

The Relationship Between Family Support, Health Worker Support, and Mothers' Attitudes Towards Exclusive Breastfeeding at the Telukjambe Community Health Center, Karawang Regency, in 2025

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ABSTRACT

Background & Objective: Exclusive breastfeeding is the provision of breast milk alone without any additional complementary food or drink from birth to 6 months of age. The success of exclusive breastfeeding is influenced by various factors, including family support, health worker support, and maternal attitudes. This study aims to determine the relationship between family support, health worker support, and maternal attitudes towards exclusive breastfeeding at the Telukjambe Health Center, Karawang Regency, in 2025. **Method:** This study used an analytic design with a cross-sectional approach. The sample amounted to 91 respondents who were selected using purposive sampling technique. The statistical test used was Chi-Square along with the Odds Ratio (OR) at a significance level of $p < 0.05$. **Result:** The results showed a significant relationship between family support ($p = 0.000$, $OR = 49.038$ $CI = 10.267-234.234$), health worker support ($p = 0.000$, $OR = 8.944$, $CI = 3.104-25.774$), and maternal attitude ($p = 0.000$, $OR = 15.897$, $CI = 4.798-52.672$) towards exclusive breastfeeding. **Conclusion:** Mothers with less support or negative attitude were significantly more likely to not provide exclusive breastfeeding. Therefore, it is recommended to increase promotional and educational efforts regarding the importance of family support, the active role of health workers, and the formation of positive attitudes in mothers, in order to optimize exclusive breastfeeding coverage.

Introduction

World Health Organization/WHO In 2023, breast milk (ASI) was considered the best food for babies. Besides being guaranteed clean, breast milk also contains antibodies that can protect babies from various diseases that are common in infancy. Breast milk provides energy and nutrients that are very important for babies in the first few months of life. Breastfeeding is one of the best ways to support a baby's health and growth. The World Health Organization (WHO) and UNICEF recommend giving breast milk to babies within the first hour after birth and continuing exclusive breastfeeding for the first six months of life.(WHO, 2023).

Data on exclusive breastfeeding throughout the world is still low, around 44% of babies aged 0-6 months received exclusive breastfeeding throughout the world during the period 2015 to 2020 amounting to 50% of the target for exclusive breastfeeding, this has not reached the target for coverage of exclusive breastfeeding in the world according to WHO WHO (2023).According to data, the prevalence of exclusive breastfeeding in Central and South Asia is 59%, and in East and Southeast Asia it is 41%. Exclusive breastfeeding coverage in Southeast Asian countries is 46%, including the Philippines (34%), Vietnam (27%), and Myanmar (24%).(Unicef, 2023).

The Indonesian government has created legal and order guidelines. Health Law Number 36 of 2009 states in Article 128 paragraph (2) and paragraph (3) that families, regional governments and communities must provide full support to mothers.(Kurniawati et al., 2020).

According to the Central Statistics Agency (BPS), the annual percentage of infants under 6 months receiving exclusive breastfeeding in Indonesia reached its highest level in 2023, rising 2.68% to 73.97%. In 2021, it was around 71.58%, and in 2022, it was around 72.04%. This percentage has increased consecutively for five years. Meanwhile, the lowest percentage occurred in 2018, reaching only 66.69%.(BPS, 2024).

By province, the highest exclusive breastfeeding rate nationally was in West Nusa Tenggara in 2023, reaching 82.45%. East Java and West Java also ranked highest in exclusive breastfeeding rates, reaching 80.2% and 80.08%, respectively. (BPS, 2024).

According to the Health Service's research data, published annually, the percentage of exclusive breastfeeding for infants under 6 months of age by district/city/province was 76.46% in 2021, increased to 77.00% in 2022, and rose again to 80.08% in 2023. The districts with the highest rates of exclusive breastfeeding were Depok (98.91%), Garut (93.61%), and Sumedang (81.27%).(D. Health, 2023).

Karawang Health Service Databased on annual reportsIn 2021, the coverage of babies given exclusive breastfeeding reached 68.15%, in 2022 it decreased to 51.7% and in 2023 it increased to 61.4%.(Karawang Health Service, 2023).The coverage of exclusive breastfeeding at Telukjambe Community Health Center in 2024 was 113 out of 463 infants, or 24.4%. This figure still falls short of the target for the Telukjambe Community Health Center's work area, as the Telukjambe Community Health Center's target is 100%.

Objective

This study aims to determine the relationship between family support, health worker support, and maternal attitudes towards exclusive breastfeeding at the Telukjambe Health Center, Karawang Regency, in 2025.

