

ORIGINAL

Phenomenological Study: Perception of Angkola Batak Customary Figures On Exclusive Breastfeeding for Infants Aged 0-6 Months in Padangsidempuan City

Estudio fenomenológico: Percepción de las figuras tradicionales de Angkola Batak sobre la lactancia materna exclusiva para bebés de 0 a 6 meses en la ciudad de Padangsidempuan

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ABSTRACT

Introduction: exclusive breastfeeding is the provision of only breast milk (ASI) to newborns up to 6 months of age without any additional food except vitamins and medicines. The purpose of this study was to explore in depth the perceptions of traditional leaders of the Batak Angkola tribe regarding exclusive breastfeeding for infants aged 0-6 months in Padangsidempuan City.

Method: the research design was phenomenological. The data collection method was carried out through in-depth interviews. A purposive sampling method was used to select participants who met the criteria as participants. The participants in this study were 12 people consisting of Hatobangon, Mora, Kahanggi, Anak Boru, Husbands and Health Workers in Padangsidempuan City. The transcribed interview results were analyzed using content analysis.

Results: the results of this study found 4 themes that reflect the phenomenon studied. These themes are the views of traditional leaders on exclusive breastfeeding, husband's support in providing exclusive breastfeeding, the role of health workers in the success of exclusive breastfeeding and cultural influences on exclusive breastfeeding.

Conclusion: we live in an area that still upholds culture, customs, and habits that are still frequently practiced. It is not uncommon for these traditional activities to intentionally or unintentionally cancel the provision of exclusive breastfeeding, such as giving honey/sugar/salt to babies before the baby is 6 months old. Attending traditional events is not a problem as long as it does not interfere with exclusive breastfeeding, but it will be a problem if all babies will have their exclusive breastfeeding canceled if they participate in these traditional activities. It is recommended that the local government can embrace traditional leaders in Padangsidempuan City to be able to make the provision of exclusive breastfeeding for babies aged 0-6 months a success.

Keywords: Perception; Traditional Figure; Angkola Batak Tribe; Exclusive Breastfeeding; Babies 0-6 Months.

RESUMEN

Introducción: la lactancia materna exclusiva consiste en alimentar a los recién nacidos de hasta 6 meses de edad únicamente con leche materna (ASI), sin ningún otro alimento adicional, salvo vitaminas y medicamentos. El objetivo de este estudio fue explorar en profundidad las percepciones de los líderes tradicionales de la tribu Batak Angkola con respecto a la lactancia materna exclusiva para bebés de 0 a 6 meses en la ciudad de Padangsidimpuan.

Método: el diseño de la investigación fue fenomenológico. El método de recopilación de datos se llevó a cabo mediante entrevistas en profundidad. Se utilizó un método de muestreo intencional para seleccionar a los participantes que cumplieran los criterios como participantes. Los participantes en este estudio fueron 12 personas, entre las que se encontraban Hatobangon, Mora, Kahanggi, Anak Boru, maridos y trabajadores sanitarios de la ciudad de Padangsidimpuan. Los resultados transcritos de las entrevistas se analizaron mediante un análisis de contenido.

Resultados: los resultados de este estudio revelaron cuatro temas que reflejan el fenómeno estudiado. Estos temas son las opiniones de los líderes tradicionales sobre la lactancia materna exclusiva, el apoyo del marido a la lactancia materna exclusiva, el papel de los trabajadores sanitarios en el éxito de la lactancia materna exclusiva y las influencias culturales en la lactancia materna exclusiva.

Conclusión: vivimos en una zona que aún mantiene una cultura, costumbres y hábitos que se siguen practicando con frecuencia. No es raro que estas actividades tradicionales, de forma intencionada o no, impidan la lactancia materna exclusiva, como dar miel, azúcar o sal a los bebés antes de los 6 meses de edad. Asistir a eventos tradicionales no es un problema siempre que no interfiera con la lactancia materna exclusiva, pero sí lo será si todos los bebés dejan de recibir lactancia materna exclusiva por participar en estas actividades tradicionales. Se recomienda que el gobierno local cuente con el apoyo de los líderes tradicionales de la ciudad de Padangsidimpuan para que la lactancia materna exclusiva de los bebés de 0 a 6 meses sea un éxito.

Palabras clave: Percepción; Figura Tradicional; Tribu Angkola Batak; Lactancia Materna Exclusiva; Bebés de 0 A 6 Meses.

