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Empowering pregnant women's families in preparation for breastfeeding: Scoping review

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Abstract--The World Health Organization and UNICEF recommend exclusive breastfeeding for the first six months of a baby's life to achieve optimal health and survival benefits, data on global exclusive breastfeeding coverage continues to increase towards the 50% target in 2025, reaching around 48% in 2022-2023, and still needs to be strengthened to achieve the WHO 2030 target of 70%. One of the reasons for the low exclusive breastfeeding rate in South Sumatra is the lack of support from husbands and families. Family support is a crucial factor in the success of exclusive breastfeeding. The purpose of this scoping review is to examine family empowerment in the context of supporting pregnant women in preparing for breastfeeding. This scoping review method uses the PICO framework and identifies articles using inclusion and exclusion criteria. The study found 7 articles and 5 themes. These themes are family support, husband's support, health worker support, knowledge, and attitudes of pregnant women. This research is expected to be a consideration for relevant health workers in providing counseling and education to pregnant women and family members regarding breastfeeding support.

Keywords--Family empowerment, Support for pregnant women, breastfeeding support, breastfeeding preparation.

Introduction

Breast milk is the first source of protection and nutrition for babies, in research (Mane et al., 2024), *The United National Children's Fund (UNICEF) and the World Health Organization (WHO) recommend breastfeeding within the first hour after birth and exclusive breastfeeding for the first six months of life, without additional food or fluids. This can improve sensory and cognitive development and protect babies from infectious and chronic diseases* (World Health Organization, 2026).

UNICEF and WHO recommend that mothers breastfeed their newborns for at least 6 months, which is beneficial not only for the baby but also for the mother, including faster physical recovery after giving birth (uterus contracts), reducing the risk of breast and ovarian cancer, helping with weight loss by burning calories, delaying fertility (natural birth control), and improving mental health by reducing the risk of postpartum depression and strengthening emotional bonds with the baby (Rosa et al., 2023).

The Indonesian Ministry of Health stated that exclusive breastfeeding is breast milk given without any other supplement for the first 6 months which is very important because it provides complete nutrition, builds immunity, prevents diseases such as diarrhea and respiratory infections, supports optimal cognitive development, reduces the risk of obesity and diabetes later in life, and strengthens the emotional bond between mother and baby, becoming a crucial long-term health investment. (Kemenkes RI, 2025).

However, many babies still don't receive exclusive breastfeeding from birth. Some reasons why babies don't receive exclusive breastfeeding for six months include: low support from their husbands and families, family culture, successful initiation of breastfeeding (EIB), and the mother's knowledge of the importance of exclusive breastfeeding for babies (Dewi et al., 2023). Babies who are not exclusively breastfed actually have weaker immune systems than those who are (Muthoharoh et al., 2022). This makes them more susceptible to various illnesses caused by infections in the body (Wulandari et al. 2021).

According to the latest WHO and UNICEF data, the global exclusive breastfeeding coverage rate in 2024 is likely to increase but varies, with an estimate of around 48% of the 50% target in 2025, although there are still significant disparities between regions, while the long-term global target is to reach 70% by 2030, Sri Lanka is the country with the highest rate in the world, with almost 81% of babies getting exclusive breastfeeding for the first 6 months and North America has the lowest level globally, with only around 26% of babies being exclusively breastfed (World Health Organization, 2026).

Data from the Indonesian Health Profile in 2025, Indonesia itself has a target of 80% and national data on the coverage of babies who receive exclusive breastfeeding in 2024 has not reached the target of 66.4%. In addition, South Sumatra is one of the provinces that has not reached the target of exclusive breastfeeding coverage (Kemenkes RI, 2025). Data from the provincial health profile shows that exclusive breastfeeding coverage in South Sumatra was 69.22%

in 2024. This is a particular concern for the local government, which is working to increase the exclusive breastfeeding rate (Profil Kesehatan Sumsel, 2025).

The Indonesian government is increasing the exclusive breastfeeding rate through various efforts such as intensive education and counseling from pregnancy, national campaigns, strengthening support in the workplace (lactation rooms), increasing the role of Posyandu and Puskesmas, as well as supporting regulations such as PP 33/2012 (Kemenkes, 2021), with the main target of increasing awareness of mothers and families and ensuring an environment that supports breastfeeding to guarantee the baby's right to receive the best nutrition during the first 6 months (Herman et al., 2021).

