first daughter 1 or 2 years old, since then she became activist on the organization. (AP)

3.2. Analysis & Discussion

3.2.1. Husband's attitude towards breastfeeding

Eagly & Chaiken (1993) suggest that attitudes can be positioned as an evaluation of attitude objects (see Figure 1), which is expressed in cognitive, affective, and behavioral or conative processes. Individuals who have a negative evaluation of breastfeeding might have an opinion that breastfeeding is not good for the shape of the breast. Conversely, a positive evaluation will cause the individual to argue that breastfeeding by the wife is beneficial for the infant growth. The subjects of this study know about the good benefits of breastfeeding for the health of the mother and the child. Breastfeeding by the mother is also useful to establish the closeness between a mother and her child.

The evaluative response in the form of affective is individual feelings toward the object of attitude. Individuals who respond positively will be happy with the object of attitude. Conversely, individuals who respond negatively will feel unhappy, fearful, worried, and may be angry at the object of attitude. When applied to breastfeeding by their wives, the subjects of this study were happy, satisfied and grateful that their wives could breastfeed their child, because the subjects felt the benefits of breastfeeding for the growth of their children.

The evaluative response of conative aspect can be shown in subject's behavior that supports the object of attitude. Conversely, individuals who evaluate negatively will steer clear of or reject the object of attitude. The subjects in this study showed positive behavior that supported their wives to breastfeed their babies. Subjects tried to look for solutions when their wives had problems in giving breast milk. Subjects also exhibited concrete behaviors such as caring about the condition of the wife by assisting in the nurturing process, especially raising the older child while the wife focused on the younger child who was still breastfed. The subjects also gave massages to their wives, gave the wife a chance to rest or do something else while the subject was taking care of the baby. Subject AP and SN did not even hesitate to promote or educate others, like their coworkers or friends, about breastfeeding.

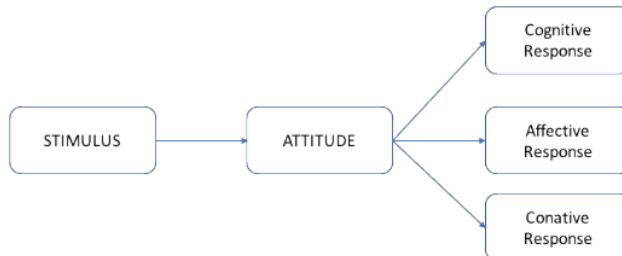


Fig 1. Attitude as a result of evaluation (Eagly & Chaiken, 1993)

Attitude is a form of individual evaluation of the attitude object shown by beliefs, feelings or expected behaviors. As an evaluative response, the reaction expressed by attitude is based on an evaluative process from within the individual that gives conclusions to the stimulus in the form of values, i. e. good-bad, positive-negative, pleasant-unpleasant values which are then crystallized as a potential reaction to the attitude object.

An attitude can lead to concrete behavior. The theory that is often used to explain the relationship of attitude and behavior is the reasoned action theory developed by Fishbein and Ajzen (Veitch & Arkkelin, 1995). The theory of reasoned action is still widely used as the main theoretical framework for research. The theory of reasoned action seeks to establish the factors that determine the consistency of attitudes and behaviors. This theory assumes that people behave fairly rationally. A reasonable model of action about the factors that determine a person's behavior is described by Feishbein and Ajzen and is illustrated in the figure below:

