

The Experience Of A Batak Angkola Husband Accompanying His Wife In Providing Exclusive Breastfeeding In Padangsidempuan Cityphenomenological Study

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ABSTRACT

Exclusive breastfeeding is the provision of breast milk only, without the addition of other fluids such as formula milk, water, honey, tea or other foods. The aim of this research is to explore in depth the experience of Angkola Batak husbands accompanying their wives to provide exclusive breastfeeding in the city of Padangsidempuan. The research design is phenomenological. The data collection method was carried out by in-depth interviews. The purposive sampling method was used to select participants who met the criteria as participants. The participants in this research were 10 people consisting of husbands, traditional leaders, community leaders and religious leaders in Padangsidempuan City. The transcribed interview results were analyzed using content analysis. The results of this research found 5 themes that reflect the phenomenon studied. These themes are husband's behavior regarding exclusive breastfeeding, husband's support for wives when breastfeeding, Dalihan Natolu's support for exclusive breastfeeding, cultural influence on exclusive breastfeeding, community response to husbands who help their wives during breastfeeding. It is recommended that the local government of Padangsidempuan City include the role of husbands, traditional figures, community leaders and religious leaders in the success of exclusive breastfeeding.

Keywords: Exclusive Breastfeeding, Husband, Angkola Batak Tribe

INTRODUCTION

Exclusive breastfeeding based on the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) advises every mother who gives birth to give exclusive breast milk to the baby she gives birth to (1). Based on the 2020 Breastfeeding Advocacy Initiative report, exclusive breastfeeding in various regions of the world was 47% in South Asia, 32% in Central America and the Caribbean, 25% in West and Central Africa, 30% in East Asia and the Pacific, 51% in Southeast Asia, in countries such as developing countries 46% and from all over the world 38%. While in Southeast Asia, exclusive breastfeeding is still diverse from various regions. Several countries in Southeast Asia show data on the prevalence of exclusive breastfeeding, namely Thailand at 23.1% in 2015, Myanmar at 51.2% in 2015, and Timor Leste 50.2% in 2016 (2). Indonesia Health Profile Data in 2020, got exclusive breastfeeding coverage of 66.06%. This figure has exceeded the Renstra target of 40%. However, there are two provinces that did not meet the target, namely West Papua 34.0% and

Maluku 37.2% (3) . Data from the Health Profile of North Sumatra Province in 2022 from 186,460 babies aged <6 months, it was reported that only 75,820 babies received exclusive breastfeeding or 40.66% , this coverage is very far from the specified target of 53%. The coverage of exclusive breastfeeding which The highest coverage is known to be in 3 districts/cities, namely Samosir 69.05%, Sibolga 72.12%, and North Nias 84.28%. While the lowest coverage of exclusive breastfeeding is known to be in 3 districts/cities, namely Nias 17.62%, Serdang Bedagai 16 ,20% and West Nias 11.96%. Then the achievement of exclusive breastfeeding in Padang Sidempuan City was 32% , still far from the target (4) .