The impact of not providing exclusive breastfeeding according to the Ministry of Health is very detrimental to babies, increasing the risk of infection (diarrhea, respiratory), nutritional problems (stunting, malnutrition), chronic diseases (diabetes, obesity, asthma, leukemia), impaired brain development, emotional problems, as well as a higher risk of death compared to babies who receive exclusive breastfeeding, due to the lack of protective antibodies and optimal nutrition from breast milk (Septiana Silaen et al., 2022).

One of the important factors influencing the success of exclusive breastfeeding is Early Initiation of Breastfeeding. Research results (Sulistiyowati et al., 2020), shows that EIB is related to the success of exclusive breastfeeding (Haryanti & Yuriah, 2025). Early initiation of breastfeeding is a breastfeeding process that begins immediately after birth with skin-to-skin contact between the baby and the mother and lasts for at least one hour (Sabriana et al., 2022).

Some of the benefits of EIB include reducing infant mortality rates, helping the baby's breathing and heartbeat to be more stable, the baby getting immune substances and other important substances, and stimulating the flow of breast milk from the breasts (Herlianty et al., 2023). Early initiation of breastfeeding will also significantly contribute to the continuation of exclusive breastfeeding (breast milk only) and the duration of breastfeeding. In addition to the success of EIB, family support is also a factor in the success of exclusive breastfeeding and the continuation of breastfeeding (Ouyang & Nasrin, 2021).

The low rate of exclusive breastfeeding by mothers to their babies is due to several factors. One factor influencing exclusive breastfeeding is the supporting factor. Supporting factors include family support and support from health workers. Support from family, including husbands, parents, or other relatives, is crucial for successful breastfeeding (Wulandari Setyo & Winarsih, 2023). Because family influence impacts a mother's emotional state, it indirectly affects breast milk production. A mother who receives support from her husband and other family members will increase her breastfeeding intake.

Lack of family support for pregnant women also impacts their readiness to breastfeed. Based on this, researchers are interested in conducting a literature review related to empowering families of pregnant women in preparing for breastfeeding.

Method

The method used in this research is a scoping review, which aims to answer questions from the research topic that has been determined by using various sources of similar research articles, then classifying them and providing conclusions (Widiasih et al., 2020).

The stages of compiling a scoping review that researchers must carry out, according to (Arksey & O'Malley, 2005) in (Levac Danielle, Colquhoun Heather, 2012), There are four objectives in conducting a scoping review, namely (1) to examine the extent and nature of research activities, (2) to determine the value of conducting a full systematic review, (3) to summarize and disseminate the findings and (4) to identify research gaps in the existing literature (Levac Danielle, Colquhoun Heather, 2012). The problem in this research is that the researcher wants to identify the results of previous research regarding "Family empowerment for pregnant women in preparation for breastfeeding".

Based on the phenomenon to be studied, the PICO (Population, Intervention, Comparison, Outcome) framework is used to determine the scoping review questions and to assist in the literature search;

Table 1. Framework PICO

Population	Pregnant woman, Pregnant mother family
Intervention	Family empowerment
Comparision	-
Outcome	Family supports mother in preparing for breastfeeding

Based on the framework above, the chosen scoping review question is: "How can families be empowered to support pregnant women in preparing for breastfeeding?"

After determining the scoping review question, the next step is to determine the inclusion and exclusion criteria. Inclusion criteria: Articles published between 2020-2025, Articles published in English or Indonesian, Documents/reports/draft policies/WHO websites/certain formal organizations, Articles discussing family support for pregnant women in preparing for breastfeeding. The exclusion criteria: Opinion articles, commentaries, review articles, reports, and book reviews. The databases used in searching for relevant evidence are PubMed, Science Direct, and Wiley databases, in addition to grey literature (Google Scholar/WHO).

The next step is to select articles by entering keywords that match the theme: ((((((((((((((empowerment*) OR (family empowerment*)) OR (family health education)) AND (family support)) AND (breastfeeding*)) OR (breast milk*)) AND (pregnant women*)) OR (pregnancy*))). To determine the literature search, the literature search period is determined which in this study is limited to articles published in the last 5 years from 2020-2025 and the selected articles are free full text or open access.

