



## Factors Affecting the Success of Exclusive Breastfeeding among Working Mothers

Melan Saputra<sup>1</sup>, Agustin<sup>1</sup>, Rizky Meilando<sup>1</sup>

<sup>1</sup>Department of Nursing, Institut Citra Internasional, Bangka Belitung, Indonesia

Correspondence author: Melan Saputra

Email: [melanhasan13@yahoo.co.id](mailto:melanhasan13@yahoo.co.id)

Address: Jl. Pangkalpinang-Muntok, Cengkong Abang, Kec. Mendo Bar., Kabupaten Bangka, Kepulauan Bangka Belitung 085267114677

DOI: <https://doi.org/10.56359/gj.v7i2.898>



This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/)

### Abstract

**Introduction:** The target of national exclusive breastfeeding coverage is 80%. For three consecutive years, the Payung Village Health Center has an exclusive breastfeeding coverage rate of 48.19% in 2022, 56.31% in 2023 and 62% in 2024. Exclusive breastfeeding provides many benefits for the mother and baby if it is stimulated, but it also provides a negative impact if exclusive breastfeeding is not stimulated in the baby.

**Objective** The purpose of this study is to find out the factors that affect the success of Exclusive Breastfeeding in the Working Area of the Payung Village Health Center in 2025.

**Method:** This study uses a Cross Sectional design. The population is working mothers who have 114 babies aged 6-24 months with a sample of 60 people. The sampling technique uses probability sampling with a simple random sampling type. The data analysis uses the chi square test.

**Result:** The results of the study on working mothers who gave exclusive breastfeeding showed (68.9%) with good knowledge, (82.4%) good husband support, (78.1%) good work support. The results of the statistical test found that there was a meaningful relationship between knowledge ( $p < 0.001$ ), education ( $p < 0.014$ ), (husband support ( $p < 0.001$ ), workplace support ( $p < 0.002$ ) and the success of exclusive breastfeeding.

**Conclusion:** There was a meaningful relationship between the variables of knowledge, education, husband support and workplace support with the success of exclusive breastfeeding. It is hoped that Health Institutions will be used as input and intervention materials in increasing the coverage of exclusive breastfeeding.

**Keywords:** exclusive breastfeeding, education, husband support, workplace

## Introduction

Women are men's partners, and their presence plays a crucial role, not only within the household but also in all aspects of life. The economy, government, health, and so on are inseparable from the influence and role of women. The discussion about women's role in human life is never-ending. The debate between the two sides is ongoing. Men feel superior, while women feel they have equal capabilities. This gave rise to the term "male-female inequality" (Hidayati, 2023).

Women were considered unsuitable for holding power or possessing the abilities possessed by men and were therefore considered unequal. However, circumstances have changed, and life cannot proceed without the participation of women. Inherently, when a woman has a family, she is the most important figure in shaping the next generation. A woman who has a family inevitably becomes a mother. The mother's role in breastfeeding, caring for, nurturing, and raising children with all her might is a moment that makes a mother worthy of being called a noble figure. In all aspects of life, women have played a masterful role. In modern society, the demands of life are increasing, particularly in the material (socio-economic) realm. On the other hand, modernization has brought about social changes in family life, where women's roles are no longer limited to those of housewives but also involve various social and community roles, including employment. Women's choice to work can create dilemmas due to their roles and functions as women. This dilemma is known to be experienced by a large proportion of women, one of which is exclusive breastfeeding (Hidayati, 2023).

Support for exclusive breastfeeding is still very much needed, considering that the coverage of exclusive breastfeeding is still relatively limited and concerning. The coverage of exclusive breastfeeding in several provinces in Indonesia still does not meet the targets set by the Indonesian Ministry of Health. Through the Ministry of Health, the Government has issued a policy related to the provision of exclusive breastfeeding in the workplace in Government Regulation Number 33 of 2012 concerning the provision of exclusive breastfeeding which requires every company or workplace to provide a space for working mothers to continue to provide exclusive breastfeeding. However, many companies fail to provide it for various reasons, such as the higher costs of providing facilities and infrastructure for breastfeeding mothers or the reduced work time for female employees who are breastfeeding or breastfeeding in the office. This means that companies are not fully implementing the policies established by the government in their respective regulations. (Deiwi & Nurjanah, 2022).

