



THE ROLE OF HUSBAND INVOLVEMENT IN IMPROVING THE SUCCESS OF EXCLUSIVE BREASTFEEDING IN URBAN AND RURAL AREAS: A SCOPING REVIEW

Dulce Maria Guterres*, Mufdlilah, Ismarwati

Universitas 'Aisyiyah Yogyakarta, Jl Ringroad Barat No.63, Mlangi, Nogotirto, Gamping, Area Sawah, Nogotirto, Gamping, Sleman, Yogyakarta 55592, Indonesia

*dulcegutres@gmail.com

ABSTRACT

Exclusive breastfeeding during the first six months of an infant's life is an important strategy to improve maternal and child health. However, its success rates still vary between urban and rural areas. Husband involvement, as a form of family support, is one of the factors influencing the success of exclusive breastfeeding. This study aimed to map the scientific evidence regarding the role of husbands' involvement in improving exclusive breastfeeding success in urban and rural settings through a scoping review approach. A literature search was conducted exclusively in the Scopus database for articles published between 2020 and 2025, following the PRISMA-ScR guideline. The search used predefined keywords including "father support," "husband involvement," "exclusive breastfeeding," "urban," and "rural," combined with Boolean operators. A total of 108 articles were identified, of which 10 met the inclusion criteria and were further analyzed. The review findings revealed four main themes: (1) socio-cultural influences and family roles, (2) husbands' practical and emotional involvement, (3) family knowledge, attitudes, and barriers to breastfeeding practices, and (4) education, counseling, and community support. Husbands' support contributed to improved maternal breastfeeding self-efficacy, psychological stability, and sustainability of breastfeeding practices. Husband involvement plays an important role in supporting exclusive breastfeeding success. Higher husband involvement increases the likelihood of successful exclusive breastfeeding. Therefore, a family-based approach and a more inclusive healthcare system are needed to actively involve husbands in strategies to improve exclusive breastfeeding outcomes.

Keywords: exclusive breastfeeding; family support; husband involvement; rural area; scoping review; urban area

How to cite (in APA style)

Guterres, M. D., Mufdlilah, M., & Ismarwati, I. (2026). The Role of Husband Involvement in Improving the Success of Exclusive Breastfeeding in Urban and Rural Areas: A Scoping Review. *Indonesian Journal of Global Health Research*, 8(4), 1417–1424. <https://doi.org/10.37287/ijghr.v8i4.1597>.

INTRODUCTION

Exclusive breastfeeding during the first six months of an infant's life is a crucial component in efforts to improve maternal and child health, as it supports optimal growth, enhances immunity, and reduces the risk of disease in infants. Although the benefits of exclusive breastfeeding have been widely recognized, its success rates still vary across different regions, including between urban and rural areas. This condition indicates that the success of exclusive breastfeeding remains a public health issue requiring serious attention. Various studies show that the success of exclusive breastfeeding is influenced not only by maternal biological factors but also by psychosocial support within the family, particularly husband involvement. Husband support has been shown to increase maternal confidence, reduce psychological stress, and sustain breastfeeding practices. Research indicates that paternal support significantly influences maternal breastfeeding self-efficacy and the success of exclusive breastfeeding (Zeng et al., 2024). Furthermore, breastfeeding education programs that involve husbands have been proven to enhance father involvement and improve exclusive breastfeeding outcomes (Abageda et al., 2024). Therefore, husband involvement is an important factor that requires further exploration, especially in the context of differences between urban and rural areas. From a health policy perspective, exclusive breastfeeding is an effective and efficient promotive and preventive strategy, making it a priority in various maternal and child health programs. However, policy implementation in practice still shows limitations, as existing approaches tend to

focus primarily on mothers, while the role of husbands has not been optimally integrated. Studies indicate that healthcare systems still insufficiently involve fathers in breastfeeding education and support, resulting in husbands' contributions often being informal and unstructured (Brown et al., 2022). In addition, father involvement is influenced by attitudes, social norms, and perceived behavioral control, which determine fathers' intentions to support exclusive breastfeeding (Hossain et al., 2023). Perceptions of gender roles also affect the level of husband support, as fathers with more egalitarian gender views tend to provide greater support for breastfeeding practices (Öztürk et al., 2025). These findings highlight the need to strengthen health policies that explicitly involve husbands in efforts to improve exclusive breastfeeding.