Providing exclusive breastfeeding to every baby is seen as being able to prevent infections and diarrhea in children and save expenses for poor families. It has been proven that exclusive breastfeeding prevents diseases such as diarrhea, pneumonia which causes 40% of toddler deaths in Indonesia (5) . Providing exclusive breastfeeding in various countries is still low because influenced by, among other things, demographic and biological conditions, psychosocial and factors social, For over come matter This, require effective treatment that can be modified to ensure exclusive breastfeeding can be achieved (6) . Barriers to providing exclusive breastfeeding can be caused by, among other things, the mother's belief in providing exclusive breastfeeding, adaptation to new situations, fatigue to symptoms of postpartum depression, family, and culture (7) . Awareness mother, low support person closest, lack of training breast-feed Which practical for mothers, lack of maternal education regarding breast milk, child's gender, place born, interval pregnancy, ethnicity Mother And Usagenarcotics . Perception Mother about production breast milk Which Not sufficient barrier for breastfeeding (8) . Exclusive breastfeeding has a tremendous positive impact on infant health and development. Although its benefits have been scientifically proven, there are still many challenges in ensuring exclusive breastfeeding practices, especially in the context of patriarchal cultures. Patriarchal cultures often determine gender roles in a family, which can affect how husbands play a role in supporting their wives in providing exclusive breastfeeding. The dynamics of the husband's role with a patriarchal cultural approach and its impact on the success of exclusive breastfeeding (9) . Patriarchal culture and ideology in Indonesia, still strongly colors various aspects of life and social structure of society and influences aspects of society in (10) . From a gender perspective, patriarchal culture is a contradictory culture where the increasing dominance of men makes the role of women marginalized by the role of men in the family, especially in the monopoly of the decision-making process (11) . In many societies, patriarchal culture still dominates the family structure and views the husband as the leader who is responsible for the family's livelihood. In this context, the role of the husband is considered the main determinant of family policy, including decisions related to exclusive breastfeeding. Patriarchal culture can create certain norms and expectations related to gender roles that can influence how husbands support their wives in providing exclusive breastfeeding (12) . Perceptions of the husband's role in providing exclusive breastfeeding are often shaped by patriarchal cultural values that underlie societal expectations of gender roles. Husbands may be expected to focus more on economic roles and be less involved in aspects such as preparation, emotional support, and household chores that can directly influence the success of exclusive breastfeeding (13) . In patriarchal cultures, husbands may face particular psychological challenges in supporting their wives during the breastfeeding process. In an effort to meet gender role expectations, husbands may find it difficult to express involvement and empathy towards their wives who are exclusively breastfeeding. This can be a potential barrier to creating an environment that supports successful exclusive breastfeeding. Financial support is an important aspect in providing an environment that supports exclusive breastfeeding. In patriarchal cultures, husbands are usually considered the primary breadwinners. Therefore, the husband's involvement in providing financial resources for the nutritional needs of his wife and infant can play a critical role in the success of exclusive breastfeeding practices.

One approach that can be adopted in controlling and improving the success of exclusive breastfeeding is through the application of transcultural nursing (TCN) nursing theory (14) . This approach emphasizes nursing practices that consider cultural aspects, beliefs, and values held by the family. In the context of the Batak tribe, one aspect of culture that plays an important role is the tendency for men or husbands to be in dominant positions in decision-making that can influence the behavioral process of family members involved in it. Strengthening the role of husbands in providing support for the success of exclusive breastfeeding 6 months after birth can be a key factor. Based on a preliminary study in Padangsidempuan City conducted using the interview method with 10 husbands who had children aged 0-6 months, seven of them... (70%) said involvement husband in Supporting the success of exclusive breastfeeding is still lacking, one of the reasons being that culturally there is a division of roles where the husband acts as the provider of income. livelihood and household affairs are entirely the mother's business. Various causes of this lack of support are due to Husbands don't know how to deal with their partner experienced difficulty breast-feed or fatigue as well as How to help support it. Based on this phenomenon, this study aims to explore the experiences of Batak Angkola husbands in accompanying their wives in providing exclusive breastfeeding in Padangsidempuan City.

METHOD

The design of this study used phenomenology, with the aim of exploring and understanding the experiences of Batak Angkola husbands accompanying their wives in providing exclusive breastfeeding in Padangsidempuan City. The study was conducted in Padangsidempuan City in May 2024. Participants in this study until data saturation reached 10 husbands who had accompanied their wives in breastfeeding their babies who were selected through purposive sampling techniques. Data collection was conducted by researchers as the main research instrument. Data were collected through in-depth interview methods with a voice recorder based on a combination of interviews with open questions.

RESULTS

The participants in this study numbered 10 people, with an age range of 31-40 years as many as 8 participants and an age range of 21-30 years as many as 2 participants. 5 participants have high school education, 2 participants have a Diploma education and 3 participants have a Bachelor's degree. 7 participants work as entrepreneurs and 3 participants work as civil servants. The characteristics of the participants in detail will be explained below.

Table 1. Participant Characteristics

	Characteristics	Frequency	%
Age	31 – 40 years	8	80%
	21 – 30 years	2	20%
Education	Bachelor	3	30%
	Diploma	2	20%
	SENIOR HIGH SCHOOL	5	50%
Work	Self-employed	7	70%
	civil servant	3	30%

The results of this study found 6 themes, namely: Husband's behavior about exclusive breastfeeding, Husband's support for his wife during breastfeeding, Dalihan Natolu's support in providing exclusive breastfeeding, cultural influence in providing exclusive breastfeeding, Community response to husbands who help their wives during breastfeeding. More details can be seen in table 2 below.

