

THE INFLUENCE OF HEALTH EDUCATION ON EXCLUSIVE BREASTFEEDING USING VIDEO ON THE KNOWLEDGE AND ROLE OF THE HUSBAND

Jitasari Tarigan Sibero^{1*}, Mayang Wulan², Rahmawati Tarigan³, Suyanti Suwardi⁴, Yusliana⁵

^{1,2,4,5}Faculty of Pharmacy and Health, D4 Midwifery Study Program, Helvetia Institute of Health, Medan

³Faculty of Pharmacy and Health, D4 Midwifery Study Program, Helvetia Institute of Health, Medan

Email: jitasari@helvetia.ac.id

ABSTRAK PENDIDIKAN KESEHATAN TENTANG ASI EKSKLUSIF DENGAN MENGGUNAKAN VIDEO BERPENGARUH TERHADAP PENGETAHUAN DAN PERAN SUAMI

Pendahuluan; bayi yang terlahir ke dunia sangat membutuhkan nutrisi yang tepat. Air susu ibu (ASI) merupakan nutrisi utama bagi bayi dimana tidak ada makanan lain yang mampu menyainginya. Di Indonesia, hanya 1 dari 2 bayi berusia di bawah 6 bulan yang mendapatkan ASI eksklusif, dan lebih dari 5% anak yang masih mendapatkan ASI pada usia 23 bulan.

Tujuan; tujuan penelitian ini adalah mengetahui pengaruh pendidikan kesehatan tentang ASI eksklusif dengan menggunakan video terhadap pengetahuan dan peran suami.

Metode; desain penelitian yang digunakan adalah *Quasi Experimen* dengan *The One Group Pre-Test- Post-Test Design*. Populasi dalam penelitian ini sebanyak 15 orang dengan sampel sebanyak 15 orang. Metode pengumpulan data yaitu data primer, sekunder dan tersier. Analisa data dalam penelitian ini adalah analisis univariat, bivariat dengan uji *wilcoxon test*.

Hasil; analisis *wilcoxon test* untuk pengetahuan nilai *sig-p* $0,04 < 0,05$ dan peran *sig-p* $0,014 < 0,05$. Kesimpulan; ada pengaruh pendidikan kesehatan tentang ASI eksklusif dengan menggunakan video terhadap pengetahuan dan peran suami.

Saran; Bagi masyarakat diharapkan penelitian ini dapat meningkatkan kesadaran para suami untuk mencari informasi tentang ASI Eksklusif khususnya dengan menggunakan media video agar para suami dapat menambah pengetahuan dan berperan dalam pemberian ASI Eksklusif untuk tercapainya ASI Eksklusif bagi semua bayi

Kata Kunci : ASI Eksklusif, Peran Suami, Pengetahuan

ABSTRACT

Introduction: Babies born into the world really need proper nutrition. Breast milk (ASI) is the main nutrient for babies, and no other food can compete with it. In Indonesia, only one in two infants under six months of age are exclusively breastfed, and more than 5% of children are still breastfed at 23 months of age.

Objective: This study aims to determine the effect of health education on exclusive breastfeeding using video on the knowledge and role of husbands.

Methods: The research design used was quasi-experimental, with one group pre-test-post-test design. The population in this study was 15 people, with a sample of 15 people. Data collection methods were primary, secondary, and tertiary data. Data analysis in this study utilized univariate and bivariate analysis with the Wilcoxon test.

Results: Wilcoxon test analysis revealed the knowledge sig value of $p=0.04 < 0.05$ and the role of sig value of $p=0.014 < 0.05$.

Conclusion: Health education affects exclusive breastfeeding by using videos on the husband's knowledge and role.

Suggestion: For the community, it is hoped that this research can increase the awareness of husbands to seek information about exclusive breastfeeding, especially by using video media, so that husbands can increase their knowledge and play a role in exclusive breastfeeding to achieve exclusive breastfeeding for all babies.

Keywords: Exclusive Breastfeeding, Husband's Role, Knowledge

INTRODUCTION

Every baby born into the world really needs

proper nutrition. Breast milk (ASI) is the most important nutrient and even the main food for babies because no other food can match it.

Breast milk (ASI) is the only ideal food. This natural product for a baby meets all the needs of a six-month baby. Breast milk also contains immunomodulators that protect against various diseases. In addition, this breast milk contains enzymes beneficial for digestion (Natia, 2017).

