



Relationship of Paternal Attitude and Psychosocial Support on Duration of Exclusive Breastfeeding of First-Time Mothers in Health Clinics in Kuching

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ABSTRACT

Background:

Paternal knowledge, attitude, and psychosocial involvement are crucial factors in successful breastfeeding outcomes and decision-making, exclusivity, and continuation of breastfeeding practices. Despite having one of the lowest exclusive breastfeeding rates in Malaysia, there is a lack of studies done in Sarawak. This study aimed to determine the prevalence and duration of exclusive breastfeeding among first-time mothers and the relationship between paternal attitude and psychosocial support with the exclusive breastfeeding duration.

Method:

This study involved partners of first-time mothers in Klinik Kesihatan Batu Kawa and Klinik Ibu dan Anak Bau in Kuching, Sarawak, recruited via convenience sampling. Paternal breastfeeding attitude was measured using the Iowa-Infant-Feeding-Attitude-Scale (IIFAS), whereas paternal psychosocial support was assessed using the Paternal-Breastfeeding-influence-Scale (PBIS) questionnaire. Descriptive statistics and inferential analysis (Pearson correlation coefficient analysis) were conducted.

Results:

A total of 200 partners participated in this study. The mean duration of exclusive breastfeeding among first-time mothers was 21.87 ± 13.57 weeks. The average score for paternal attitude toward breastfeeding was $58.89 (\pm 5.44)$, which shows a negative attitude towards breastfeeding. The average total paternal breastfeeding psychosocial support score was $126.12 (\pm 17.49)$. A statistically significant positive correlation existed between paternal attitude and exclusive breastfeeding duration ($r=0.26, p<0.001$).



Conclusion:

This study found that paternal attitude towards breastfeeding was positively correlated with exclusive breastfeeding duration in first-time mothers. Therefore, increasing the awareness amongst partners regarding the importance of breastfeeding should be an essential focus in antenatal care in the primary care clinics in Kuching.

Keywords: Paternal attitude, Paternal psychosocial support, exclusive breastfeeding, first-time mothers, duration of breastfeeding.

Biodata:

Associate Professor Dr Siti Fatimah Badlishah Sham is a family medicine specialist and senior lecturer. She has vast experience in family medicine and research interest in chronic disease management, preventive medicine, infectious disease and mental health disorders. She is an active member of the Academy of Family Physicians of Malaysia (AFPM), the Family Medicine Specialist Association (FMSA) and the Islamic Medical Association of Malaysia (IMAM).