



THE RELATIONSHIP OF BIOLOGICAL AND PSYCHOLOGICAL FACTORS AND SOCIAL SUPPORT WITH LACTATION RESILIENCE IN POSTPARTUM MOTHERS: A SYSTEMATIC LITERATURE REVIEW

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ABSTRACT

The postpartum period involves physical, psychological, and social changes that require mothers to adapt to their new roles and responsibilities. Resilience is an important ability that enables mothers to manage emotions, cope with challenges, and maintain breastfeeding practices during the postpartum period. This study aimed to analyze the relationship between biological and psychological factors, social support, and lactation resilience among postpartum mothers. A systematic literature review was conducted by searching PubMed, Google Scholar, and Garuda databases for articles published between 2020 and 2025 in English or Indonesian. The literature selection process followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) approach. A total of 63 articles were initially identified, of which 33 remained after preliminary screening and 13 articles were finally included in the review. The selected articles were reviewed and synthesized narratively based on biological factors, psychological factors, and social support. The findings indicate that biological challenges, including breast pain and perceived insufficient milk supply, as well as psychological factors such as anxiety, may negatively affect breastfeeding success. Social support from husbands, families, and healthcare professionals was found to play an important role in strengthening maternal confidence and supporting breastfeeding practices. In conclusion, biological and psychological conditions and social support are important factors associated with lactation resilience and breastfeeding success among postpartum mothers.

Keywords: exclusive breastfeeding; lactation resilience; postpartum mothers; psychological factors; social support

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INTRODUCTION

In facing the various pressures and challenges of the postpartum period, resilience is a crucial ability. Resilience is crucial; this ability supports mothers in managing their emotions, adapting to new roles, and maintaining a balance between personal needs and the new responsibilities of caring for an infant (Tualaka et al., 2022). The American Psychological Association defines resilience as the process of adapting to adversity, trauma, tragedy, threats, or stressors stemming from family issues, health problems, the workplace, or financial difficulties (APA, 2014). Resilience represents an individual's capacity to endure and strive to overcome the problems they face (Dina et al., 2025).

Some mothers encounter difficulties during the breastfeeding process. These challenges arise from dynamic factors involving the mother herself; for instance, research indicates that breastfeeding difficulties are linked to low breast milk production—which hinders the mother's ability to nurse—as well as issues with latching (Scime et al., 2023). Mothers who experience breastfeeding complications—such as nipple pain, breast engorgement, or postpartum fever—tend to be less successful in breastfeeding their infants, whereas those who do not face such issues are more likely to succeed (Astutik & Migang, 2025).

Research findings identify several underlying factors contributing to a mother's lack of success in breastfeeding, including a lack of support from her husband, inadequate primary healthcare facilities, and suboptimal information provided by healthcare professionals (Ibriza Catra & Hartanto, 2017). Breast milk is the optimal food for infants, offering a multitude of benefits—nutritional, physiological, and psychological. Successful breastfeeding relies on physical and psychological preparation as well as effective lactation management. Although breastfeeding is a natural process, success is also influenced by knowledge, understanding, and a positive attitude regarding its benefits. ...breastfeeding and all aspects related to breastfeeding techniques or lactation management necessary to support successful breastfeeding (Saryaman & Girsang, 2020).

Breastfeeding is recommended as the primary source of nutrition for infants up to six months of age and continuing up to two years; however, some mothers stop breastfeeding earlier than recommended, with breastfeeding difficulties being a major factor in the cessation of infant breastfeeding (Scime et al., 2023). Infant mortality remains a global issue. According to the WHO, the infant mortality rate reaches 173 per 100,000 live births. In 2022, there were approximately 2.3 million newborn deaths worldwide. The global neonatal mortality rate is approximately 18 deaths per 1,000 live births. Globally, 47% of deaths among children under five years of age occur during the neonatal period (0–28 days) (WHO, 2013). According to the WHO, only about 40% of infants worldwide receive exclusive breastfeeding during the first six months of life. In low- and middle-income countries, this figure varies from less than 10% to more than 60% (Apriningsih et al., 2024).