The World Health Organization (WHO) reported that by 2023, more than 10 billion working women were not covered by legal regulations regarding maternity protection. Only 20% of countries worldwide, including Indonesia, require employers to provide maternity leave and exclusive breastfeeding facilities.

Fewer than half of infants under 6 months receive exclusive breastfeeding, while exclusive breastfeeding coverage in Indonesia in 2022 was recorded at only 67.96%, down from 69.7% in 2021. However, nationally, exclusive breastfeeding is still far below the national target of 80% (Ulya & Hilda, 2024). The number of working women in Indonesia is 52.74 million, in line with the total workforce. This is supported by the Bureau of Labor Statistics (2023), which found that 67.9% of mothers with children under 6 years old participated in the labor force, compared to 76.7% of mothers with children aged 6 to 17 years old (Aiman & Deibora, 2024).

The Central Statistics Agency (BPS) reported that over the past three years, there has been an increase in the number of children aged 0-5 months receiving exclusive breastfeeding in Kepulauan Bangka Belitung. Bangka Belitung is 62.77% in 2022, 63.30% in 2023 and 63.72% in 2024, while in Bangka Belitung Regency also shows an increase in children aged 0-5 months who receive exclusive breastfeeding in the last 3 years, namely 53.64% in 2022, 54.24% in 2023 and 63.6% in 2024 (Dinkes Kab. Bangka Belitung., 2024).

Based on data from the Public Health Center (Puskesmas) in Payung, the number of children aged 0-5 months who received exclusive breastfeeding has increased over the past three years, reaching 101 babies (48.19%) in 2022, 165 babies (56.31%) in 2023, and 248 babies (62%) in 2024. Research by Mastan & Endang (2021) explains that the theory of the continuum of care, which is the first thousand days of a human's life, calculated from the fetus to the age of two years, is a crucial phase that not only affects the short term but also the long term of their lives. Exclusive breastfeeding provides many benefits for both mother and baby, but it also has negative impacts if it is not provided to infants aged 0-5 months. Infants who are not given exclusive breastfeeding contribute to the prevalence of diarrhea and pneumonia in children aged 6-59 months, which in turn causes 595,379 cases of child death each year. A cross-sectional analysis also estimates that there are 974,956 cases of childhood obesity each year that can be attributed to the lack of exclusive breastfeeding practices. Furthermore, the lack of exclusive breastfeeding impacts not only the child but also the mother. Various studies estimate that the economic loss due to maternal and child deaths could reach US\$53.7 billion. UNICEF (United Nations International Children's Emergency Fund) stated in 2024 that babies who are not breastfed are 14 times more likely to die within their first year than those who are exclusively breastfed during the first six months. There is also evidence that breastfed children perform better on intelligence tests, with an IQ increase of 3 to 4 points, are less likely to be obese or overweight, and have a lower risk of diabetes later in life. Optimal breastfeeding practices can save the lives of more than 820,000 children under the age of five each year and prevent 20,000 cases of breast cancer in women each year. Other research has also shown that children who are not breastfed for less than a year are 3.5 times more likely to suffer from respiratory illnesses and several times more likely to suffer from respiratory tract infections and 1.5 times more likely to experience excess weight gain during adolescence (Ulya et al., 2024).

Meinuiruit research Juiniar et al., (2023) the impact of the beauty of exclusive breastfeeding in infants 0-6 months is that it can reduce diseases such as ISPA 35.09%, diarrhea 38.07%, and malnutrition 49.2% which can cause several negative effects in infants such as slow body growth, prone to disease, reduced levels of intelligence and disturbed child development, serious malnutrition can cause child death. Research conducted by Fariningsih et al. (2024) found a relationship between maternal knowledge and exclusive breastfeeding. This research aligns with that conducted by Novita et al. (2022), which found a relationship between maternal knowledge and exclusive breastfeeding.