The success of exclusive breastfeeding is also a public concern because breastfeeding practices are influenced by social norms, cultural values, and environmental support. Research shows that many fathers have the desire to be involved in supporting breastfeeding; however, they face barriers such as limited access to information and minimal involvement in healthcare services (Rios et al., 2024). Partner support has been consistently shown to influence the success of exclusive breastfeeding across various social and ethnic groups, indicating that the role of husbands has broad relevance (Pithia et al., 2021). In addition, urban environments with specific social and economic pressures may affect breastfeeding practices, making family support—including that of husbands—an important factor in sustaining exclusive breastfeeding (Uusimäki et al., 2022). Therefore, understanding husband involvement within different social contexts is essential to address public concerns regarding the success of exclusive breastfeeding. From a feasibility perspective, husband involvement in the success of exclusive breastfeeding is an issue that can be systematically examined, as various scientific studies with diverse research designs are already available. Research indicates that paternal support is associated with the continuation of breastfeeding practices, although some studies have not clearly distinguished between urban and rural contexts (Baldwin et al., 2024). Other studies also suggest that interventions involving husbands remain limited and require more comprehensive evidence mapping (Brown et al., 2022). Thus, a scoping review approach is considered appropriate to map the available evidence, identify key themes, and uncover research gaps related to the role of husband involvement in the success of exclusive breastfeeding.

Based on the above considerations, the study entitled *The Role of Husband Involvement in Improving the Success of Exclusive Breastfeeding in Urban and Rural Areas: A Scoping Review* is important to provide a comprehensive overview of the forms of husband involvement, supporting and inhibiting factors, and differences in regional contexts. Various studies have demonstrated that husband support contributes to the success of exclusive breastfeeding through increased maternal self-efficacy and sustained breastfeeding practices (Zeng et al., 2024; Abageda et al., 2024; Baldwin et al., 2024). However, husband involvement is still influenced by social norms, gender perceptions, and limitations within the healthcare system (Rios et al., 2024; Öztürk et al., 2025; Brown et al., 2022). Furthermore, differences in social conditions between urban and rural areas may shape different patterns of husband support (Uusimäki et al., 2022). Therefore, this study is expected to provide a scientific basis for developing family education strategies and more inclusive health policies to improve the success of exclusive breastfeeding.

METHOD

Research Design

This study employed a scoping review design to comprehensively map the scientific evidence regarding the role of husband involvement in improving the success of exclusive breastfeeding in urban and rural areas. A scoping review was selected because the research topic has a broad scope and involves various geographical contexts, theoretical approaches, and diverse research designs. This approach enables researchers to identify key themes, patterns of relationships, and existing research gaps without limiting the review to a single type of study design. In addition, a scoping review is considered appropriate for providing a comprehensive overview of the forms of husband support in breastfeeding practices. The reporting of this study followed the PRISMA-ScR (Preferred Reporting Items for Systematic Reviews and Meta-Analyses extension for Scoping Reviews) guidelines to ensure transparency and a systematic article selection process. The study

selection process is presented in a PRISMA flow diagram, which includes the stages of identification, screening, eligibility, and inclusion.

Data Sources and Literature Search Strategy

The literature search was conducted using the Scopus database as the primary source. The search and selection process was assisted by the Watase Uake Tools application, which was used to manage search results, organize the list of articles, and automatically generate the PRISMA diagram. The search was limited to articles published between 2020 and 2025 to obtain the most recent and relevant literature concerning husband involvement in the success of exclusive breastfeeding. The search strategy was conducted using English keywords relevant to the research topic. The keywords entered into the Watase Uake application were as follows: Father support breastfeeding, Exclusive breastfeeding success, Paternal involvement breastfeeding, Breastfeeding urban rural, Partner support breastfeeding, Breastfeeding family role. These keywords were used to identify articles discussing father or husband involvement, family support, exclusive breastfeeding success, and urban and rural contexts. The search results showed varying numbers of initial findings for each keyword, with “father support breastfeeding” yielding the highest number of results, while “paternal involvement breastfeeding” produced the fewest articles.

