

Jurnal Info Kesehatan

Vol. 21, No. 3, September 2023, pp. 488-507

P-ISSN 0216-504X, E-ISSN 2620-536X

DOI: [10.31965/infokes.Vol21Iss3.1154](https://doi.org/10.31965/infokes.Vol21Iss3.1154)

Journal homepage: <http://jurnal.poltekkeskupang.ac.id/index.php/infokes>



RESEARCH

Open Access

Father's Role in Exclusive Breastfeeding in Developing Countries: Scoping Review

Siti Nurul Fadhilah Sari^{1a}, Andari Wuri Astuti^{1b*}

¹ Faculty of Health Sciences, Universitas Aisyiyah Yogyakarta, Sleman, Daerah Istimewa Yogyakarta, Indonesia

^a Email address: sitinurulfadhilah533@gmail.com

^b Email address: astutiandari@unisayogya.ac.id

Received: 11 April 2023

Revised: 13 June 2023

Accepted: 28 September 2023

Abstract

The father is the closest person after the baby's mother, who plays a role in exclusive breastfeeding. The interventions of dads attempt to improve breastfeeding knowledge, positive attitudes, and fathers' engagement in providing practical, physical, and emotional support to mothers, which can improve breastfeeding behaviors. The purpose of this study is to map current information about the role of fathers in exclusive breastfeeding in developing countries by including relevant sources of evidence from each article that has been found. The research method uses a Scoping review with the Arkey and O'Malley approach. It consists of 5 steps, namely: (1) identifying each scoping review question, (2) identifying relevant articles, (3) selecting articles, (4) charting data (5) compiling, summarizing and reporting results. Article search uses three databases, PubMed, ScienceDirect and Wiley, published between 2018-2022. Keywords used in the search process are (Father Role* OR Partner Role*) AND (Exclusive Breastfeeding* OR Lactation* OR Breast Milk*). There are 14 articles found, including several developing countries from various continents, nine articles from Thailand, Vietnam, Iran, India, Philippines, and China from the Asian continent, and five articles from the countries Tanzania, Ethiopia, and South Africa from the African continent. The results of the study show that the father's role in exclusive breastfeeding in developing countries is to provide emotional support, practical support and informational support so that mothers have a greater chance of producing breast milk more effectively. Husband's support towards breastfeeding mothers positively affects the mother's psychological condition and success, especially in exclusive breastfeeding. The next author is expected to help make the policy if health workers are required, especially the policy for husbands to be involved in giving counseling while accompanying their wives in health facilities.

Keywords: Father, Exclusive Breastfeeding, Role, Developing Countries.

*Corresponding Author:

Andari Wuri Astuti

Faculty of Health Sciences, Universitas Aisyiyah Yogyakarta, Sleman, Daerah Istimewa Yogyakarta, Indonesia

Email: astutiandari@unisayogya.ac.id



©The Author(s) 2023. This article is distributed under the terms of the Creative Commons Attribution 4.0 International License (<http://creativecommons.org/licenses/by/4.0/>), which permits unrestricted use, distribution, and reproduction in any medium, provided you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license, and indicate if changes were made. The Creative Commons Public Domain Dedication waiver (<http://creativecommons.org/publicdomain/zero/1.0/>) applies to the data made available in this article, unless otherwise stated.

1. INTRODUCTION

Exclusive breastfeeding began one hour after giving birth and then continued till the child the age of six months (Horwood et al., 2018). Breastfeeding can help children survive and improve the antibodies required to prevent general infections such as diarrhea and pneumonia. Breastfeeding also gives children and moms physical, nutritional, and emotional advantages (Cheema et al., 2020). If it is compared to a mom who doesn't breastfeed exclusively, moms who get support from the husband have the possibility of 3,61 times bigger to do that. The lack of information on exclusive breastfeeding affects the father's role in exclusive breastfeeding (Angraini et al., 2019).

Exclusive breastfeeding is recommended by both the WHO and the American Academy of Pediatrics for infants and young children from the time they are 6 months old until they are 2 years old (Ahmed et al., 2019). In 2016, the average worldwide success rate of exclusive breastfeeding was 38%, according to data from the World Health Organization (WHO). In 2020, 40% of infants in the developing nation of Indonesia were being fed solely by their mothers during the first six months of their lives.

The role of the husband as a motivator by providing motivation/encouragement to become a participant in family (Mukarromah & Astuti, 2023). Father's intervention tries to improve the practice of women's nursing by improving knowledge of breastfeeding, positive attitude, and also involvement in giving practical, physical, and emotional support. After the baby's mother, the father is the next closest person who has a role in exclusive breastfeeding (Alzaheb, 2017). Father's role can make such a huge impact on breastfeeding decisions. Mothers who believe their husband supports them in breastfeeding are more likely to do breastfeeding (Rempel et al., 2017).

The husband's support is the wrong factor that determines the emotional state or mother's feelings so that the hormone oxytocin and prolactin affects emotions and mind and stimulate milk production (Astuti et al., 2021). Father's support in giving Breast milk is the main source of support for nursing mothers, can affect and contribute to the uptake decision regarding initiation continuation of breastfeeding, mother's trust breastfeeding and at the time of weaning baby (Vila-Cande et al., 2018); (Nilsson et al., 2022). Many factors influence in breastfeeding decisions besides being seen of the benefits for the baby's health, class antenatal care, daddy support have a positive impact on breastfeeding continuity (Shitu et al., 2021).

Since the pregnancy period, the father's trust in breastfeeding can be measured. A husband can entrust his wife to breastfeeding for more than 6 months and will help his wife more. On the other hand, women's opinion about their partner's consent to breastfeeding also helps and maybe has a bigger impact on the father's support for breastfeeding. There is no doubt that fathers can affect breastfeeding habits (Zarnowiecki et al., 2018).

Based on the above, it is required subjects scope by using Scoping Review Protocol, which specifically discusses the father's function in breastfeeding. This Scoping Review aims to map the current evidence about the father's role in exclusive breastfeeding in developing countries by inserting relevant research sources from every founded article.

