

## The Relationship Between Family Support and the Success of Early Breastfeeding Initiation (Ebi) at Teungku Peukan Regency General Hospital Southwest Aceh

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### ABSTRACT

Early Breastfeeding Initiation (EBI) is one of the important efforts in improving the health of newborns. EBI provides benefits in increasing the success of breastfeeding and strengthening the bond between mother and baby. However, the implementation of EBI is still not optimal. One of the factors that affect the success of EBI is family support, both in emotional, informational, and instrumental forms. To determine the relationship between family support and the success of Early Breastfeeding Initiation (EBI) at Teungku Peukan General Hospital, Southwest Aceh Regency in 2026. This study is an analytical research with a cross-sectional approach. The population in this study is all maternity mothers at Teungku Peukan General Hospital as many as 62 people. The sampling technique used a total sampling with a sample of 62 respondents. Data collection was carried out using questionnaires and observation sheets. Data analysis used the Chi-Square test with a 95% confidence level ( $\alpha = 0.05$ ). The results showed that most of the respondents received family support, namely 38 people (61.3%) and more than half of the respondents successfully implemented EBI, namely 35 people (56.5%). The results of the statistical test obtained a p-value = 0.004 ( $p < 0.05$ ) which showed a significant relationship between family

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support and EBI success. Conclusion: Based on the results of the study, it can be concluded that there is a significant relationship between family support and the success of Early Breastfeeding Initiation (EBI) at Teungku Peukan General Hospital, Southwest Aceh Regency in 2026. It is hoped that health workers can improve education not only to mothers but also to families in order to provide optimal support in the implementation of EBI.

**Keywords:** Family Support, Early Breastfeeding Initiation, Hospital

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## INTRODUCTION

Early Breastfeeding Initiation (EBI) is the process of placing the baby on the mother's chest immediately after birth and allowing the baby to make skin-to-skin contact and breastfeed on its own in the first hour of life. The practice of EBI has been proven to provide great benefits, including increasing the success of exclusive breastfeeding, maintaining the stability of the baby's body temperature, strengthening the bond between mother and baby, and reducing the risk of neonatal morbidity and mortality. Therefore, EBI is one of the key interventions in improving maternal and infant health in a sustainable manner.

Globally, the World Health Organization (WHO) affirms that EBI within the first hour of birth is the recommended standard of childbirth services in all health facilities. WHO states that babies who get EBI have a higher chance of survival and support the success of exclusive breastfeeding up to six months of age (WHO, 2023; WHO, 2024). However, WHO also reported that EBI coverage in developing countries is still not optimal, one of which is due to the lack of education and information received by mothers during pregnancy and childbirth.

Early Breastfeeding Initiation (EBI) is the process of babies breastfeeding immediately after birth where babies are allowed to look for their mother's milk nipples independently. EBI is carried out by placing the baby on his stomach on the mother's chest or stomach as a result of which the baby's skin comes into contact with the mother's skin which is done at least one hour after birth. If the relationship is between

the cloth or other things, less than an hour, then it is believed to be imperfect and not successful in EBI (Ministry of Health of the Republic of Indonesia, 2021).

In line with this, the Ministry of Health of the Republic of Indonesia (Kemenkes RI) places EBI as part of essential maternal and neonatal services. The Ministry of Health of the Republic of Indonesia emphasized that providing adequate information and education to mothers has a great influence on the success of the implementation of EBI in health care facilities (Ministry of Health of the Republic of Indonesia, 2023). National research published in the National Journal of Public Health showed that mothers who received information about EBI from health workers had a higher chance of success with EBI than mothers who did not receive information (Sari et al., 2021).

The results of another study in the Indonesian Journal of Midwifery stated that the provision of systematic and continuous information about EBI has a significant effect on the readiness of mothers to carry out EBI after childbirth (Nurhayati & Handayani, 2022). In addition, research published in the Journal of Maternal and Child Health Sciences also concluded that maternal knowledge is the dominant factor that influences the success of EBI, where this knowledge is mostly obtained through education from health workers in hospitals (Putri et al., 2023).