Research conducted by Ulya & Hilda (2024) found a significant relationship between education level and the success of exclusive breastfeeding. This finding aligns with research conducted by Irianti et al. (2021), which found that a mother's education level can significantly influence exclusive breastfeeding. The relationship between education and exclusive breastfeeding is that mothers with higher education are more likely to exclusively breastfeed their babies. Research shows that parents with higher education are more likely to follow advice on exclusive breastfeeding. This is because parents with higher education tend to have more knowledge about the benefits and methods of exclusive breastfeeding.

Husbandly support is a form of mutual give-and-take. Husbandly support provides love and attention to the partner and family, and husbandly support for the wife can include caring for the baby (Simbolon et al., 2023). Research conducted by Kayodei et al. (2023) in Osu in Neigeiria found a significant relationship between educational level and the success of exclusive breastfeeding. There was also a significant relationship between husbandly support and the success of exclusive breastfeeding. This is in line with research by Sirait et al. (2022), which showed a significant relationship between husbandly support and breastfeeding.

Based on the results of the survey conducted by researchers in the Payung Deisa Payung Community Health Center area. Of the 10 working mothers surveyed, 4 mothers worked with a bachelor's degree, 2 did not provide exclusive breastfeeding, and 2 did provide exclusive breastfeeding. 3 mothers worked with a diploma 3 education, 1 did not provide exclusive breastfeeding, and 2 did provide exclusive breastfeeding. 3 mothers worked with a high school education, 2 did not provide exclusive breastfeeding, and 1 did provide exclusive breastfeeding. Research examining factors that influence the success of exclusive breastfeeding in working mothers in the Payung Village Health Center (Puskesmas Payung Deisa Payung) has never been conducted. Therefore, researchers are interested in conducting research on factors that influence the success of exclusive breastfeeding in working mothers in the Payung Village Health Center in 2025.

### **Objective**

The purpose of this study is to find out the factors that affect the success of Exclusive Breastfeeding in the Working Area of the Payung Village Health Center in 2025.

### **Method**

This study employed a quantitative approach with a cross-sectional design to examine the relationship between independent and dependent variables measured simultaneously at a single point in time (Syapitri et al., 2021). The dependent variable was breastfeeding practices among working mothers, while the independent variables included knowledge, education level, husband's support, and workplace support. The population consisted of 114 working mothers with infants aged 6–24 months, from which a sample of 60 respondents was selected using probability sampling with a simple random sampling technique. Data were analyzed using the chi-square test to determine the association between variables.

Data were collected using a structured questionnaire that had been tested for validity and reliability prior to distribution. The inclusion criteria were working mothers who had infants aged 6–24 months and were willing to participate in the study, while those who did not complete the questionnaire were excluded. Ethical approval was obtained from the relevant institutional review board, and all respondents provided informed consent before participating. Descriptive (univariate) analysis was used to summarize respondent characteristics, while bivariate analysis was conducted to examine the relationship between variables with a significance level set at  $p < 0.05$ .

## Result

Table 1. Public Relations of Knowledge on the Success of Exclusive Breastfeeding

Knowledge	Exclusive Breastfeeding				Total		p-value	POR (95% CI)
	Exclusive		Not Exclusive					
	n	%	n	%	n	%		
Good	30	69.8	13	30.2	43	100	0.014	0.236 (0.072 – 0.776)
Not Good	6	35.3	11	64.7	17	100		
Total	36	60	24	40	60	100		

