



The relationship of exclusive breastfeeding with the return of menstrual time in mothers who have babies aged 6 -12 months in the work area of Pekik Nyaring Puskesmas, Bengkulu Central District

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ABSTRAK

Latar Belakang: ASI eksklusif berarti memberikan ASI saja kepada bayi sejak 30 menit pasca persalinan (setelah lahir) sampai usia 6 bulan, tanpa tambahan cairan, seperti susu formula, jus buah, air, madu, air teh dan makanan tambahan padat seperti buah, biskuit, bubur susu, bubur nasi dan nasi tim. Ibu yang menyusui secara eksklusif pada prinsipnya akan lebih lama mendapatkan menstruasi dari pada yang tidak menyusui bayinya secara eksklusif.

Tujuan: Penelitian ini bertujuan untuk menganalisa hubungan pemberian asi eksklusif dengan lama kembalinya menstruasi pada ibu yang memiliki bayi usia 6-12 bulan di Wilayah Kerja Puskesmas Perawatan Pekik Nyaring Kabupaten Bengkulu Tengah.

Metode: Penelitian ini dilaksanakan pada bulan Desember 2021 di wilayah kerja Puskesmas Perawatan Pekik Nyaring Kabupaten Bengkulu Tengah dengan menggunakan kohort retrospektif. Penentuan jumlah sampel menggunakan rumus slovin. Sampel dalam penelitian ini adalah ibu yang memiliki bayi usia 6-12 bulan di Wilayah Kerja Puskesmas Perawatan Pekik Nyaring Kabupaten Bengkulu Tengah sebanyak 54 orang yang tersebar di 7 desa dengan teknik proportional random sampling. Metode analisis data yang digunakan dalam penelitian ini adalah analisis chi square.

Hasil: Hasil penelitian menunjukkan sebagian besar responden berumur dibawah 35 tahun dengan tingkat pendidikan paling banyak tamat SMA dan sebagian besar bekerja sebagai ibu rumah tangga. Sebagian besar ibu yang memiliki bayi usia 6-12 bulan memberikan ASI eksklusif dan mendapatkan menstruasi kembali lebih dari enam bulan. Terdapat hubungan yang significant pemberian ASI eksklusif dengan lama kembalinya menstruasi pada ibu yang memiliki bayi 6-12 bulan di Wilayah Kerja Puskesmas Perawatan Pekik Nyaring Kabupaten Bengkulu Tengah.

Kesimpulan: Ada hubungan yang signifikan antara pemberian ASI eksklusif dengan lama kembalinya menstruasi pada ibu yang memiliki bayi 6-12 bulan di Wilayah Kerja Puskesmas Pekik Nyaring Kabupaten Bengkulu Tengah.

KATA KUNCI: ASI eksklusif; kembalinya menstruasi; bayi 6-12 bulan

ABSTRACT

Background: Exclusive breastfeeding means giving only breast milk to babies from 30 minutes after birth (after birth) until the age of 6 months, without additional fluids, such as formula milk, fruit juices, water, honey, tea water and solid complementary foods such as fruit, biscuits, milk porridge, rice porridge and team rice. Mothers who breastfeed exclusively, in principle, will get menstruation longer than those who do not exclusively breastfeed their babies.

Objectives: The purpose of this study was to determine the relationship between exclusive breastfeeding and the duration of the return of menstruation in mothers who have babies aged 6-12 months in the Working Area of Pekik Nyaring Health Center, Central Bengkulu Regency.

Methods: This research was conducted in December 2021 in the working area of the Pekik Nyaring Health Center, Central Bengkulu Regency using a kohort retrospektif design. Determination of the number of samples using the slovin formula. The sample in this study were mothers who had babies aged 6-12 months in the Pekik Nyaring Health Center Work Area, Central Bengkulu Regency as many as 54 people spread over 7 villages with proportional random sampling technique.

Results: The results showed that most of the respondents were under 35 years old with the most education level graduating from high school and most of them working as housewives. Most mothers who have babies aged 6-12 months give exclusive breastfeeding and get menstruation back more than six months. There is a significant relationship between exclusive breastfeeding and the length of return of menstruation for mothers who have babies 6-12 months in the Working Area of Pekik Nyaring Health Center, Central Bengkulu Regency.

Conclusions: There is a significant relationship between exclusive breastfeeding and the duration of the return of menstruation in mothers who have babies 6-12 months in the Working Area of Pekik Nyaring Health Center, Central Bengkulu Regency.

KEYWORD: exclusive breastfeeding; return of menstruation; baby 6-12 months

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INTRODUCTION

Exclusive breastfeeding means giving only breast milk to babies from 30 minutes after birth (after birth) until the age of 6 months, without additional fluids such as formula milk, fruit juices, water, honey, tea water and solid additives such as fruit, biscuits, milk porridge, rice porridge and team rice (1). Exclusive breastfeeding brings many benefits, both for the mother and for the baby. Through breast milk, babies will get optimal nutrition and antibodies for their immune system. Breastfeeding can also improve the psychological relationship between mother and baby (2). Breastfeeding can also reduce fertility after delivery.