2. RESEARCH METHOD

Scoping Review is an excellent research method to determine the breadth or scope of literature collection about a specific issue. This offers clear indicators about material amounts, available studies, and general descriptions (wide or comprehensive) (Tricco et al., 2018). This research, which focuses on the involvement of fathers in breastfeeding, follows the guidelines established by the PRISMA (Preferred Reporting Items for Systematic Review and Meta-Analyses) framework for scoping review (PRISMA-ScR) (Helova et al., 2021).

To get comprehensive findings and depth, the strategy that is used is identifying literature. The purpose of this framework is to explain the research's scope so it can be used for systematic literature review. The process of review grouping proposed by Arksey and O'Malley also used in this scoping review including these steps: (1) identify questions of scoping review; (2)

finding relevant problems; (3) choose article; (4) data graphic; and (5) drawing conclusions and presenting results (Stark et al., 2021).

a. Identify scoping review questions.

In developing the topic focus and strategy of literature searching to formulate questions of the scoping review, the author uses the framework of Population, Exposure, Outcome, and Study Design (PEOS). PEOs is used to simplify identifying more specific keywords according to interest in review focus, extend searching terms that are following developing problems and determine inclusion and exclusion criteria (Peterson et al., 2017).

The following is a framework as a reference for inclusion and exclusion criteria in this Scoping Review:

Table 1. Framework PEOs

P (Population)	E (Exposure)	O (Outcome)	S (Study Design)
Father	Exclusive Breastfeeding	Role	All study in developing countries

According to the framework above, this Scoping review asks, “How is the Role of the Father in Exclusive Breastfeeding in Developing Countries?”

b. Identify relevant articles

Following the formulation of these scoping review questions, the reviewer will select appropriate articles according to the following inclusion and exclusion criteria:

Table 2. Eligibility Criteria

Inclusion Criteria	Exclusion Criteria
Published in the last 5 years (2018-2022)	1) Review article
Published in Indonesian or English	2) Opinion article
Full text article	3) Document/ report/policy framework/ special guide from WHO/ certain formal organization
Open access article	
Article that discusses about father’s role in exclusive breastfeeding in developing countries	
Article that discuss factors affect father’s role during exclusive breastfeeding in developing countries	

c. Database

The article search uses three databases, Pubmed, ScienceDirect and Wiley, published between 2018-2022.

d. Literature Searching

Articles are searched by using Boolean, which is AND, OR, NOT, and Truncation (*) as the connector to merge or exclude keywords in search so it obtains the results that are more focused and relevant. Keywords used in the search process are (Father Role* OR Partner Role*) AND (Exclusive Breastfeeding* OR Lactation* OR Breast Milk*).

e. Literature Selection

For writing this scoping review, the author records a literature search using the standard of Preferred Reporting Items for Systematic Review and Meta-Analyses (PRISMA), after which the data is filtered using the author’s criteria (Widiasih et al., 2020). The following are the steps for filtering data using the PRISMA flowchart:

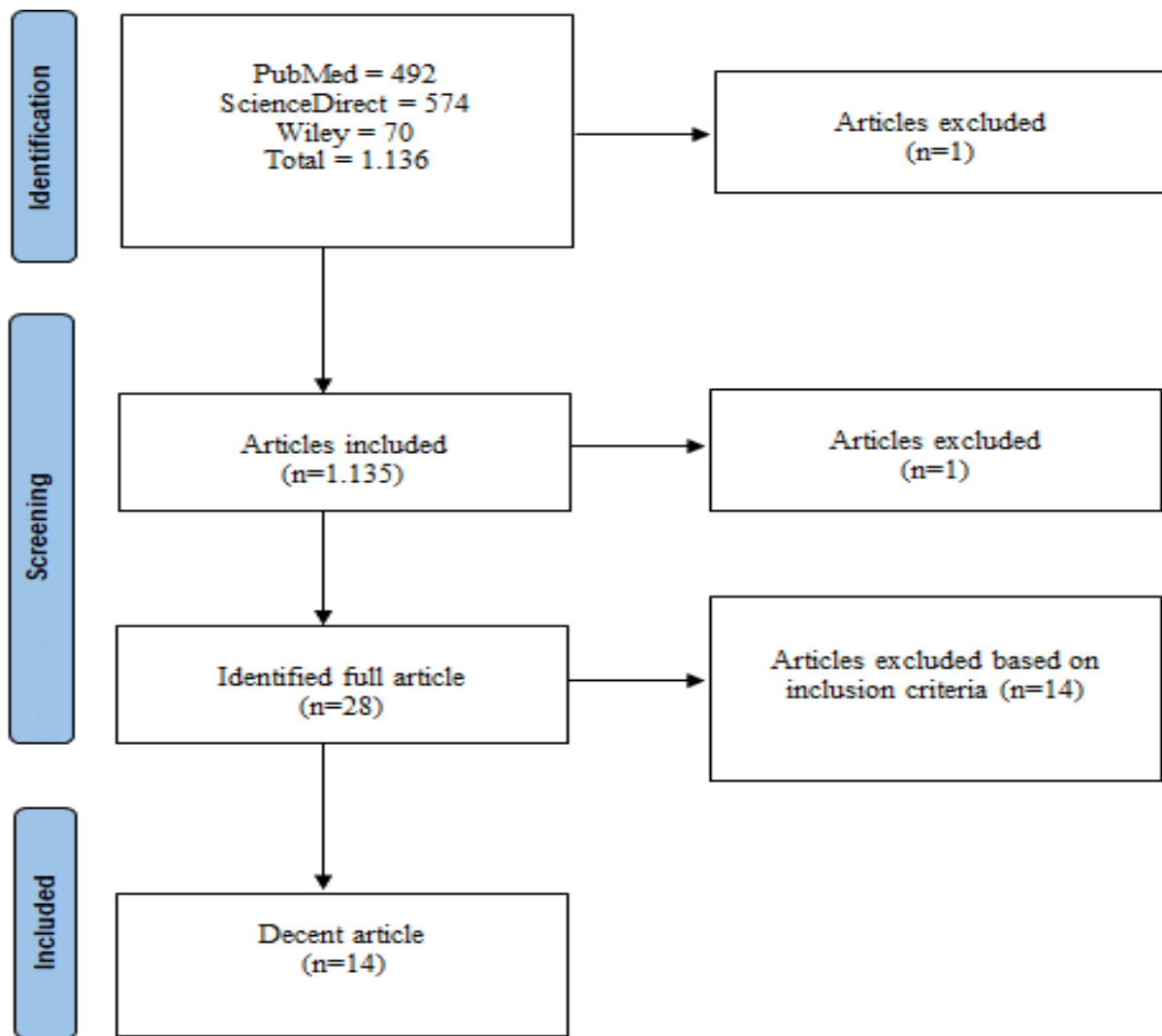


Figure 1. PRISMA-ScR Flowchart

3. RESULTS AND DISCUSSION

a. Data Charting

Data from 14 articles are inserted in the table according to the determined inclusion criteria. The author noted information independently and compared the reviewed data.

Table 3. Article Reference Code

Number	Article Code	Article Reference
1	A1	(Panahi et al., 2022)
2	A2	(Shitu et al., 2021)
3	A3	(Bich et al., 2019)
4	A4	(Bulemela et al., 2019)
5	A5	(Saniel et al., 2021)
6	A6	(Awoke & Mulatu, 2021)
7	A7	(Young et al., 2020)
8	A8	(Van Ryneveld et al., 2020)
9	A9	(Li et al., 2020)
10	A10	(Duan et al., 2022)
11	A11	(Gebremariam et al., 2021)
12	A12	(Budiati et al., 2022)
13	A13	(Krikirat et al., 2022)
14	A14	(Nie et al., 2021)

Table 4. Data Charting

No	Title/author / year	Country	Purpose	Research Type	Method	Results
1	Educating fathers to improve exclusive breastfeeding practices: a randomized controlled trial (Panahi et al., 2022)	Iran	To assess the effectiveness of the father's education program towards breastfeeding supports, breastfeeding practice and exclusive breastfeeding status.	Randomized controlled trial	Controlled trials randomly on two intervention and control groups. Data collection instrument: Questionnaire with interview Checklist completed through observation The t-test, the paired-samples t-test, the Chi-square test.	Father education enhances breastfeeding practise and increases the quantity and duration of exclusive breastfeeding . This research showed that informing fathers about breastfeeding 's advantages and teaching them how to provide support for their partners while they breastfeed increased breastfeeding rates and duration.
2	Knowledge of breastfeeding practice and associated factors among fathers whose wife delivered in last one year in Gurage Zone, Ethiopia (Shitu et al., 2021)	Ethiopia	To study the knowledge and factors that related with breastfeeding practice in the father's role.	Cross sectional	A cross-sectional study based on community is done in the Gurage Zone among 597 fathers. Sample collection technique cluster one is used for using study participants.	The degree of breastfeeding education among fathers in the study area is still low (58.3%). Residences, two or more babies in a house, accompanying during ANC, and index of

						baby disease are independent predictors of father's breastfeeding expertise.
3	Community based father education intervention on breastfeeding practice Results of a quasi-experimental study (Bich et al., 2019)	Vietnam	To promote father's involvement in supporting women associated with early initiation and exclusive breastfeeding.	Quasi-experimental	Two districts in the province of Hai Duong in northern Vietnam, both with roughly the same population size and level of social and economic development, control groups is determined using multivariate logistic regression.	The positive findings on the intervention's influence on early breastfeeding initiation and EBF level at 1, 4, and 6 months have been bolstered by the intervention to include fathers in breastfeeding promotion. Intervention planning and implementation must take into account fathers' socioeconomic status, cultural background, and political affiliation.
4	Supporting breastfeeding: Tanzanian men's knowledge and attitude towards exclusive breastfeeding (Bulemela et al., 2019)	Tanzania	To describe how women feel about Tanzanian men's support for breastfeeding their children.	Qualitative study	In this qualitative study, conducted in three settlements in Kilombero Valley, Ifakara District, we used a focus group to analyse the	The majority of those in this survey understand that the EBF period is significant and helps to lengthen their connection with their

					understanding and outlook of 35 guys.	spouses. However, owing of poverty, EBF can be difficult to obtain. But, there are many males who desire to get more involved. Men believe they require more knowledge regarding EBF.
5	Effectiveness of peer counseling and membership in breastfeeding support groups in promoting optimal breastfeeding behaviors in the Philippines (Saniel et al., 2021)	Philippine	To determine the effectiveness of peer counselor visit during pregnancy and post pregnancy, and membership on breastfeeding supporters group in optimal promoting breastfeeding practice.	Cross-sectional Study	Program Evaluation using the design study type of non-experimental 'before and with a sample size of 2,584 mother-infant pairings from the six sites.	Our research shows that the country has fallen short of its proclaimed goal of having all infants start nursing within an hour of birth and having all infants continue breastfeeding for at least six months. Membership in a breastfeeding supporters group is favourably connected to the commencement of early breastfeeding

						and EBF in 6 months.
6	Determinants of exclusive breastfeeding practice among mothers in Sheka Zone, Southwest Ethiopia: A cross-sectional study (Awoke & Mulatu, 2021)	Ethiopia	To identify the practice determinant of exclusive breastfeeding (EBF) practice in Sheka zone, Ethiopia. Beside that, this research has the purpose to assess EBF practice prevalence in study zones.	Cross-sectional Study	Using the Kebele (a type of administrative unit) as the cluster, a total of 630 thousand random samples are selected. Between June and July of 2017, the interviewer distributed questionnaires to collect data. The EBF prevalence rate is calculated using descriptive statistics.	We found that the government did not achieve its proclaimed goal of having mothers start nursing their babies within an hour of giving birth and having all babies be exclusively breastfed for at least six months.
7	It takes a village: An empirical analysis of how husbands, mothers-in-law, health workers, and mothers influence breastfeeding practices in Uttar Pradesh, India (Young et al., 2020)	India	To understand various influences in breastfeeding practice and modeling the potential impact of program in improving breastfeeding.	Cross-sectional	A total of 1,838 new mothers, 1,194 fathers, and 1,353 grandmothers and grandmother-in-laws participated in the cross-sectional study. using a logistic bivariate regression model.	The results highlighted the need for extensive support for breastfeeding, since they showed that a number of factors influence EIBF, prelacteal feeding, and EBF in Uttar Pradesh. Larger state and national programmes in India are aimed at improving the living conditions of