In a search of articles from all accessed databases, an initial 95 articles relevant to the scoping review question were identified. In this article selection process, the researchers used a prism flow chart to transparently describe the process. A prism flow chart is a set of evidence-based minimum items for reporting in systematic reviews and meta-analyses. Prism flow charts are considered appropriate because their use can improve the quality of research.

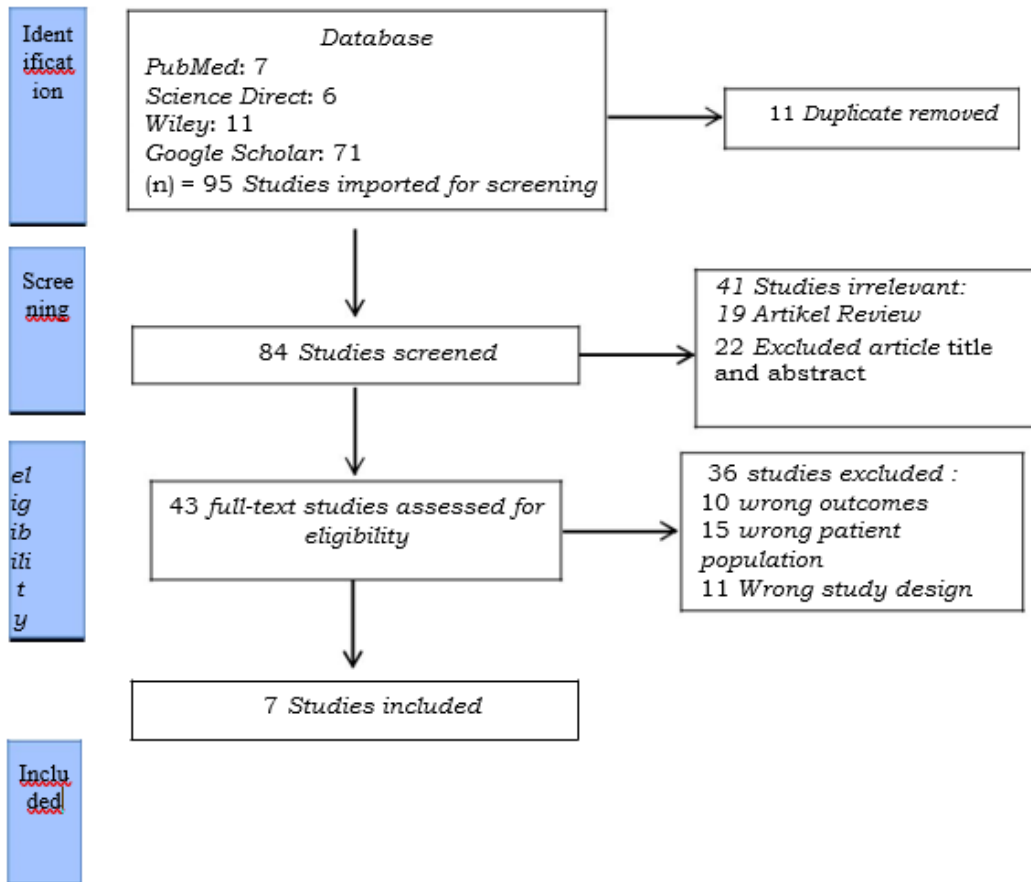


Figure 1. Prisma Flow Chart

Based on the final screening results from the Prisma Flowchart, seven articles were selected and found to be of good quality. These were then entered into a data charting table (Table 2. Data Charting). Data extraction was then performed to classify several points or sections of the articles, such as the research objectives, research design, sample size, and research results.

After selecting the studies, a critical appraisal was conducted to determine the quality of the selected articles. This scoping review utilized the Mixed Method Appraisal Tool (MMAT). The MMAT is designed to assess the methodological quality of studies across five research categories: qualitative research, randomized controlled trials, nonrandomized studies, quantitative descriptive studies, and mixed-method studies. Of the seven articles that underwent critical appraisal, the

results showed that almost all were rated as good quality (A), and all studies used a quantitative design.