Table 2. Content Analysis Results

No	Theme 1: Husband's Behavior Regarding Exclusive Breastfeeding	
1	Sub themes	Category
	1. Benefits of Exclusive Breastfeeding	1. Source of baby nutrition 2. Source of baby's immunity 3. Bonding between mother and child
2	Sub themes	Category
	2. Sources of information about exclusive breastfeeding	1. Health workers 2. Family (mora, kahanggi and anak boru) 3. Public
2	Theme 2: Husband's Support for Wife During Breastfeeding	
	Sub themes	Category
	1. Emotional support	1. Accompanying your wife while breastfeeding 2. Encourage your wife to breastfeed
2	2. Physical support	1. Helping wife to do personal hygiene 2. Helping wife take care of baby 3. Helping wife with housework
	3. Informatics support	1. Remind your wife to attend integrated health posts 2. Encourage your wife to eat nutritious food 3. Encourage your wife to breastfeed every 2 hours

3	Theme 3: Dalihan Natolu's Support in Exclusive Breastfeeding and Baby Care	
	Sub themes	Category
	1. Mora	1. Accompanying wife during labor 2. Giving a gift 3. Giving paroppa 4. Helping with homework
	2. The Great	1. Giving a gift 2. Giving paroppa
	3. Children of Boru	1. Accompanying wife during labor 2. Giving a gift 3. Giving paroppa 4. Helping with household chores
4	Theme 4: Cultural Influence on Exclusive Breastfeeding	
	Sub themes	Category
	1. Breastfeeding etiquette	1. It is impolite to breastfeed near your in-laws 2. Breasts should not be visible when breastfeeding
	2. Husband's involvement in breastfeeding	1. Helping wife to find a comfortable position 2. Breast care by combing the breasts
	3. Appropriate nutritional fulfillment behavior	1. Breastfeeding
	4. Inappropriate nutritional fulfillment behavior	1. Giving formula milk 2. Giving rice water
5	Theme 5: Community Response to Husbands Who Help Their Wives During Breastfeeding	
	Sub themes	Category
	1. Positive response	1. Husband must help wife take care of children 2. Husband must help wife with housework
	2. Negative Response	1. The term husband wearing a skirt 2. Left-hand drive husband term 3. Lowering husband's self-esteem

1. Theme Husband's Behavior Regarding Exclusive Breastfeeding

Husband's behavior towards giving exclusive breastfeeding to babies is knowing about the benefits of exclusive breastfeeding and knowing information about exclusive breastfeeding. Participant statements about the benefits of exclusive breastfeeding such as a source of nutrition for babies, a source of immunity for babies and bonding between mother and child are:

"That's for baby food from breast milk, for example fish and vegetables, snakehead fish is good for babies."

"As far as I know, for immunity, especially for the child's immunity, breast milk is better than formula milk or real milk, in my opinion."

"If you give breast milk, the mother and baby will become closer, and the baby won't cry because the mother is holding the baby while breastfeeding."

Participant statements regarding sources of information about exclusive breastfeeding were obtained from health workers, families (mora, kahanggi and anak boru), and the community, such as the participant statements below "Yes, from the midwife at the integrated health post, from the medical doctor, is this good? If the medical doctor says it's good, then we do it to maintain the health of the child and the mother."

"from the children and the parents, for example, giving input so that the mother's breast milk is good, smooth and healthy, ma'am."

"Yes, at most our neighbors will come and meet our child and congratulate him, at most they will say that breastfeeding is good, breastfeeding is better than bottle feeding."

2. Husband's Support Theme for Wife During Breastfeeding

Support from husband to wife while breastfeeding consists of: emotional support, physical support, and informative support. Participant statements about emotional support consisted of accompanying the wife while breastfeeding and encouraging the wife to breastfeed.

"When my wife gave birth, I accompanied her while she was breastfeeding, so she was happy, she was happy, so she was enthusiastic about breastfeeding her child."

"Give your wife moral encouragement so that her mind doesn't get stressed."