Study Identification and Selection Process (PRISMA Flow)

Based on the search conducted in the Scopus database, a total of 108 articles were identified at the initial identification stage. The search results were managed and organized using the Watase Uake application as a supporting tool for screening and PRISMA flow generation. A selection and elimination process was then carried out before the screening stage. At this stage, articles were excluded for several reasons, including not meeting the publication year criteria, not fulfilling journal ranking requirements, and lacking an abstract. During the initial elimination process, no duplicate articles were found (duplicates removed = 0). A total of 49 articles were excluded because they did not meet the specified publication year range (2020–2025). Subsequently, 10 articles were excluded for not meeting the journal ranking criteria (outside Q1–Q4). In addition, 1 article was excluded because it did not have an abstract, making preliminary assessment impossible. After this stage, 48 articles remained for title and abstract screening. The screening stage involved reviewing the titles and abstracts of the 48 articles to assess their relevance to the research theme, namely husband involvement in the success of exclusive breastfeeding in urban and rural areas. The screening results indicated that all 48 articles were eligible for full-text review. However, during the full-text retrieval process, 38 articles could not be accessed and were therefore excluded from further selection. Consequently, only 10 articles proceeded to the eligibility assessment stage.

Inclusion and Exclusion Criteria

At the eligibility stage, the 10 full-text articles were assessed based on predefined inclusion and exclusion criteria. The inclusion criteria were as follows: (1) the article discussed husband or father involvement in supporting breastfeeding practices, (2) the article focused on the success of exclusive breastfeeding, (3) the article included an urban, rural, or comparative context, and (4) the article was published in a reputable journal. Articles were excluded if they were not relevant to husband involvement or were not related to the success of exclusive breastfeeding. The assessment results showed that no articles were excluded at the eligibility stage (excluded = 0). Therefore, all 10 articles met the criteria and were included in the scoping review.

Data Extraction and Synthesis

Data from the 10 selected articles were systematically extracted by recording key information, including the study title, research location, authors, year of publication, journal name, journal ranking, theoretical framework used, research method, main findings, study limitations, and relevance to the present study. The extracted data were then presented in a review table to facilitate the mapping of scientific evidence. A narrative synthesis was subsequently conducted to identify the main themes related to the role of husband involvement in improving the success of exclusive

breastfeeding. The synthesis was performed thematically to describe patterns of husband support, barriers and facilitators of father involvement, and contextual variations between urban and rural areas. This approach aligns with the purpose of a scoping review, which emphasizes evidence mapping and the identification of research gaps without conducting a meta-analysis.

PRISMA Flow Diagram

Table 1.
PRISMA Flow Diagram of Study Selection

Stage	Description	Number of Articles (n)
Identification	Records identified from Scopus database	108
Identification	Duplicate records removed	0
Screening	Records excluded based on year (before 2020)	49
Screening	Records excluded based on journal ranking (outside Q1–Q4)	10
Screening	Records excluded due to no abstract	1
Screening	Records screened (title & abstract)	48
Eligibility	Full-text articles not retrieved	38
Eligibility	Full-text articles assessed for eligibility	10
Included	Studies included in the review	10

The PRISMA flow diagram illustrates the study selection process. A total of 108 records were identified from the Scopus database. After applying publication year and journal ranking criteria, 48 articles were screened. Of these, 38 full-text articles could not be retrieved, resulting in 10 studies included in the final review.