However, the achievement of exclusive breastfeeding in Aceh in 2020 was 59%, decreased from 55% in the previous year. Exclusive breastfeeding coverage in Aceh by regency or city in 2020 was the highest in Subussalam at 100% and the lowest in Sabang at 29%, while for Pidie Regency, exclusive breastfeeding coverage was 44% (Aceh, 2020).

In fact, WHO recommends exclusive breastfeeding for the first six months of life, followed by continued breastfeeding with appropriate complementary foods for up to two years. WHO also recommends skin-to-skin contact and early and uninterrupted care of mothers and kangaroos, significantly improving neonatal survival and reducing morbidity. WHO data also shows that the average exclusive breastfeeding globally was 36% in the period 2000-2014 (World Health Organization, 2021).

In line with the Global Nutrition Goals 2025, WHO has set a target of exclusive breastfeeding of 50% or more in the first six months. However, worldwide, only 38% of infants 0-6 months were exclusively breastfed. A recent analysis found that 11.6% of deaths in children under five years were due to non-exclusive breastfeeding. The analysis results also revealed that 54.3% of all 6-month-old infants nationally were exclusively breastfed, namely 1,348,532 absolute infants, while 1,134,952 6-month-old infants were not exclusively breastfed (Pusdatin, 2019).

On the other hand, the infant mortality rate (IMR) is a number that represents the number of deaths of children 0-11 months out of 1000 live births in a given year, or it can also be said as the probability of a baby dying before reaching the age of one year. The infant mortality rate is also an indicator used to determine the degree of public health. From 2015 to 2020, there was a downward trend in the infant mortality rate in Aceh from 12 to 10 per 1000 live births. From the District Health Office data, infant mortality in Aceh in 2020 was 1,024 cases. The highest reported cases were in Pidie Regency with 118 cases, followed by Bireun with 99 cases. The lowest cases were in Sabang City with eight cases, followed by Gayo Lues and Aceh Jaya Regencies

with 12 and 15 cases, respectively (Aceh, 2020).

Moreover, children's rights are human rights. Children's rights are recognized because they are protected by law. Thus, exclusive breastfeeding for babies is a human right regulated and protected. The right of babies to get exclusive breastfeeding is regulated in Article 128 of the Health Law (UU Health) Number 36 of 2009 and guaranteed by the government through Government Regulation (PP) Number 33 of 2017 concerning Exclusive Breastfeeding. The legislation explains that the government guarantees the fulfillment of the baby's right to get exclusive breastfeeding from birth to six months, taking into account their growth and development (Anon, n.d.).

Government Regulation No. 33 of 2012 concerning Exclusive Breastfeeding shows the obligation of a mother to breastfeed her child from birth to six months exclusively. This regulation is also emphasized by the government's concern for exclusive breastfeeding (PPRI, 2012).

Breast milk is the best food for babies. For this reason, breast milk must be given to infants at least until the age of six months and can be continued for up to two years. There is not a single study that rejects the goodness and benefits for babies because breast milk contains very beneficial substances for babies, both for nutrition and protection (Dwi, 2017).

In addition, breast milk contains colostrum, which is rich in antibodies because it contains protein for the immune system and is useful for killing germs in large quantities so that exclusive breastfeeding can reduce the risk of death in infants. Colostrum is yellowish in color, produced on the first day to the third day. On the fourth to tenth day, breast milk contains less immunoglobulin, protein, and lactose than colostrum but has higher fat and calories with a whiter color. Beyond the nutritional content, breast milk also contains enzymes. Some substances that act as absorbents do not interfere with other enzymes in the digestive tract (Mulyani, 2016).

If breast milk is not given, the risk that can occur to the baby is the occurrence of digestive tract infections, respiratory infections, and ear infections, which can also increase the occurrence of non-communicable diseases, such as allergic diseases, obesity, malnutrition, and asthma (Prasetyono, 2018).

On the other hand, one of the efforts to create conducive public behavior towards health is health promotion. It is inseparable from promotion; through health messages, it will be more interesting and more people can understand the message, which will decide to accept and take positive action. Many

health promotion media can be used, one of which is audiovisual. Audiovisual media contains sound elements and visible image elements, such as video recordings, films of various sizes, sound slides, and others. The effectiveness of the media in understanding targets verbally and visually is six times more effective than the use of verbal media alone and two times more effective than visual media (Kemenkes RI, 2014).