Method

This research design is quantitative descriptive analytical using a Cross Sectional approach, namely the research of independent variables or causal factors/risk factors and dependent variables or effect factors/influencing factors recorded simultaneously. The location of this research will be conducted at the Telukjambe Health Center in 2025, with the research time being carried out from April to May 2025. With a population of 1,061 children aged 6-12 months. This study used a non-probability sampling technique with a purposive sampling method, which is a form of sampling based on sampling characteristics. The sample size was 91 mothers with children aged 6-12 months.

Results

Analysis of research results was carried out in two stages, namely univariate analysis and bivariate analysis using chi square.

Univariate Analysis

Table 1. Frequency Distribution of Respondent Characteristics

| | Category | Frequenc y | (%) |
|--------------------|---|---------------|--|
| Age | 20-29 | 40 | 44.0 |
| | 30-39 | 43 | 47.3 |
| | 40-49 | 8 | 8.8 |
| last education | Graduated from elementary school | 3 18 48 | 3.3 19.8 52.7 |
| | Graduated from junior high school | 22 | 24.2 |
| | Graduated from high school | | |
| | College | | |
| Work | Housewife | 82 | 90.1 |
| | Employee | 7 | 7.7 |
| | Government employees | 1 1 | 1.1 1.1 |
| | Other | | |
| | | | |
| Number of children | 1 child | 32 | 35.2 |
| | 2 children | 26 | 28.6 |
| | 3 children | 26 | 28.6 |
| | 4 children | 5 | 5.5 |
| | 5 children | 2 | 2.2 |

Based on the collected data, the majority of respondents in this study were identified as being in the 30-39 age group, with a significant percentage reaching 47.3%.

In terms of education level, the majority of respondents were found to have a senior high school education (SMA), amounting to 52.7% of the total respondents. The majority of respondents were also classified as housewives, comprising 90.1%. Meanwhile, data regarding the number of children showed that the most respondents had one child, amounting to 35.2%.

Table 2. Frequency Distribution of Respondents Based on Exclusive Breastfeeding

| Exclusive Breastfeeding | Frequency | % |
|-----------------------------|-----------|-------|
| Not Exclusive Breastfeeding | 27 | 29.7 |
| Exclusive Breastfeeding | 64 | 70.3 |
| Total | 91 | 100.0 |

Based on the results of the table above, it shows that of the 91 respondents, the majority of mothers who provide exclusive breastfeeding are 64 respondents with a percentage of (70.3%).

Table 3. Frequency Distribution of Respondents Based on Family Support

| Family | Frequency | % |
|-----------------|-----------|-------|
| Less Supportive | 38 | 41.8 |
| Support | 53 | 58.2 |
| Total | 95 | 100.0 |

Based on the results of the table above, it shows that of the 91 respondents, the majority of mothers who received support from their families were 53 respondents with a percentage of (58.2%).

Table 4. Frequency Distribution of Respondents Based on Support from Health Workers

| Health workers | Frequency | % |
|-----------------|-----------|-------|
| Less Supportive | 39 | 42.9 |
| Support | 52 | 57.1 |
| Total | 95 | 100.0 |

The results of the table above show that of the 91 respondents, the majority of mothers who received support were 52 respondents with a percentage of (57.1%).

Table 5. Frequency Distribution of Respondents Based on Mother's Attitude

| Mother's Attitude | Frequency | % |
|-------------------|-----------|-------|
| Negative | 40 | 44.0 |
| Positive | 51 | 56.0 |
| Total | 95 | 100.0 |

The results of the table above show that of the 91 respondents, the majority of mothers who received a positive attitude were 51 respondents with a percentage (56%).

Bivariate Analysis

Table 7. Frequency Distribution of Family Support for Exclusive Breastfeeding at Telukjambe Community Health Center, Karawang Regency in 2025

| Family Support | Breast Milk | | | | Total | OR (95% CI) | P-Value | | | |
|-----------------|-----------------------------|------|-------------------------|------|-------|-------------|------------------|--|--|--|
| | Not Exclusive Breastfeeding | | Exclusive Breastfeeding | | | | | | | |
| | n | % | N | % | | | | | | |
| Less Supportive | 25 | 65.8 | 13 | 34.2 | 38 | 100.0 | (10,267-234,234) | | | |
| Support | 2 | 3.8 | 51 | 96.2 | 53 | 100.0 | | | | |
| Total | 27 | 29.7 | 64 | 70.3 | 91 | 100.0 | | | | |

Based on the table above, the results of the chi-square statistical test obtained a value (p value 0.000 $\alpha <0.05$) which means there is a relationship between family support and exclusive breastfeeding at the Telukjambe Community Health Center, Karawang Regency in 2025. And the OR value obtained was 49.038 (95% CI= 10,267-234,234) shows that mothers who receive less family support have a 49.038 times greater chance of not providing exclusive breastfeeding compared to mothers who receive family support.