Based on Table 1, it was found that the success of exclusive breastfeeding among working mothers was highest among mothers with good knowledge (30 women (69.8%) compared to working mothers with poor knowledge), while among non-working mothers who provided exclusive breastfeeding, the highest number had poor knowledge (11 women (64.7%) compared to those with poor knowledge). The results of statistical tests using Chi-Square obtained a value of  $p = (0.014) < \alpha (0.05)$ , this indicates that there is a relationship between the level of knowledge and the success of exclusive breastfeeding in working mothers. The results of further analysis obtained a value of Prevalance Odds Ratio (POR) = 0.236 (95% CI = 1.275 – 15.385), thus it can be said that mothers who work with a good level of knowledge have better breast milk success. Exclusive is 0.236 times more likely to provide exclusive breastfeeding compared to working mothers with less good knowledge.

Table 2. Educational Relationships on the Success of Exclusive Breastfeeding On Working Mothers

Education	Exclusive Breastfeeding				Total		p-value	POR (95% CI)
	Exclusive		Not Exclusive					
	n	%	n	%	n	%		
Height	32	74.4	11	25.6	43	100	0.001	0.106 (0.028 – 0.393)
Low	4	23.5	13	76.5	17	100		
Total	36	60	24	40	60	100		

Based on Table 2, it was found that exclusive breastfeeding success among working mothers was highest among mothers with a high level of education (32 women (74.4%), compared to working mothers with a low level of education. Meanwhile, among non-working mothers with a low level of education, the highest percentage of exclusive breastfeeding was among mothers with a low level of education (13 women (76.5%), compared to those with a low level of education.

The results of statistical tests using Chi-Square obtained a value of  $p = (0.001) < \alpha (0.05)$ , this indicates that there is a relationship between the level of education and the success of exclusive breastfeeding in working mothers. The results of further analysis obtained a value of Prevalance Odds Ratio (POR) = 0.106 (95% CI = 0.028 – 0.393), thus it can be said that mothers who work with a high level of education have the opportunity to achieve exclusive breastfeeding. 0.106 times greater for providing exclusive breastfeeding compared to working mothers with less education.

Table 3. Suspension's support for the success of exclusive breastfeeding among working mothers

Husband Support	Exclusive Breast Milk				Total		p-value	POR (95%CI)
	Eksklusive		Not Eksklusive		n	%		
	n	%	n	%				
Good	25	80.6	6	19.4	31	100	0.147	
Poor	11	37.9	18	62.1	29	100	0.001 (0.046 –	
Total	36	60	24	40	60	100	0.470)	

Based on table 3, it is found that the success of breastfeeding is exclusive to mothers who work the most in mothers who have good husband support, 25 people (80.6%) compared to mothers who work with husband support. not good enough. Meanwhile, working mothers who did not provide exclusive breastfeeding had the highest number of people with less than good husband support at 18 people (62.1%) compared to those with good husband support.

The results of statistical tests using Chi-Square obtained a value of  $p = (0.001) < \alpha (0.05)$ , this indicates that there is a relationship between husband's support and the success of exclusive breastfeeding in working mothers. The results of further analysis obtained a value of Prevalence Odds Ratio (POR) = 0.147 (95% CI = 0.046 – 0.470), thus it can be said that mothers who work with good husband support have better breast milk success. Exclusive 0.147 times more likely to provide exclusive breastfeeding compared to mothers who work with less good support from their husbands.

Table 4. The Impact of Supporting the Foursomes on the Success of Exclusive Breastfeeding for Working Mothers

Support for Works	Exclusive Breastfeeding				Total		p-value	POR (95% CI)
	Exclusive		Not Exclusive		n	%		
	n	%	n	%				
Good	25	78.1	7	21.9	32	100	0.181	
Poor	11	39.3	17	60.7	28	100	0.002 (0.059 –	
Total	36	60	24	40	60	100	0.561)	

Based on Table above, it was found that the success of exclusive breastfeeding among working mothers was highest among mothers with good workplace support (25 women (78.1%), compared to working mothers with less good workplace support. Meanwhile, working mothers who did not provide exclusive breast milk had the most support for poor performance as many as 17 people (60.7%) compared to those with good performance support.