In addition, health education (health promotion) is a combination of learning experiences designed to influence, activate, and strengthen voluntary behavior that is conducive to the health of individuals, groups, or communities to make informed decisions about health practices. Health education aims to change individual or social behavior, namely unhealthy behavior, into healthy behavior (Pakpahan et al., 2021).

In this case, exclusive breastfeeding is strongly influenced by the husband's support. As the head of the family, the husband can be the key to breastfeeding children's success. Hence, the husband should do his job well. The husband's role in breastfeeding makes the mother comfortable. In addition, promoting the milk expression reflex is a very important role for the husband. In mothers who face breastfeeding pressures, the supporting role is of the husband and family to make the mother feel calm to stimulate milk production (Khasanah, 2017).

Moreover, the husband's support affects the mother's psychological state, which will affect success in exclusive breastfeeding. In this case, the husband is a factor of emotional and psychological support given to breastfeeding mothers. About 80-90% of breast milk production is determined by the mother's emotional state, and it is related to the mother's oxytocin reflex, which impacts the thoughts, feelings, and sensations felt by the mother (Wulansari, 2014).

Previous research has been conducted by Ni Made Novita Dewi (2020) with the title *"The Effect of Health Education About Exclusive Breastfeeding Using Videos on Knowledge and the Role of Husbands at Posyandu Karya Mutiara, Karang Satria Village, Bekasi in 2020."* The research method used was a quasi-experimental design, with a one-group pre-test-post-test design. Sampling was done by the purposive sampling method. The statistical test used the Wilcoxon test because there were abnormal data after the normality test using the Saphiro-Wilk. The results showed an increase in the husband's knowledge about exclusive breastfeeding with a p-value of 0.000 ($p < 0.05$). The results also uncovered an increase in the husband's role in exclusive breastfeeding, with a p-value of 0.000 ($p < 0.05$)

(Dewi, 2020).

Based on data from Pidie Jaya Regency, Aceh Province, in 2019, the number of targets for exclusive breastfeeding was 116 babies, consisting of 67 baby boys and 49 baby girls. Of the 116 babies (100%) exclusively breastfed, 50 (43%) babies consisted of 29 boys and 21 girls. The highest coverage of exclusive breastfeeding reached 100% in Gp Village, Baro Village, Reudeup Meulayu, Pulo Gapu Village, Krueng Kiron Village, and Drien Bungong Village, and the lowest exclusive breastfeeding coverage reached 0% in Jlg Mesjid Village, consisting of two babies, and Cut Keng Village, consisting of four babies, while exclusive breastfeeding coverage in Kumba village was 42% (Pidie Jaya, 2019).

In 2020, based on data from Pidie Jaya Regency, Aceh Province, the target for exclusive breastfeeding was 126 babies, consisting of 60 boys and 67 girls. Of the 126 infants (100%) who were exclusively breastfed, there were 68 infants (54%). Exclusive breastfeeding coverage in Kumba Village decreased from 42% in 2019 to 27% in 2020 (Pidie Jaya, 2020). In 2021, concerning the monthly target for exclusive breastfeeding in Kumba Village for the period January 2021 to May 2021, of the exclusive breastfeeding target of 13 infants (100%), only five infants (38%) got exclusive breastfeeding (Jaya, 2021).

Based on an initial survey conducted by researchers on June 10, 2021, in Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency, of the ten husbands who had babies aged 0-6 months interviewed, eight husbands did not know about exclusive breastfeeding and when to give exclusive breastfeeding. Eight husbands said that they were given immediately since the milk started to come out, and if the milk had not come out, the babies were first given formula milk.

In addition, six of the eight husbands did not remind the mother to continue breastfeeding, while two people reminded the mother to continue breastfeeding her child, especially if the child cries. Also, two other husbands said that exclusive breastfeeding was given from birth (0 - 6 months), and two husbands continue to remind and encourage mothers to breastfeed their children.

Based on the above background, the authors are interested in researching "The Effect of Health Education on Exclusive Breastfeeding Using Video on Knowledge and the Role of Husbands at the Posyandu in Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency in 2021."

RESEARCH METHODOLOGY

The research design used was quasi-experimental. This study employed the one-group pre-test-post-test approach. The location in this study was carried out at the Posyandu in Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency in 2021, and the time of this research started from April to September 2021. The stages were carried out by collecting data obtained directly from respondents through questionnaires and then checking the completeness of answers to questionnaires or observation sheets to process the data correctly. Thus, data processing provided valid and reliable results and avoided bias. After that, all data entered into the computer application were processed as needed.