The Aceh Provincial Health Office reported that the implementation of EBI in health care facilities still faces various challenges, including low maternal understanding of the benefits and procedures of EBI. The Aceh Health Office emphasizes the importance of improving the quality of information provided by health workers as the main strategy in increasing the success of EBI and supporting the reduction of infant mortality in Aceh Province (Aceh Health Office, 2023). Supported by Listiana and Akmal's research in 2020 which said that the husband's support for early breastfeeding initiation that did not support the respondents was 17 people, namely, 56.7%. The results of the husband's support statistical test obtained a p-value of 0.004, so that there was a significant relationship between husband support (Widianingtyas, S. I., 2022) and the success of early breastfeeding initiation (Listiana & Jasa, 2020).

Early Breastfeeding Initiation (EBI) is that after birth the baby is placed attached to the mother's chest or stomach immediately, the baby is allowed to crawl around the nipple to breastfeed until satisfied

(Suciawati, 2017). The way babies do EBI is called the breast crawl or crawling for breasts. Newborn babies are immediately dried for at least 1 hour and attached to the mother's bladder so that skin to skin occurs (Nufra and Ruhmita, 2020). Exclusive breastfeeding is important in supporting the growth and development of the baby, such as increasing antibodies, protecting against infectious diseases, and several other benefits. Exclusive breastfeeding also has physical and psychological benefits for the mother. The low coverage of exclusive breastfeeding can have an impact on the quality of life of the nation's next generation and also on the economy. The coverage of exclusive breastfeeding in Indonesia reached the target of 73.97%, Aceh Province reached 67.05%, and Teungku Peukan General Hospital was only 37%. The purpose of this study is to find out the factors related to exclusive breastfeeding for infants in the Teungku Peukan Southwest Aceh General Hospital area in 2024.

The justification of the above problem is that problems and impacts of not EBI can cause losses in various parties, so it is important to know the factors that affect the success of EBI, and the justification of the problem at the research site can be solved after the research is carried out such as providing counseling to the community and families about the importance of EBI. Based on data and service reports at the Tengku Peukan General Hospital, Southwest Aceh Regency, the implementation of EBI has become part of childbirth services, but the success rate still varies. This is suspected to be related to differences in the level of knowledge and maternal readiness which are influenced by the quality and intensity of information about EBI by health workers. Research in hospitals published in the Journal of Indonesian Hospital Administration shows that effective education and communication from health workers contributes significantly to the success of EBI in hospitals (Rahmawati et al., 2022).

## **METHOD**

The type of research used in this study is quantitative research. Quantitative research is a research method that uses data in the form of numbers and statistical analysis to test hypotheses and explain the relationships between variables (Sugiyono, 2019). The research design

used is cross-sectional, which is an observational approach that aims to study the relationship between risk factors (independent variables) with ethical principles (usman Chairul, 2017) in (Huda & Waluyo, 2022) and effects (dependent variables) by collecting data simultaneously at a single point in time (Sugiyono, 2019) in (Huda et al., 2025).

This research was carried out at Teungku Peukan General Hospital, Southwest Aceh Regency. The research time was conducted from February to March 2026. The population in this study is all breastfeeding mothers at Teungku Peukan General Hospital, Southwest Aceh Regency, with an estimated population of 62 people in the March 2026 period. The sampling technique in this study uses total sampling, which is a sampling technique in which all members of the population who meet the inclusion criteria are used as research samples. The inclusion criteria in this study include breastfeeding mothers, mothers who have come to the hospital in the last two months, are domiciled in Southwest Aceh Regency, and are willing to be respondents. Meanwhile, the exclusion criteria include mothers who were not present at the time of data collection, mothers who experienced communication disorders, and mothers who were experiencing emotional disturbances during data collection. After selection based on inclusion and exclusion criteria, the number of eligible breastfeeding mothers were determined as respondents in this study.

## **RESULTS AND DISCUSSION**

The results of the study show that family support plays a significant role in the success of Early Breastfeeding Initiation (EBI). Mothers who receive family support tend to be able to carry out EBI well because of the sense of security, comfort, and psychological motivation. Conversely, a lack of family support can hinder the implementation of EBI due to lack of knowledge, maternal fatigue, and lack of emotional motivation. Thus, the success of EBI is not only influenced by the condition of mothers and health workers but also by the active role of the family. Therefore, increasing education and family involvement is an important strategy to support the success of EBI.