Table 2. Data Charting

No	Author/Year/ Title/ Grade	Country	Aim of Study	Type of Research	Data Collection	Participants/Sample Size	Result
A1	(Annisa et al., 2022), The relationship between family support and breastfeeding self-efficacy (BSE) in primigravida mothers for exclusive breastfeeding /A	Indonesia	To determine the relationship between family support and breastfeeding self-efficacy (BSE) in primigravida mothers for exclusive breastfeeding.	Quantitative-purposive sampling	Data collection techniques using questionnaires	78 respondents were pregnant women.	Themes found : 1. Family support High support from the extended family and no longer tied to traditional culture and already following more modern times, so that mothers will have high confidence or belief in their ability to breastfeed exclusively.
A2	(Indriani & Khayati, 2022) The relationship between family support and the success of IMD in the PMB IPO Krisna Itik Rendai East Lampung in 2021/B	Indonesia	To determine the relationship between family support and the success of early initiation of breastfeeding	Quantitative-total sampling	Data collection techniques using questionnaires.	31 respondents.	Themes found : 1. Midwife Support It is hoped that midwives will provide IEC during ANC, explaining that family support is one of the factors influencing the successful implementation of EIB.
A3	(Fitria & Yugi Antari, 2024), Family Support and Early Breastfeeding Initiation in Successful Exclusive Breastfeeding /A	Indonesia	To determine the relationship between family support and the success of exclusive breastfeeding.	Quantitative-total sampling	Data collection techniques using interviews and questionnaires	134 respondents	Themes found : 1. Family Support Family support is one of the key factors in the success of exclusive breastfeeding.
A4	(Suviha et al., 2024), The effectiveness of family support-	Indonesia	To analyze the effectiveness of family support-	Quantitative-total sampling	Data collection used questionnaire	30 respondents	Themes found : 1. Family Support Family-based breastfeeding preparation classes

No	Author/Year/ Title/ Grade	Country	Aim of Study	Type of Research	Data Collection	Participants/Sample Size	Result
	based breastfeeding preparation classes for breastfeeding in the working area of the Serimbu Community Health Center, Landak Regency/B		based breastfeeding preparation classes on breastfeeding.				for exclusive breastfeeding are important because they involve families in the breastfeeding process and can help them understand the importance of breast milk and how they can support mothers in breastfeeding.
A5	(Azhari & Delvia, 2024), Mothers' Knowledge and Family Support for Exclusive Breastfeeding in Babies/A	Indonesia	To determine the relationship between maternal knowledge and family support on exclusive breastfeeding.	Quantitative-total sampling	Data collection used questionnaire	80 respondents	Themes found : <ol style="list-style-type: none"> 1. Family Support The family provides support both directly and indirectly. This includes parents and husbands who help with household chores such as sweeping, mopping, washing, cooking, and caring for the baby when the baby is 0-6 months old. 2. Knowledge Lack of knowledge about the benefits and objectives of exclusive breastfeeding can be the cause of failure to provide exclusive breastfeeding to babies.
A6	(Wulandari Setyo & Winarsih, 2023), The Relationship Between Husband's Support and Exclusive Breastfeeding /B	Indonesia	To find out the relationship between husband's support and exclusive breastfeeding.	Quantitative-accidental sampling	Data collection used questionnaire	55 respondents were pregnant women	Themes found : <ol style="list-style-type: none"> 1. Husband's Support The support provided by a husband has a positive impact on the mother. These positive effects include increased breast milk supply, increased enthusiasm for breastfeeding, and a sense of comfort and a reduction in the burden she faces.

No	Author/Year/ Title/ Grade	Country	Aim of Study	Type of Research	Data Collection	Participant s/Sample Size	Result
A7	(Ouyang & Nasrin, 2021), Father's Knowledge, Attitude and Support to Mother's Exclusive Breastfeeding Practices in Bangladesh: A Multi-Group Structural Equations Model Analysis/A	Bangladesh	To determine the relationship between knowledge, attitudes and husband's support for providing exclusive breastfeeding.	Quantitative-purposive sampling	Data collection used questionnaire	52 respondents	Themes found : 1. Knowledge Husband's knowledge about exclusive breastfeeding is very important in strengthening the mother's perspective on the importance of giving breast milk to her baby. 2. Mother's Attitude A mother's strong attitude towards breastfeeding greatly influences the mother's behavior in exclusively breastfeeding her baby. 3. Husband's Support Husband's support is one factor that can encourage a pregnant woman to breastfeed her baby. The stronger the husband's commitment, the higher the likelihood of successful exclusive breastfeeding.