The population in this study was all husbands of breastfeeding mothers who had babies aged 0-6 months and came to visit the Posyandu in Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency in 2021 as many as 15 people. Sampling utilized the total population method with a total of 15 people. Data analysis in this research was descriptive, univariate, and bivariate analyses. Univariate data analysis was carried out to describe the characteristics of each independent and dependent variable. Meanwhile, a bivariate analysis was conducted to prove whether there was an effect of providing video media on changes in the husband's knowledge and role using the Wilcoxon test.

RESEARCH RESULTS

Based on Table 1, the results obtained from 15 respondents can be concluded that the majority had low education (SD and SMP) as many as 14 respondents (93.4%); the majority of 14 respondents (93.4%) worked as farmers; the majority of 12 respondents (80%) stated that the role of health cadres was good; the majority of 11 respondents (73.3%) stated that health education was high.

Based on Table 2, the research results on knowledge before being given health education using video revealed that the majority had less knowledge, as many as nine respondents (60.0%), followed by respondents who had enough and good knowledge four (26.7%) and two respondents (13.3%) each. Meanwhile, most respondents' knowledge after being given health education using video was good and enough; respectively, seven respondents (46.7%), and only one respondent (6.6%) had less knowledge.

Table 1
Frequency Distribution of Respondents Based on Education, Occupation, Role of Health Cadres, and Health Counseling at Posyandu

Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency in 2021

Variable	Number	
	N	%
Education		
High	1	6.6
Low	14	93.4
Occupation		
Farmer	14	93.4
Entrepreneur	1	6.6
Role of Health Cadre		
Good	12	80
Not good	3	20
Health Counseling		
High	11	73.3
Low	4	26.7

Table 2
Frequency Distribution of Respondents' Knowledge Before and After Giving Health Education Using Video at Posyandu Kumba Village, Bandar Dua District, Pidie Jaya Regency in 2021

Knowledge	Health Education Using Video			
	Before		After	
	f	%	f	%
Less	9	60.0	1	6.6
Enough	4	26.7	7	46.7
Good	2	13.3	7	46.7

Table 3
Frequency Distribution of Respondents' Roles Before and After Health Education Using Video at Posyandu Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency in 2021

Husband's Role	Health Education Using Video			
	Before		After	
	f	%	f	%
Less	9	60	3	20
Good	6	40	12	80

Based on Table 3, the research results on the role of husbands before being given health education using video were the least role as many as nine respondents (60%), while as many as six respondents (40%) played a good role in exclusive breastfeeding. After being given health education using video, most respondents had a good role, as many as 12 respondents (80%), and only three (20%) had less role in exclusive breastfeeding.

Table 4
The Effect of Health Education on Exclusive Breastfeeding Using Video on Husband's Knowledge at Posyandu in Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency in 2021

Variable	N	Mean	Rank	Sum of Ranks
Husband's Knowledge Post-Test – Negative Ranks	0	0 ^a	.000	.00
Husband's Knowledge Post-Test – Positive Ranks	10	10 ^b	5.50	55.00
Ties	5	5 ^c		

Based on Table 4 using the Wilcoxon test, the negative ranks or the difference (negative) between the knowledge results for the pre-test and post-test can be seen. Here, no respondents had negative data (N), meaning that none of the respondents experienced a decrease (reduction) from the pre-test to post-test scores.

From the positive ranks or the difference (positive) between the knowledge results for the pre-test and post-test, ten respondents had positive data (N). It indicates that ten respondents experienced increased knowledge from pre-test to post-test scores. The mean rank or the average increase in the value was 5.50, while the number of positive ranks or sum of ranks was 55.00.

Ties are the similarity between pre-test and post-test scores, in which in this study, the ties score was 5. Thus, it can be said that there were five respondents with the same pre-test and post-test scores.

Based on Table 5, carried out using the Wilcoxon test, the treatment given with health education about exclusive breastfeeding using video had a z-value of

-2,919 and Asym sig. of 0.004 (p-value). It denotes that the p-value was < 0.050, meaning a significant effect of knowledge between before and after being given health education about exclusive breastfeeding using video. Thus, it can be concluded that there was an effect of health education on exclusive breastfeeding using video on knowledge at the Posyandu in Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency in 2021.