In principle, women who breastfeed exclusively will get menstruation longer than those who do not exclusively breastfeed their

babies (3). Giving MP-ASI early will speed up menstruation, because breastfeeding will delay ovulation so that the occurrence of postpartum menstruation is delayed (4).

Menstruation is an early sign of a woman's fertile period. At this time a woman's ovaries are able to produce eggs, so it can be said that the woman is of reproductive age. Meanwhile, in women who have just given birth, women will experience a setback. This occurrence is very normal for all women who have just given birth and are breastfeeding their babies. Especially in women who give exclusive breastfeeding (5).

The return of the menstrual cycle after childbirth is one indicator of the return of reproductive ability. The return of menstruation is a change in the hormones

estrogen and progesterone which play an important role in the fertility process and is marked by the menstrual cycle which causes ovulation and menstruation. Exclusive breastfeeding requires babies to be breastfed as often as possible (on demand). The American Academy of Pediatrics / AAP recommends that the frequency of breastfeeding per day (24 hours) is 8-12 times with a duration of breastfeeding for 10-15 minutes for each breast (6). The frequency of breastfeeding is very influential on the return of menstruation in mothers who give exclusive breastfeeding (7). Several research results show that there is a relationship between exclusive breastfeeding and the return of menstruation in breastfeeding mothers (8).

There is a difference in the duration of amenorrhea in mothers who give exclusive breastfeeding and those who do not give exclusive breastfeeding (2). Mothers who do not give exclusive breastfeeding have a 1.3 times faster risk of having menstruation again than mothers who give exclusive breastfeeding (1). Mothers who breastfeed exclusively have a risk of menstruation returning 2.4 times longer than mothers who breastfeed non-exclusively (9). Mothers who give exclusive breastfeeding have a longer period of amenorrhoea – (10).

Breastfeeding can be regarded as the use of a natural contraceptive method after the mother gives birth, which is called the Lactational Amenorrhea Method (MAL). The MAL method relies on the performance of the hormone prolactin, which is produced by cells of the anterior pituitary gland in the brain. High levels of the hormone prolactin will cause the production of GnRH (Gonadotropin Releasing Hormone) and FSH (Follicle Stimulating

Hormone) to be limited. (11). These two hormones are hormones that are used for the growth of egg cells in the ovaries, so that if the level of the hormone prolactin in the body is high, ovulation will not occur so it will be difficult for a pregnancy to occur.

Prolactin is involved in alveolar lactation. The release of prolactin is also stimulated by the emptying of milk from the lactiferous sinuses, so that more milk is released from the breast, which increases milk production (3). Conversely, if the baby rarely breastfeeds or stops breastfeeding, milk production will decrease (12). Therefore, the MAL method can only be used if the mother is exclusively breastfeeding. Prolactin relies heavily on emptying the breasts to continue producing milk, and mothers need to use proper breastfeeding management (13).

Based on the results of a preliminary survey conducted in the working area of the Pekik Nyaring Health Center with five breastfeeding mothers who have babies aged six to 12 months. There are three mothers who give exclusive breastfeeding to their babies and two mothers who do not give exclusive breastfeeding. The five mothers had different times of returning to menstruation. Three mothers who gave exclusive breastfeeding said that the return of menstruation after exclusive breastfeeding was around 4.5-6 months. Two other mothers who did not give exclusive breastfeeding said that they get menstruation faster, which is about 2-3 months.

Based on the above phenomenon, the researchers are interested in conducting research on the relationship between exclusive breastfeeding and the length of return of menstruation in mothers who have

babies aged 6-12 months in the Work Area of the Pekik Nyaring Health Center, Central Bengkulu Regency.

MATERIALS AND METHODS

The type of research used is a retrospective cohort. This research was conducted from December 2021 to January 2022 in the Work Area of the Pekik Nyaring Health Center, Central Bengkulu Regency. The population in this study were all mothers who had babies aged 6-12 months in the Pekik

Nyaring Health Center Work Area, Central Bengkulu Regency in December 2021, as many as 115 mothers who met the inclusion criteria.

This research uses proportional random sampling technique. This technique is used because the population has members that are not homogeneous (14), In this case, the population size differs from each village. Determination of the number of samples for each village is calculated proportionally (**Table 1**).

Table 1. Distribution of research sample units

Village	Population unit	$s = \frac{n}{N} \times S$	Sample Unit
Pekik Nyaring	22	22/115x54	10
Pasar Pedati	18	18/115x54	8
Harapan	16	16/115x54	8
Sunda Kelapa	15	15/115x54	7
Abu Sakim	11	11/115x54	5
Pondok Kelapa	23	23/115x54	11
Padang Betuah	10	10/115x54	5
Total	115		54

The data analysis method used in this study is chi square analysis using the SPSS statistical program.

