FACTORS ASSOCIATED WITH MATERNAL PROVISION OF EXCLUSIVE BREASTFEEDING: A SYSTEMATIC REVIEW

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ABSTRACT

Background: Breastfeeding has short- and long-term benefits for children and mother health. Breastfeeding mothers have a low risk of breast cancer, ovarian cancer, and hypertension. Breastfeeding children are at a lower risk for high blood pressure, obesity, gastrointestinal infection, and endogenous eczema. From an international perspective, breastfeeding is important to increase the chances of child survival. Breastfeeding also provides emotional tie, sense of security, and favorable condition for the child. This study aimed to systematically review the factors associated with maternal decision in providing exclusive breastfeeding.

Subjects and Method: A systematic review was conducted by searching article from 2013 to 2018, from PubMed, Science Direct, and Request databases. The studies were appraised by the Critical Appraisal Skills Program (CASP). The studies were synthesized by PEOS (Population, Exposure, Objective, and Study design). From 1,115 articles reviewed, 6 articles met the inclusion criteria.

Results: Maternal decision to exclusively breastfeed was associated with good knowledge, husband support, family support, friend support, health worker support, workplace, and socio-cultural values. Supporting husbands provide happiness to mothers during breastfeeding.

Conclusion: Maternal decision to provide exclusive breastfeeding is associated with knowledge, supports from husband, family, friend, and health worker, as well as workplace and socio-cultural values.

Keywords: maternal decision, exclusive breastfeeding, knowledge, husband, family, friend, workplace, socio-cultural, health worker

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