Results and Discussion

Results

The findings of six articles came from Indonesia and one from Bangladesh. Based on a critical review of the seven selected articles, all employed quantitative research methods with a cross-sectional design. All research instruments used questionnaires, and all sampling techniques used non-probability sampling. Among these, four studies used total sampling, two studies used purposive sampling, and one study used accidental sampling.

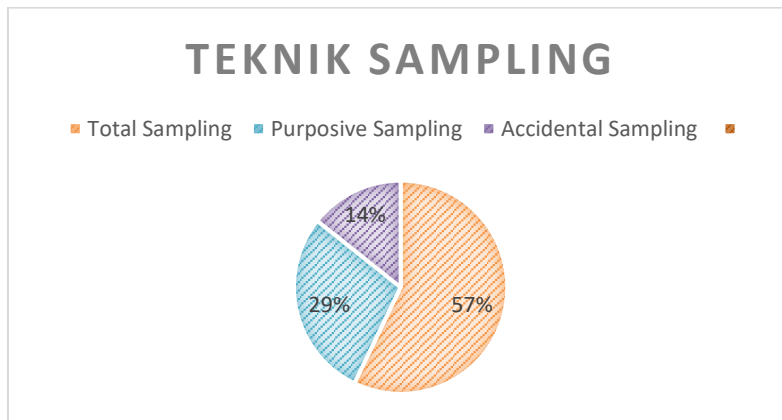


Figure 2. Sampling Techniques

The assessment results for all articles obtained a grade of A (Good) for 5 articles, a grade of B (Quite Good) for 2 articles, and no articles obtained a grade of C, all articles published in 2020-2025.

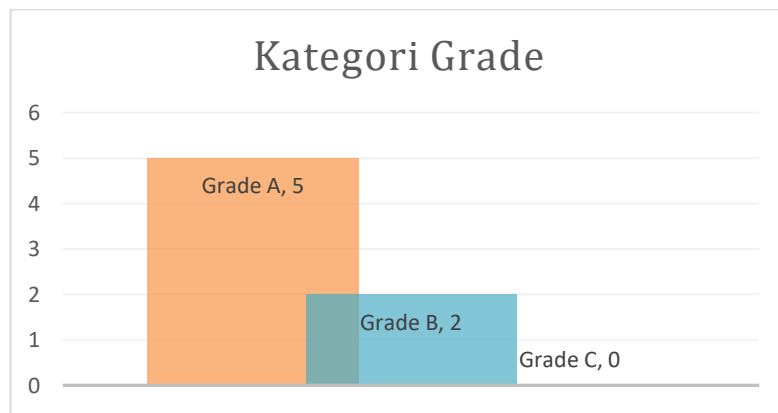


Figure 3. Grade Article

Discussion

Based on the results of the coverage of 7 articles, researchers drew several themes, including; family support, husband's support, health worker support, knowledge, and maternal attitudes.

1. Family Support

Family support plays a crucial role in a mother's breastfeeding success. The greater the support, the greater the mother's motivation to continue breastfeeding. Mothers who lack family support may become less confident and less motivated to exclusively breastfeed (Topothai et al., 2022).

According to research (Nidaa & Hadi, 2022), She said that breastfeeding preparation can be considered successful if the mother has family support, a supportive home environment, and fostering togetherness will increase the

success of exclusive breastfeeding. Furthermore, involving the family in the breastfeeding process can help them understand the importance of exclusive breastfeeding (Amalia et al., 2024).

According to the researcher's assumption, pregnant women who receive good support from their families will be motivated to breastfeed, but support from the family is not entirely positive support if the support provided is in the form of incorrect information regarding exclusive breastfeeding, therefore families need to get correct information about exclusive breastfeeding from health workers in order to support successful breastfeeding.

2. Husband Support

Breastfeeding is a mother's responsibility, but a father has a significant influence on a mother's decisions regarding breastfeeding. A husband's positive support will increase the success of breastfeeding (Helyaning et al., 2024). The father's involvement in providing emotional and physical support to breastfeeding mothers also helps determine the smooth reflex of breast milk release which is influenced by the mother's emotions (Wahyuni, 2025).

