

Husband Involvement to Accompanying His Wife in Cesarean Section Delivery In Reducing Anxiety for Successful Implementation Early Initiation of Breastfeeding

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Abstract – Introduction: The process of Early Initiation of Breastfeeding on cesarean section is rarely implemented. This is because pain from the surgical wound, the effect of anesthesia, discomfort, and yet the milk discharge after surgery. The purpose of this study was to determine the involvement of husband in accompanied his wife in cesarean section in the implementation Early Initiation of Breastfeeding. **Method:** Design of explanation with a population of women post cesarean section in Jombang and Madiun General Hospital in February to May 2016. The sample size was 282 with total sampling technique. **Results and analysis:** all variable involvement of the husband (support and interaction) directly influence the cesarean section, maternal anxiety, anxiety does not affect the implementation of Early Initiation of Breastfeeding, with a value of $\lambda \Rightarrow 1.96$. **Conclusion:** involvement (support and interaction) husband is very necessary to reduce anxiety in mothers laboring cesarean section. Early Initiation of Breastfeeding success in the mother post cesarean section is not only influenced by anxiety, but also influenced by other factors. **Recommendation:** There needs to be an act of providers to facilitate the implementation of Early Initiation of Breastfeeding in women who are undergoing cesarean section so that the mother can carry out Early Initiation of Breastfeeding.

Keywords – Nursing Comfort, Cesarean Section, Early Initiation of Breastfeeding, Pain, High Risk Pregnancy.

I. INTRODUCTION

Infant Mortality Rate (IMR) and Maternal Mortality Rate (MMR) remains one of the problems in Indonesia [1]. Early breastfeeding is one of the interventions that can significantly reduce infant mortality [2]. In some countries, the average implementation Early Initiation of Breastfeeding is low, while demand operation of Cesarean Section is increasing and may have an impact on the success of breastfeeding [3]. Early Initiation of Breastfeeding is an attempt to restore the rights of the baby on his mother who had been robbed by birth practitioners who help the delivery process [4].

The problem of maternal post cesarean section besides pain is anxious. Anxiety in post cesarean section caused by the crisis situation in the face of cesarean section labor, threats against self-concept related to the welfare of the mother and baby, and transmission interpersonal, marked by increased tension, distress, fear of something happening, feeling unable to care for her baby to the maximum, and agitated [5]. Excessive anxiety can bring harm to the mother and the baby, for example, the mother may experience post partum depression [6].

WHO says that the level of Early Initiation of Breastfeeding in the world in 2010 amounted to only 43% of the birth rates. In Asia, the rate Early Initiation of Breastfeeding is 27% -29% of babies born. Early Initiation of Breastfeeding national coverage of 34.5% and there are 18 provinces, whose scope is below the national average. Early Initiation of Breastfeeding has increased from 29.3% in 2010 to 34.5% in 2013, in addition Early Initiation of Breastfeeding highest percentage is in the province of West Nusa Tenggara with 52.9% while the lowest in the province of West Papua by 21.7%.. While the percentage of Early Initiation of Breastfeeding in East Java province is 21% of the birth rate [7].

The incidence of cesarean section in east Java province in 2009 amounted to 3,401 operations of 170,000 deliveries, or about 20% of all deliveries. While in Jombang deliveries of cesarean section in 2014 as many as 3870 and there are no data regarding the implementation of Early Initiation of Breastfeeding (Jombang District Health Office). In addition, data from hospitals Jombang in 2014 there were 577 cesarean deliveries and by 2015 as many as 540 cesarean deliveries. Results of a preliminary study in hospitals Jombang conducted on 20 January until 26 February to 25 respondents indicated that the husband's support as many as 12 respondents and conducting Early Initiation of Breastfeeding as much as 8 respondents who received support while her husband and did the Early Initiation of Breastfeeding by 4 respondents.