INTRODUCTION

Exclusive breastfeeding is breast milk given to babies from birth for six months, without adding or replacing it with other foods or drinks (PP Number 33 of 2012). *The World Health Organization (WHO)* and *the United Nations International Children's Emergency Fund (UNICEF)* in 2013 stated that Exclusive breastfeeding is giving only breast milk to newborn babies up to the age of 6 months without giving any additional food except oral rehydration solution, or vitamin, mineral or medicine drops/syrups.⁽¹⁾

Exclusive breastfeeding is the perfect way to provide the best food for babies in the first six months of life for healthy growth and development. Exclusive breastfeeding means that babies only receive breast milk.⁽²⁾ Breastfeeding has many health benefits for both mother and baby. Breast milk contains all the nutrients a baby needs in the first six months of life. Breastfeeding protects against diarrhea and childhood illnesses such as pneumonia, and may also have long-term health benefits for both mother and child, such as reducing the risk of overweight and obesity in childhood and adolescence.⁽³⁾

Breastfeeding also has an influence on a child's intelligence level as research results state that IQ scores in children who receive exclusive breastfeeding are higher than those who do not receive them with an average difference of 3,44 points.⁽⁴⁾ Another benefit that is no less important is the reduced risk of obesity in children who are given exclusive breastfeeding, which states that breastfeeding is associated with a significant reduction in the risk of obesity in children.⁽⁵⁾ Preparing a good generation starts from pre-pregnancy preparation, pregnancy preparation, childbirth preparation and breastfeeding preparation. Because there will be many health problems that may arise, especially during pregnancy, such as mothers who lack vitamins (folic acid, calcium, vitamin D, etc.).⁽⁶⁾ can cause various diseases that will continue to have an impact until the breastfeeding period.

Not exclusively breastfeeding is a risk factor for infant and child morbidity and mortality, which is exacerbated by inappropriate complementary feeding. Long-term impacts include reduced productivity and impaired intellectual and social development. Exclusive breastfeeding can reduce the incidence of childhood illnesses such as diarrhea and pneumonia and can lead to faster recovery from illness. For mothers, breastfeeding has been shown to protect against postpartum hemorrhage, ovarian and breast cancer, heart disease, and type 2 diabetes.⁽⁷⁾

Research by Sankar et al. shows that babies who are not exclusively breastfed are 14 times more likely to die than babies who are. This will undoubtedly impact the infant mortality rate (IMR).⁽⁸⁾ Based on the results of the Indonesian Demographic and Health Survey, it shows that the Infant Mortality Rate reached 24/1000 live births

while the SDG's target is to reduce the Neonatal Mortality Rate to 12/1000 live births by 2030.

The achievement of Exclusive Breastfeeding is still very far from the predetermined target, According to WHO in 2021 the presentation of Exclusive Breastfeeding in the World only reached 69,7 %, ⁽⁹⁾ while in Indonesia According to Basic Health Research (RISKESDAS) data in 2021 it only reached 52,5 %. For the North Sumatra region according to the North Sumatra Health Profile in 2021 it has reached 57,83 % and for Padangsidempuan City in 2022 the presentation of Exclusive Breastfeeding achievement is even smaller at 38,96 %. ⁽¹⁰⁾

Improving breastfeeding practices requires behavioral change. Health behavior theorists in Western cultures have created models and theories to predict health-related behaviors and to design, create, and evaluate health education interventions. Most are individual-oriented and based on the assumption that behavior change occurs through information provision, rational discussion, and skill development, resulting in changes in an individual's attitudes or beliefs and ultimately behavior. However, these Western models often ignore and marginalize the unique social and cultural contexts of less individualistic developing countries, where extended family structures are prevalent and local normative structures are dominant. ⁽¹¹⁾

Indonesia is a country rich in cultural, ethnic, tribal and racial diversity with more than 389 tribes that have different customs, languages, values and cultures. Culture, a word that we may have heard often in our daily lives, culture itself comes from the word "budhdayah" which means feeling, will and love that exist in the life of society. ⁽¹²⁾

Dalihan Natolu culture is a philosophical concept or socio-cultural insight that concerns society and culture. Batak . Dalihan Na Tolu is a framework that includes blood kinship relationships and marital relationships that connect one group. In Batak customs, Dalihan Na Tolu is determined by the existence of three functional positions as a social construction consisting of three things that form a common basis. The three pillars are Mora (the party giving the wife/wife's party), Kahanggi (the same clan as the husband 's father), Anakboru (the party receiving the wife/husband's party). These three pillars are the closest family who can provide support to the mother besides the husband and parents. ⁽¹³⁾

