



## **Effect of hypnobreastfeeding on the success of exclusive breastfeeding in pregnant women trimester III in Puskesmas Bungursari Tasikmalaya**

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### **ABSTRAK**

**Latar Belakang :** *Prevalensi stunting di Indonesia sebanyak 35,6%, upaya pemerintah dalam pencegahan stunting dengan 1000 Hari Pertama Kehidupan (HPK). Masa usia bayi 0-6 bulan merupakan salah satu masa HPK dengan kebutuhan nutrisinya adalah ASI Eksklusif. Ibu yang mengalami kesulitan di awal menyusui seperti kelelahan, merasa ASI sedikit, putting susu lecet, gangguan tidur malam hari, dapat menjadi sumber stres ibu, sehingga dapat mengganggu proses laktasi. Hypnobreastfeeding mampu menghadirkan rasa santai, nyaman dan tenang selama menyusui dengan demikian maka seluruh sistem di dalam tubuh akan berjalan jauh lebih sempurna sehingga proses menyusui pun menjadi proses yang penuh arti dan menyenangkan bagi ibu dan bayi, Hypnobreastfeeding dapat memenuhi kebutuhan ASI bayi sehingga ibu berhasil pada masa menyusui.*

**Tujuan :** *Penelitian ini bertujuan mengetahui bagaimana pengaruh hypnobreastfeeding yang dilakukan pada ibu hamil trimester III dan dilihat bagaimana keberhasilan pemberian ASI Eksklusif.*

**Metode :** *Penelitian ini menggunakan metode quasi experiment, teknik pengambilan sampling non randomised clinical trial pada ibu hamil trimester 3 dengan jumlah penelitian 30 orang terdiri dari 15 kelompok perlakuan dan 15 orang kelompok kontrol. Analisis Univariat dan bivariat dengan menggunakan uji statistik chi-square dan multivariat menggunakan regresi logistik.*

**Hasil :** *Hasil penelitian diperoleh hypnobreastfeeding memiliki makna dengan nilai  $p < 0,05$  dan efek yang ditimbulkan sebesar 13,00 kali lebih besar dibandingkan dengan pendidikan kesehatan dengan nilai OR 13,00 95% CI dan koefisien determinan menunjukkan bahwa hypnobreastfeeding diprediksi mempengaruhi keberhasilan pemberian ASI Eksklusif*

**Kesimpulan:** *Hypnobreastfeeding berpengaruh positif terhadap keberhasilan pemberian ASI Eksklusif.*

**KATA KUNCI:** *asi eksklusif; hypnobreastfeeding; ibu hamil; menyusui; stunting*

### **ABSTRACT**

**Background:** *Prevalence of stunting in Indonesia as much as 35.6%, government efforts in stunting prevention with the First 1000 Days of Life (HPK). The age of infants 0-6 months is one of the hpk period with nutritional needs is Exclusive breast milk. Mothers who have difficulties at the beginning of breastfeeding such as fatigue, feeling a little breast milk, putting milk blisters, nighttime sleep disorders, can be a source of stress of the mother, so it can interfere with the lactation process. Hypnobreastfeeding is able to bring a sense of relaxing, comfortable and calm during breastfeeding thus that the whole system in the body will run much more perfectly so that the process of breastfeeding becomes a meaningful and pleasant process for mothers and babies, Hypnobreastfeeding can meet the needs of breast milk so that the mother succeeds in lactation.*

**Objectives:** This study aims to find out how the effect of hypnobreastfeeding is done in pregnant women trimester III and seen how successful exclusive breastfeeding.

**Methods:** This study uses quasi experiment method, sampling technique non randomised clinical trial in pregnant women trimester 3 with the number of research 30 people consists of 15 treatment groups and 15 control groups. Univariate and bivariate analysis using chi-square and multivariate statistical tests using logistic regression.

**Results :** The results of the study obtained hypnobreastfeeding has a meaning with a value of  $p < 0.05$  dan the effect caused by 13.00 times greater than health education with a value of OR 13.00 95% CI and coefficient determinants showed that hypnobreastfeeding predicted to affect the success of exclusive breastfeeding,

**Conclusions :** Hypnobreastfeeding conclusion positively influenced the success of exclusive breastfeeding.

**KEYWORDS:** exclusive breast milk;, hypnobreastfeeding; pregnant women; breastfeeding; stunting

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## INTRODUCTION

Stunting is a nutritional problem experienced by children whose height is not the same as the average child at his age, as much as 7.6 million out of 23 million (35.6%) children in Indonesia stunting (1). One of the efforts to prevent stunting is the who program that is used as the basis by the Indonesian government called by escorting the First 1000 Days of Birth (HPK) starting from the baby in the womb until the second birthday of the child, in this peride the child must get good nutrition and enough so that one day will be avoided from nutritional problems, one of which is stunting(2). Period 1000 HPK one of them is the age of infants 0-6 months that is nutritional needs are Exclusive breast milk, babies only get breast milk without additional food and other beverages except medicines(3). Breast milk is a nutritious food so it does not require the composition of other additional foods, easily digested and absorbed by the baby's intestines, breastfeeding is the most important process in 1000 HPK(4). Infants aged 0-6 months who do not get enough breast milk will experience a failure to grow at 1000 HPK and the incidence of diarrhea and pneumonia increases (5).