The results of statistical tests using Chi-Square obtained a value of  $p = (0.002) < \alpha (0.05)$ , this indicates that there is a relationship between support for work and the success of exclusive breastfeeding in working mothers. The results of further analysis obtained a value of Prevalence Odds Ratio (POR) = 0.181 (95% CI = 0.059 – 0.561), thus it can be said that mothers who work with the support of good work places have good success. Exclusive

breastfeeding is 0.181 times greater in providing exclusive breastfeeding compared to mothers who work with support in less good work settings.

## Discussion

This study shows that the success of exclusive breastfeeding in working mothers is highest in mothers who have a good level of knowledge of 30 people (69.8%) compared to working mothers with a poor level of knowledge, while in working mothers who do not provide exclusive breastfeeding, the highest number is with a poor level of knowledge of 11 people (64.7%) compared to those with a poor level of knowledge. The results of statistical tests using Chi-Square obtained a value of  $p = (0.014) < \alpha (0.05)$ , this indicates that there is a relationship between the level of knowledge and the success of exclusive breastfeeding in working mothers. The results of further analysis obtained a value of Prevalance Odds Ratio (POR) = 0.236 (95% CI = 1.275 – 15.385), thus it can be said that mothers who work with a good level of knowledge have better breast milk success. Exclusive 0.236 times more likely to provide exclusive breast milk compared to working mothers with poor knowledge of 31 (68.9%) respondents with the level mother's knowledge works well in the success of exclusive breastfeeding. This suggests that the better the mother's knowledge level, the greater the level of success in exclusive breastfeeding.

Researchers argue that, based on research results from various journals and research results that have been conducted by researchers, researchers argue that there is a significant relationship between mothers' knowledge of work and the success of exclusive breastfeeding. Mothers who have good knowledge have a high understanding of the importance of the benefits of providing exclusive breastfeeding so that it can influence the mother's behavior in providing exclusive breastfeeding. Education is an imitation of a person's processual behavior in imitating attitudes, behavior in a large team, as well as abilities and self-realization through teaching and training (Rahman & Sabhayati., 2022).

This study shows that the success of exclusive breastfeeding in working mothers is highest among mothers with a high level of education, as many as 32 people (74.4%) compared to working mothers with a low level of education. Meanwhile, in working mothers who do not provide exclusive breastfeeding, the highest number is with a low level of education, as many as 13 people (76.5%) compared to those with a low level of education. The results of statistical tests using Chi-Square obtained a value of  $p = (0.001) < \alpha (0.05)$ , this indicates that there is a relationship between the level of education and the success of exclusive breastfeeding in working mothers. The results of further analysis obtained a value of Prevalance Odds Ratio (POR) = 0.106 (95% CI = 0.028 – 0.393), thus it can be said that mothers who work with a high level of education have the opportunity to achieve exclusive breastfeeding. 0.106 times greater for providing exclusive breastfeeding compared to working mothers with less education.

Researchers argue that, based on research results from various journals and research results that have been conducted by researchers, researchers argue that there is a significant relationship between maternal education and the success of exclusive breastfeeding. Mothers who have a higher level of education find it easier to receive information and have more knowledge, thus influencing the mother's behavior in providing exclusive breastfeeding.

This study shows that the success of exclusive breastfeeding in working mothers is highest in mothers who have good husband support, as many as 25 people (80.6%) compared to working mothers with poor husband support. Meanwhile, in working mothers who do not provide exclusive breastfeeding, the highest number is with poor husband support, as many as 18 people (62.1%) compared to those with good husband support. The results of statistical tests using Chi-Square obtained a value of  $p = (0.001) < \alpha (0.05)$ , this indicates that there is a relationship between husband's support and the success of exclusive breastfeeding in working mothers. The results of further analysis obtained a value of Prevalence Odds Ratio (POR) = 0.147 (95% CI = 0.046 – 0.470), thus it can be said that mothers who work with good husband support have better breast milk success. Exclusive 0.147 times more likely to provide exclusive breastfeeding compared to mothers who work with less good support from their husbands.