Mothers who had a cesarean more experience complications, pain, recovery is prolonged, back to the hospital, fatigue, discomfort, stress, anxiety, etc. [8]-[9].. The women with Cesarean Section reported pain with a fairly high level before the first 24 hours. This has an impact on breastfeeding and newborn care. For the mother Caesarean required more pain medication after surgery are used to comfort the mother. Mother's post Caesarea Section often find difficult to achieve a comfortable position for breastfeeding [9]- [10].

Mothers with cesarean section often unable to fulfill its role as a mother because the mother in weak condition after giving birth. Steps can be taken to improve the Early Initiation of Breastfeeding in mothers who delivered with cesarean section not to worry because it can affect milk production for breastfeeding anxiety inhibits spending. Achievement of the mother's role can be achieved by Early Initiation of Breastfeeding.

Readiness of new mothers to provides breast milk to the newborns in need of psychological preparation because the mother has a role change. Based on nursing theory

Maternal Role Attainment- Becoming a Mother by Ramona T. Mecer suggests that the main focus of this theory is the description of the process of achieving the role of the mother and the process of becoming a mother. Achievement of the role of the mother can be successful if the mother to be close to the baby and get the support of a couple (husband) including express satisfaction and appreciation further role after childbirth [11].

Mothers who experience anxiety can affect Early Initiation of Breastfeeding as anxiety can affect milk production. Therefore, the first puff baby will spur spending prolactin hormone, which will be issued at the beginning of the birth of breast milk contains colostrum, which is high enough. Mothers with cesarean section or normal delivery should do Early Initiation of Breastfeeding on her baby, because Early Initiation of Breastfeeding can save 22% of the life of the baby prior to 28 days.

Fatigue, stress, pain, and health complications in Cesarean Section are important in terms of breastfeeding, lack of help enable mothers can't breastfeed early, which may affect lactation and breastfeeding cause failed. Families have been encouraged to be present in the operation, to share the birth of their baby. Father can be an important source of moral and physical support and engage with their babies from birth [12].

A father's role in the success of breastfeeding is very large [13]. Stable emotional state determines the positive attitude of the mother. The emotional stability can be achieved if the husband or family provides maximal support and motivation. Support can give an impression that he is loved and cared for, have pride and appreciated. So it will affect the emotional mother, she will calm, comfortable, confident, in implementing the Early Initiation of Breastfeeding to the baby. Husband's involvement in Early Initiation of Breastfeeding will motivate mothers to breastfeed. If the mother is motivated and optimistic breastfeed, her milk will smooth out [14].

Mecer nursing theory puts the interaction between mother, baby and father. Father or intimate partner contributes to the process of achieving the maternal role that the implementation can't be replaced by others. Nurses play a major role helping the baby is born to make the transition to a safe and helping mothers and people nearby (husband) to did transition into parenting [15].

Cesarean Section is not a barrier mothers to do Early Initiation of Breastfeeding. Support from husband will lead to a better understanding and aware, and willing to implement the recommendation. If the mother is willing to follow the advice, the mother will be ready to make the process of breastfeeding [13]. Support from the nearest person be a benefit to success or failure of breastfeeding, the greater the support obtained the greater the mother's ability to breastfeed [16].

II. MATERIALS AND METHODS

In this study the type of research was explanative observational. Type of explanative observational study aimed to collecting data from respondents to answer the

strategic issue that is going on, which means that women post cesarean section do not carry out a Early Initiation of Breastfeeding. The design used cross sectional. This study investigated the influence of her husband's involvement (support and interaction) to the maternal anxiety post cesarean section, and the effect of anxiety on the implementation of the Early Initiation of Breastfeeding to comfort the mother, the effect of a sense of comfort to the implementation of the Early Initiation of Breastfeeding.