### **Univariate Analysis**

The univariate analysis aims to describe the frequency distribution of each of the variables studied, namely family support and the success

of Early Breastfeeding Initiation (EBI).

**Table 1. Distribution of Family Support Frequency for the Implementation of EBI at Teungku Peukan General Hospital in 2026.**

Family support	Frequency (f)	Percentage (%)
Support	38	61,3
Not supported	24	38,7
Quantity	62	100%

Data source: Processed by the author, 2026

Based on the table above, most of the respondents received family support in the implementation of EBI, which was 38 people (61.3%). However, there are still 24 respondents (38.7%) who report that they do not receive optimal family support.

**Table 2. EBI Success Frequency Distribution Teungku Peukan General Hospital in 2026**

The Success of EBI	Frequency (f)	Percentage (%)
Successful	35	56,5
Didn't work	27	43,5
Quantity	62	100

Data source: Processed by the author, 2026

The results of the analysis showed that more than half of the respondents, namely 35 people (56.5%), managed to implement EBI according to the set criteria. Meanwhile, as many as 27 respondents (43.5%) have not succeeded in implementing EBI optimally.

### Bivariate Analysis

Bivariate analysis was conducted to determine the relationship between family support and the success of Early Breastfeeding Initiation (EBI). The statistical test used was the Chi-Square test with a significance level of 95% ( $\alpha = 0.05$ ).

**Table 3. of the Relationship between Family Support and EBI Success at Teungku Peukan General Hospital in 2026**

Family Support	EBI Succeeds	EBI Doesn't Work	Total
Support	28 (73,7%)	10 (26,3%)	38
Not Supported	7 (29,2%)	17 (70,8%)	24
Quantity	35	27	62

Data source: Processed by the author, 2026

The results of the Chi-Square statistical test showed a p-value = 0.004 ( $p < 0.05$ ). Thus, it can be concluded that there is a statistically significant relationship between family support and the success of Early Breastfeeding Initiation (EBI) at Teungku Peukan General Hospital, Southwest Aceh Regency in 2026.

## DISCUSSION

The results showed that most of the respondents received family support in the implementation of Early Breastfeeding Initiation (EBI), which included emotional, informational, and instrumental support. This support plays an important role in increasing the confidence and readiness of postpartum mothers. The role of the family, especially the husband, is very strategic in providing calm and motivation so that conditions are created that support the optimal implementation of EBI. However, there are still mothers who have not received maximum support due to lack of knowledge, cultural factors, and lack of family involvement.

Based on the analysis, more than half of the respondents managed to implement EBI according to the criteria, which shows that EBI services in hospitals have run quite well with the support of health workers. However, some mothers still have not succeeded in doing EBI due to physical condition, mental readiness, lack of family support, and certain medical procedures. Bivariate analysis showed a significant association between family support and EBI success. Mothers who receive family support have a greater chance of success, because this support is a strengthening factor in shaping the mother's attitude, motivation, and readiness. This confirms that the success of EBI is the result of synergy between mothers, families, and health workers.

The implications of this study emphasize the importance of family involvement in maternal and infant health education. Health facilities are expected not only to focus on mothers, but also to provide education to families so that support for EBI increases. However, this study has limitations, namely the cross-sectional design that cannot explain the cause and effect in depth, the use of questionnaires that depend on respondents' perceptions, and the limited number of samples at one location. Overall, it can be concluded that family support is an important factor that influences the success of EBI. Optimal support can increase the readiness and success of mothers in implementing EBI, so a family-based

approach is needed in an effort to improve the quality of maternal and infant health services.

## CONCLUSION

Family support has been proven to have a significant influence on the success of the implementation of Early Breastfeeding Initiation (EBI). Mothers who receive family support tend to be more physically and psychologically prepared so that they can carry out EBI well. Therefore, increasing family participation through education and active involvement in the delivery process is an important strategy in improving the success of EBI and the quality of maternal and infant health.

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