Table 5
Hypothesis Testing of the Effect of Health Education on Exclusive Breastfeeding Using Video on Husband's Knowledge at Posyandu Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency in 2021

Variable	Z	Asymp. Sig. (2-tailed)
Knowledge Post-Test	-2.919 ^a	.004
Knowledge Pre-Test		

Table 6
The Effect of Health Education on Exclusive Breastfeeding Using Video on the Role of Husbands in the Posyandu in Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency in 2021

Variable	N	Mean	Rank	Sum of Ranks
Post-test of husband's role	0	0 ^a	.00	.00
Pre-test of husband's role	10	6 ^b	3.50	21.00
Ties	5	9 ^c		

Based on Table 6, carried out using the Wilcoxon test, the negative ranks or the difference (negative) between the results of the husband's role for the pre-test and post-test can be known. Here, there was 0 respondent with negative data (N), indicating that none of the respondents experienced a decrease (reduction) from the pre-test to post-test scores.

Regarding the positive ranks or the difference (positive) between the results of the husband's role for the pre-test and post-test, there were six respondents with positive data (N), which means that

six respondents experienced an increase in the husband's role from pre-test to post-test scores. In addition, the mean rank or the average increase in the value was 3.50, while the number of positive ranks or the sum of ranks was 21.00.

Furthermore, ties are the similarity of pre-test and post-test scores, where the value of the ties was 9, so it can be said that nine respondents had the same value between pre-test and post-test.

Table 7
Hypothesis Testing of the Effect of Health

Education on Exclusive Breastfeeding Using Video on the Role of Husbands at the Posyandu in Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency in 2021

Variable	Z	Asymp. Sig. (2-tailed)
Post-Test the Husband Role	-2.449 ^a	.01
Pre-Test the Husband Role		

Based on Table 7 using the Wilcoxon test, the treatment given with health education about exclusive breastfeeding using video had a z value of -2.449 and an Asym sig of 0.014 (p-value). It indicates that the p-value was < 0.050 , meaning a significant influence of the husband's role before and after being given health education about exclusive breastfeeding using video. Hence, it can be concluded that there was an effect of health education on exclusive breastfeeding using a video on the husband's role at the Posyandu in Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency in 2021.

DISCUSSION

The Effect of Health Education on Exclusive Breastfeeding Using Video on Knowledge at Posyandu Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency:

Based on the Wilcoxon test conducted, the treatment given by health education about exclusive breastfeeding using video had a value of z -2,919 and Asym sig of 0.004 (p-value). It signifies that the p-value of < 0.050 means a significant effect between knowledge before and after being given health education about exclusive breastfeeding using video. Therefore, it can be concluded that there was an effect of health education on exclusive breastfeeding using video on knowledge at the Posyandu in Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency in 2021.

The results of this study are consistent with research conducted by Ni Made Novita Dewi (2020) on the topic "*Exclusive Breastfeeding Using Video*." The research method used a quasi-experimental design, with one group pre-test post-test design. Sampling employed the purposive sampling method. Statistical tests were carried out using the Wilcoxon test because there were abnormal data after the normality test using the Saphiro-Wilk. The results showed an increase in the husband's knowledge about exclusive breastfeeding. The study results also uncovered an increase in the husband's role in

exclusive breastfeeding (Dewi, 2020).

The results of this study are also in line with a similar study conducted by Ditya Fahlevi Safitri on exclusive breastfeeding booklets. The experimental study used a pre-test and post-test design with a control group. The research results showed that there was a difference in the increase in knowledge between the two groups, there was a difference in the increase in attitude between the two groups, and there was a difference in the increase in support between the two groups with a p-value = 0.018 (Fahlevi Safitri, 2018).

In addition, one of the efforts to create conducive public behavior towards health is through health promotion. Promotion cannot be separated from the media; through health messages, it will be more interesting and more people can understand the message, which will then decide to accept and take positive action. Many health promotion media can be used, one of which is audiovisual. Audiovisual media contains sound elements and visible image elements, such as video recordings, films of various sizes, sound slides, and others. The effectiveness of the media in understanding targets verbally and visually is six times more effective than the use of verbal media alone and two times more effective than visual media (Kemenkes RI, 2014).

Health education is also an application of the concept of education in the health sector (Notoatmojo, 2017). Health education is a change in humans with a relationship with achieving public or individual health goals (Induniasih and Wahyu, 2017). In addition, health education is an effort to influence and invite other people, groups, and communities to behave in a healthy life (Wulansari, 2014).

Providing health education is in dire need of teaching aids because, with props, the message to be conveyed will be more interesting and easily understood by the audience. The delivery of health information or messages in this study was delivered through videos or slides.