Breastfeeding fatherhood is a phenomenon of a husband's mindset and actions that fully supports the decision to breastfeed his baby, starting from antenatal care to postnatal care (Nafisa et al., 2022).

A husband who provides good support to a pregnant woman will create emotional benefits in the form of a feeling of comfort because he feels protected and cared for, which will have an impact on the mother's actions or behavior in breastfeeding her baby (Sipayung, 2022).

Researchers assume that a mother's success in breastfeeding cannot be separated from the support given by her husband continuously. If the mother gains confidence and receives full support from her husband, then the mother's motivation to breastfeed will increase and this will increase the success rate of exclusive breastfeeding.

3. Support for Health Workers

A factor influencing exclusive breastfeeding is information from healthcare professionals. The role of midwives during pregnancy is necessary to improve knowledge and skills in lactation preparation, a key factor in successful exclusive breastfeeding (Isnaniyah et al., 2023).

Lactation preparation is provided during pregnancy, namely by providing education to pregnant women through booklets which can contain knowledge and techniques for breastfeeding, breast care, how to pump breast milk, and how to store breast milk and how to serve it (M. R. S. Wulandari et al., 2024).

Midwife support can improve the perception of breast milk sufficiency, thus increasing mothers' self-efficacy in breastfeeding their babies. Midwife support in improving lactation success begins during pregnancy, childbirth, and the postpartum period (Handayani & Catur Leny Wulandari, 2025).

Researchers assume that as midwives, continuous and ongoing support from pregnancy through birth and throughout breastfeeding will increase the prevalence of exclusive breastfeeding (Awaliyah & Yuriah, 2025). This support can help mothers overcome challenges they face during breastfeeding.

4. Mother's knowledge

A mother's knowledge is also influenced by her level of education. The more information a mother receives, the more knowledge she will acquire, as information is one factor that can influence a person's level of awareness (Yuliani et al., 2022).

Mothers' knowledge is the most dominant factor influencing exclusive breastfeeding practices (Yuriah et al., 2023). Mothers with good knowledge are more likely to exclusively breastfeed because they understand the benefits of exclusive breastfeeding, particularly its ability to prevent stunting (Agrawal et al., 2022).

Researchers assume that if pregnant women have good knowledge about breastfeeding, it will motivate them to exclusively breastfeed their babies immediately after birth until they are 6 months old. This is expected to reduce the use of formula milk in newborns.

5. Mother's attitude

One of the factors that is considered to determine the success of breastfeeding is the condition of the mother, which is shown through the self-confidence or belief shown by the mother in breastfeeding, or what is called self-efficacy (Herlianty et al., 2023).

The mother's attitude regarding exclusive breastfeeding is a factor that determines whether someone is willing or ready to provide exclusive breastfeeding (Yuriah, 2024). The mother's attitude is how the breastfeeding mother reacts to exclusive breastfeeding. If the mother already has a strong attitude towards breastfeeding, her behavior will be more consistent in providing exclusive breastfeeding (Suviha et al., 2024).

According to the researchers' assumptions, activities are needed to increase breastfeeding self-efficacy through education and reinforcement (affirmation). Positive affirmations can strengthen and develop a person's attitude and create the perception that the mother is successful at breastfeeding.

Conclusion

Given the importance of family support for the success of exclusive breastfeeding, it is important to maximize family support for mothers, especially during the exclusive breastfeeding phase. Husbands can play an active role in successful breastfeeding by providing emotional support and other practical assistance. Family members, such as parents and relatives, are expected to help create a positive breastfeeding atmosphere for mothers. They provide support and encouragement, and they can help mothers find solutions to breastfeeding problems.

The article review found that all articles were from developing countries. This was due to the difficulty researchers found in finding articles from developed countries on the topic of family empowerment in breastfeeding. Of the seven articles, none used qualitative research methods. The researchers emphasized the need to involve husbands of pregnant women and other family members as participants. Besides husband support, family support is also crucial in motivating mothers to exclusively breastfeed their babies. It is hoped that this research will be a consideration for relevant health workers in providing counseling and education to mothers in the family in preparing for breastfeeding.

Conflict of interest statement

The authors declared that they have no competing interests.

Statement of authorship

The authors have a responsibility for the conception and design of the study. The authors have approved the final article.

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