						married men and their families (Sahu, 2018; UNICEF, 2016; NITI Aayog, 2017).
8	Mothers' experiences of exclusive breastfeeding in a post discharge home setting (Van Ryneveld et al., 2020)	South Africa	For this analysis purpose, it focused on the mother's effort to maintain EBF at home, in the mother's population, including father and other nanny.	Qualitative Study	Between September 2016 and January 2018, the KCH children's ward in a Kenyan coastal village was the site of the IBAMI trial. The KCH children's ward sees about 150 infants under 6 months old each year who have low birth weights.	According to the findings of the study, 20 thousand moms are selected at the time to go home; 18 of them are successful in generating EBF at home, while two are not. Data from two moms who did not have EBF at home were eliminated for this analysis, which focused on the mother's effort to sustain EBF at home. After 4 weeks of being home, 18 mothers who were exclusively breastfeeding when they were released said they were still doing it.

9	Breastfeeding practices and associated factors at the individual, family, health facility and environmental levels in China (Li et al., 2020)	China	To inform about breastfeeding practice and factors related with the individual, family, health facility and environment in China.	Cross-sectional	Sample in this study is a baby under the age of 6 months, with the cluster sampling technique on 10.408 mothers.	This investigation results will give: Lactation accompaniment in the form of counseling or exclusive breastfeeding practice can increase the prevalence of exclusive breastfeeding. . Women who do breastfeeding have the partner's support are more likely to continue breastfeeding. . SC childbirth has a more significant effect towards exclusive breastfeeding. . Support for breastfeeding mothers, such as special room making for breastfeeding in public places, is really required
10	What are the determinants of low exclusive	China	To look at some demographics in	Cross-sectional Study	Twelve regions and cities across China are	Correct understanding and a favourable

	breastfeeding prevalence in China? A cross-sectional study (Duan et al., 2022)		EBF such as: health service, family support, and community support.		participating in a cross-sectional study. This author employed multistage stratification of cluster sampling to acquire data from face-to-face interviews with moms who completed electronic questionnaires.	mother's attitude towards breast milk are critical in boosting EBF prevalence. The support of the father and grandmother of the baby and environment is another potential route to nursing success. Promotion of milk formula remains a major impediment to EBF practise in China.
11	A cross-sectional comparison of breastfeeding knowledge, attitudes, and perceived partners' support among expectant couples in Mekelle, Ethiopia (Gebremariam et al., 2021)	Ethiopia	To compare knowledge, attitude, and partner breastfeeding support in Mekelle, Ethiopia.	Cross-sectional	This study includes 128 couples based on the criteria. Data was gathered through face-to-face interviews conducted by professional nurses working at public health clinics during September and October 2018.	According to our findings, Ethiopian fathers are enthusiastic promoters of breastfeeding. Breastfeeding intervention in the future should increase father's intervention in nursing and urge moms to improve their partner's intervention in breastfeeding.

12	Fathers' Role in Sustainability of Exclusive Breastfeeding Practice in Post-Cesarean-Section Mothers (Budiati et al., 2022)	Indonesia	To identify the role and husband's support towards post-cesarean-section mothers in exclusive breastfeeding.	Qualitative Study	This research uses a mix of focus group discussions and in-depth interviews as part of a qualitative phenomenological approach. Twelve fathers whose wives had just undergone caesarean sections participated in this study. Thematic content analysis is used to examine data.	Most fathers appear to be eager to involve and assist their partners in providing breast milk to their children. Fathers can encourage and help their partners start and continue exclusive breastfeeding with the right kind of support from family, professional health care, and employers. Help from fathers on all fronts—emotional, practical, and physical—is essential to the success of breastfeeding and the comfort of the mother.
13	Relationships between Thai fathers' self-efficacy to support breastfeeding and exclusive breastfeeding duration	Thailand	To determine the relation between Thai fathers' self efficacy to support exclusive	Cross-sectional Study	This cross-sectional study relies on survey data, research's sample consists of 205 father and mother pairs (410 participants) with 6 months babies.	Analysis of bivariate correlation from survey data showed that the self efficacy score of breastfeeding father and mother is

	(Krikirat et al., 2022)		breastfeeding and exclusive breastfeeding duration.			positively related with the longer duration of exclusive breastfeeding (also, each). This study concludes that to increase the duration of exclusive breastfeeding in Thailand, self efficacy of father's support in exclusive breastfeeding should be promoted well in the current programs that support exclusive breastfeeding.
14	Exclusive breastfeeding in rural Western China: does father's co-residence matter? (Nie et al., 2021)	Chinese	To determine that living together and father's support are beneficial in breastfeeding.	Cross-sectional Study	A cross-sectional study is done in 13 poor districts. Data on 452 nanny pairs' nursing habits, marital status, family support for breastfeeding, and mothers' ability to make decisions are gathered using a cluster random sample method and standardised questionnaires.	The association between living together and breastfeeding has proved that fathers' support is extremely advantageous for breastfeeding. In West China, living together has a negative relationship with the level of exclusive breastfeeding

. More practical and emotional skill-based solutions for father education should be developed in order to improve their involvement and respect the mother's decision.

Each chooses study, and a critical assessment is done to determine the selected articles' quality. Critical Assessment Instrument of Joanna Briggs Institute (JBI) is done in review of this Scope for critical assessment. JBI is a research organization and international development that promotes and supports health treatment based on evidence. Critical assessment is the process to evaluate a research paper carefully and methodically for validating and its implementation in clinical practice. There are 14 papers in accordance with problems and author's criteria in critical assessment steps; research design that is used including cross-sectional trial, qualitative, quasi-experimental, and randomized controlled. Each research method has a checklist of different critical appraisals. JBI has a checklist of critical appraisals according to existing research types. Every checklist also has questions with different amounts (Attached).