Moreover, the low achievement of exclusive breastfeeding in the community is influenced by breastfeeding behavior in providing exclusive breastfeeding to their babies. According to Lawrence Green, behavior is influenced by several factors, including those manifested in mothers' knowledge, beliefs, and values about breastfeeding their babies and family support, especially the husband's role (Fahlevi Safitri, 2018). According to Roesli (2016), the lack of exclusive breastfeeding is caused by

several factors, including lack of knowledge, the circulation of bad myths, busy work, and short maternity leave.

On the other side, knowledge is a vital component for forming one's actions to support one's soul in growing self-confidence and encouragement of behavior every day, so it can be said that knowledge is a supporting factor for one's actions. Increased knowledge is certainly very influential on one's actions. Knowledge is also a guide in shaping one's actions (overt behavior) (Notoatmodjo, 2014).

In life, health education regarding exclusive breastfeeding is given to the wife and is very important to the husband because the husband is the head of the family, which can be the key to success in the process of exclusive breastfeeding for his child (Dewi, 2020).

Also, breast milk is the single best food for babies, whose composition provides everything a baby needs for six months. Breast milk contains enzymes that help with digestion and immune substances that protect against various diseases (Natia, 2017).

Breast milk is also the best food for babies. For this reason, breast milk must be given to infants at least until the age of six months and can be continued for up to a year. There is not one study that rejects the goodness and benefits for babies because breast milk contains very beneficial substances for babies, both for nutrition and protection (Dwi, 2017).

Further, education is a learning process from not knowing about the value of health to knowing. Health education is an effort made to influence others on the health information provided so that it can be applied in their lives. In this study, the effect of health education with video media about exclusive breastfeeding given to husbands serves to make the delivery of information easier to understand so that husbands can increase their knowledge about exclusive breastfeeding. After the husband finds out, he can support the process of exclusive breastfeeding for their child.

Based on the study results, it can be seen that there was an effect of health education on exclusive breastfeeding using videos on knowledge. In this case, knowledge can be obtained from various sources so that husbands who care about health will be more active in seeking information related to the health of their wives and children. As known, knowledge affects a person's actions or behavior in health. The more a person wants his health to be

good, the more health information he will get. The health education provided can clarify information about exclusive breastfeeding to husbands to increase their knowledge. The importance of the husband's knowledge has a good impact on exclusive breastfeeding and considering the husband as the leader in the household who has a big influence in making decisions on whether the child will be exclusively breastfed. Therefore, the husband should give the best decision, especially in exclusive breastfeeding. Thus, here, good knowledge must be owned by the husband. Increased knowledge after being given health education is what the researchers expected. Increased knowledge occurred because the husband paid attention to and understood the health education content. However, there was a husband whose knowledge did not increase after being given exposure. It could be due to the respondents who were busy discussing when the researchers gave health education presentations about exclusive breastfeeding.

Pengaruh Pendidikan Kesehatan tentang ASI Eksklusif dengan Menggunakan Video terhadap Peran Suami di Posyandu Desa Kumba Kecamatan Bandar Dua Kabupaten Pidie Jaya: Berdasarkan uji wilcoxon yang dilakukan maka dapat diketahui bahwa perlakuan yang diberikan dengan pendidikan kesehatan tentang ASI eksklusif menggunakan video memiliki nilai z sebesar -2,449 dan $Asym.sig$ nya sebesar 0,014 (nilai p). Hal ini menunjukkan bahwa nilai $p < 0,050$ yang berarti terdapat pengaruh peran suami yang bermakna antara sebelum dan sesudah diberikan pendidikan kesehatan tentang ASI eksklusif menggunakan video. Jadi dapat disimpulkan bahwa ada pengaruh pendidikan kesehatan tentang ASI eksklusif dengan menggunakan video terhadap peran suami di Posyandu Desa Kumba Kecamatan Bandar Dua Kabupaten Pidie Jaya Tahun 2021.

Hasil penelitian ini sejalan dengan penelitian yang dilakukan oleh Ni Made Novita Dewi (2020) dengan Topik ASI Eksklusif Menggunakan Video. Metode Penelitian menggunakan quasi eksperimen dengan desain *one group pre-test post test*.

Pengambilan sampel dengan metode *purposive sampling*. Uji statistik menggunakan uji *Wilcoxon Test* di karenakan setelah di lakukan uji normalitas menggunakan *saphiro-wilk* terdapat data yang tidak normal. Hasil Penelitian menunjukkan bahwa terdapat peningkatan pengetahuan suami tentang ASI Eksklusif. Hasil penelitian juga

menunjukkan bahwa terdapat peningkatan peran suami terhadap pemberian ASI Eksklusif (Dewi 2020).