The population of this study was a women post cesarean section in Jombang and Madiun General Hospital in February to May 2016. The sample in this study was all Mother Post cesarean section in Jombang and Madiun General Hospital who meet the inclusion and exclusion criteria for a number of 282 respondents. Sampling in this research was total sampling. Exogenous variable in this study was a factor involvement of the husband (support and interaction), and endogenous variables were maternal anxiety, and implementation factors to do Early Initiation of Breastfeeding. The instrument in this study used a questionnaire. After the data is collected, the data processing is done through the stages Editing, Coding, Scoring, and Tabulating.

Maternal anxiety model post cesarean section in the implementation of the Early Initiation of Breastfeeding includes three constructs: father constructs (X1), mother construct (Y1), and Early Initiation of Breastfeeding constructs (Y2). All three constructs are described by indicators (variables observed) the husband's support indicator (X11), husband interaction indicator (X12) explaining father construct (X1). Indicators of maternal anxiety (Y11) describe mother constructs (Y1), and Early Initiation of Breastfeeding performance indicators (Y21) describes Early Initiation of Breastfeeding construct (Y2). Pictures of the research model more as follows.

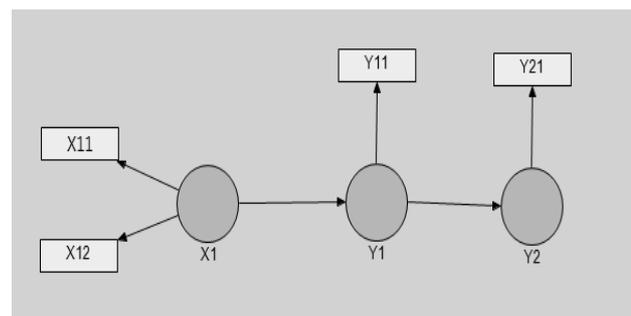


Fig. 1. Maternal Anxiety Model Post Cesarean Section in the Implementation of the Early Initiation of Breastfeeding

III. RESULT AND DISCUSSION

Table 1 shows that the educational characteristics of respondents, the majority of respondents' education is secondary education (graduate SMA / SMK / MA or equivalent), with a percentage of 59.6%. The rest is a basic education and higher education. The majority of respondents' job is as a housewife with a percentage of 56.7%. Followed by a private employment of 28.7% and at least 2.1% were farmers. Information about cesarean

section labor based on the table 1 are known to the majority of respondents had never received information about cesarean section labor that as many as 73.4%. While, has not been informed of cesarean section delivery that as many as 26.6%. The majority of respondents obtained information cesarean section delivery of health personnel which amounted to 66.2%.

Table 1. Frequency Distribution of Respondents

No	Characteristic	Category	Frequency	
			Σ	%
1	Education	Basic (SD, SMP)	68	24.1
		Middle (SMA, SMK, MA)	168	59.6
		High (D3, S1, S2, S3)	46	16.3
		Total	282	100
2	Job	Farmer	6	2.1
		Private employees	81	28.7
		Entrepreneur	23	8.2
		Government employees	12	4.3
		Housewife	160	56.7
		Total	282	100
3	Information about Cesarean section	Ever	207	73.4
		Never	75	26.6
		Total	282	100
4	Source information about cesarean section	Health worker	137	66.2
		Mass media	8	3.9
		Electronic media	16	7.7
		Neighbor/friend/family	46	22.2
		Total	282	100

Table 2. Frequency Distribution of Fathers' Factor

No	Indicator	Category	Frequency	
			Σ	%
1	Support	Less	3	1.1
		Middle	278	98.6
		Good	1	.4
		Total	282	100
2	Interaction	Less	0	.0
		Middle	1	.4
		good	281	99.6
		Total	282	100

Table 3. Frequency Distribution of Mothers' Factor

Indicator	Category	Frequency	
		Σ	%
Anxiety	Not anxiety	50	17.7
	Mild	216	76.6
	Moderate	16	5.7
	Severe	0	.0
	Total	282	100

Table 4. Frequency Distribution of Early Initiation of Breastfeeding Implementation