Critical Appraisal

The quality assessment of the articles in this study was conducted through a critical appraisal process using the Joanna Briggs Institute (JBI) appraisal instruments. The JBI tool was selected due to its comprehensiveness and flexibility in evaluating various research designs, including quantitative, qualitative, and mixed-method studies. The critical appraisal aimed to assess the methodological quality, validity, and relevance of the reviewed articles systematically, ensuring that the synthesized findings were supported by strong scientific evidence. In addition, the appraisal served as a basis for evaluating the strength of evidence and supporting scientific decision-making during the synthesis stage. During the critical appraisal process, all 10 articles that met the inclusion criteria were assessed using the JBI checklists tailored to each study design. The research designs identified in the reviewed articles included quasi-experimental, cross-sectional, cohort, qualitative, mixed-methods, structural equation modeling (SEM), and narrative review. Each study design has different appraisal indicators according to the JBI guidelines, such as clarity of research objectives, appropriateness of the study design, validity of measurements, control of bias, and clarity of result reporting.

Table 1.
Critical Appraisal

No.	Study Title	Research Design	Grade
1	Effect of Male Partner-Targeted Breastfeeding Education and Support	Quasi-experimental	Good (Grade A)
2	Father Support Breastfeeding Self-Efficacy	Cross-sectional	Good (Grade A)
3	Black Fathers' Views on Breastfeeding Facilitators, Barriers, and Support	Qualitative	Fairly Good (Grade B)
4	Fathers' Perceptions of Gender Roles and Their Impact on Breastfeeding Support	Cross-sectional	Fairly Good (Grade B)
5	Race, Ethnicity and Exclusive Breastfeeding Success	Cohort	Good (Grade A)
6	Translating Fathers' Support for Breastfeeding into Practice	Narrative Review	Fairly Good (Grade B)
7	Mothers' Knowledge and Practices on Breastfeeding in Urban Slum Areas	Cross-sectional	Fairly Good (Grade B)
8	Male Involvement and Breastfeeding	Structural Equation Modeling (SEM)	Good (Grade A)
9	Fathers' Support and Breastfeeding Outcomes	Cross-sectional / Multicenter	Good (Grade A)
10	Community and Family Support in Breastfeeding	Review	Fairly Good (Grade B)

The quality assessment results were categorized into three levels: Good (Grade A), Fairly Good (Grade B), and Poor (Grade C). Grade A was assigned to articles that met most of the JBI criteria, demonstrated a low risk of bias, and had strong methodological rigor. Grade B was given to articles with fairly good methodological quality but with certain limitations that could affect the generalizability of the findings. Meanwhile, Grade C was assigned to articles with significant methodological limitations, although they remained conceptually relevant for evidence mapping in the scoping review. The critical appraisal results indicated that most articles demonstrated good to fairly good methodological quality, particularly those with quantitative designs and structured interventions. Articles with qualitative designs and narrative reviews tended to have limitations in terms of generalizability and bias control; however, they still provided valuable contributions in understanding the social and cultural context as well as participants' experiences. Therefore, all articles were retained in the scoping review, as the primary purpose of this study was evidence mapping rather than determining the quantitative effectiveness of interventions.

RESULT

This scoping review was based on 10 articles that met the inclusion criteria and underwent a selection process using the PRISMA-ScR guidelines with the assistance of the Watase Uake Tools application. The selected articles originated from various geographical contexts, including both developing and developed countries, reflecting the diversity of social and cultural backgrounds in exclusive breastfeeding practices. Study locations included Ethiopia, China, the United States, Turkey, Bangladesh, Finland, as well as several global and multicenter studies. This diversity provides a broad overview of the role of husband involvement in supporting exclusive breastfeeding success across different societal contexts, including urban and rural areas. Based on research design, the reviewed articles consisted of quantitative and qualitative studies, as well as one narrative review. Of the 10 selected articles, 5 used a cross-sectional design, 1 employed a quasi-experimental design, 1 used a cohort design, 1 applied structural equation modeling (SEM), 1 used a qualitative design, and 1 was a narrative review. This diversity of research designs indicates that the issue of husband involvement in the success of exclusive breastfeeding has been examined through various methodological approaches, including the assessment of relationships, perceptions, and the implementation of husband support in breastfeeding practices. Based on the critical appraisal results using the Joanna Briggs Institute (JBI) instrument, the methodological quality of the articles was deemed adequate for inclusion in the scoping review. Of the 10 assessed articles, 5 were categorized as Good (Grade A) and 5 as Fairly Good (Grade B). No articles were classified as having low methodological quality. Grade A articles generally had stronger research designs and clearly defined variable measurements, while Grade B articles still provided important contributions in understanding social and cultural contexts as well as participants' experiences, despite certain limitations in generalizability or study design.

