

ABSTRACT**CORRELATION OF HUSBAND'S SUPPORT WITH SELF EFFICACY
AND EFFECTIVE BREASTFEEDING IN 0-6 MONTHS
BREASTFEEDING MOTHERS****By : Indah Nur Rahmawati**

Effective breastfeeding is an interactive process between mother and infant for giving breastmilk directly with right method and sufficient quantity to meet the needs of mothers and infant. However, 60% of infants less than 4 months old have been recently given with cow's milk due to lack of mother breastfeeding self efficacy. To increase self efficacy and maintain effective breastfeeding, the support from husband as the closest person is obviously required. The aim of this study was to identify the correlation of husband's support with self efficacy and effective breastfeeding in 0-6 months breastfeeding mothers.

This was a correlation study using cross sectional design, conducted at Community Health Center Pegirian. Samples were 33 breastfeeding mothers for 0-6 months who visited the posyandu and recruited using nonprobability consecutive sampling. Data were collected using questionnaire and observation sheet then were analyzed statistically with Spearman Rank Correlation test with significance level of less than 0,05.

This study revealed that correlation between husband's support and self efficacy had $p = 0,000$, husband's support and effective breastfeeding had $p = 0,000$.

It could be concluded that there was correlation between husband's support with self efficacy and effective breastfeeding. Correlation was strong, so that it was proved that husband's support was remarkably effective in increasing breastfeeding self efficacy and effective breastfeeding behavior. Effective husband's support will increase with education about the importance of husband's support to husband when they accompany their wife to the community health center.

Keyword: husband's support, self efficacy, effective breastfeeding