Researchers argue that, based on research results from various journals and the results of research conducted by researchers, researchers believe there is a significant relationship between husband's support for mothers and the success of exclusive breastfeeding. Husband's support provides a sense of security and comfort to mothers, allowing them to focus and increase their enthusiasm for providing exclusive breastfeeding. Dukungan at work is described as a series of actions or behaviors that are intended to help others at work, consisting of mentoring, emotional dukungan, imberikan tugas serta dukungan pemecahan persalan or just imberi memabakan lain (Zamzabila et al., 2022).

This study shows that the success of exclusive breastfeeding in working mothers is highest among mothers who have good workplace support, as many as 25 people (78.1%) compared to working mothers with poor workplace support. Meanwhile, in working mothers who do not provide exclusive breastfeeding, the highest number is with poor workplace support, as many as 17 people (60.7%) compared to those with good workplace support. Researchers are of the opinion that, based on the results of research from various journals and the results of research that has been conducted by researchers, researchers are of the opinion that there is a significant relationship between workplace support for working mothers and the success of exclusive breastfeeding. Duikuin induikuign to the world is like a family, where the mother works a lot and spends a lot of time outside the house and is able to work together. Work rewards, praise and encouragement from the workplace can provide additional motivation for mothers in providing exclusive breast milk.

## Conclusion

The results of the study indicate that there is a relationship between knowledge, education, husband's support, and environmental support and the success of exclusive breastfeeding among working mothers in the Payung Village working area in 2025. Mothers who have better knowledge and higher educational levels tend to be more successful in providing exclusive breastfeeding. In addition, support from husbands and the surrounding environment plays an important role in increasing the success of exclusive breastfeeding among working mothers. Therefore, both individual factors and social support contribute significantly to the successful practice of exclusive breastfeeding in the area.

### **Acknowledgement**

Not applicable.

### **Authors' contribution**

Each author contributed equally in all the parts of the research. All authors have critically reviewed and approved the final draft and are responsible for the content and similarity index of the manuscript.

### **Conflict of interest**

The researchers stated that there is no conflict of interest related to the implementation and publication of the results of this research. The entire research process, from planning, data collection, analysis, to report preparation, was carried out independently without any influence or pressure from any third party. A commitment to research ethics is upheld throughout the research process, ensuring transparency, accuracy and honesty in reporting results. Respondents' participation was voluntary with informed consent, and their confidentiality and privacy were maintained in accordance with applicable research ethics standards. With this statement, researchers hope that the research results can be trusted and used as a valid reference for the development of science and health practices related to ethnomedicine and reproductive health.

### **Ethical consideration**

Not applicable.

### **Funding**

This research is not funded by any party and is not intended for any financial gain.

### **References**

1. Aiman, R., M., P., & Debora, B. 2024. Study Fenomology: Kesejahteraan Psikologis Pada Wanita Bekerja Yang Mempunyai Anak Usia 0-6 Tahun. *Jurnal Islamika Granada*. 2024, P-ISSN: 2723-4142 E-ISSN: 2723-4150.
2. Audia, M., S., Widia, L., & Niken, Y., S., 2023. Faktor – Faktor Yang Mempengaruhi Ibu Dalam Memberikan ASI Eksklusif: Literature Riview. *Jurnal Ilmu Kesehatan Dan Keperawatan*. Halaman 01-16 Vol. 1. No. 3. E-ISSN: 2986-3597 P-ISSN: 2986-4488. Agustus 2023.
3. Badan Pusat Statistik, 2024. Persentase Bayi Kurang Dari 6 Bulan Yang Mendapatkan ASI Eksklusif Menurut Provinsi. Available from: <https://www.bps.go.id>
4. Badan Pusat Statistik. 2024. Profil Kesehatan Ibu Dan Anak Tahun 2024. Vol. 10. 2024. Halaman 478 – 486.
5. Baker, S, R., Tuti, A, U., & Paramitha, W.,N. 2023. Hubungan Karakteristik Dan Pengetahuan Ibu Dengan Keberhasilan Menyusui Eksklusif Pada Masa Pandemi Covid-19 Di Puskesmas Alak Kupang. *Media Publikasi Promosi Kesehatan Indonesia*. Vol. 6. No. 3. P-ISSN: 2597-6052. Maret 2023.
6. Dewi, B., P & Nurjanah. 2022. Faktor – Faktor Yang Mempengaruhi Keberhasilan ASI Eksklusif Pada Ibu Bekerja. *Jurnal Kesehatan Dan Pembangunan*. Vol. 12. No. 24. Juli 2022.
7. Direktorat Jenderal Pelayanan Kesehatan Kementerian Kesehatan. 2022. ASI Eksklusif.. *Kemkes*. Available from: <https://yankes.kemkes.go.id>