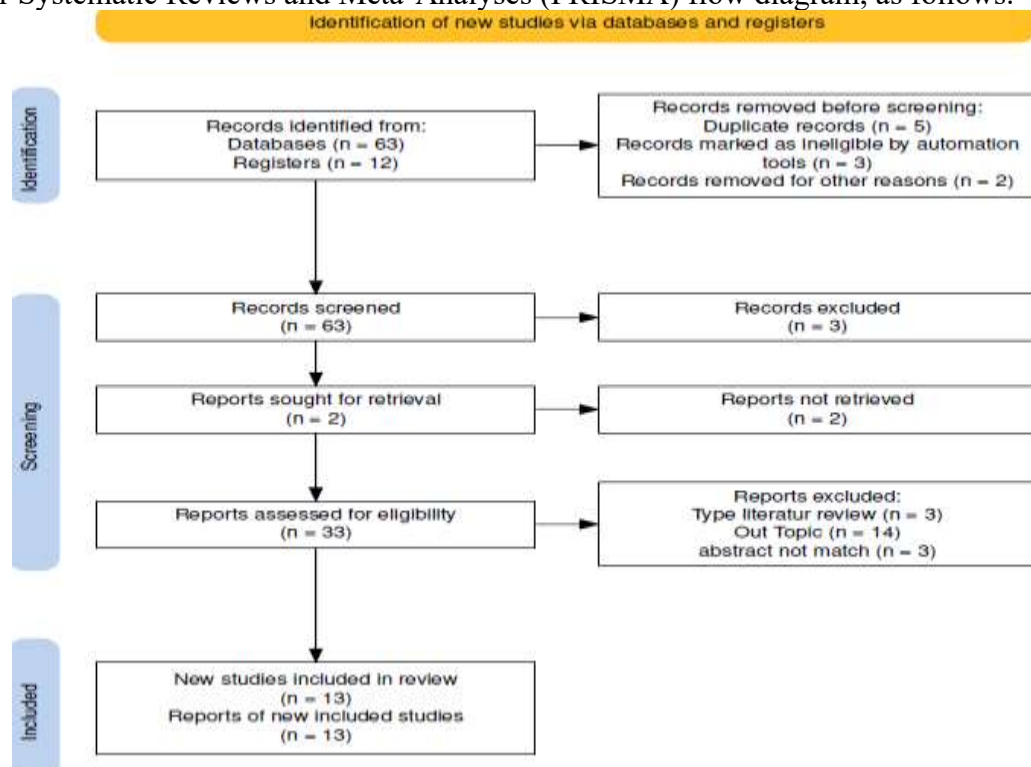
Other research indicates that efforts to enhance resilience in postpartum mothers—specifically through family and healthcare provider support as well as decision-making—positively contribute to breastfeeding success. This success is evident in terms of frequency, duration, and maternal engagement in the breastfeeding process for mothers who receive support from their immediate environment (Ajeng et al., 2025). In addition to support from a husband, a positive psychological state is crucial for breastfeeding success; research on prenatal depression and lactation success highlights how mood changes during pregnancy is often overlooked, which can trigger depression in expectant mothers. Meanwhile, postpartum depression influences the duration of the breastfeeding period (Azniah et al., 2021). Anxiety and breastfeeding difficulties are factors that affect exclusive breastfeeding; anxiety is significantly associated with exclusive breastfeeding, while breastfeeding difficulties also have a strong relationship with the practice (Hartiningtiyaswati et al., 2025). Resilience represents an individual's effort to cope with stressors and is an integral part of human existence; successful coping is essential for health. The aim of this literature review is to examine the extent to which a mother's resilience influences the success of exclusive breastfeeding.

METHOD

The literature search was conducted using PubMed, Google Scholar, and Garuda databases to identify relevant articles published between 2020 and 2025 in English or Indonesian. The search used the keywords “Resilience,” “Exclusive Breastfeeding,” “Anxiety,” and “Social Support.” The initial search identified 63 articles. Following preliminary screening based on titles, publication years, and article completeness, 33 articles were retained. Subsequently, the titles, abstracts, and relevance of the article contents to the research objectives were assessed, resulting in 13 articles being selected for inclusion in this review. The inclusion criteria were articles published between 2020 and 2025, written in English or Indonesian, involving postpartum mothers, and discussing biological factors, psychological factors, or social support in relation to breastfeeding success and lactation resilience. Articles that did not meet these criteria and systematic literature reviews were excluded. The 13 selected articles were reviewed by extracting information on authors, publication year, study objectives, sample characteristics, research methods, and main findings. The findings were then synthesized narratively and grouped into three themes: biological factors, psychological factors, and social support, to identify their relationships with breastfeeding success and lactation resilience.

RESULT

The search and literature review process in this study is illustrated using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) flow diagram, as follows:



Initially, 63 articles were gathered from the PubMed, Garuda, and Google Scholar databases; a selection process based on title, publication year, and completeness narrowed this down to 33 articles. A subsequent selection based on the alignment of titles with content and abstracts resulted in 13 articles. The final selection yielded 13 articles focusing on factors influencing breastfeeding success, specifically physiological, psychological, and social support factors.