Theme Mapping (Mapping Evidence)

Based on the synthesis of data from the 10 reviewed articles, four main themes were identified that describe the role of husband involvement in improving the success of exclusive breastfeeding in urban and rural areas. These themes reflect various dimensions of husband support, ranging from socio-cultural aspects and practical and emotional involvement to the role of family education and community support.

Table 3.
Mapping of Research Themes

Theme	Theme Focus	Articles
Theme 1	Socio-Cultural Influences and Family Roles	Articles 3, 4, 5
Theme 2	Husbands' Practical and Emotional Involvement	Articles 1, 2, 8, 9
Theme 3	Family Knowledge, Attitudes, and Barriers to Exclusive Breastfeeding	Articles 2, 5, 7
Theme 4	Education, Counseling, and Community Support	Articles 1, 6, 10

Theme 1: Socio-Cultural Influences and Family Roles

The review findings indicate that socio-cultural factors have a strong influence on the success of exclusive breastfeeding, particularly in shaping the role and involvement of husbands. Cultural

norms, traditions, and prevailing social values influence how families perceive breastfeeding practices and the father's role in supporting the mother. In some contexts, breastfeeding is still regarded primarily as the mother's responsibility, resulting in limited husband involvement. Traditional perceptions of gender roles may hinder husband support, whereas more egalitarian views encourage more active father involvement. The family, particularly the husband, serves as the primary source of support for breastfeeding mothers. Family support includes providing motivation, protecting mothers from social pressure, and engaging in joint decision-making regarding exclusive breastfeeding. A supportive family environment can help mothers maintain exclusive breastfeeding despite cultural pressures or prevailing myths in the community. Conversely, a lack of family support may accelerate the discontinuation of exclusive breastfeeding, especially in areas where social norms are less supportive of breastfeeding practices.

Theme 2: Husbands' Practical and Emotional Involvement

This theme emerged as the most dominant finding in the scoping review. Husband involvement extends beyond verbal encouragement and includes practical and emotional engagement in the daily lives of breastfeeding mothers. Practical support includes assisting with infant care, taking over household responsibilities, and helping mothers obtain adequate rest. Such involvement has been shown to reduce maternal fatigue and create conditions that support the continuation of breastfeeding. In addition to practical support, emotional support from husbands plays a crucial role in maintaining maternal psychological stability. Husbands who provide appreciation, motivation, and attentive listening can enhance mothers' confidence in breastfeeding. Emotional support helps mothers cope with stress, anxiety, and social pressures commonly experienced during the breastfeeding period. The review findings indicate that the combination of practical and emotional support from husbands significantly contributes to the success of exclusive breastfeeding in both urban and rural areas.

Theme 3: Family Knowledge, Attitudes, and Barriers to Breastfeeding Practices

Family knowledge and attitudes, particularly those of husbands, are key factors in the success of exclusive breastfeeding. Families who understand the benefits of exclusive breastfeeding are more likely to provide strong support to mothers. Conversely, a lack of knowledge and the presence of breastfeeding-related myths constitute major barriers to exclusive breastfeeding practices. Some traditional beliefs, such as the perception that breast milk is insufficient or that infants require additional food before six months of age, are still found in various community contexts. In addition to cultural factors, maternal workload also represents a significant barrier to exclusive breastfeeding success. Working mothers often face limited time and inadequate facilities for expressing breast milk, particularly in urban areas. Heavy domestic workloads without husband support may also lead to physical and psychological exhaustion, which can negatively affect milk production. In this context, husband involvement acts as a protective factor that helps mothers overcome these various challenges.