Article quality in appraisal critical steps the author uses scores of Grade S, B, and C to differentiate the article category, which falls into Good category (Grade A), Fairly Good (Grade B), and Not Good (Grade C).

Table 5. JBI Critical Appiasal Result

Number	Article	Types	Article Grade	Results
1	A1	Randomized controlled trial	A	
2	A2	Cross-sectional Study	A	
3	A3	Quasy experiment study	A	
4	A4	Studi Kualitatif	B	
5	A5	Cross-sectional Study	B	
6	A6	Cross-sectional Study	A	
7	A7	Cross-sectional Study	A	
8	A8	Studi Kualitatif	A	
9	A9	Cross-sectional Study	B	
10	A10	Cross-sectional Study	A	
11	A11	Cross-sectional Study	A	
12	A12	Studi Kualitatif	A	
13	A13	Cross-sectional Study	A	
14	A14	Cross-sectional Study	A	

b. Data/results presentation, discussion and conclusions

Data is extracted from the articles that are found then arranged in several themes. Themes already included in this article's purpose is father's role in exclusive breastfeeding and factors that affect. While the sub-theme in the theme of father's role in exclusive breastfeeding are: a. Practical support, b. Emotional support, c. Informational support and the sub-theme in the theme of factors that affect father's role: a. Knowledge, b. Education, c. Love and responsibility d. Social-economy and culture, e. Health employee.

Table 6. Data Mapping

Number	Theme	Sub-Theme	Article's Number
1	Father's Role in exclusive breastfeeding	a. Practical support	A1, A4, A14
		b. Emotional support	A5, A10. A11, A14
		c. Informational support	A11, A9
2	Factors that affect	a. Knowledge	A2, A11
		b. Education	A1
		c. Love and Responsibility	A4, A6
		d. Social culture	A4, A7
		e. Health employee	A2, A3, A9, A13

Based on the 14 chosen articles there is some characteristic that is country characteristic, research method characteristic and grade article characteristic:

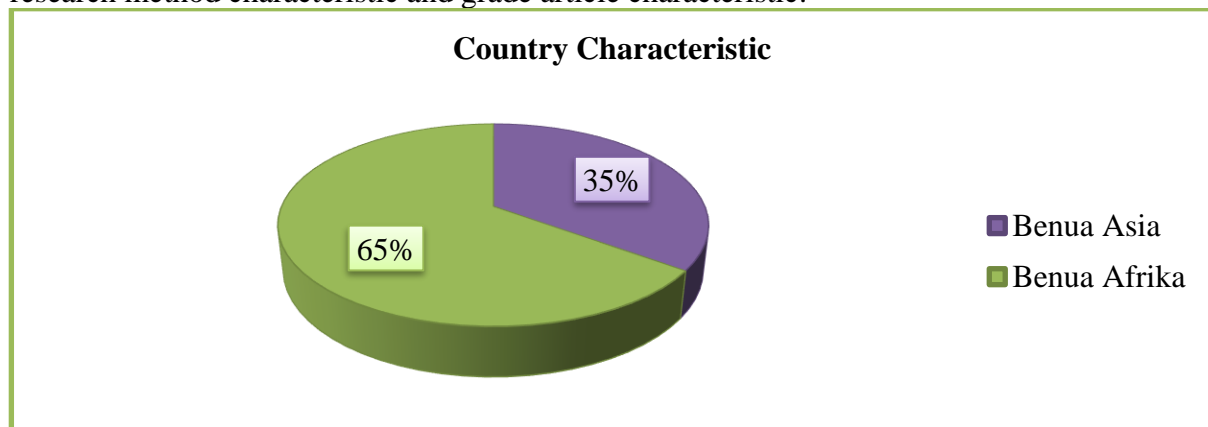


Figure 2. Country Characteristic Diagram

There are 14 articles found including several developing countries from various continents, such as 9 articles from Thailand, Vietnam, Iran, India, Philippines, and China from the Asian continent with a percentage of 65%, and 5 articles from the country Tanzania, Ethiopia, and South Africa from the African continent with a percentage of 35%.

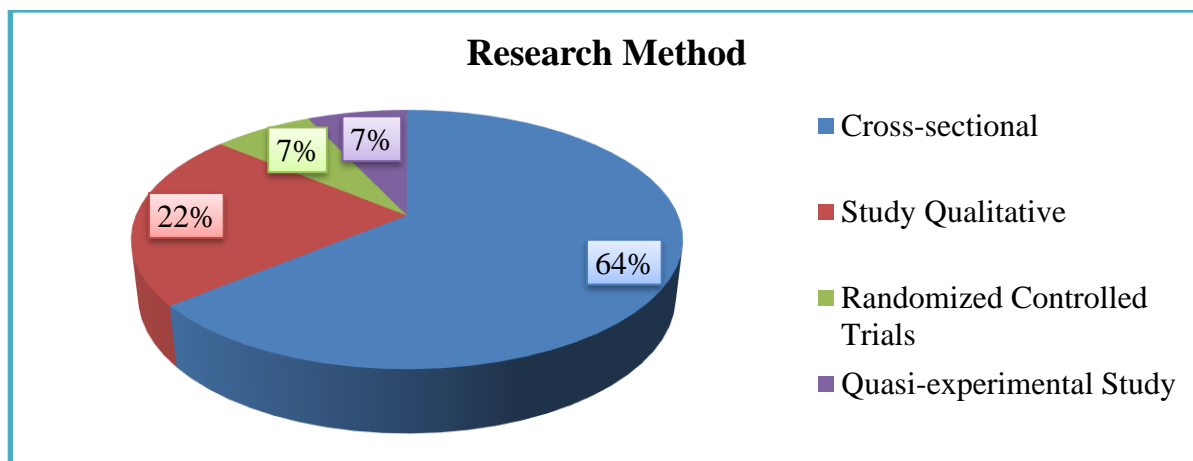


Figure 3. Research Method Diagram

The 14 articles obtained consists of 8 cross-sectional study with a percentage of 64%, 3 qualitative articles with a percentage of 22%, 1 randomized controlled trial with a percentage of 7% and 1 quasi-experimental study with a percentage of 7%.