In North Sumatra, the Dalihan Natolu culture is still preserved to this day, with the majority of the population being of the Batak ethnic group, and in Padangsidempuan City, with the majority being of the Angkola and Mandailing Batak ethnic groups. It can be said that the Angkola-Mandailing Batak community in general prioritizes deliberation and consensus in their social life. In a traditional deliberation, the three elements of Dalihan Na Tolu must be fulfilled so that the decisions taken can be implemented properly. These three elements must also respect and appreciate each other. ⁽¹⁴⁾

Some traditional events of the Batak Angkola-Mandailing related to pregnant women and the provision of exclusive breastfeeding that are still preserved today are mangupa upa (malehen mangan) for pregnant women before giving birth and manakko dalan, which is the activity of the child leaving the house and being taken for a walk around the house and then returning home to be given parompa sadun which is carried out by Mora (family from the mother's side) and also mambaen goar, which is the naming of the baby. All these activities are attended by all family members, namely Mora, Kahanggi, Anak boru. ⁽¹³⁾

Dalihan Natolu culture is practiced, taught and passed down from generation to generation while simultaneously shaping human behavior patterns towards other humans. Leadership is closely related to the provision of Exclusive Breastfeeding, where the people who make decisions in a family are the people referred to in the Dalihan Natolu culture (Mora, Kahanggi, Anak Boru). If someone is in the position of *mora*, then he is responsible as a leader/chairman, *kahanggi* as the one who *protects* and *anak boru* as workers who are responsible for completing the work. Exclusive breastfeeding can be successfully carried out if Mora, Kahanggi, Anak Boru support the provision of Exclusive Breastfeeding. ⁽¹⁵⁾

Based on a preliminary study in Padangsidempuan City conducted using an interview method with 4 people consisting of *Hatobangon*, *Mora*, *Kahanggi* and *Anak Boru*, 3 of them said that they did not place much importance on providing exclusive breastfeeding, traditional activities and habits that have become traditions passed down from generation to generation must continue to be carried out as usual. Based on this phenomenon, researchers are interested in conducting research on the perceptions of traditional leaders of the Batak Angkola tribe regarding providing exclusive breastfeeding to babies aged 0-6 months. in Padangsidempuan City. This study aims to explore in depth the perceptions of Batak Angkola traditional leaders regarding exclusive breastfeeding for infants aged 0-6 months in Padangsidempuan City.

METHOD

The research used phenomenology. This study aims to explore and understand the perceptions of traditional leaders of the Angkola Batak tribe regarding exclusive breastfeeding for infants aged 0-6 months. in the city of Padangsidempuan.

The study was conducted in Padangsidempuan City in October 2024. Participants in this study until data saturation reached 12 people consisting of 2 *Hatobangon*, 2 *Mora*, 2 *Kahanggi*, 2 *Anak Boru*, 2 *Husbands* and 2 *Health Workers* selected through purposive sampling technique.

Data collection was conducted by the researcher, who used the primary research instrument. Data were collected through in-depth interviews using a voice recorder, combining interviews with open-ended questions.

A purposive sampling method was used to select participants who met the criteria. This study involved 12 participants: Hatobangon, Mora, Kahanggi, Anak Boru, Husband, and Health Workers in Padangsidempuan City. Transcribed interviews were analyzed using content analysis. The study identified four key findings: themes that reflect the phenomena being studied. These themes include the views of traditional figures on exclusive breastfeeding, husbands' support for exclusive breastfeeding, the role of health workers in ensuring the success of exclusive breastfeeding, and cultural influences on exclusive breastfeeding.

RESULTS AND DISCUSSION

Research result

The study involved 12 participants, with 10 participants aged 21-35 years and 2 participants aged >35 years. Eight participants had a high school education, two had a diploma, and two had a bachelor's degree. Seven participants were self-employed, and five were civil servants. Detailed participant characteristics will be explained below.

Participant characteristics based on age, education and occupation.

Table 1. Participant Characteristics			
	Characteristics	Frequency	%
Age	21 - 35 years old	10	83 %
	> 35 years	2	17 %
Education	Bachelor	2	17 %
	Diploma	2	17 %
	SENIOR HIGH SCHOOL	8	66 %
Work	Self-employed	7	58 %
	Civil servant	5	42 %

The results of this study found four themes, namely: the views of traditional leaders on exclusive breastfeeding, husbands' support for exclusive breastfeeding, the role of health workers in ensuring the success of exclusive breastfeeding, and the influence of culture on exclusive breastfeeding. More details can be seen in table 2 below.