Table 1.
Analysis Article

No	Nama Penulis	Judul	Sampel	Metode	Hasil
1	Linhua Li, Yuju Wu, Qingzhi Wang, Yefan Du, Dimitris Friesen, Yian Guo, Sarah-Eve Dill, Alexis Medina, Scott Rozelle, Huan ZhouI tahun 2022	Determinants of breastfeeding self-efficacy among postpartum women in rural China: A cross-sectional study	Ibu nifas sebanyak 787	Klaster random sampling	Sikap positif ibu dapat mendukung keberhasilan Menyusui, dukungan keluargaserita dukungan sosial berkontribusi baik dan dapat meningkatkan efikasi diri dalam menyusui. Sedangkan kesulitan dapat di kaitkan dengan penurunan efikasi diri.
2	Azniah Syam, Imeda Iskandar, Erna Kadrianti tahun 2019	Breastfeeding Performance Among Potentially Depressed Nursing Mothers	Sampel sebanyak 225	Obsrvasional dengan pendekatan metode potong lintang	dukungan sosial sangat berpengaruh terhadap terjadinya risiko depresi pada ibu menyusui. Kecemasan yang terjadi pada ibu dapat menghambat dalam pemberian ASI, edukasi pemberian laktasi baiknya di lakukan lebih dini pada saat kehamilan.
3	Imelda Iskandar a, Suryani As'ada,y, Nasruddin Mappaware b, Ema Alasirya, Hendy Hendartoc, Budua, Azniah Syam. Tahun 2020	Gene prolactine receptor (PRLR) and signal transducer and activator of transcription 5 (STAT5) on milk production	Jumlah sampel 80 ibu hamil trimester 3	Pendekatan observasional	Secara biologis produksi asi di pengaruhi oleh nutrisi, dimana nutrisi yang cukup pada ibu hamil sampai kepada post partum secara optimal dapat memproduksi ASI lebih banyak.
4	Yusi Novinti Tualaka, Wahyuni Kristinawati, Enjang	Gambaran Resiliensi pada Ibu Nifas Primipara	informan 3	Kualitatif	Kepatuhan terhadap adat istiadat merupakan faktor utama dalam ketahanan mereka, meskipun tradisi-

No	Nama Penulis	Judul	Sampel	Metode	Hasil
	Wahyuningrum tahun 2025	Suku Timor dalam Tradisi <i>Neno Bo'ha</i>			tradisi ini menimbulkan ketidaknyamanan fisik, seperti panas, asap, dan rasa sakit yang timbul dari ritual-ritual tertentu.
5	Husna Nafilah, Cut Metia. Tahun 2024	Resilience of mothers with postpartum syndrome In laut dendang village	Informan 5	Kualitatif	Resiliensi pada ibu dapat terbentuk dengan adanya sikap positif dari ibu dimana Penerimaan kondisi dan edukasi mandiri, penerimaan diri dan kesadaran akan proses alami postpartum, dukungan emosiaonal dari suami dan keluarga
6	Ajeng Pranjassari, Wahyul Anis, Sofia Al Farizi, Astika Gita Ningrum, Fatimah Arief tahun 2025	Analisis faktor yang berkontribusi pada keberhasilan menyusui di Rumah sakit tipe b	Ibu nifas jumlah sampel 42	Kuantitatif	Mayoritas ibu yang mendapat dukungan optimal dari aspek tersebut menunjukkan praktik menyusui yang berhasil. Faktor sosial dan lingkungan seperti dukungan keluarga, dan tenaga kesehatan memainkan peran penting dalam menunjang keberhasilan menyusui dini.
7	Nur Alfi Syahri, Fransiska Farah, tahun 2022	Hubungan pengetahuan teknik menyusui terhadap keberhasilan ASI eksklusif di Puskesmas Sriamur Bekasi	Jumlah sampel sebanyak 36	Anakitik komparatif dengan desain cross sectional.	Pengetahuan ibu tentang Teknik menyusui mempengaruhi keberhasilan menyusui pada ibu dimana ibu yang mempunyai pengetahuan baik tentang menyusui secara tidak langsung berpengaruh besar terhadap keberhasilan ASI Eksklusif.
8	Marty Mawarpury, Mirza2 tahun 2017	<i>Resilience in family: psychological perspective</i>			Resiliensi terhadap menyusui sangat di pengaruhi oleh dukungan keluarga, pada fase bertahan dan adaptasi serta penerimaan tumbuh dengan kuat serta nilai budaya berperan dalam menumbuhkan resiliensi pada keluarga.
9	Putri Kencana Jafrizal, Utma Aspatia2, Marselinus Laga Nur tahun 2024	Determinasi perlekatan dan posisi ibu menyusui dalam memberikan ASI terhadap keberhasilan pemberian Asi eksklusif.	Jumlah sampel 54	Observasiona l analitik	Perlekatan yang baik dapat meningkatkan efektifitas pemberian ASI, selain itu posisi dalam menyusui juga berpengaruh dalam keberhasilan menyusui. Rekomendasi lanjutan adalah edukasi perlekatan dan posisi menyusui di menjadi salah satu Upaya untuk meningkatkan keberhasilan menyusui.
10	Linda Puji Astutik, tahun 2025	Postpartum problems related only to breastfeeding the baby	Sampel sebanyak 114	Jenis penelitian analitik dengan desain cross-sectional	Ditemukan bahwa ibu yg tidak mengalami masalah pascapersalinan cenderung memberikan ASI eksklusif pada bayinya. Mengatasi masalah pascapersalinan membantu dan mendukung ibu dalam pemberian ASI eksklusif.
11	(Setiya,2025)	Kecemasan dan penyulit menyusui mempengaruhi keberhasilan menyusui	sebanyak 38 sampel ibu menyusui usia 6-12 bulan	Desain penelitian korelasional dengan pendekatan cross sectional	Kecemasan yang tinggi dapat mempengaruhi keberhasilan menyusui sedangkan penyulit menyusui memiliki hubungan terhadap pemberian ASI. Keberhasilan menyusui dapat terjadi jika penyulit dapat diatasi dengan baik.