Table 8. Frequency Distribution of the Relationship between Health Worker Support for Exclusive Breastfeeding at Telukjambe Community Health Center, Karawang Regency in 2025

| Healthcare Worker Support | breast milk | | | | Total | OR (95% CI) | P-Value | | | |
|---------------------------|-----------------------------|------|-------------------------|------|-------|-------------|------------------|--|--|--|
| | Not Exclusive Breastfeeding | | Exclusive Breastfeeding | | | | | | | |
| | n | % | N | % | | | | | | |
| Less Supportive | 21 | 53.8 | 18 | 46.2 | 38 | 100.0 | (10,267-234,234) | | | |
| Support | 6 | 11.5 | 46 | 88.5 | 53 | 100.0 | | | | |
| Total | 27 | 29.7 | 64 | 70.3 | 95 | 100.0 | | | | |

Based on the table above, the results of the chi-square statistical test obtained a value (p value 0.000 $\alpha <0.05$) which means there is a relationship between family support and exclusive breastfeeding at the Telukjambe Community Health Center, Karawang Regency in 2025. And the OR value obtained was 49.038 (95% CI= 10,267-234,234) shows that mothers who receive less family support are 49 times more likely to not provide exclusive breastfeeding compared to mothers who receive family support.

Table 9. Frequency Distribution of the Relationship between Health Worker Support for Exclusive Breastfeeding at Telukjambe Community Health Center, Karawang Regency in 2025

| Mother's Attitude | breast milk | | | | Total | OR (95% CI) | P-Value | | | |
|-------------------|-----------------------------|------|-------------------------|------|-------|-------------|----------------|--|--|--|
| | Not Exclusive Breastfeeding | | Exclusive Breastfeeding | | | | | | | |
| | n | % | n | % | | | | | | |
| Negative | 23 | 57.5 | 17 | 42.5 | 40 | 100.0 | (4,798-52,672) | | | |
| Positive | 4 | 7.8 | 47 | 92.2 | 51 | 100.0 | | | | |
| Total | 27 | 29.7 | 64 | 70.3 | 91 | 100.0 | | | | |

Based on the table above, the results of the chi-square statistical test obtained a value (p value 0.000 $\alpha <0.05$) which means there is a relationship between maternal

attitudes and exclusive breastfeeding at the Telukjambe Community Health Center, Karawang Regency in 2025. And the OR value obtained is 15,897 (95% CI = 4,798-52,672) shows that mothers who have negative attitudes are 15 times more likely to not provide exclusive breastfeeding compared to mothers who have positive attitudes.

Discussion

Univariate Analysis

Respondent Characteristics

Based on the results of the table above, the majority of respondents in this study were identified as being in the 30-39 age group, with a significant percentage reaching 47.3%. In terms of education level, the majority of respondents were found to have a senior high school education (SMA), amounting to 52.7% of the total respondents. The majority of respondents were also classified as housewives, comprising 90.1%. Meanwhile, data regarding the number of children showed that the most respondents had one child, amounting to 35.2%.

The results of this study are the same as the results of the study (Nuraini et al., 2022). Conducting research in the Tenayan Raya Community Health Center work area showed that from 83 respondents, the highest number of respondents were in early adulthood (26-35 years old) at 44 people (53.0%). Early adulthood is included in the productive age for breastfeeding mothers, so at this age mothers can solve problems, can make decisions, and can care for and nurture their babies well.

The results of this study are the same as the results of the study (Nuraini et al., 2022). Conducting research in the Tenayan Raya Community Health Center work area in this study, the results obtained were that the highest level of education of respondents was high school with a total of 43 respondents (51.8%), junior high school with a total of 14 respondents (16.9%), college with a total of 21 respondents (25.3%) and the lowest with elementary school education with a total of 5 respondents (6.0%).

The majority of breastfeeding mothers who are stay-at-home mothers have an advantage in time management. With more free time than mothers who work outside the home, they generally have more freedom to actively participate in various educational activities. Their attendance at counseling sessions conducted by local health workers is more frequent and consistent. This direct interaction allows housewives to absorb important information about exclusive breastfeeding practices in greater depth and comprehensiveness. This comprehensive knowledge not only enhances their understanding but also fosters a positive and proactive attitude toward exclusive breastfeeding. Consequently, this knowledge and positive attitude significantly support their success in providing optimal exclusive breastfeeding to their babies. (Nuraini et al., 2022).