In addition to emotional support, physical support is also given by participants to their wives, such as helping their wives to do personal hygiene, helping their wives to take care of babies, and helping their wives to do housework. As conveyed by the following participants:

"I help everyone walk to the bathroom to clean my wife's body"

"Personally, I would wake up and help carry the baby if the child was fussy."

"I am the one who does the housework, cooks, washes, and bathes my wife. Even in the hospital, I am the one who bathes my wife. Our wife helped us when we gave birth."

The interview results revealed that participants provided informative support to their wives such as reminding their wives to attend integrated health posts, encouraging their wives to consume nutritious food, and reminding their wives to breastfeed every 2 hours. The participant statements are as follows:

"Yes, I always remind my wife to join the integrated health post, then if the cadres know that someone is giving birth, they come to the house to let them know that there is an integrated health post."

"When the food has been cooked, I immediately tell my wife to eat the food I cooked. Vegetables and snakehead fish are good for the nutrition of my wife and children."

"She is not always reminded to breastfeed, even if my wife is sleeping I wake her up for the sake of my child's growth."

3. Dalihan Natolu Support Theme in Exclusive Breastfeeding and Baby Care

The support of dalihan natolu (family) for breastfeeding wives was obtained from the mora family, kahanggi family and anak boru family. Participants stated that there was support given by Mora to the participant's family such as accompanying the wife during childbirth, giving upa-upa and providing a pump and helping with housework. The participant's statements are as follows:

"My family and yes, my wife's family came to accompany my wife giving birth at the hospital, because it was her first child, so many family members came to visit, including my in-laws and neighbors and my wife's friends."

"There was Mrs. Mora Kahanggi and Boru's child and her neighbors who came to give upa-upa dot salendang, ma'am."

"There was Mrs. Mora Kahanggi and Boru's child and her neighbors who came to give upa-upa dot salendang, ma'am."

"My wife's family also wants to come home to help"

Support from Kahanggi was also received by the participant's family, namely by giving gifts and providing a baby carrier. As stated by the following participant:

"There's Mrs. Mora Kahanggi and Boru's child and her neighbors who came to give upa-upa dot salendang, ma'am."

"There's Mrs. Mora Kahanggi and Boru's child and her neighbors who came to give upa-upa dot salendang, ma'am."

Participants also stated that anakboru also provide support such as accompanying the wife during childbirth, giving gifts, providing baby slings, helping to care for the baby and helping with household chores. As stated by the following participant:

"My family and yes my wife's family came to accompany my wife giving birth at the hospital"

"There was Mrs. Mora Kahanggi and Boru's child and her neighbors who came to give upa-upa dot salendang, ma'am."

"There's Mrs. Mora Kahanggi and Boru's son and his neighbors who came to give upa-upa dot salendang, ma'am."

"Yes, if the children can help because it does not violate customary rules, especially our sisters can look after our children, we can just tell them whatever they want."

"Sisters are usually willing to help us with housework, and my mother is also willing to help me cook when my wife has just given birth."

4. Theme of Cultural Influence in Exclusive Breastfeeding

Based on the results of participant interviews, it was revealed that culture influences the provision of exclusive breastfeeding, such as breastfeeding etiquette, husband's involvement during breastfeeding, appropriate nutritional fulfillment behavior, and inappropriate nutritional fulfillment behavior. Etiquette when breastfeeding

in Batak culture is that it is impolite to breastfeed near the male in-laws, and the wife's breasts should not be visible when breastfeeding the baby, the participant's statements are:

"It is impolite for a wife to breastfeed her child near her father-in-law, that is impolite in Batak customs"

"It is impolite to breastfeed your child while showing your wife's breasts, besides that is an aurat that must be covered "

Participant involvement during breastfeeding, such as helping the wife to find a comfortable position while breastfeeding, breast care by combing the breasts, and participant statements such as :

"I'm not good at breastfeeding yet, so I help my wife so that she can breastfeed comfortably in that position, right?"

"Yes, if the milk doesn't come out and her breasts are swollen, I help my wife comb her breasts because that's what my parents who are experienced said, combing will make the milk come out."

Participants expressed appropriate nutritional fulfillment behavior for babies, namely by providing breast milk, as in the following statement:

"Thank God, my wife's breast milk has been flowing abundantly since the first time she gave birth, so just giving her baby breast milk is enough for her baby's nutrition, ma'am."