It is also in agreement with the research conducted by Fentri Heryati Budianto on the topic of fathers' knowledge about exclusive breastfeeding. This research was quasi-experimental, with a control group pre-test and post-test design approach. The test result analysis using Mann-Whitney showed a significant difference in the husband's knowledge and support between the experimental group and the control group (Budianto, 2016).

As stated before, health education is one of the efforts to influence and invite other people, groups, and communities to behave in a healthy life (Wulansari, 2014). Delivering health information or messages in this study was through videos or slides. By using this media, it is hoped that it would affect the role played by the husband in supporting exclusive breastfeeding.

The role played by the husband showed that the provision of health education using video media was very useful to encourage husbands to be more optimal in supporting their wives in exclusive breastfeeding; thus, the wife became confident in giving breast milk and made the breastfeeding process easier and more enjoyable so that milk production became smooth (Dewi, 2020).

Complete breastfeeding is until six months old, and it is very useful because it can protect children from various infant mortality diseases. As good as the benefits for babies, exclusive breastfeeding is also beneficial for mothers, i.e., reducing postpartum bleeding, reducing bleeding during menstruation, accelerating weight gain before pregnancy, and reducing the risk of breast cancer and uterine cancer (Natia, 2017).

Complete breastfeeding is essentially influenced by the support of the husband. As the head of the family, the husband can be the key to successful breastfeeding. If a husband does his part well, it is not just for his children. The existence of the husband's role in breastfeeding makes the mother comfortable, promoting the milk ejection reflex. Basically, the husband's role is vital in dealing with the pressures of the mother's life in the breastfeeding process. The role and support of the husband are also needed because the family makes the mother comfortable in accelerating breast milk production (Khasanah, 2017).

Furthermore, the husband's support affects the mother's psychological state, which will affect the

success of breastfeeding mothers. The husband is a factor supporting breastfeeding mothers' emotional and psychological activities. From the data, about 80% to 90% of breast milk production is situational. Mother's emotions are related to reflexes of thoughts, feelings, and forms of oxytocin, which only increase breast milk production (Wulansari, 2014).

The effect of health education with video media about exclusive breastfeeding given to husbands makes the delivery of information provided easier for husbands to understand. The husband's role in the breastfeeding process is a form of full support from a husband to his wife in the breastfeeding process, where the husband can be an active supporter of breastfeeding. The support provided can be in the form of assistance in caring for the baby and accompanying the wife while breastfeeding so that the wife can provide the best breast milk.

Based on the study results, it can be seen that there was an effect of health education on exclusive breastfeeding using video on the husband's role. The husband's role had benefits for mothers in carrying out successful breastfeeding. Concerning this, complete breastfeeding is strongly influenced by the husband's support. If the husband does a good job as the head of the household, he can be the key to success in breastfeeding his children. The husband's role in the breastfeeding process makes the mother feel comfortable, encouraging the milk-expressing reflex. The husband's role in breastfeeding can be by being an active supporter of breastfeeding. The role of a good husband can also be to make the mother comfortable and ease the breastfeeding reflex, making the mother feel comfortable while breastfeeding.

Conversely, the role of a husband who is lacking will make the mother not enthusiastic about breastfeeding. Thus, the provision of health education should be able to increase the husband's knowledge for the better so that it is hoped that the health education provided will make the husband's role better. Most husbands' roles were good after the provision of health education. It showed that the health education provided could be well received and could motivate husbands to increase their role in supporting exclusive breastfeeding. However, there was still a husband's role that remained after being given health education using video. It was due to the husband's lack of concern when health education was presented.

CONCLUSION

This study concludes that health education affected exclusive breastfeeding using a video on the husband's knowledge and role at the Posyandu in Kumba Village, Bandar Dua Sub-district, Pidie Jaya Regency in 2021.

SUGGESTION

For the community, it is hoped that this research can increase the awareness of husbands to seek information about exclusive breastfeeding, especially by using video media, so that husbands can increase their knowledge and play a role in exclusive breastfeeding to achieve exclusive breastfeeding for all babies.