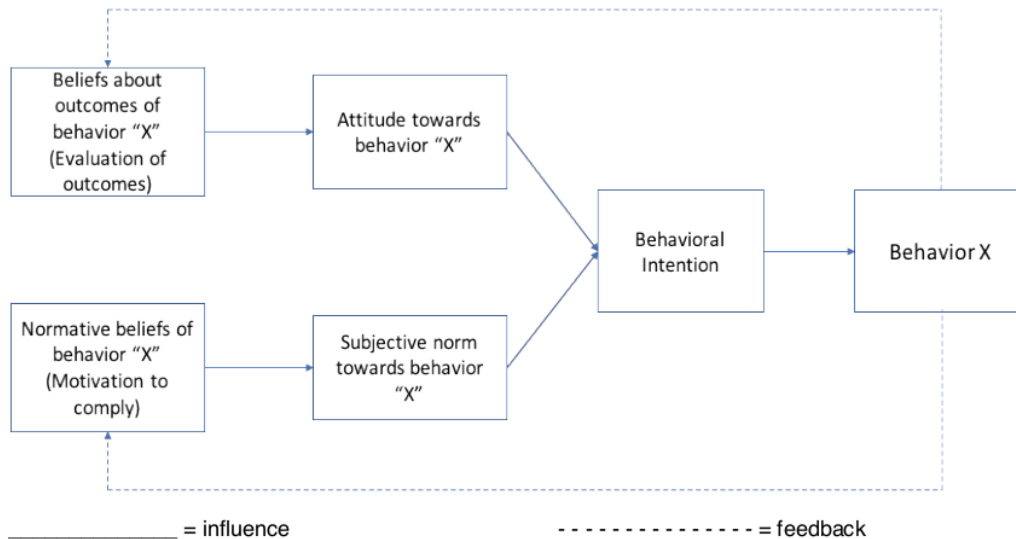


Fig 2. The model of reasoned action theory (attitude-behavior relationship)

According to Fishbein and Ajzen (Veitch & Arkkelin, 1995), attitude can predict behavior by seeing the intention to behave. Intention is influenced by attitudes toward the object (behavioral attitude), and a person's subjective norm about the behavior. The subjects of this study had a belief that breastfeeding by the wife would provide many benefits, so the attitude of the subjects was positive. Subjects felt that people around them, like their mothers, friends, and the members of the breastfeeding community, gave support to women to breastfeed (normative belief), and subjects followed it (subjective norm). The subjects' positive attitude and subjective norm encouraged them to approve their wives to give breast milk. Thus, it could be predicted that the subject's behavior would be in line with his attitude. Subjects showed behaviors that support their wives to breastfeed by providing the help needed by the wife. The subjects even participated in giving campaign on the importance of breastfeeding for infants.

3.2.2. Factors influencing husband's attitude towards breastfeeding

There are factors that may affect someone's attitude towards certain object. Azwar (2005) describes several factors that can influence the formation of attitudes such as personal experience, the influence of others who are considered important, culture, mass media, education and religious institutions, and emotional factors. In this study, several factors that could be firstly identified first was based on personal experience. Azwar (2005) further explains that personal experience which leaves a strong impression, especially involving emotional factors, can form an attitude towards object. The three research subjects showed feelings of pleasure, satisfaction and even gratefulness because breast milk had a positive impact on their children, especially on their children's health in addition to strong bonds built between the mother and the child.

The influence of significant others played an important role to subjects' attitude towards breastfeeding. For the three subjects, the most important significant other for them was the subjects' wives. The role of the subject's wife was to provide knowledge about breast milk and breastfeeding so that husbands believed the importance of breastfeeding to support their wives' choice and decision to breastfeed. Besides their wives, there were other people who gave influence about their attitude towards breastfeeding, i. e. subject's mothers or parents.

The role of mass media is also significant in adding information or knowledge about breast milk and breastfeeding. Subjects got and sought information particularly through the internet or reading books. When faced with problems related to breastfeeding, all subjects tried to find solutions by finding information through the internet. According to Azwar (2005), the existence of information about a thing can provide a new cognitive foundation for the formation of attitudes toward it. The suggestive message that the information brings, if it is strong enough, provide an affective basis for judging a part so that a certain attitude is formed. Previous study by Sherriff et al (2009) found that fathers play a key role in supporting breastfeeding. In order to support breastfeeding, the results showed that fathers also received greater support, information and advice on practicalities of breastfeeding and especially knowing the best way to help their partner.

Other factors that influence attitude found in this research were the understanding of religion and involvement on breastfeeding support community. The religious factor found in subject SN. Religion was used as the foundation of his attitude to support breastfeeding activities. On the basis of beliefs in the religious teachings of Islam that breastfeeding is sunnah until a child is two-year-old, subject SN supported his wife in breastfeeding. In addition, the subject also knew that if a mother could not breastfeed her child then they should find another mother to breastfeed their child, just like what was done at the time of Prophet Muhammad SAW.

Furthermore, for subjects AP and SN, they had a thing in common which was the subject's wives' involvement in breastfeeding support community. From the community, they had access to a lot of information about breastfeeding. Moreover, for subject AP, his wife was a breastfeeding counselor who had a lot of knowledge and experience about breastfeeding based on self-experience and from the clients she handled. Based on that fact, it could be concluded that it was a knowledge foundation that affected the emergence of supportive attitude towards breastfeeding.