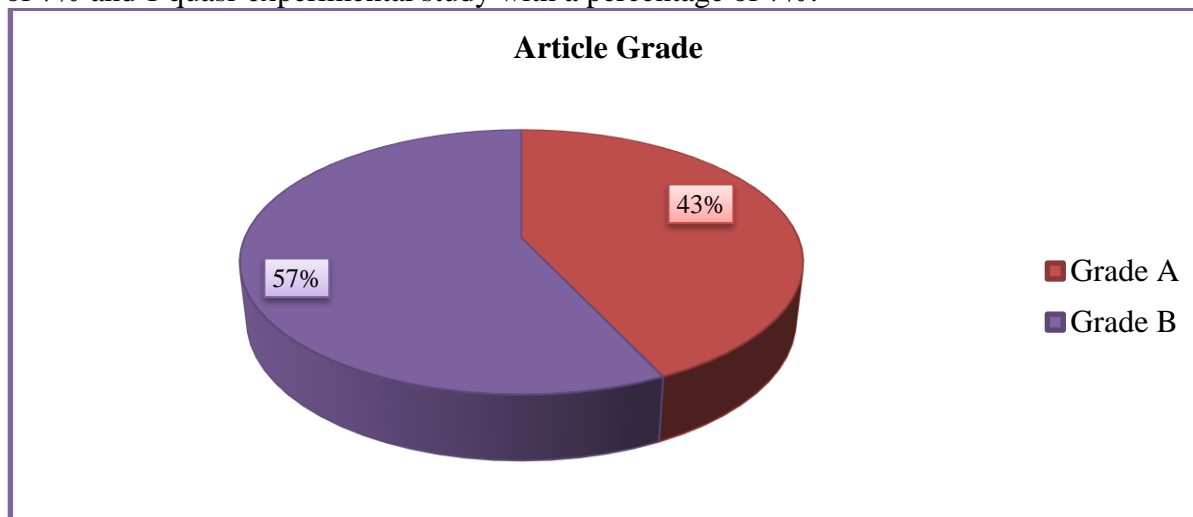


Figure 4. Article Grade Diagram

The 14 articles obtained consist of 11 Grade A articles with a percentage of 57% and 3 Grade B articles with a percentage of 43%.

In this review, the author uses 14 articles following scoping review purposes. Based on 14 chosen articles obtained several father's role in exclusive breastfeeding as follows:

a. Father's Role in Exclusive Breastfeeding

Father's practical support is explained in Article (A1) The support given by husband such as help to do household works and children parenting, reduce daily tasks, manage resting time for mother is enough for mom to dinner for breastfeeding continuity. Article (A4) Support form given by husband for wife in exclusive breastfeeding (EBF) also helps change diapers, carrying the baby, bathe the baby and doing home works that wives usually do. In article (A14) The father's assistance with the baby and around the house (burping, changing diapers, washing clothes) is sufficient to encourage the mother to start nursing early and for a longer period of time.

Women who do breastfeeding are considered to get benefits from emotional support. Positive emotional support can increase the possibility of treatment that encourages health behavior of exclusive breastfeeding (Shepherd et al., 2017). Women will be happy and feel loved by spending time with their wives in giving babies breast milk and bringing emotion

(love for) children and relation power, (A5). Fathers' physical and emotional support for their partners can positively impact a mother's breastfeeding practise. Moms want fathers to be nursing supporters. Men feel that supporting and admiring their partners when breastfeeding is one approach to help moms develop their breastfeeding habit (A11).

Fathers' emotional support, such as encouragement, praise, tenderness, and certainty in difficult times, are also key aspects for effective breastfeeding, since they boost the mother's confidence and assist her to maintain her breast milk supply (A14). Husband presence and family stimulate mothers to increase their confidence and stabilize their feelings, and share a big passion for mothers to give exclusive breastfeeding for their babies, (A10).

Fathers can help their partners in many ways, including providing information on breastfeeding, encouraging and supporting breastfeeding women, and helping out with childcare and housework, (A11). Support from partners can encourage mothers to do exclusive breastfeeding especially in the first 40 days after giving birth is the most meaningful knowledge in breastfeeding, this support is given for mothers by discussing colostrum value and teaching breastfeeding position, (A9).

b. Factors that Affects

Husband breastfeeding knowledge total of knowledge prevalence is 58,3% with 95% trust level. Most of the couples are aware that breast milk is the first meal that is given for the newborn baby after giving birth. The parents agreed that nursing was best for their children, and that doing so exclusively for the first few months after giving birth reduced the mother's risk of becoming pregnant, (A2). Men who learn more about the health benefits of breastfeeding for their infants are more likely to encourage their partners to breastfeed for at least six months, (A11).

The parent-child interaction throughout the family life cycle significantly impacts many facets of daily life. Promoting nursing habits and establishing exclusive breastfeeding can benefit from dads' increased involvement and support, which can be achieved through education. The results showed that providing fathers with breastfeeding education increased their involvement in advocating for and organising breastfeeding-friendly behaviours, (A1).

The amount of time and effort men put into caring for their newborns while their women are nursing significantly impacts how much they love and feel obligated to them. Most males do not advise their partners on effective nursing. Love and this duty emphasize their love for wives and their babies, and men's duty whether inside or outside the house. Most men feel encouraged to talk and bond with their children. Other men add, besides partners and wives, many family members give affection to the newborn baby (A4).

Fathers in developing countries are responsible for households and subsistence activities. This causes fathers to spend a lot more time far from their children, especially when their children grow, and this can not be the reason for fathers to help mothers in big EBF practice on the babies in the age of 5-6 months, (A6).

Factors that affect father's role in exclusive breastfeeding are caused by social and culture, as explained in Article (A4) that men's views on their role in the family and how they should treat breastfeeding mothers are influenced by their perceptions of how traditional Tanzanian society in the village treats women. Men tend to believe that they are superior in taking care of the babies and can support women towards EBF. Economic obstacles made one of the mothers prefer to give exclusive breastfeeding. The husband supported the mother's decisions because it is very economical and practical with high antibody content in breast milk, (A7).