No	Early Initiation of Breastfeeding Factor	Category	Frequency	
			Σ	%
1	Early Initiation of Breastfeeding Implementation	No	271	96.1
		Yes	11	3.9
		Total	282	100

Table 5. Result of Validity Convergent Test

Construct	Indicator	Validity Convergent Test (Loading factor)	Result
Fathers' Factor (X1)	Support (X11)	0.509	Valid
	Interaction (X12)	0.896	Valid
Mothers' Factor (Y1)	Anxiety (Y11)	1.000	Valid
Early Initiation of Breastfeeding Factor (Y2)	Early Initiation of Breastfeeding implementation (Y21)	1.000	Valid

Table 6. T-statistics Value

Construct	Indicator	Validity Convergent Test (Loading factor)	Result
Fathers' Factor (X1)	Support (X11)	1,66	Significant
	Interaction (X12)	3,28	Significant
Mothers' Factor (Y1)	Anxiety (Y11)	-	One indicator
Early Initiation of Breastfeeding Factor (Y2)	Early Initiation of Breastfeeding implementation (Y21)	-	One indicator

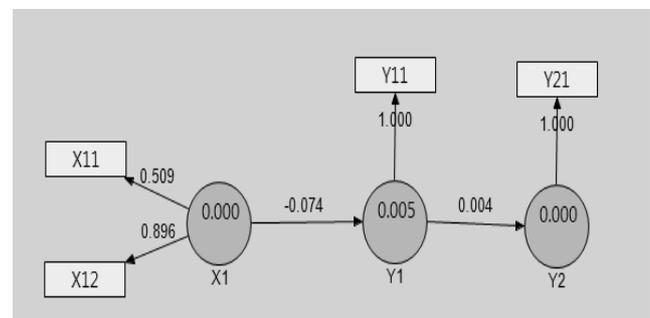


Fig. 2. Loading Factor Value in Measuring Model

Table 7. Result of Influence Significant Test (T Test) in Line Diagram

Exogenous Factor - > Endogenous Factor	Original Coefficient	t-Statistics	t-Table	Result
Fathers' factor (X1) - > Mothers' factor (Y1)	-0,074	1,69	1,65	Significant
Mothers' factor (Y1) - > Early Initiation of Breastfeeding Factor (Y2)	0,004	0,143	1,65	Not Significant

According to the table 7 concluded that the relationship between the influence of factors which include the support of her husband's father and husband on the interaction of maternal anxiety factor is having a significant relationship because the value of t-statistics of $1.69 \geq 1.65$. The influence of the relationship between maternal anxiety factor to maternal factors Early Initiation of Breastfeeding post Cesarean section implementation is not significantly related because the value of t-statistics $0.143 < 1.65$.

Anxiety in Mothers Post Cesarean Section

Table 2 shows that maternal anxiety post Cesarean section against emotional reactions psychiatric post cesarean section, known to the majority of women post Cesarean section has a mild anxiety that is 76,6%. Anxiety experienced by mothers during the cesarean section held a majority in the lightweight category. So the anxiety indicators can't explain the factors of mothers in need of nursing services.

Everyone has experienced anxiety at certain times and with different levels. It may just be because people feel they have no ability to deal with things that might happen to him in the future. The theory of behavior explains that anxiety appears through classical conditioning, which means that a person develops anxiety reaction to things that never experienced before and reactions that have been learned from experience.

There are two factors that can affect levels of anxiety are predisposing and precipitation factors. In the predisposing factors, there are several theories that could explain anxiety, including the views of psychoanalytic, interpersonal view, the view of behavior, family studies and biological studies. Precipitation factors can be divided into two, namely the threat to the integrity of a person which includes physiological impending inability or reduced capacity to perform activities of daily living and the threat to the system a person may endanger the identity of self-esteem and social functions are integrated person.