Content Analysis Results with the views of traditional figures, husband's support, the role of health workers and cultural influences on providing exclusive breastfeeding.

Table 2. Content Analysis Results		
No	Theme	
1	<i>Theme 1: Views of traditional figures on exclusive breastfeeding</i>	
	Sub themes	Category
	1. Hatobangon	1. Knowledge about Exclusive Breastfeeding 2. Benefits of Exclusive Breastfeeding 3. Support for Exclusive Breastfeeding
	2. Mora	1. Knowledge about Exclusive Breastfeeding 2. Benefits of Exclusive Breastfeeding 3. Support for Exclusive Breastfeeding
	3. Kahanggi	1. Knowledge about Exclusive Breastfeeding 2. Benefits of Exclusive Breastfeeding 3. Support for Exclusive Breastfeeding
	4. Anakboru	1. Knowledge about Exclusive Breastfeeding 2. Benefits of Exclusive Breastfeeding 3. Support for Exclusive Breastfeeding
2	<i>Theme 2: Husband's support in providing exclusive breastfeeding</i>	
	Sub themes	Category
	1. Emotional support	1. Accompanying the mother to check her pregnancy 2. Accompanying the mother during the birthing process 3. Accompanying mothers during breastfeeding

2. Assessment support	1. Praising the mother even though she is heavily pregnant 2. Reassure the mother that the delivery will go smoothly 3. Encouraging mothers to provide exclusive breastfeeding
3. Instrumental support	1. Helping mothers take care of themselves 2. Helping mothers take care of their babies 3. Helping mother with housework 4. Helping mother take care of other children
4. Information support	1. Remind mothers to have pregnancy check-ups 2. Remind mother to rest if she is tired 3. Remind mother of immunization schedule 4. Remind mothers to continue breastfeeding their babies until they are 6 months old.
3	<i>Theme 3: The role of health workers in ensuring the success of exclusive breastfeeding</i>
Sub themes Category	
1. Pregnancy Period	1. Checking the mother's health during pregnancy 2. Inform the mother of the pregnancy check-up schedule 3. Educate mothers to provide exclusive breastfeeding when the baby is born
2. Labor Period	1. Inform the mother about childbirth preparations 2. Helping the mother during childbirth
2. Postpartum Breastfeeding	and 1. Accompanying mothers during the postpartum period and at the start of breastfeeding 2. Educating mothers to provide exclusive breastfeeding to babies
4	<i>Theme 4: The Influence of Culture on Exclusive Breastfeeding</i>
Sub themes Category	
1. Mangupa traditional event	upa 1. Information about maintaining maternal health is implemented 2. Information about Exclusive Breastfeeding was never implemented
2. Manakko traditional event	Dalan 1. Information about maintaining baby's health is implemented 2. Information about Exclusive Breastfeeding was never implemented 3. Baby fails to get exclusive breastfeeding
3. Panabalan traditional event	Goar 1. Information about maintaining baby's health is implemented 2. Information about Exclusive Breastfeeding was never implemented

1. Theme Views of traditional figures on exclusive breastfeeding

The views of traditional leaders on exclusive breastfeeding include knowledge of *the hatobangon's* views on exclusive breastfeeding. Participants' statements regarding knowledge, benefits, and support for exclusive breastfeeding include:

"I don't really understand about exclusive breastfeeding, the important thing is that the baby is given breast milk, right?"

"As far as I know, breast milk is good for babies, but only if the mother has breast milk and the baby is full."

"The baby is breastfed and is fine, there are no problems"

The views of traditional leaders on exclusive breastfeeding include knowledge of *moral* views on exclusive breastfeeding. Participants' statements regarding knowledge, benefits, and support for exclusive breastfeeding include:

"I know about exclusive breastfeeding, my child was also exclusively breastfed for 6 months"

"They say it has many benefits for babies, but it's the same as formula milk, right?"

"Breastfed babies are very good, I agree."

The views of traditional figures regarding the provision of exclusive breastfeeding, namely knowing about the views of *the Kahanggi* regarding the provision of exclusive breastfeeding. Participant statements regarding knowledge, benefits and support for exclusive breastfeeding are:

"Exclusive breastfeeding means giving breast milk for 6 months, right? No other milk is allowed."