It is explained in article (A2) Health professionals that give information to the people who visit health facilities during pregnancy to get health information. They who accompany their partners also tend to have the right knowledge and attitude to help their wives during the breastfeeding process and excellent education background so the husbands can support their wives. Article (A13) explains that lactation support can be given when visit at mother's home at postpartum period in the form of education or counseling given by health workers for mothers and husbands about exclusive breastfeeding in increasing prevalence of higher exclusive breastfeeding (Li et al., 2020).

In article (A3) explained if counseling activities are carried out in public health centers and home visits, fathers can also be given counseling during labor on the ward, district policy of hospitals when they accompany their wives for childbirth, and it was also explained that father's role affects babies when mothers give exclusive breastfeeding. Article (A9) also explained that mothers require support from health workers in the form of counseling about exclusive breastfeeding and breastfeeding techniques in giving lactation support to breastfeeding mothers.

4. CONCLUSION

According to all the reviewed publications, various reasons can be the difficulties in exclusive breastfeeding, one of them is that fathers are the closest person for mothers to accompany them in every journey during pregnancy, giving birth, and nursing process. Husband's support towards breastfeeding mothers has a good effect on the mother's psychological condition and breastfeeding success, especially in exclusive breastfeeding. Husband's participation in exclusive breastfeeding is very important; Father's problem in helping mothers in the breastfeeding process including house pressure, social and culture problem, awareness, and husband involvement in the counseling process in health facilities. The father's role given in the form of emotional support, practical support, and information support for the smooth running of exclusive breastfeeding. The next author is expected to help make the policy if health workers are required, especially the policy for husbands to be involved in giving counseling while accompanying their wives in health facilities.

REFERENCES

- Ahmed, K. Y., Page, A., Arora, A., & Ogbo, F. A. (2019). Trends and determinants of early initiation of breastfeeding and exclusive breastfeeding in Ethiopia from 2000 to 2016. *International Breastfeeding Journal*, *14*(40). <https://doi.org/10.1186/s13006-019-0234-9>
- Alzaheb, R. A. (2017). A review of the factors associated with the timely initiation of breastfeeding and exclusive breastfeeding in the Middle East. *Clinical Medicine Insights: Pediatrics*, *11*, 1179556517748912. <https://doi.org/10.1177/1179556517748912>
- Angraini, W., Pratiwi, B. A., & Sagitarius, N. (2019). Analisis faktor penyebab kegagalan ASI Eksklusif pada ibu bekerja di Kota Bengkulu. *Avicenna: Jurnal Ilmiah*, *14*(3), 104-111. Retrieved from <http://jurnal.umb.ac.id/index.php/avicena/article/view/396>
- Astuti, A., Kurniawati, H., & Kurniawati, H. (2021). A Qualitative Study on the Lived Experiences of Young. *Nurse Media Journal of Nursing*, *11*(1), 35–49. <https://doi.org/10.14710/nmjn.v11i1.33539>
- Awoke, S., & Mulatu, B. (2021). Determinants of exclusive breastfeeding practice among mothers in Sheka Zone, Southwest Ethiopia: A cross-sectional study. *Public Health in Practice*, *2*, 100108. <https://doi.org/10.1016/j.puhip.2021.100108>
- Bich, T. H., Long, T. K., & Hoa, D. P. (2019). Community-based father education intervention on breastfeeding practice—Results of a quasi-experimental study. *Maternal & Child Nutrition*, *15*, e12705. <https://doi.org/10.1111/mcn.12705>
- Budiati, T., Setyowati, S., Adjie, S., & Gunawijaya, J. (2022). Fathers' role in sustainability of

- exclusive breastfeeding practice in post-cesarean-section mothers. *Journal of Public Health Research*, 11(2), jphr-2021. <https://doi.org/10.4081/jphr.2021.2744>
- Bulemela, J., Mapunda, H., Snelgrove-Clarke, E., MacDonald, N., & Bortolussi, R. (2019). Supporting breastfeeding: Tanzanian men's knowledge and attitude towards exclusive breastfeeding. *International Breastfeeding Journal*, 14(52). <https://doi.org/10.1186/s13006-019-0244-7>
- Cheema, R., Partridge, E., Kair, L. R., Kuhn-Riordon, K. M., Silva, A. I., Bettinelli, M. E., ... & Blumberg, D. (2020). Protecting breastfeeding during the COVID-19 pandemic. *American journal of perinatology*, 40(03), 260-266. <https://doi.org/10.1055/s-0040-1714277>
- Duan, Y., Yang, Z., Bi, Y., Wang, J., Pang, X., Jiang, S., Zhang, H., Xu, L., & Lai, J. (2022). What are the determinants of low exclusive breastfeeding prevalence in China? A cross-sectional study. *Maternal & Child Nutrition*, 18(2), e13324. <https://doi.org/10.1111/mcn.13324>
- Gebremariam, K. T., Zelenko, O., Mulugeta, A., & Gallegos, D. (2021). A cross-sectional comparison of breastfeeding knowledge, attitudes, and perceived partners' support among expectant couples in Mekelle, Ethiopia. *International breastfeeding journal*, 16(3). <https://doi.org/10.1186/s13006-020-00355-z>
- Helova, A., Onono, M., Abuogi, L. L., Hampanda, K., Owuor, K., Odwar, T., ... & Turan, J. M. (2021). Experiences, perceptions and potential impact of community-based mentor mothers supporting pregnant and postpartum women with HIV in Kenya: a mixed-methods study. *Journal of the International AIDS Society*, 24(11), e25843. <https://doi.org/10.1002/jia2.25843>
- Horwood, C., Haskins, L., Engebretsen, I. M., Phakathi, S., Connolly, C., Coutsoydis, A., & Spies, L. (2018). Improved rates of exclusive breastfeeding at 14 weeks of age in KwaZulu Natal, South Africa: what are the challenges now? *BMC Public Health*, 18(1), 757. <https://doi.org/10.1186/s12889-018-5657-5>
- Krikirat, P., Park, C. G., McCreary, L. L., Koenig, M. D., Abboud, S., Sansiriphun, N., & Patil, C. L. (2022). Relationships between Thai fathers' self-efficacy to support breastfeeding and exclusive breastfeeding duration. *Midwifery*, 106, 103261. <https://doi.org/10.1016/j.midw.2022.103261>
- Li, J., Nguyen, T. T., Wang, X., Mathisen, R., & Fang, J. (2020). Breastfeeding practices and associated factors at the individual, family, health facility and environmental levels in China. *Maternal & Child Nutrition*, 16 Suppl 2(Suppl 2), e13002. <https://doi.org/10.1111/mcn.13002>
- Mukarromah, S., & Astuti, A. W. (2023). Husband's Role In Contraception Selection: Scoping Review. *Jurnal Aisyah : Jurnal Ilmu Kesehatan*, 8(2), 835-844. <https://doi.org/10.30604/jika.v8i2.1967>
- Nie, J., Zhang, L., Song, S., Hartnett, A. J., Liu, Z., Wang, N., Nie, W., Yang, J., Li, Y., & Shi, Y. (2021). Exclusive breastfeeding in rural Western China: does father's co-residence matter? *BMC Public Health*, 21(1981). <https://doi.org/10.1186/s12889-021-12025-8>
- Nilsson, I., Busck-Rasmussen, M., Rossau, H. K., & Villadsen, S. F. (2022). Breastfeeding trajectories of young and short-term educated mothers and their partners; experiences of a journey facing tailwind and headwind. *Midwifery*, 113, 103436. <https://doi.org/10.1016/j.midw.2022.103436>
- Panahi, F., Rashidi Fakari, F., Nazarpour, S., Lotfi, R., Rahimizadeh, M., Nasiri, M., & Simbar, M. (2022). Educating fathers to improve exclusive breastfeeding practices: a randomized controlled trial. *BMC health services research*, 22(554). <https://doi.org/10.1186/s12913->