Participants also stated that participants provided inappropriate nutrition to babies such as: giving formula milk and rice water as stated below:

"The first thing is, ma'am, if my wife is breastfeeding because her breast milk hasn't come in yet, I'll give her formula milk ."

"Some are given rice water, our way of giving nutrition is different "

5. Theme: Community response to husbands helping their wives during breastfeeding

The community gives positive and negative responses to men who help their wives after childbirth and when mothers breastfeed their children. Positive responses given by the community include supporting husbands to help their wives take care of their children and supporting husbands to help their wives do housework. The participant statements are as follows:

"Now it's no problem that husbands still have to help with housework, take care of their children from birth to breastfeeding, and fathers have to help bathe the baby, so many people now agree with that."

"Now it doesn't matter if the husband still has to help with the housework, "

statements about negative responses from society if husbands help their wives after giving birth, such as: husbands wear skirts, husbands drive left-hand drive, and demeaning husbands' self-esteem. The participant statements are as follows:

"I have heard that when a husband helps his wife, people say "put on your skirt" or something, but I don't care. It's also a husband's job to help his wife when she needs help."

"Usually, if there was a husband who helped his wife, it would be embarrassing if people knew that the husband helped his wife, that's what the people of Sitiur Kiri said."

"Usually, if there was a husband who helped his wife, it would be embarrassing if people knew that the husband helped his wife, that's what the people of Sitiur Kiri said."

DISCUSSION

1. Theme of Husband's Behavior on Exclusive Breastfeeding

The theme of husband's behavior about exclusive breastfeeding consists of 2 sub-themes, namely the benefits of exclusive breastfeeding and sources of information about exclusive breastfeeding . The first aspect in this study shows that husband's knowledge about the benefits of exclusive breastfeeding as a source of nutrition for babies (15) , that breast milk has many benefits, both for the mother and for the baby. Breast milk is the most complete and best food for babies. The second benefit is for the baby's immunity. Children who receive exclusive breastfeeding will not easily get sick (16) . This study also shows that another benefit obtained for mothers and babies is the creation of a bond of affection or bounding attachment which is very much needed by mothers and babies. The results of the study stated that it is very important to facilitate bounding attachment as early as possible, one way is by early initiation of breastfeeding (17) . Seeing the great benefits of breastfeeding for mothers and babies, exclusive breastfeeding is highly recommended for babies for 6 months. And the high level of husband's knowledge about the benefits of exclusive breastfeeding for babies will support the success of the exclusive breastfeeding program for 6 months.

The second sub-theme is the source of husband's knowledge about exclusive breastfeeding obtained from health workers, family and community. Health workers play a very important role in the success of providing exclusive breastfeeding. Husbands who get information about exclusive breastfeeding from health workers such as doctors, midwives and nurses when accompanying their wives to have pregnancy check-ups and listening to explanations about the benefits of exclusive breastfeeding will be able to provide good support to their wives to provide exclusive breastfeeding to their babies for 6 months. Health workers have a big role in providing information and forming knowledge related to the implementation of exclusive breastfeeding (18) . The role of

health workers is very important in providing information related to the implementation of exclusive breastfeeding including the period of exclusive breastfeeding, how to provide breast milk, the benefits of breast milk and the disadvantages of providing formula milk (19) . The source of information about exclusive breastfeeding is also obtained by husbands from their families. In this section, the family referred to is a person who has a kinship with the wife other than the husband. The family can play a role in providing information that exclusive breastfeeding is the main source of nutrition for babies. Emotional support from the family received by breastfeeding mothers can make mothers have higher self-concept and self-esteem and lower anxiety (20) . This condition is certainly beneficial for breastfeeding mothers considering that successful breastfeeding is also determined by the good psychological condition of the mother (21) . The experience provided by the family regarding exclusive breastfeeding is very helpful in achieving the success of exclusive breastfeeding for 6 months. Advice from experienced people will help the success of breastfeeding (22) . This study also found that the community also plays a role in providing information about exclusive breastfeeding. Information is obtained when neighbors or friends come to visit after delivery to congratulate the baby on the birth (42). People who visit will share experiences about breastfeeding babies and recommend giving exclusive breastfeeding to babies. In this case, social support is very much needed by a mother for the success of exclusive breastfeeding for 6 months. Social support is defined as the actions of an individual who is helpful to other individuals' problems involving emotions, providing information, providing instrumental assistance and positive assessments (23) .