"Breast milk is very good for baby's immunity"

"All my children get exclusive breastfeeding."

The views of traditional figures regarding the provision of exclusive breastfeeding, namely knowing the views of the children regarding the provision of exclusive breastfeeding. Participant statements regarding knowledge, benefits and support for exclusive breastfeeding are:

"Exclusive breastfeeding is given for 6 months, no other food should be given other than breast milk, including milk, water, etc."

"Breast milk is very good for the baby's health, so the baby doesn't get sick easily."

"I strongly support exclusive breastfeeding."

2. Theme: Husband's support in providing exclusive breastfeeding

Support from husband to wife while breastfeeding consists of: emotional support, physical support, and informative support. Participant statements about emotional support consisted of accompanying the mother to check her pregnancy, accompanying the mother during the birthing process, accompanying the mother during breastfeeding.

"When my wife was pregnant, I always accompanied her to her pregnancy check-ups at the health center according to schedule."

"When I gave birth, I also canceled going out of town because accompanying my wife during the birth was more important."

"After our child was born, I always accompanied my wife to breastfeed our child, especially at night."

In addition to emotional support, participants also provided assessment support to their wives, such as providing financial support for pregnancy, childbirth, and breastfeeding. As described by the following participant:

"When my wife says she's ugly because she's too fat, I tell her that's not true. My wife is still beautiful even though she's a little fat."

"My wife was always anxious, especially as labor approached, afraid there would be problems. But I stayed with her. I accompanied her through labor and held her hand until our baby was born."

"Seeing my wife tired from breastfeeding our baby, I always encourage her, I praise her, that she is an angel who is raising our child."

Instrumental support to their wives, such as:

"I help my wife take a shower every morning"

"If my wife looks tired, I take turns carrying the baby, especially at night."

"Washing dishes, washing clothes, cleaning the house, I do it all when I have free time."

"Every morning before going to work, I prepare my first child for school, including feeding him breakfast too."

The interview results revealed that participants provided informative support to their wives, such as: Reminding mothers to have pregnancy check-ups, Reminding mothers to rest if they are tired, Reminding mothers of their immunization schedules. The participants' statements are as follows:

"If I get a schedule for a check-up at the community health center, I'll remind my wife to keep the KIA book, too."

"If my wife looks tired while breastfeeding, I remind her to rest because health is very important."

"Because I hold the KIA book, when it's time for immunization, I always remind my wife to go to the integrated health post."

"Every time I see my wife breastfeeding, I always invite her to talk to me so that she doesn't get bored, and I always remind her to only give our baby breast milk until he is 6 months old."

3. Theme: The role of health workers in ensuring the success of exclusive breastfeeding

The role of health workers in ensuring the success of exclusive breastfeeding. Participants stated that they accompany mothers during pregnancy. The participant statements are as follows:

"I always check on your health since your pregnancy and remind you to come back at the next scheduled appointment."

"Since the pregnancy checkup, I have informed the mother to give her baby exclusive breastfeeding from birth until the age of 6 months, and not to put anything into the baby's mouth except breast milk and medication if necessary."

Participants stated that they accompanied their mothers during labor. The participants' statements are as follows:

"I inform mothers to prepare all the necessities for childbirth if the due date is near."

"I am the midwife who helps mothers give birth at the community health center."

Participants stated that they accompanied their mothers during the postpartum period. The participants' statements are as follows:

"In the beginning, I had difficulty breastfeeding because my nipples felt sore. So I taught her the proper way to breastfeed."

"I firmly inform you that babies should be given exclusive breastfeeding until they are 6 months old without any additional food. After 6 months, they can be given complementary foods and continue breastfeeding until they are 2 years old."

4. Theme: Cultural Influence on Exclusive Breastfeeding

Based on the results of participant interviews, it was revealed that culture influences the provision of exclusive breastfeeding, such as at the traditional *mangupa-upu* event.

Mangupa-upu is carried out when the mother's pregnancy is more than 7 months old, the participant's statement is as follows:

"At the Mangupa-Upu traditional ceremony, we, the hatobangon, mora, kahanggi, and anakboru, usually give advice to the mother to take care of her health and to take care of the fetus in her womb so that it can be born healthy."

"When giving advice, we never mention exclusive breastfeeding."