In the opinion of the researchers that the majority of respondents experiencing mild anxiety. This is because the mother Post Cesarean section was already reduced levels of fear because the respondent had been completed in operation and worry would be that something is bad or worrying already passed so that the respondents were able to overcome the psychological stress or in the face it after cesarean section surgery.

Factors Father in the Mother Post Cesarean Section

Husband's support is based on table 3 above is known to the majority of husbands provide enough support for his

wife who gave birth by Cesarean Section, which amounted to 98.6%, and almost all of them have interaction in both categories, ie 99,6%.

Father factors are described by two indicators husband's support and spousal interaction. The results showed the majority husband provides sufficient support to the wife who gave birth to the cesarean section. Almost all married have a good interaction. Father Factors proved capable of improving maternal health care need post Cesarean section.

In the nursing theory by Mercer, father or intimate partner contribute to the process of achieving the role of mothers on their implementation can't be replaced by others. Interaction with father helps reduce stress and facilitate the achievement of the role of mother [15].

Psychologically, a mother who supported her husband or family will be more motivated to give Mother's milk to her baby. Breastfeeding success is largely determined by the role of the father because the father will also determine the smoothness reflex spending breast milk, which is strongly influenced by the state of emotion or feelings of the mother. Fathers can play an active role in assisting mothers in giving milk of mothers through support-emotional support and other practical assistance. The notion of the important role that this is the first step for a father to be able to support successful breastfeeding mothers so early [13].

A father has an important role in the success of breastfeeding mothers. Feeling and spirit of mothers to breastfeed and to continue to provide the best for their children rely heavily on the role of father to continue to maintain a conducive atmosphere. Breastfeeding be hampered if the condition of the father and mother are not in harmony, the mother did not have the support of her husband, can't communicate well, and the mother feeling unsafe and uncomfortable.

Support husband who is a supporting factor in the success of exclusive breastfeeding is an activity which is emotionally and psychologically given to mothers in breastfeeding. This relates to the thoughts, feelings, and sensations that can facilitate milk production [13]. The husband is the closest person for breastfeeding mothers who are expected to always be on the maternal side, and are always ready to provide assistance. Success in breastfeeding mothers is inseparable from the support of her husband constantly. If mothers gain confidence and full support of her husband, the motivation for breastfeeding mothers to increase.

A husband's involvement in the implementation of the Early Initiation of Breastfeeding will motivate mothers and determine maternal emotional stability. Stable emotional state determines the positive attitude of the mother. This stability can be achieved if the husband or family gives a support or motivation in maximum. Support gives an impression that he is loved and cared for, have pride and valued so that by itself will affect the emotional mother where he was more calm, comfortable [4]. In addition, the father supported to recognize the behavior of the baby before feeding. It can last a few minutes or an

hour. Support father will improve the confidence of mothers [13].

In fact, it is appropriate because the husband is not allowed to accompany her in the operating room, especially when in the operating room, so that the support given by the husband is not the maximum. Support for her husband in the operating room is required to increase the confidence of mothers in implementing the Early Initiation of Breastfeeding. It concluded that even though the wife support her husband, but the husband does not stand beside the mother during surgery led to an increase in health care need mother post Cesarean section.

Implementation of Early Initiation of Breastfeeding on Mother Post Cesarean Section

Based on Table 4 shows that nearly all (96.1%) of mothers Post Cesarean Section at the Edelweiss Room in Jombang General Hospital not implement Early Initiation of Breastfeeding that a number of 271 respondents.

It is influenced by several factors one of which is education. The level of education affects the mother in breastfeeding. Absorption varies and different information and are influenced by the level of education. Education will affect all aspects of human life, her thoughts, feelings, and attitudes.

In fact in the study, maternal education level is almost entirely secondary education (high school), this is in accordance with the theory put forward by Nastiti (2013) that the higher the level of education the higher the mother's ability to breastfeed, especially the implementation of Early Initiation of Breastfeeding [17]. However, respondents in particular with a secondary education (high school) showed a refusal to do Early Initiation of Breastfeeding. This suggests that there are other factors inhibiting the implementation of Early Initiation of Breastfeeding.