8. Fadhila, F., N. 2023. Study Kualitatif Faktor Keberhasilan ASI Eksklusif Bagi Ibu Bekerja Di Wilayah Kerja Puskesmas Brambang Kabupaten Jombang. *Jurnal Gizi Universitas Negeri Surabaya*. Vol. 3. No. 1. 2023, Halaman 235-243.
9. Hidayati, L. 2023. Wanita Bekerja, Antara Karir Dan Keluarga. *Jurnal Kajian Hukum Dan Studi Islam*. Vol. 5. No. 1. 2023, P-ISSN: 2655-8882 E-ISSN: 2723-195x.
10. Irianti, S., Lusiana, N., & Hidayar, A, H. 2021. faktor – faktor yang mempengaruhi pemberian ASI eksklusif di Kelurahan Tegal Ratu Wilayah Kerja Puskesmas Ciwandan. *Pro Health Journal*. Vol. 18. No. 2. 2021, Halaman 55 - 64 P-ISSN: 2089-2047 E-ISSN: 2961-9076.
11. Juniar, F., Khamidah, A., & Inggar, R.,A. 2023. Faktor Yang Mempengaruhi Ketidakberhasilan ASI Eksklusif Pada Ibu Menyusui . *Jurnal Riset Kesehatan Masyarakat*. Vol. 3. No. 4. P-ISSN: 2807-8209. 2023.
12. Kayode, O., O., Ayobami, S., O., & Quadri, K., A. 2023. Faktor – Faktor Yang Mempengaruhi Praktik Pemberian ASI Eksklusif Di Kalangan Perempuan Kelas Pekerja Di Negara Bagian Osun Nigeria. *Jurnal Kesehatan Masyarakat di Afrika*. Vol. 14. No. 2191. 2023.
13. Kusrahmadani, Y., & Yulianti. 2024. Hubungan Rendahnya Pemberian ASI Eksklusif Pada Ibu Bekerja Di TPMB Yuliani Kusrahmadani Tahun 2023.
14. Lubis, Y., L., & Desi, Y. 2023. Faktor – Faktor Yang Meimpengaruhi Keberhasilan Pemberian ASI Eksklusif Pada Ibu Yang Bekerja Di Bidan Praktek Swasta Mariati, A.md.Keb. Kec. Lawe Atas Kab. Aceh Tenggara Tahun 2022. *Jurnal Medikal Husada*. Vol. 3. No. 1. P-ISSN: 2829-2871 E-ISSN: 2829-288x.
15. Marwiyah, N., & Titi, K. 2020. Faktor – Faktor Yang Berhubungan Dengan Pemberian ASI Eksklusif Pada Ibu Bekerja Di Kelurahan Cipare Kota Serang. *Faletahan Health Journal*. Halaman 18-29 Vol. 7. No. 1. E-ISSN: 2597-8667 P-ISSN: 2088-673X. 2020.
16. Mastan, M., & Endang, L.,A. 2021. Faktor Penentu Keberhasilan Eksklusif Pemberian ASI Pada Ibu Bekerja Di Indonesia: Sebuah Eksplorasi Dengan Menggunakan Konsep Deviasi Positif: Analisis Data Sekunder Survey Demografi Kesehatan Indonesia 2017 . *Jurnal Gizi Kesehatan Masyarakat Indonesia*. Vol. 2. No. 1. 2021.
17. Novita, E., Murdianingsih,, & Turiyani, H., S. 2022. Faktor – Faktor Yang Mempengaruhi Pemberian ASI Eksklusif Di Desa Lunggaian Kecamatan Lubuk Batang Kabupaten OKU Tahun 2021. *Jurnal Ilmiah Uiversitas Batanghari Jambi*. Halaman 157-165 Vol. 22. No. 1. E ISSN: 1411-8939 P ISSN: 2549-4236. Februari 2022.
18. Rahman, A., & Sabhayati, A.,M 2022. Pengertian Pendidikan, Ilmu Pendidikan dan Unsur – Unsur Pendidikan. *Jurnal Universitas Muhammadiyah Makasar*. Vol. 2. No. 1. 2022, Juni 2022. P-ISSN: 2775-4855.
19. Satata, D., B., M. 2020. Peran Ibu Dalam Berkarir Dan Kehidupan Berkeluarga.. *Jurnals USM*. Vol. 22. No. 2. 2020, Halaman 165-170 P-ISSN: 1410-9859 E-ISSN: 2580-8524.
20. Satyabrata, G., B., W. 2024. Faktor – Faktor Yang Berhubungan Dengan Keberhasilan ASI Eksklusif Pada Ibu Pekerja Di Wilayah Puskesmas Payangan Kabupaten Gianyar. *Aesculapius Medical Journal*. Vol. 4. No. 1. Februari 2024, Halaman 29-40 P-ISSN: 2829-0712 E-ISSN: 2808-6848.
21. Simbolon, R., Ramatian, S., & Stefani, N, U,. 2023. Gambaran Pemberian ASI Eksklusif Di Wilayah Kerja Puskesmas Maubesi Tahun 2023. *Jurnal Kesehatan Komunitas Santa Elizabeth*. Halaman 18-29 Vol. 0. No. 0. E-ISSN: 3026-5487. 2023.
22. Sintani, R., D., Ade, S., N., & Tika, N., P. 2023. Hubungan Pengetahuan Ibu Dan Breastfeeding Father Dengan Keberhasilan ASI Eksklusif di Desa Sukamaju Kecamatan