The participants revealed that culture influences exclusive breastfeeding, such as at the traditional *Manakko Dalan* event. The participant's statement was as follows:

Manakko is carried out when the baby is 40 days old. The participant's statement is as follows:

"After the baby is 40 days old, the baby is usually taken for a walk outside the house, giving out candy to neighbors and relatives and when he returns home, mora, kahanggi, anak boru are already waiting. Usually there will be 1 person who will put sugar on the baby's forehead and mouth"

"Everyone certainly gives advice so that babies grow up healthy, strong, and become pious children who are close to neighbors and family, but there is no advice that says that babies should be given exclusive breastfeeding."

Participants revealed that culture influences exclusive breastfeeding, such as at the *Panabalan Goar* traditional ceremony. The participant's statement was as follows:

"Panabalan goar is usually equated with an aqiqah event. Where the baby will be prayed for, wish him well in the afterlife, his head will be shaved and his name written down"

"But no information was ever given about exclusive breastfeeding at the traditional event."

DISCUSSION

The discussion consists of 4 themes, namely: Theme of Traditional Leaders' Views on Exclusive Breastfeeding, Theme of Husband's Support in Exclusive Breastfeeding, Theme of Health Workers' Role in Making Exclusive Breastfeeding a Success and Theme of Cultural Influence in Exclusive Breastfeeding.

1. Theme: Views of traditional figures on exclusive breastfeeding

The theme of husbands' behavior regarding exclusive breastfeeding consists of 4 sub-themes, namely Hatobangon, Mora, Kahanggi, and Anak Boru. The first aspect in this study shows that the knowledge of Hatobangon, Mora, Kahanggi, and Anak Boru varies. Many factors can influence a person's level of knowledge, such as education, experience, environment, sources of information, and others. The majority of participants are aware of exclusive breastfeeding, but some are not yet aware of it. Knowledge is the result of knowing, and this occurs after a person senses a particular object. Sensing occurs through the five human senses: sight, hearing, smell, taste, and touch. Most human knowledge is acquired through the eyes and ears.⁽¹⁶⁾

As for the benefits of breast milk, everyone agrees that breast milk has many benefits for babies, in addition to health, it also improves the baby's immunity and endurance. There are many benefits of breastfeeding, especially exclusive breastfeeding, which can be felt, namely: Breast milk as nutrition, Breast milk increases endurance, Increases intelligence, Breastfeeding increases the bond of affection, As a single food to meet all the growth needs of children up to six months of age, Contains fatty acids needed for brain growth so that children who are given exclusive breastfeeding have the potential to be smarter, Reduces the risk of diabetes, cancer in children and reduce the possibility of suffering from heart disease, Support motor development so

that children who are given exclusive breastfeeding will be able to walk more quickly , Support emotional personality development, spiritual maturity and good social relations.⁽¹⁷⁾

Hatobangon, mora, kahanggi, anak boru support the provision of exclusive breastfeeding, but support without knowing for sure what exclusive breastfeeding is, this can lead to bias which can cause babies not to get exclusive breastfeeding.⁽¹⁵⁾ A mother needs significant support to breastfeed her baby until she is 6 months old. Family or those closest to her significantly influence her decision to exclusively breastfeed, but many families, including parents and husbands, provide food and drink before their baby is 6 months old . Good support will encourage mothers to breastfeed until 6 months old and not to give their babies any other food before they are 6 months old.⁽¹⁸⁾ Information about breastfeeding is not only provided to mothers but also to husbands and families, so that they also gain knowledge about proper breastfeeding. Good support is support to motivate mothers to breastfeed their babies and provide psychological support to mothers. Seeing the great benefits of breastfeeding for mothers and babies, exclusive breastfeeding is highly recommended for babies for 6 months and a high level of knowledge of someone about exclusive breastfeeding for babies will support the success of the program of exclusive breastfeeding for 6 months.⁽¹⁹⁾

This study also found that traditional figures and families Those close to us have a major influence on shaping our behavior . The main problem in providing exclusive breastfeeding is socio-cultural, including a lack of awareness of the importance of breast milk, such as habits that do not support providing exclusive breastfeeding to newborns up to 6 months of age .