DISCUSSION

Based on the research findings presented above, biological factors are the primary influence on the success of the lactation process in postpartum mothers. These biological factors encompass the mother's physical condition, breast milk production, and breast health (Azniyah et al., 2021). Other studies indicate that mothers experiencing childbirth complications, postpartum fatigue, breast pain,

sore nipples, mastitis, or delayed milk production tend to face difficulties with exclusive breastfeeding (Astutik & Migang, 2025). Such conditions impact not only physiological aspects but also the mother's psychological state, ultimately affecting breastfeeding success (Syahri & Farah, 2022). Research by Bertalina et al. (2025) further highlights that the perception of having insufficient breast milk is a major reason mothers stop breastfeeding early, although a lack of knowledge and confidence also plays a significant role in breastfeeding outcomes. Additionally, the infant's condition is a crucial factor in the lactation process (Iskandar et al., 2021). Infants born prematurely, those with cleft lips, or those with congenital anomalies often struggle to latch and suckle effectively (Ahmad, 2018). Mothers who can adapt and receive adequate support are often able to sustain breastfeeding despite physiological obstacles; the ability to persevere in the face of these challenges—which often originate from physiological issues—demonstrates a mother's resilience (Indah et al., 2020).

Psychological factors also play a role, as the mother's condition is directly linked to breast milk production, breastfeeding motivation, and her ability to overcome various hurdles during the postpartum period (Linhua et al., 2022). Emotion regulation builds the capacity of postpartum mothers to face breastfeeding challenges (Ramadhani & Rani, 2025). Research by Ningsih et al. (2024) indicates that self-efficacy instills the confidence that a mother can overcome various breastfeeding issues arising during the postpartum period. Postpartum depression also impacts breastfeeding success; mothers experiencing depression often face difficulties in this regard. Conversely, mothers who manage their emotions well and maintain a high level of optimism tend to be more successful in breastfeeding their infants. From a psychological perspective, maternal resilience is defined by the ability to adapt to sudden stressors (Khotimah et al., 2025).

Regarding social support, evidence shows a significant link between a husband's support and successful exclusive breastfeeding; husbands who provide emotional support, assist with household chores, and offer encouragement can boost the mother's confidence (Indah et al., 2020). Beyond spousal support, family support is also crucial, as families that encourage exclusive breastfeeding help mothers navigate the transition into motherhood more easily. Furthermore, support from healthcare professionals plays a vital role in breastfeeding success; education, counseling, and postpartum guidance can enhance a mother's breastfeeding knowledge (Ajeng et al., 2025). Mothers can leverage social support to achieve positive adaptation; the greater the social support received, the higher the likelihood of developing lactation resilience.

CONCLUSION

Research findings indicate a relationship between biological and psychological factors, as well as social support, and lactation resilience among postpartum mothers.

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