- Cibungbulang Tahun 2022. *Jurnal Mahasiswa Kesehatan Masyarakat*. Halaman 410-416 Vol. 6. No. 4. ISSN: 2654-8127. Agustus 2023.
23. Sirait, N., A., Agrina, & Tesha, H., S. 2022. Hubungan Dukungan Suami Dan Motivasi Ibu Dengan Pemberian ASI Eksklusif Di Wilayah Pesisir Pekanbaru. *Jurnal Kesehatan Jompa*. Vol. 2. No. 2. E ISSN: 2830-5558 P ISSN: 2830-5744. Desember 2022.
  24. Sugiyono 2015. *Metode Penelitian Kombinasi (Mix Methods)*. Bandung: Alfabeta.
  25. Supraba, D., Nathania, A., R., H & Lalita, S., L., D., C. 2023. Dukungan Sosial Dan Kepuasan Hidup Terhadap Konflik Peran Ganda Wanita Bekerja. *Jurnal Psikologi*. Vol. 6. No. 1. Halaman 77-84. 2023.
  26. Zamzabila, B., Muhammad, H., & Zarfhan, A., D. 2022. Pengaruh Dukungan Rekan Kerja Terhadap Kualitas Kerja Karyawan: A Systematic Literature Review. *Jurnal Inovasi Bisnis* 2. Halaman 162-166.2022.