2. Theme: Husband's support in providing exclusive breastfeeding

The theme of husbands' support for their wives during breastfeeding identified three sub-themes: emotional support, appraisal support, instrumental support , and informative support. The first sub-theme, emotional support, is essential for a mother to ensure successful exclusive breastfeeding . Emotional support provides a sense of comfort, a feeling of love during times of depression, and provides encouragement, empathy, trust, and attention, making the recipient feel valued. Within this emotional support, the family provides a place to rest and provides encouragement. A husband who supports his wife from pregnancy, childbirth, to breastfeeding will certainly have a positive impact on both the mother and the baby.⁽²⁰⁾ Husbandly support is a form of interaction involving a mutually beneficial relationship, providing tangible assistance to his wife. A husband's consistent support can influence a mother's success in exclusively breastfeeding. A husband can provide emotional support to his wife by offering praise, encouragement, and expressing pride in her decision. to breastfeed exclusively. This can help boost a wife's confidence and enthusiasm to continue breastfeeding.⁽²¹⁾

Second sub-theme is assessment support, in this research conducted by the husband with the aim of making the wife calmer and more comfortable in carrying out her role as a pregnant mother, mother giving birth and breastfeeding mother. Appraisal support is a type of support where the husband acts as a guide and provides feedback, problem-solving, and a source of validating the identity of family members. Appraisal support is a form of appreciation given by one person to another according to their condition. Appraisal support can take the form of appreciation for the family's achievements based on actual circumstances. This appraisal support can take the form of positive and negative assessments, which have a significant impact on a person. If a mother receives positive appraisal support, it will strengthen her belief that the act of exclusively breastfeeding her baby is correct.⁽²²⁾

Third sub-theme is instrumental support, in this study, the husband's aim was to make it easier for his wife to carry out her activities so as not to interfere with the mother in providing affection and exclusive breastfeeding to her baby. This support includes the provision of physical support such as services, material assistance in the form of real assistance (*instrumental support material support*), a condition where objects or services will help solve practical problems, including direct assistance, such as when someone helps with daily work, care and maintenance that can help solve problems. Real support is most effective when it is appreciated by the individual and reduces the individual's depression.⁽²³⁾

Instrumental support provided by husbands to their wives in this study included helping their wives with self-care, helping their wives care for their babies, and helping them with household chores and other children. Mothers who experience no difficulties during breastfeeding will naturally find it easier to care for their babies, focusing solely on caring for them and not thinking about other things. Instrumental support provided by husbands is significantly related to the success of exclusive breastfeeding.⁽²⁴⁾

The fourth sub-theme is informative support. Informative support provided by husbands to their wives during exclusive breastfeeding includes reminding mothers to have prenatal checkups, reminding mothers to rest when tired, reminding mothers about immunization schedules, and reminding mothers to continue breastfeeding their babies until they are 6 months old . This type of support includes a communication network and the responsibility to provide advice, direction, suggestions, or feedback on what a person is doing.⁽²⁵⁾ The family can provide information by suggesting doctors, good therapy for him, and specific actions for the individual to combat stressors. Individuals who experience depression can get out of their problems and solve

their problems with the support of the family by providing *feedback*. In this information support, the family acts as a collector of information and information provider. The husband also tells the mother to consume nutritious food and food that can facilitate breast milk production, because this can help the mother to be successful in providing exclusive breastfeeding.⁽²¹⁾

3. Theme: The role of health workers in ensuring the success of exclusive breastfeeding

Theme: The role of health workers in ensuring the success of exclusive breastfeeding It has three sub-themes, the first of which is during pregnancy. Health workers check the mother's health during pregnancy, inform her of the next prenatal checkup schedule, and educate her about exclusive breastfeeding for babies from birth to 6 months.

The role of health workers in providing exclusive breastfeeding is truly needed, namely by providing information to breastfeeding mothers regarding the need for exclusive breastfeeding and explaining the benefits so that babies can be given breast milk by their mothers. In addition, it can also influence the mother's motivation to provide exclusive breastfeeding.⁽²⁶⁾ The success of breastfeeding mothers requires the role of health workers who are the determinants of the success or failure of mothers in providing exclusive breastfeeding. The knowledge, attitudes and actions of health workers are the determining factors for the success of breastfeeding. The more often health workers provide information and educational counseling related to breastfeeding, the higher the motivation and self-confidence will be, making mothers not hesitate to provide exclusive breastfeeding to their babies.⁽²⁷⁾ The second sub-theme is during labor, during this period health workers inform the mother of the estimated date of delivery and assist the mother in giving birth. The very important role of health workers in protecting, improving, and supporting breastfeeding efforts must be seen in terms of their broad involvement in social aspects.⁽²⁸⁾