2. Theme for Wife During Breastfeeding

The theme of husband's support for his wife during breastfeeding found 3 sub-themes, namely emotional support, physical support and informative support. The first sub-theme is emotional support, where emotional support is very much needed by a wife in the success of exclusive breastfeeding. By accompanying his wife while breastfeeding and also giving encouragement to his wife to breastfeed, it will be able to provide strong motivation for the wife to breastfeed her baby. The husband as the closest person to the wife is expected to be able to provide full support to the mother for a safe and comfortable place so that the mother can breastfeed well. Husband's support is very important in breastfeeding mothers because it has a positive impact both physically and emotionally. The role of the husband in supporting exclusive breastfeeding can have a significant positive impact on the success of breastfeeding (24) . The husband can provide emotional support to his wife by giving praise, encouragement, and expressing pride in the wife's decision to breastfeed exclusively. This can help increase the wife's confidence and enthusiasm to continue breastfeeding (25) . A husband is also required to be a fortress for the mother to ward off external temptations to provide pre-lactal food too early. Lack of husband's support is known to be one of the causes of failure in providing exclusive breastfeeding (26) .

The sub-theme of physical support in this study carried out by the husband aims to make it easier for the wife to carry out her activities so that the problems faced by the wife after giving birth can be easily overcome. The physical support found in this study is helping the wife in self-care, helping the wife take care of the baby and helping the wife do housework. Husband support in the wife's personal hygiene is usually done after giving birth, such as helping the wife to bathe, change clothes and so on. Because one of the roles of the husband in the family is to maintain the wife's health after giving birth, namely by providing support and love to his wife so that the wife feels cared for, can accompany her for check-ups, encourage nutritious food, get enough rest, and maintain personal hygiene (27) . Another finding in this study is the sub-theme of physical/instrumental support. A husband is also expected to be able to help his postpartum wife do daily activities such as helping to care for children, bathe the baby, change diapers, or provide nutrition to the mother and baby and do housework. The husband's active support and contribution in these tasks can provide emotional and practical support that is very meaningful for the mother and baby on the journey of breastfeeding (24) . Instrumental support provided by the husband is significantly related to the success of exclusive breastfeeding (28) . The role of the husband in the household as someone who is obliged to provide a living is also required to provide nutritious food so that mothers can produce breast milk smoothly (26) .

This study also found a sub-theme of informative support given by husbands to their wives when providing exclusive breastfeeding such as reminding wives to attend integrated health posts , encouraging wives to consume nutritious food and encouraging wives to provide breast milk every 2 hours . Husbands who support mothers by advising mothers to provide breast milk until the age of six months, suggesting consuming nutritious food and food that functions to facilitate breast milk, also have a positive influence on the success of mothers in breastfeeding (24) . Husbands are willing to remind their wives to have pregnancy check-ups, consume nutritious food, and remind their wives to provide breast milk at all times until 6 months (29) . Full support from a husband to his wife in the breastfeeding process is called Breastfeeding father (30) . In urban areas, breastfeeding fathers have begun to be carried out with full awareness, although not many people are interested. Fathers in Western countries have long struggled to help their wives care for babies, bathe, change diapers and accompany their wives to breastfeed (30) . This role is called breastfeeding father . Not breastfeeding in the true sense but helping the wife during the breastfeeding process.

3. Theme in Exclusive Breastfeeding and Baby Care

Dalihan Natolu is a kinship or family system in the Batak tribe. Where Dalihan Natolu is divided into 3, namely Mora (wife's family), Kahanggi (husband's family) and Anak Boru (daughter's line in a marriage relationship). Dalihan Natolu/Family has an important role in the success of the wife to provide exclusive breastfeeding, considering that exclusive breastfeeding occurs in the family environment. This study found that Mora, Kahanggi and Anak Boru provide support to the wife to provide exclusive breastfeeding (42). This support is in the form of accompanying the wife during childbirth, providing upa-upa, providing paroppa and helping with household chores. This study found that Dalihan Natolu provides support in the form of accompanying the wife during childbirth. The support given is very much needed by a mother during the labor process. With the emotional support given by the family, both from the wife and husband, it will provide a sense of comfort and happiness to the mother who is facing the labor process. Emotional support is all forms of expression of care, attention and empathy obtained from the family. The family is a safe and peaceful place to rest and recover and helps control emotions. Aspects of emotional support include support that is manifested in the form of affection, trust, attention, listening and being heard (41).