The results of this study are in line with the results of research (Nuraini et al., 2022). Conducting research in the Tenayan Raya Community Health Center work area in its research regarding the relationship between family support and mothers' attitudes in providing exclusive breastfeeding, the majority of respondents were unemployed (housewives) as many as 70 people (84.3%) and working mothers as many as 13 people (15.7%). Where here mothers have a lot of time to care for and breastfeed babies exclusively and mothers actively attend counseling from local health workers and will support mothers' knowledge so that mothers have good knowledge and attitudes in exclusive breastfeeding.

First-time mothers, or primiparas, are often deeply concerned about their babies' growth and development and believe in the importance of exclusive breastfeeding. However, this first experience also makes them vulnerable to breastfeeding challenges. These challenges often arise because they hear more negative stories or experiences from others, without balanced with accurate and comprehensive knowledge about proper breastfeeding techniques or how to overcome common challenges. This imbalance of information can lead to doubt and anxiety, hindering the success of what should be a natural and joyful breastfeeding process.

This research is in line with(Nuraini et al., 2022). Conducting research in the Tenayan Raya Community Health Center work area, in this study, the largest number of respondents had one child with a frequency of 35 respondents (42.2%), where mothers who had given birth once were called primiparas. In general, primiparous mothers were very enthusiastic about preparing for birth, including breastfeeding. This is because primiparous mothers were worried about their baby's growth and development and thought that their babies needed to be given exclusive breastfeeding. A mother who has her first child may experience problems when breastfeeding because they hear other people's bad experiences without knowledge about proper breastfeeding.

Bivariate Analysis

The Relationship between Family Support and Exclusive Breastfeeding at Telukjambe Community Health Center, Karawang Regency

Based on the results of the table above, based on family support, it shows that the majority of respondents are families who support exclusive breastfeeding, as many as 96.2%, and families who do not support exclusive breastfeeding, as many as 34.2%.

The results of the chi-square statistical test obtained a value (p value 0.000 $\alpha < 0.05$) which means that there is a relationship between family support and exclusive breastfeeding at the Telukjambe Community Health Center, Karawang Regency in 2025. And the OR value obtained was 49.038 (95% CI= 10,267-234,234) shows that mothers who receive less family support are 49 times more likely to not provide exclusive breastfeeding compared to mothers who receive family support.

The results of this study are the same as the results of the study(Widayarti et al., 2023). Conducting research at Kendal Islamic Hospital, with a total of 53 respondents showingsignificant relationship between family support and exclusive breastfeeding with p value = 0.000. The proportion of mothers who provide exclusive breastfeeding is significantly different between the group of mothers who feel supported by their families and the group of mothers who do not feel the same support. Mothers who receive family support have a very high chance, which is about 131.75 times greater, to provide exclusive breastfeeding compared to mothers who receive less support from their families.

This research is in line with the research results(Simanjuntak et al., 2022). Of the 96 respondents, there is a significant relationship between family support and exclusive breastfeeding in Blimbing District, Malang Regency with (p = 0.001). Mothers who receive adequate family support are 5.3 times more likely to exclusively breastfeed compared to mothers who lack similar support. Further analysis identified family support as the strongest predictor of exclusive breastfeeding with a p-value of 0.001. Furthermore, this study indicates that a housewife who receives sufficient

family support has an 80% probability of exclusively breastfeeding. Family support is also crucial in exclusive breastfeeding. Emotional support reduces maternal stress, instrumental support lightens the burden, information support provides correct knowledge, and assessment support increases self-confidence. This combination creates a positive environment that empowers mothers to focus on providing the best nutrition for their babies during the first six months of life.

The Relationship between Health Worker Support and Exclusive Breastfeeding at Telukjambe Community Health Center, Karawang Regency

Based on the results of the table above, based on family support, it shows that the majority of respondents are health workers who support exclusive breastfeeding as much as 88.5% and health workers who are less supportive of exclusive breastfeeding as much as 11.5%.

The results of the chi-square statistical test obtained a value (p value 0.000 $\alpha < 0.05$) which means that there is a relationship between the support of health workers and the provision of exclusive breastfeeding at the Telukjambe Community Health Center, Karawang Regency in 2025. And the OR value obtained was 8.944 (95% CI= 3.104-25.774) shows that mothers who receive less family support are 8.9 times more likely to not provide exclusive breastfeeding compared to mothers who receive family support.