The second sub-theme is the postpartum and breastfeeding period. Health workers accompany mothers during the postpartum period and the initial stages of breastfeeding and re-educate them about exclusive breastfeeding, the benefits of breast milk, proper breastfeeding techniques, breast care, and other matters related to the postpartum and breastfeeding period (29). Health workers are responsible for infant nutrition and health care. Health workers have a unique position that can influence the function of maternal health services, both before, during, and after pregnancy and childbirth. Respondents obtained information from the midwives where they checked their pregnancy and checked their babies postpartum about the Exclusive Breastfeeding program through the midwives where they checked their pregnancy and checked their babies postpartum.⁽²⁷⁾

4. Theme: Cultural Influence on Exclusive Breastfeeding

On the theme of cultural influence on exclusive breastfeeding, researchers found 3 sub-themes, namely the Mangupa-Upa traditional event, the Manakko Dalan traditional event and the Panabalan Goar traditional event. The research results revealed that there are several traditional activities that are directly related to breastfeeding. The first sub-theme is the traditional *Mangupa-Upa event*. This traditional event is held when the mother's pregnancy has reached more than 7 months. At this event, the *hatobangon*, *mora*, *kahanggi*, and *anak boru* will give advice and prayers to the pregnant woman who is about to give birth. The second sub-theme is the traditional *Manakko Dalan event*. This event is held when the baby is 40 days old. The baby is taken for a walk outside the house and upon returning, sugar is applied to its forehead and mouth, an activity that can invalidate the provision of exclusive breastfeeding. Finally, the third sub-theme is the traditional *Panabalan Goar event*. This event is usually held in conjunction with the child's aqiqah event and at this event, no information about exclusive breastfeeding is provided. At these three traditional events, no one will explain the importance of exclusive breastfeeding.⁽³⁰⁾ Culture is a set of guidelines inherited by individuals as members of a particular society and tells individuals how to view the world and how to relate to others, to supernatural powers, and to the natural environment.⁽³¹⁾

The main problems in exclusive breastfeeding related to culture include a lack of awareness of the importance of breast milk, health services that are not fully supportive, and the intensive promotion of formula milk. Habits that do not support breastfeeding include providing food/drinks after birth such as honey, coconut water, papah rice, bananas and providing formula milk early on. Parents and families also still provide and recommending the provision of formula milk and the belief that breastfeeding can damage the shape of the breasts.⁽³²⁾

Culture is a complex that includes knowledge, beliefs, arts, morals, laws, and customs. Culture is all the results of the work, feelings, and creations of a society that function as a shelter, the need for food and drink, clothing and jewelry, and has a personality, namely the organization of biological, psychological, and social factors that underlie the behavior of certain individuals.⁽³³⁾ One of the obstacles is that there are still cultural factors that do not support the provision of exclusive breastfeeding, such as activities that involve putting honey/sugar/salt into the baby's mouth which can invalidate the provision of exclusive breastfeeding.⁽³⁴⁾

CONCLUSIONS

Mothers are required to exclusively breastfeed their babies from birth to 6 months of age without any additional food. Exclusive breastfeeding can be successful if the mother receives support from all parties, including family, health workers, and the community, including traditional leaders. We live in an area that still upholds culture, customs, and traditions. It's not uncommon for these traditional activities to unintentionally or intentionally interrupt exclusive breastfeeding, such as giving honey, sugar, or salt to babies before they are 6 months old. Attending traditional events is fine as long as it doesn't interfere with exclusive breastfeeding, but it becomes a problem if all babies lose their exclusive breastfeeding if they participate in these traditional activities.

Therefore, support is needed from various parties so that Exclusive breastfeeding can be achieved and coordination from various parties is also needed so that exclusive breastfeeding can still be achieved without having to abandon the traditional activities that we have been following.

The advice given to the Padangsid City Health Office is to coordinate with various parties, such as village heads and traditional leaders, to ensure that exclusive breastfeeding is not neglected, so that things that can cause exclusive breastfeeding to be cancelled during traditional activities do not happen again. Also, work together with various cross-sectoral efforts to achieve exclusive breastfeeding in Padangsidmpuan City . To the Padangsidmpuan City Regional Government to create policies, namely regulations on the implementation of traditional activities so as not to do things that can cancel Exclusive Breastfeeding.

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CONFLICT OF INTEREST

None.

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This research has obtained Ethical clearance from the research ethics commission of the Faculty of Public Health, Hasanuddin University, Makassar with number 298/UN4.14.1/TP.01.02/2024 dated October 11 , 2024 to 11 October 2025.

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