The second support from Dalihan Natolu is to give upa-upa/mangupa as an expression of gratitude, where this tradition contains prayers and advice from parents, relatives and the Batak indigenous community in the residential environment. In Batak Toba culture, one of the appreciations and remembrances of a person's birth is known as the Mangupa Lahiron Daganak tradition (giving upa-upa at the birth of a child). In Batak Toba culture, a firstborn child in a family is Mata Ni Ari Binsar, namely the rising of the morning sun that brings happiness to the family (31). The third support given by dalihan natolu is by providing parompa (ordinary sling cloth) when visiting a newborn baby without any special ritual. Meanwhile, Mora's support is by providing parompa sadun/customary ulos during the ceremony of mengupa daganak made by the husband's family. The tradition of manjagit paroppa (receiving a sling cloth) in the form of parompa sadun (customary ulos cloth) given by the wife's parents (mora) for the birth of the first grandchild. The tradition of manjagit paroppa is a manifestation of the local wisdom of the Mandailing people's culture, a form of tradition that is passed down from generation to generation and is carried out according to the customs of its people (32). The tradition of manjagit paroppa has grown and developed historically in the community that carries it out, functioning as a pillar of existing social norms and noble values (33). Dalihan natolu anak boru support provides assistance in the form of caring for babies, doing housework, such as cleaning the house, cooking and so on. The mother's parents after giving birth, namely the in-laws, provide more non-material assistance, while the husband provides less non-material assistance but is optimal in providing material support. Socio-cultural factors also play an important role in understanding the attitudes and behavior of families in handling post-natal maternal and infant care. From anthropological studies, it was found that problems related to maternal and infant care are not always determined by the husband and wife. But rather by other relatives who are more senior and experienced in caring for infants (34).

4. Theme of Cultural Influence in Exclusive Breastfeeding

On the theme of cultural influence in exclusive breastfeeding, researchers found 4 sub-themes, namely breastfeeding etiquette, husband's involvement during breastfeeding, appropriate fulfillment of infant nutrition and inappropriate fulfillment of infant nutrition. The results of the study revealed that in Batak culture there are ethics when breastfeeding that must be adhered to by wives who will breastfeed, such as breastfeeding should not be close to the male in-laws and breasts should not be exposed because Batak culture considers such actions impolite. In Batak culture, showing the breasts of women who are breastfeeding is strictly prohibited. Women who are breastfeeding their babies can do it in a closed room/space that is not visible to other people's eyes. (35). In this study, it was found that husbands were involved in providing exclusive breastfeeding to babies. Where the husband accompanies his wife when breastfeeding and helps his wife to provide a comfortable position when breastfeeding. The husband is involved in providing breast milk to the baby, namely by accompanying his wife when breastfeeding (29). By accompanying his wife when breastfeeding, it will provide calm, **peace**, and comfort to the breastfeeding mother which can increase the production of the hormone oxytocin so that it can increase the provision of breast milk to the child. (36).

This study also found that husbands help with breast care such as breast massage using a comb, this is because the breasts have not produced breast milk and cause the breasts to swell. Massaging the breasts using a comb is recommended by the family based on previous experience to facilitate the release of breast milk. And based on the wife's experience, combing the breasts can facilitate the release of breast milk. No data was found that combs can facilitate breast milk production. Oxytocin massage is often done to improve the irregularity of breast milk production. Oxytocin massage can be done by the husband on breastfeeding mothers in the form of back massage on the mother's back to increase the release of the oxytocin hormone. Oxytocin massage performed by the husband provides comfort to the breastfed baby (37).