This research is in line with(Yuliana et al., 2022).From 71 mothers, the results obtained P value = 0.000 meaning that there was a significant relationship between the support of health workers and the success rate of exclusive breastfeeding in the Working Area of the Cahya Maju Lempuing OKI Health Center in 2021. OR: 12,300, meaning that mothers who received support from their husbands were 12,300 times successful in providing exclusive breastfeeding. One of the health workers who has an important role in the breastfeeding process is a midwife. Midwives have a very special role in supporting breastfeeding. The role of midwives can help mothers to provide good breast milk and prevent common problems that occur during the breastfeeding process. The initial role of midwives in breastfeeding is to assure the mother that the baby will get enough food from her mother's breast and to help the mother in such a way that she is able to breastfeed her baby herself.

This research is in line with(Metrianah et al., 2023).Of the 82 respondentsThe results of the study used the chi-square test and the significance limit = 0.05 obtained p value = 0.002 < 0.05 , this indicates that there is a significant relationship between the support of health workers and the provision of exclusive breastfeeding. Thus, the hypothesis that states there is a relationship between the support of health workers and the provision of exclusive breastfeeding in the Muara Enim Community Health Center Working Area, Muara Enim City in 2022 is statistically proven. The Odds Ratio results obtained an OR value of 5.386, meaning that respondents who received positive support from health workers had a 5.386 times greater tendency to choose exclusive breastfeeding compared to respondents who received negative support from health workers.

The Relationship between Mothers' Attitudes to Exclusive Breastfeeding at Telukjambe Community Health Center, Karawang Regency

Based on the results of the table above, based on the mother's attitude, it shows that the majority of respondents have a positive attitude towards exclusive

breastfeeding, as much as 92.2%, and a negative attitude towards not exclusive breastfeeding, as much as 42.5%.

The results of the chi-square statistical test obtained a value (p value 0.000 $\alpha < 0.05$) which means that there is a relationship between maternal attitudes and exclusive breastfeeding at the Telukjambe Community Health Center, Karawang Regency in 2025. And the OR value obtained is 15,897 (95% CI = 4,798-52,672) shows that mothers who have negative attitudes are 15 times more likely to not provide exclusive breastfeeding compared to mothers who have positive attitudes.

This research is in line with research(Isnaniyah et al., 2023).In a 2022 study at PMB Sri Isnaniyah, Srengseng Sawah Village, South Jakarta, it was found that a mother's positive attitude was strongly associated with the success of exclusive breastfeeding. Of the 40 respondents, 19 mothers with positive attitudes successfully breastfed, while 3 mothers did not. Meanwhile, 10 mothers with negative attitudes exclusively breastfed, while 8 mothers did not. The statistical test results showed a p-value of 0.040 (less than 0.05), indicating a significant relationship between maternal attitudes and exclusive breastfeeding. Furthermore, the Odds Ratio (OR) of 5.067 indicates that mothers with positive attitudes were 5.067 times more likely to exclusively breastfeed than mothers with negative attitudes.

The results of this study are in line with research(Nurhaiedah, 2023). From 65 respondents, the chi-square test results were obtained with a p value of 0.001 $< \alpha = 0.05$. So the hypothesis H_a is accepted and H_0 is rejected, so it can be concluded that there is a relationship between attitudes towards breastfeeding in the working area of the Lansiang Health Center, Pinrang Regency. It can be concluded that the more positive the mother's attitude about exclusive breastfeeding, the greater the mother's opportunity to provide exclusive breastfeeding. In addition, there are still mothers who have negative attitudes but still provide exclusive breastfeeding, this shows that besides the mother's attitude, there are still other factors that can influence a mother to provide exclusive breastfeeding.

Attitudes are influenced by various factors, including personal experience, the influence of significant others, cultural influences, mass media, educational and religious institutions, and emotional factors. A person's attitude can change with the acquisition of additional information about a particular object. Attitudes emerge from various assessments, including conditions and behavioral tendencies. Attitudes can also change from experience and innate factors, as well as persuasion, for example, through health counseling or education. Regular health education will improve respondents' attitudes and benefit them, thereby increasing the rate of exclusive breastfeeding.(Kusumawati, 2021).

Conclusion

Based on the results of the research that has been carried out, the discussion that has been carried out and the discussion that has been presented, the following conclusions can be drawn: There is a significant relationship between family support and exclusive breastfeeding ($P = 0.000$). There is a significant relationship between health worker support and exclusive breastfeeding ($P = 0.000$), There is a significant relationship between maternal attitudes towards exclusive breastfeeding ($P = 0.000$).

It is hoped that future researchers will be able to take larger samples. Respondents were advised to increase their knowledge about exclusive breastfeeding, optimize support from their immediate family, develop self-confidence in successful

breastfeeding, and not hesitate to seek consultation from health workers if they encounter any problems.

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