REFERENCES

- Aceh, Dinas Kesehatan. 2020. *Profil Kesehatan Aceh Tahun 2020*.
- Agustina, Santi. 2019. "Penyuluhan Kanker Serviks Dan Pemeriksaan Kesehatan Melalui Tes Iva Di Cipayung Jakarta Timur." *Jurnal Pelayanan Dan Pengabdian Masyarakat (Pamas)* 3(1):49–52.
- Anon. n.d. "UU No 36 Tahun 2009."
- Ardhiansyah, Azril Okta. 2019. *Deteksi Dini Kanker*. Vol. 1. Airlangga University Press.
- Badan Pusat Statistik (BPS). 2020. "Tujuan Pembangunan Berkelanjutan (Persentase Bayi Usia Kurang Dari 6 Bulan Yang Mendapatkan Asi Eksklusif Menurut Provinsi (Persen))."
- Budianto, Fentri Heryati. 2016. "Efektivitas Media Aplikasi Android „Ayah ASI" Terhadap Peran Suami Dalam Pemberian ASI Eksklusif (Breastfeeding Father)."
- Darmareja, Rycco et al. 2021. *Dasar-Dasar Keperawatan: Konsep Untuk Mahasiswa Keperawatan*. Yayasan Kita Menulis.
- Dewi, Ni Made Novita. 2020. "Pengaruh Pendidikan Kesehatan Tentang ASI Eksklusif Dengan Menggunakan Video Terhadap Pengetahuan Dan Peran Suami Di Posyandu Karya Mutiara Kelurahan Karang Satria Bekasi Tahun 2020."
- Diasih, Yuhani. 2017. "Faktor-Faktor Yang Berhubungan Dengan Upaya Wanita Usia Subur Melakukan Deteksi Dini Kanker Serviks." 122–32.
- Dwi, Prasetyo Sunar. 2017. *Buku Pintar ASI Eksklusif*. II. edited by Haniah Munnal. Yogyakarta: DIVA Press.
- Fahlevi Safitri, Ditya. 2018. "Pengaruh Pemberian Booklet Terhadap Pengaruh Pemberian Peningkatan Pengetahuan, Sikap, Dan Dukungan Suami Terhadap ASI Eksklusif Pada Ibu Hamil Di Puskesmas Ngampilan Dan Puskesmas Wirobrajan." *Jurnal Kebidanan*.
- Husnah, Syahdah Iksiroh Al. 2021. "Studi Literatur Perbedaan Pemeriksaan IVA Dan Pap Smear Dalam Mencegah Kanker Serviks Melalui Review Jurnal Tahun 2016-2021."
- Induniasih, Induniasih and Ratna Wahyu. 2017. "Promosi Kesehatan: Pendidikan Kesehatan Dalam Keperawatan."
- Jaya, Pidie. 2021. *Sasaran Pemberian ASI Eksklusif Kabupaten/ Kota Provinsi Aceh Tahun 2020*.
- Kemendes RI. 2014. *PERATURAN MENTERI KESEHATAN REPUBLIK INDONESIA NOMOR 75 TAHUN 2014*. Indonesia: Menteri Kesehatan Republik Indonesia.
- Kemendes RI. 2019. *Profil Kesehatan Indonesia Tahun 2018*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Kementerian Kesehatan, R. I. 2015. "Infodatin Pusat Data Dan Informasi Kementerian Kesehatan RI." *Situasi Gangguan Penglihatan Dan Kebutaan. Jakarta Selatan*. Khasanah, Nur. 2017. *ASI Atau Susu Formula Ya?* 2nd ed. edited by N. Sawitri. Yogyakarta: FlashBooks.
- Mardiah, Mardiah. 2019. "Studi Literatur Predisposisi Dan Upaya Prevensi Keganasan Kanker Serviks Pada Wanita." Pp. 167–76 in *Proceeding Of Sari Mulia University Midwifery National Seminars*. Vol. 1.
- Mulyani, NS. 2016. *ASI Dan Pedoman Ibu Menyusui*. Yogyakarta: Nuha Medika.
- Natia, wiji rizki. 2017. *Asi Dan Panduan Ibu Menyusui*. yogyakarta: nuha medika.
- Notoatmodjo, Soekidjo. 2014. *Promosi Kesehatan Dan Ilmu Perilaku*. Cetakan II. Jakarta: Rineka Cipta.
- Notoatmojo, Soekidjo. 2017. *Promosi Kesehatan Dan Prilaku Kesehatan*. Rineka Cip. Jakarta. Pakpahan,
- Martina and Dkk. 2021. *Promosi Kesehatan Dan Perilaku Kesehatan*. Yayasan Kita Menulis.