Exclusive breastfeeding coverage in Indonesia is as much as 35.7% far from who's target of 50%(1), according to Pusdatin in 2016 babies who get exclusive breast milk up to 6 months in West Java is 39.6%, Tasikmalaya city in 2016 donated exclusive breast milk as much as 9. 431 infants or 80.3%). The lowest achievement of the percentage of babies who are breastfed exclusively per puskesmas in Tasikmalaya city is Bungursari Health Center (75.6%).

The smooth production of breast milk is influenced by various factors, namely the frequency of breastfeeding, the weight of the baby at birth, maternal age and parity, stress and acute diseases, IMD, breast care, the use of contraceptives and nutritional status(6). Mothers who have difficulties at the beginning of breastfeeding such as fatigue, feeling a little breast milk, putting milk blisters, nighttime sleep disorders, and stress related to the new role, it can be a source of maternal stress, so it can interfere with the lactation process because stress can hinder the production of breast milk makes exclusive breastfeeding is not achieved (7).

Several efforts can be made to reduce and prevent stress in nursing mothers, namely by doing regular exercises such as yoga and gymnastics, fulfilling the intake of highly nutritious foods in nursing mothers, improving sleep patterns, and also by hypnobreastfeeding since pregnancy(8). According to the results of research conducted by Armini in Denpasar in 2016, hypnobreastfeeding can meet the needs of baby breast milk so that the mother succeeds in breastfeeding (9).

Hypnobreastfeeding is a natural effort to use subconscious energy so that the breastfeeding process runs safely and smoothly, by including positive words of confidence when the mother is in a relaxed state, so as to produce enough breast milk for the baby's growth and development needs(10). Hypnobreastfeeding is able to bring a sense of relaxing, comfortable and calm during breastfeeding so that the whole system in the body will run much more perfectly so that the process of breastfeeding becomes a meaningful and pleasant process for mother and baby. Just by using positive affirmations into the mother's mind and can be done alone at home(11).

Based on this background, researchers want to know the influence of Hypnobreastfeeding on the success of exclusive breast milk in infants, especially this method has never been done by pregnant women or nursing mothers in Puskesmas Bungursari Tasikmalaya City. This study aims to find out how hypnobreastfeeding effect is done in pregnant women trimester III and seen how successful exclusive breastfeeding.

## **MATERIALS AND METHODS**

This research uses quasi experiment design method, with posttest only control group design approach. The design allows researchers to measure the effect of treatment on experimental groups by comparing the group to the control group(12). In this study, the treatment group was given interventions in the form of breastfeeding health education and hypnobreastfeeding to

pregnant women trimester III and the control group was only given health education regarding breastfeeding preparation.

The population in this study is all pregnant women trimester III primiparavida contained in the working area of Puskesmas Bungursari Tasikmalaya 2020 numbered 30 people, sample techniques used that is total sampling with the criteria of inclusion and exclusion. Data analysis used is univariate analysis including Exclusive Breast Milk Taste and Bivariate analysis that looks at the influence of hypnobreastfeeding on the reach of exclusive breast milk using analysis using chi-square and multivariate statistical tests using logistic regression.

The collection of characteristic data is done after the respondent signs a letter of approval involved in the study. Hypnobreastfeeding is done by first guided directly by a certified trainer doing hypnobreastfeeding, then given a guide and file recorder hypnobreastfeeding. Respondents listened to the recording at least once a week and were guided online until the eve of delivery.

Exclusive breastfeeding measurement in hypnobreastfeeding group and non-treatment group is said to be successful if from birth in the first hour of birth until the age of 6 months the baby is only given breast milk without liquid / other additional food (unless there are medical indications such as drug administration in sick babies). The study was conducted for 7 months, from 36 weeks gestation to 6 months of pregnancy.

## **RESULTS AND DISCUSSION**

### **Deskripsi dan Karakteristik Variabel**

The characteristic distribution of the study subjects can be seen in table 1 below:

Based on **Table 1**, it can be seen that the characteristics show no meaningful difference between the intervention group and the control group with a p value of  $> 0.05$  so that both groups are said to be homogeneous and feasible to compare.