The fact that the majority of respondents in the study did not carry out the Early Initiation of Breastfeeding, while respondents who did early initiation claimed that the baby placed on the mother's breast is only about 5-10 minutes without knowing the baby is breastfed or not. Once out of the operating room, the baby and the mother separated because treated in each chamber. In fact, if the Early Initiation of Breastfeeding should not occur in the operating room, the baby stays put on the mother's chest when transferred to a treatment or recovery. In addition, after the mother underwent surgery, the mother felt helpless to do activities mainly on the baby. Therefore, mothers need assistance for the implementation of the Early Initiation of Breastfeeding. This help can come from health worker who facilitates the mother to suckle Early initiation is done when the conditions allow.

Influence support of her husband and the husband interaction as well as anxiety about the implementation of Early Initiation of Breastfeeding on the mother Post Cesarean Section

Based on the main concepts in the development of conceptual models Mercer is one of the main concepts of anxiety. Anxiety as to understand the specific nature of the stressful situation as a dangerous condition or life-threatening in certain situations. Mercer Theory said that

one factor in the achievement of the mother's role to succeed if she can reach her role as a mother, in which one of the crucial role in the achievement of a mother is carrying out initiation Early, Early Initiation of Breastfeeding very rarely if ever done in cesarean section childbirth, deliveries in this way requires a longer recovery time compared with spontaneous labor. Babies born by cesarean section spaced apart from her mother, because her mother is still recovering from the impact of anesthesia awareness.

Based on the research in the Edelweiss room, Jombang General Hospital, the of most mothers post cesarean section experiencing mild anxiety. Most of the respondents were never informed about the Early Initiation of Breastfeeding, it also became one of the factors inhibiting Early Initiation of Breastfeeding. Cesarean Section surgery is an action that can cause tension (stress). Mothers will be taken cesarean section commonly experience anxiety (anxiety) that varies from mild to severe. Mother is currently in a state of post cesarean section and mother in a helpless condition in meeting the needs of themselves, so that mothers need health care worker to perform Early Initiation of Breastfeeding to her baby. Many other factors that affect the achievement of the mother's role is one of them is health care workers who are in the operating room may not fully understand about the preciousness of Early Initiation of Breastfeeding for new born babies through cesarean section surgery.

A husband's involvement in the implementation of Early Initiation of Breastfeeding will motivate mothers and determine maternal emotional stability. Stable emotional state determines the positive attitude of the mother. Support gives an impression that he is loved and cared for, have pride and valued so that by itself will affect the emotional mother where he was more calm, comfortable process Early Initiation of Breastfeeding [4]. In addition, the father supported to recognize the behavior of the baby before feeding. It can last a few minutes or an hour. Support father will improve the confidence of mothers [13].

In the Mercer nursing theory, father or intimate partner contribute to the process of achieving the role of mothers on their implementation can't be replaced by others. Interaction dad helps reduce stress and facilitate the achievement of the role of mother [14].

In fact, it is appropriate because the husband is not allowed to accompany her in the operating room, especially during the implementation of early initiation of breastfeeding so that the support given by the husband is not the maximum. It concluded that even though the wife support her husband, but the husband does not contribute to the implementation of early initiation of breastfeeding in terms of caring for a wife for early initiation of breastfeeding is not done by the husband. Inhibiting not commit early initiation of breastfeeding is not because a husband who did not give support to the mother, but also health care worker facilitate husband to give its support early initiation of breastfeeding is not maximum, especially when performed in the operating room.

IV. CONCLUSION

Based on the research that has been done can be concluded that:

1. Father factors that include husband support and husband interaction effect of reducing the anxiety factor in the mother post cesarean section.
2. Anxiety factors in post cesarean section mother doesn't significantly influence the implementation of early initiation of breastfeeding.

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