Theme 4: Education, Counseling, and Community Support

The final theme highlights the importance of family education, counseling, and community support in improving exclusive breastfeeding success. Educational interventions that involve husbands have been shown to enhance fathers' knowledge, attitudes, and involvement in supporting breastfeeding mothers. Family counseling helps husbands understand their roles and responsibilities while dispelling myths that may hinder exclusive breastfeeding practices. Furthermore, community support plays a crucial role in creating a conducive environment for breastfeeding mothers. Breastfeeding support groups, lactation facilities, and breastfeeding-friendly workplace policies are important supportive factors. Community and broader societal involvement can strengthen the role of the family and sustainably improve exclusive breastfeeding success. The scoping review findings indicate that approaches integrating both family and community support yield more optimal outcomes than those focusing solely on mothers.

DISCUSSION

The findings of this scoping review indicate that husband involvement is an important determinant of exclusive breastfeeding success through emotional, practical, and informational support. Paternal support contributes to maternal psychological stability, enabling mothers to sustain breastfeeding practices despite physical and social pressures. This support has been shown to enhance maternal breastfeeding self-efficacy, which serves as a key mediator of exclusive breastfeeding success (Zeng et al., 2024). In addition, paternal support is associated with improved breastfeeding outcomes across various community contexts (Baldwin et al., 2024). These findings confirm that exclusive breastfeeding success is determined not only by maternal physiological factors but also by social support from husbands.

Husband involvement can be enhanced through targeted breastfeeding education for fathers. Such educational interventions have been shown to increase husband participation and positively impact exclusive breastfeeding success (Abageda et al., 2024). Furthermore, fathers' attitudes, subjective norms, and perceived behavioral control influence their intention to support exclusive breastfeeding (Hossain et al., 2023). This suggests that husband support is a behavior that can be shaped through health interventions. Therefore, exclusive breastfeeding promotion programs should actively involve husbands as key targets of family-based education. Practical and emotional support represent the most dominant forms of husband involvement in supporting exclusive breastfeeding. Practical support helps reduce the mother's physical burden, while emotional support enhances maternal confidence and psychological resilience during breastfeeding (Zeng et al., 2024; Abageda et al., 2024). This support becomes particularly important in urban areas characterized by work-related pressures and time constraints. Research by Uusimäki et al. (2022) indicates that urban contexts present specific challenges to breastfeeding practices, making the husband's role increasingly crucial.

Socio-cultural factors and perceptions of gender roles influence the level of husband involvement in exclusive breastfeeding practices. Social norms in certain communities still limit fathers' roles, as breastfeeding is often considered the mother's responsibility. Fathers with more egalitarian gender views tend to provide greater support for breastfeeding practices (Öztürk et al., 2025). Nevertheless, many fathers express a desire to be involved but face barriers due to prevailing social and cultural norms (Rios et al., 2024). These cultural differences partly explain the variations in husband involvement between urban and rural areas. Healthcare systems have not yet optimally involved husbands in breastfeeding support. Fathers are often not the primary targets of breastfeeding education and counseling, resulting in their role being limited to informal support (Brown et al., 2022). This situation creates a gap between scientific evidence and healthcare practice. Fathers have also reported limited engagement from healthcare providers, leaving them without clear guidance on how to support breastfeeding mothers (Rios et al., 2024). Therefore, a more father-inclusive healthcare approach is needed. Husband involvement is a universal factor relevant across social and ethnic groups. Partner support consistently improves exclusive breastfeeding success in diverse populations (Pithia et al., 2021). However, the form of husband support may vary depending on regional and social contexts. Previous studies have not extensively examined differences in patterns of husband involvement between urban and rural areas (Baldwin et al., 2024). Thus, this scoping review contributes to mapping the forms of husband involvement across different contexts.