022-07966-8

- Peterson, J., Pearce, P. F., Ferguson, L. A., & Langford, C. A. (2017). Understanding scoping reviews: Definition, purpose, and process. *Journal of the American Association of Nurse Practitioners*, 29(1), 12–16. <https://doi.org/10.1002/2327-6924.12380>
- Rempel, L. A., Rempel, J. K., & Moore, K. C. J. (2017). Relationships between types of father breastfeeding support and breastfeeding outcomes. *Maternal & Child Nutrition*, 13(3), e12337. <https://doi.org/10.1111/mcn.12337>
- Saniel, O. P., Pepito, V. C. F., & Amit, A. M. L. (2021). Effectiveness of peer counseling and membership in breastfeeding support groups in promoting optimal breastfeeding behaviors in the Philippines. *International Breastfeeding Journal*, 16(53). <https://doi.org/10.1186/s13006-021-00400-5>
- Shepherd, L., Walbey, C., & Lovell, B. (2017). The role of social-cognitive and emotional factors on exclusive breastfeeding duration. *Journal of Human Lactation*, 33(3), 606–613. <https://doi.org/10.1177/0890334417708187>
- Shitu, S., Adane, D., Abebe, H., Mose, A., Yeshaneh, A., Beyene, B., & Workye, H. (2021). Knowledge of breastfeeding practice and associated factors among fathers whose wife delivered in last one year in Gurage Zone, Ethiopia. *PloS One*, 16(7), e0254824. <https://doi.org/10.1371/journal.pone.0254824>
- Stark, H., Omer, A., Wereme N'Diaye, A., Sapp, A. C., Moore, E. V., & McKune, S. L. (2021). The Un Oeuf study: Design, methods and baseline data from a cluster randomised controlled trial to increase child egg consumption in Burkina Faso. *Maternal & Child Nutrition*, 17(1), e13069. <https://doi.org/10.1111/mcn.13069>
- Tricco, A. C., Lillie, E., Zarin, W., O'Brien, K. K., Colquhoun, H., Levac, D., Moher, D., Peters, M. D. J., Horsley, T., & Weeks, L. (2018). PRISMA extension for scoping reviews (PRISMA-ScR): checklist and explanation. *Annals of Internal Medicine*, 169(7), 467–473. <https://doi.org/10.7326/M18-0850>
- Van Ryneveld, M., Mwangome, M., Kahindi, J., & Jones, C. (2020). Mothers' experiences of exclusive breastfeeding in a postdischarge home setting. *Maternal & Child Nutrition*, 16(4), e13016. <https://doi.org/10.1111/mcn.13016>
- Vila-Candel, R., Duke, K., Soriano-Vidal, F. J., & Castro-Sánchez, E. (2018). Affect of Early Skin-to-Skin Mother-Infant Contact in the Maintenance of Exclusive Breastfeeding: Experience in a Health Department in Spain. *Journal of Human Lactation: Official Journal of International Lactation Consultant Association*, 34(2), 304–312. <https://doi.org/10.1177/0890334416676469>
- Widiasih, R., Susanti, R. D., Sari, C. W. M., & Hendrawati, S. (2020). Menyusun protokol penelitian dengan pendekatan SETPRO: scoping review. *Journal of Nursing Care*, 3(3). <https://doi.org/10.24198/jnc.v3i3.28831>
- Young, M. F., Nguyen, P., Kachwaha, S., Tran Mai, L., Ghosh, S., Agrawal, R., Escobar-Alegria, J., Menon, P., & Avula, R. (2020). It takes a village: An empirical analysis of how husbands, mothers-in-law, health workers, and mothers influence breastfeeding practices in Uttar Pradesh, India. *Maternal & Child Nutrition*, 16(2), e12892. <https://doi.org/10.1111/mcn.12892>
- Zarnowiecki, D., Nguyen, H., Hampton, C., Boffa, J., & Segal, L. (2018). The Australian Nurse-Family Partnership Program for aboriginal mothers and babies: Describing client complexity and implications for program delivery. *Midwifery*, 65, 72–81. <https://doi.org/10.1016/j.midw.2018.06.019>