**Table.1 Frequency distribution characteristics of subjects and research variables**

Karakteristik	Kelompok				Nilai p*
	Intervensi		Kontrol		
	N=15	%	N=15	%	
Usia					
17-35	14	93,3	13	86,7	
36-45	1	6,7	2	13,3	
Ibu Bekerja					
Ya	7	46,7	5	33,3	
Tidak	8	53,3	10	66,7	
Paritas					
Primipara	6	40,0	6	40,0	0,08
Multipara	9	60,0	9	60,0	
IMD					
Ya	9	60,0	12	80,0	
Tidak	6	40,0	3	20,0	
Dukungan suami/Keluarga					
Ya	10	66,7	7	46,7	
Tidak	5	33,3	8	53,3	

Ket : n jumlah sampel \* menggunakan Chi Square

### The Effect of Hypnobreastfeeding on The Success of Exclusive Breastfeeding

The influence of hypnobreastfeeding variables on the success of Exclusive Breast Milk on both groups is illustrated in table 2. The strength of the influence of bound variables can be seen from the Relative Risk value (RR) which describes how much effect success exclusive breastfeeding has on using a 95% confidence interval.

**Table 2. The influence of free variables**

Variabel	ASI Eksklusif				p	OR	95% CI
	Ya		Tidak				
	N	%	N	%			
Perlakuan Hypnof	12	80	3	20	0,008	13,00	5,464-81,479
Tanpa Hypnof	4	26,6	11	73,4			

The influence of Hypnobreastfeeding on exclusive breastfeeding showed that of the 15 respondents who received hypnobreastfeeding, 80% of the respondents in the control group gave exclusive breast milk, while 30 respondents in the control group gave only 26.6% exclusive breastfeeding.

Hypnobreastfeeding is statistically and clinically meaningful with a value of  $p < 0.05$ ., and the effect granted is 13.0 times greater than without hypnobreastfeeding with a value of OR 13.00 with 95% CI.

### DISCUSSION

This study was conducted to look at the influence of hypnobreastfeeding on the success of exclusive breastfeeding 6 months. Hypnobreastfeeding in this study was conducted by hypnobirthing experts and breastfeeding counselors, conducted for every week until the eve of delivery starting from the gestational age of 36 weeks. First done in direct contact with trainers, then done through hypnobreastfeeding recording and followed up online.

The influence of Hypnobreastfeeding on the success of exclusive breastfeeding showed that out of 30 respondents who got hypnobreastfeeding treatment managed to give Exclusive breast milk by 80%. While the control group without hypnobreastfeeding only 26.6% gave Exclusive breast milk. Hypnobreastfeeding has a meaningful influence on the success of breastfeeding exclusively sevara statistics that is with a value of  $p < 0.05$ .

The results of this study are in line with Putriningrum's research which suggests that hypnobreastfeeding conducted in third trimester pregnant women has an effect on the breastfeeding process. In the study was conducted only when the mother is pregnant and up to one week after giving birth in the evaluation of the mother's confidence in breastfeeding her child (13).

Exclusive breastfeeding in infants is important because breast milk is the perfect nutrient for the baby's digestive system up to the age of 6 months. The decision of the mother in giving exclusive breast milk is influenced by various factors such as anxiety, fatigue, as well as self-distrust experienced by new mothers can



cause impaired reflexes of the hormone prolactin and oskitosin which fight important in the continuity of breast milk production (14)(15)(16).

The causes of low exclusive breastfeeding are too young at birth, inadequate education, first-time childbirth, employment, lack of maternal knowledge about the importance of exclusive breastfeeding, marketing of formula milk. And also many people who give breast milk substitute food too early (support from the closest people will play a role in the success of breastfeeding). Hypnobreastfeeding help mothers to ensure that breastfeeding mothers can continue breastfeeding, minimal exclusively during the first six months, especially if the breast-feeding mothers must return to work. Hypnobreastfeeding are relaxation techniques to help smooth the process of breastfeeding (8).

If a mother knows the benefits of breastfeeding, then they will seek to give breast milk to her baby. The process of breastfeeding is inseparable from the mother's belief in breastfeeding. The results of the study found the confidence and confidence of the mother in breastfeeding will determine the success of breastfeeding one of them with hypnolaktasi or hypnobreastfeeding techniques (15).

Hypnobreastfeeding is a natural process that is safe in channeling positive energy, in a mother by doing affirmations or positive suggestions to be able to produce and breastfeed her baby so as to meet the nutritional and psychic needs of her baby. By doing hypnobreastfeeding can increase the hormone prolactin so as to maintain the volume of breast milk (4)(9).

Researchers believe that hypnobreastfeeding can have a positive influence on mothers achieving exclusive breastfeeding success, with this proof that one of the benefits of hypnobreastfeeding method is to have a positive impact on the success of exclusive breastfeeding.

## CONCLUSION AND RECOMMENDATION

Based on the purpose of research and hypotheticals made and the results of the study obtained, it can be concluded that mothers who get hypnobreastfeeding treatment have a greater chance in giving exclusive breast milk than mothers who do not get hypnobreastfeeding treatment. Hypnobreastfeeding can be used as one of the methods in breastfeeding and given since the third trimester of pregnancy in antenatal care services.

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