Overall, husband involvement plays a significant role in enhancing exclusive breastfeeding success through psychological, practical, and social pathways. Husband support is influenced by education, attitudes, social norms, and gender perceptions (Abageda et al., 2024; Hossain et al., 2023; Öztürk et al., 2025). Moreover, husband involvement is also shaped by the healthcare system, which still requires strengthening (Brown et al., 2022; Rios et al., 2024). In urban contexts, social and economic pressures make husband support an important protective factor (Uusimäki et al., 2022). Therefore, improving exclusive breastfeeding rates requires a family-based approach and a healthcare system that is inclusive of the husband's role (Zeng et al., 2024; Baldwin et al., 2024;

Pithia et al., 2021).

CONCLUSION

Based on the findings of this scoping review, it can be concluded that husband involvement plays a significant role in improving the success of exclusive breastfeeding in both urban and rural areas. Husband involvement is reflected through emotional, practical, and informational support that contributes to increased maternal confidence, psychological stability, and the continuation of breastfeeding practices. The reviewed scientific evidence indicates that husband support is associated with higher maternal breastfeeding self-efficacy and improved breastfeeding outcomes. Nevertheless, the form and level of husband involvement are influenced by socio-cultural contexts, perceptions of gender roles, and support from the healthcare system. In urban areas, social and economic pressures represent major challenges, making husband support an important protective factor, whereas in rural areas, husband involvement is still influenced by cultural values and limited access to health information.

REFERENCES

- Abageda, M., Abate, K. H., Belachew, T., & Hailu, D. (2024). Effect of male partner-targeted breastfeeding education and support on exclusive breastfeeding practice: A quasi-experimental study. *Maternal & Child Nutrition*, 20(1), e13567. <https://doi.org/10.1111/mcn.13567>
- Baldwin, S., Bick, D., & Spiro, A. (2024). Fathers' support and breastfeeding outcomes: A multicenter cross-sectional study. *Scientific Reports*, 14, 68032. <https://doi.org/10.1038/s41598-024-68032-3>
- Brown, A., Davies, R., & Bick, D. (2022). Translating fathers' support for breastfeeding into practice: A review of the evidence. *International Breastfeeding Journal*, 17, 59. <https://doi.org/10.1186/s13006-022-00459-9>
- Hossain, M., Rahman, M., Islam, M. A., & Ahmed, S. (2023). Male involvement and exclusive breastfeeding: A structural equation modeling approach. *Healthcare*, 11(9), 276. <https://doi.org/10.3390/healthcare11090276>
- Öztürk, M., Yıldırım, N., & Kaya, A. (2025). Comparison of fathers' perceptions of gender roles and their impact on breastfeeding support. *Perspectives in Psychiatric Care*, 61(1), 112–120. <https://doi.org/10.1111/ppc.13145>
- Pithia, J., Siega-Riz, A. M., & Bentley, M. E. (2021). Race, ethnicity, and exclusive breastfeeding success. *Journal of Human Lactation*, 37(2), 345–356. <https://doi.org/10.1177/0890334420987092>
- Rios, A., Jones, K. M., & Carter, S. K. (2024). Black fathers' views on breastfeeding facilitators, barriers, and support: A qualitative study. *Maternal & Child Nutrition*, 20(2), e13598. <https://doi.org/10.1111/mcn.13598>
- Uusimäki, L., Vartiainen, P., & Korhonen, T. (2022). Mothers' knowledge and practices on breastfeeding and complementary feeding in an urban slum area. *BMC Nutrition*, 8, 77. <https://doi.org/10.1186/s40795-022-00577-4>
- Zeng, Y., Li, X., Zhang, L., & Chen, Y. (2024). Father support, breastfeeding self-efficacy, and exclusive breastfeeding: A cross-sectional study. *BMC Public Health*, 24, 20136. <https://doi.org/10.1186/s12889-024-20136-1>
- Zhang, Y., Liu, H., & Wang, Q. (2022). Community and family support in breastfeeding: A global review. *International Breastfeeding Journal*, 17, 42. <https://doi.org/10.1186/s13006-022-00442-4>