The sub-theme of fulfilling appropriate nutrition is providing exclusive breastfeeding for 6 months without any additional food given. Husband's knowledge about the benefits of exclusive breastfeeding motivates his wife to

provide exclusive breastfeeding. Experts have found that the benefits of breastfeeding will increase greatly if the baby is only given breast milk for the first 6 months of life (38) . The sub-theme of fulfilling inappropriate nutrition such as providing formula milk, providing rice water and providing sugar and salt is done by mothers who do not produce breast milk and whose breast milk comes out in small amounts. This study found the problem that husbands will give formula milk if the mother is unable to initiate early breastfeeding to the baby so that the husband seeks alternatives to provide nutrition to the baby other than breast milk (43). The problems in postpartum mothers are experiencing irregular breast milk production, no breast milk production, full breast milk production (breasts), but breast milk ejection is not smooth, nipples that are not protruding enough, and so on so that many babies are still given breast milk substitutes (PASI), even though the best food for babies is breast milk. Insufficient production of breast milk (ASI) in the first days of the postpartum period is always a trigger for newborn babies to be given formula milk, which ultimately results in the failure to achieve exclusive breastfeeding, which is very important for the growth and development of babies (39) .

5. Theme of Community Response to Husbands Who Help Their Wives During Breastfeeding

This theme shows 2 sub-themes, namely positive responses and negative responses given by the community if the husband helps his wife while breastfeeding. The positive response given by the community is to support the husband in caring for children and doing housework. This study shows that the community gives a positive response by providing support to the husband to help his wife after the delivery process by caring for children and also doing housework. Childcare is the responsibility of both parents, and the husband also has a role as a parent who also has the responsibility to care for children (26,28) . In addition to providing exclusive breastfeeding, there are many things that a husband can do such as carrying the baby, bathing the baby and so on (40) . In addition to caring for the baby, the husband must also be able to help his wife in terms of doing housework, such as cooking, cleaning the house and so on. Husband's help in the form of instrumental support is very much needed to handle these tasks. Instrumental support given by the husband is significantly related to the success of providing exclusive breastfeeding (41). This study also found negative responses given by the community to husbands if they help their wives with housework during breastfeeding, such as: mentioning that the husband wears a skirt, mentioning that the husband drives on the left, and mentioning that the wife lowers the husband's self-esteem. This negative response is obtained from the customs or traditions of the Batak culture which considers men to be kings who must be respected and appreciated. In Batak culture, a husband's job is to fulfill household needs by working outside to earn a living, while housework is the job of a wife. If a husband helps his wife with housework, then the community will conclude that the husband is afraid of his wife and considers the husband like a woman so that it can lower the husband's self-esteem in the eyes of the community. In terms of gender equality, the position of men in Batak culture become the main class, while women are only complementary (43-51). This occurs due to the patriarchal ideology contained in the dalihan na tolu system which is centered on men and men are referred to as kings, while women are only king's daughters and never become queens. The development of the era and the existence of gender equality have changed the thinking of society by assuming that men and women have the same position. However, some people still follow the patriarchal culture of the Batak tribe where the position of men is higher than that of women (39) .

CONCLUSION

Exclusive breastfeeding for newborns up to 6 months of age is the baby's right and the mother's obligation, which is greatly influenced by the support of the husband as part of the closest family. Husband's support, which includes emotional, physical, informative, and assessment aspects, plays an important role in the success of exclusive breastfeeding. Cultural factors also influence this process, such as in Batak culture which initially viewed husbands only as breadwinners without being involved in household affairs. However, this study shows a change in the role of husbands in Batak culture, where now husbands are more involved in taking care of children and helping with household chores, so that they can provide more optimal support to their wives during the exclusive breastfeeding process. Educational programs on the importance of exclusive breastfeeding should involve husbands, especially in communities with patriarchal cultures such as Batak culture, to strengthen their understanding of the importance of an active role in supporting their wives. A cultural approach that takes into account changes in gender roles also needs to be applied in health programs to be more effective in encouraging husband participation. In addition, health services are advised to provide counseling that focuses on the role of the family, including husbands, in supporting mothers during breastfeeding to increase the success of exclusive breastfeeding. Further research on the transformation of the husband's role in traditional cultures is also needed to understand the factors driving these changes and their impact on maternal and child health programs.

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Internal Conflict

The author(s) declare that they have no conflict of interest.

Ethical Clearance

Ethical approval has been obtained from Ethical Commission of Health Research, Faculty of Public Health, Hasanuddin University, with protocol number 231240930007.

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