Based on discussion above, it can be concluded that knowledge is the key to the formation of husbands' attitude in supporting their wives to breastfeed. In addition, the attitude of the husband had been transformed into the connective realm that was shown in their tendency of behavior. There was even the appearance of a real action. Actions in the form of assistance or support were also felt by the three wives of the subject. Their wives stated that they got real assistance and emotional support, such as their husband's willingness to listen to their wives' complaints or problems, the husband's assistance in taking care of their children and their willingness to comfort their wives whenever they felt uncomfortable. Here is a model of attitude formation of the subjects in this study, as shown in the picture below.

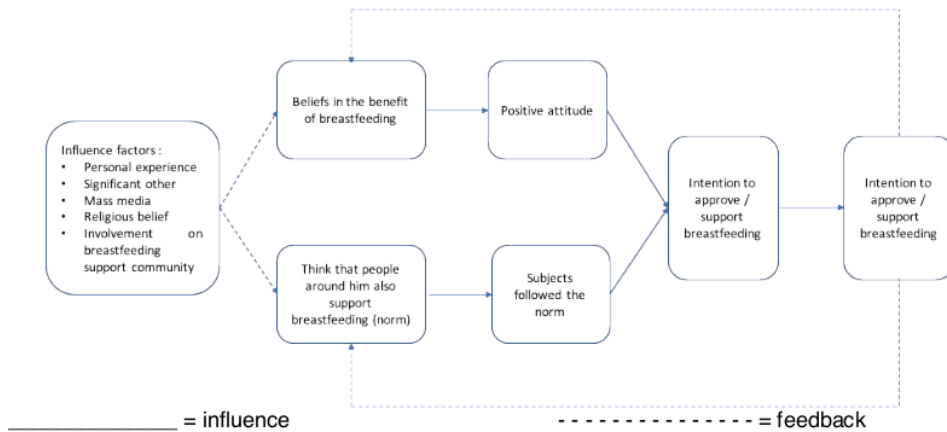


Fig 3. The dynamic model of subject's attitude formation

4. CONCLUSION

Based on the results of research that has been done, it can be concluded that the attitudes of husbands towards breastfeeding were positive and they supported their wives to breastfeed. The attitude seen from the attitude response was the cognitive response based on the subjects' statements that they supported their wives to breastfeed due to their knowledge about breast milk and its benefits. In affective response related to the involvement of the feelings towards the attitude object, the three subjects showed feelings of pleasure, satisfaction and gratefulness that their children got breast milk because they felt the benefits themselves. On the other hand, the conative response, which was the tendency of behaviors and concrete actions that had been done by the subjects to provide assistance to the wife for the sake of breastfeeding process, such as taking care of their wives so they were not stressed, giving their wives massage, helping taking care of the child while giving the wife the opportunity to rest or to do other things and also promoting or sharing information on the importance of breastfeeding to others.

Some factors that could affect the formation of the husband's attitude towards breastfeeding were the subject's personal experience on the benefits of breastfeeding for children to make the child's physical condition healthier and more active. Furthermore, there was also the influence from the significant other, especially from their wives, who provided a lot of information and knowledge about breast milk and breastfeeding. From the knowledge, came the form of support for the wives. The next factor was the influence of the mass media as information source that provided additional knowledge for the subjects, meaning that it played a role in shaping a supportive attitude. In addition to the three factors, there was also an additional finding about another factor that affected the subjects' attitude, which was their understanding or beliefs of religion. According to subject SN, nursing is the sunnah of the Prophet so there is a tendency to follow it. In addition, subjects AP and SN had an easy access to breastfeeding support communities through the involvement of their wives in the community. From the community, there was a lot of information about breastfeeding, so the more information obtained the more approval the subjects showed on breastfeeding. This research is intended for husbands whose wives are still breastfeeding their children. This factor is the strength of the research since it is very rare to find research that uses husbands as its subject. The weakness of this research is the limited number of subjects, with a total of three subjects.

Some suggestions for further study include:

1. Husband's supportive attitude toward breastfeeding activities of the wife is very important. It is also necessary to provide proper education about breastfeeding for husbands since a husband will support his wife to breastfeed if he knows the benefits and importance of breast milk for babies.
2. This research is a qualitative study with a limited number of subjects and is only focused to find out the attitude of the husbands. To be able to generalize the findings of the research, there needs to be more research subjects.

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