RESULTS AND DISCUSSION

RESULTS

Characteristics of Respondents, Exclusive Breastfeeding, Duration of Return of Menstruation and Frequency of Breastfeeding

Distribution of the frequency of each research variable, namely age, education, occupation, exclusive breastfeeding, duration of menstruation return and frequency of breastfeeding (**Table 2**). The results showed that the majority of mothers aged < 35 years were 44 people (81.5%), and aged > 35 years were 10 people (18.5%). Most of the

respondents had high school education, namely 28 people (51.9%), and at least 3 elementary school education (3.8%) and diploma as many as 2 people (3.7%).

Most of the mothers have jobs as Housewives (IRT) as many as 49 people (90.7%), PNS (Civil Servants) 7 people (7.7%) and Private as many as 2 people (3.7%). Mothers who have parity 1st child are 17 respondents (31.5%), 2nd parity child is 21 respondents (38.9%), 3rd child parity is 11 respondents (20.4%) and parity 4th child is 5 respondents (9.4%).

The results showed that the majority of mothers gave exclusive breastfeeding to infants, namely 47 people (87.0%) and did not give exclusive breastfeeding as many as 7 people (13.0%), with the return of

menstruation more than six months, namely 35 people (64.8%) and the duration of the return of menstruation is less than six months as many as 19 people (35.2%).

Based on **Table 1** that most of the

mothers gave breast milk with a frequency of more than or equal to eight times per day as many as 31 people (57.4%) and at least mothers gave breast milk less than eight times per day as many as 23 people (42.6 %).

Table 2. Characteristics of Respondents, Exclusive breastfeeding, Length of Menstrual Return and Frequency of Breastfeeding

Description	Frequency (person)	Percentage (%)
Characteristics of Respondents		
Agec(years old)		
< 35	44	81.5
≥ 35	10	18.5
Total	54	100.0
Education		
Primary school	3	5.6
Junior high school	15	27.8
Senior high school	28	51.9
Diploma	2	3.7
Bachelor	6	11.1
Total	54	100.0
Work		
housewife	49	90.7
government employees	2	3.7
private	3	5.6
Total	54	100.0
Parity		
1	17	31.5
2	21	38.9
3	11	20.4
4	5	9.4
Total	54	100.0
Exclusive breastfeeding		
Exclusive Breastfeeding	47	87.0
Not Giving Exclusive Breastfeeding	7	13.0
Total	54	100
The duration of the return of menstruation		
≥ 6 month	35	64,8
< 6 month	19	35,2
Total	54	100
Frequency of Breastfeeding		
≥ 8 times /day	31	57,4
< 8 times /day	23	42,6
Total	54	100

The results showed that the majority of mothers aged < 35 years were 44 people (81.5%), and aged > 35 years were 10 people (18.5%). Most of the respondents had high school education, namely 28 people (51.9%), and at least 3 elementary school education

(3.8%) and diploma as many as 2 people (3.7%).

Most of the mothers have jobs as Housewives (IRT) as many as 49 people (90.7%), PNS (Civil Servants) 7 people (7.7%) and Private as many as 2 people (3.7%).

Mothers who have parity 1st child are 17 respondents (31.5%), 2nd parity child is 21 respondents (38.9%), 3rd child parity is 11 respondents (20.4%) and parity 4th child is 5 respondents (9.4%).

The results showed that the majority of mothers gave exclusive breastfeeding to infants, namely 47 people (87.0%) and did not give exclusive breastfeeding as many as 7 people (13.0%), with the return of

menstruation more than six months, namely 35 people (64.8%) and the duration of the return of menstruation is less than six months as many as 19 people (35.2%).

Based on **Table 1** that most of the mothers gave breast milk with a frequency of more than or equal to eight times per day as many as 31 people (57.4%) and at least mothers gave breast milk less than eight times per day as many as 23 people (42.6 %).

Table 3. the relationship of exclusive breastfeeding with the length of return of menstruation in mothers with 6-12 months babies in the work area of Pekik Nyaring Health Center, Central Bengkulu Regency.

Breastfeeding	Period Return of Menstruation				Amount		value <i>p</i>	OR
	≥ 6 Month		< 6 Mont		n	%		
	N	%	N	%				
Give	34	97.1	13	68.4	47	87	0.006	3.09
Not Giving	1	2.9	6	31.6	7	13.0		
Total	35	100	19	100	54	100		

Source: Primary Data 2021

The Relationship of Exclusive Breastfeeding to Mothers Who Have Babies 6-12 with the Length of Return of Menstruation

The results of the study of the relationship between exclusive breastfeeding and the duration of the return of menstruation in mothers who had babies 6-12 months showed that of the 54 respondents, most of them gave exclusive breastfeeding, namely 47 people with the return of menstruation more than or equal to six months as many as 34 people (72.3%) and less than six months as many as 13 people (27.7)%. A small proportion did not give exclusive breastfeeding, namely 7 people with the return of menstruation more than or equal to six months as many as 1 person (14.3%) and less than six months as many as 6 people (85.7%). Mothers who gave exclusive breastfeeding had a 3.09-fold tendency to return to

menstruation for more than six months than those who did not give exclusive breastfeeding. The results of statistical tests using the Chi-Square test showed that there was a relationship between exclusive breastfeeding and the duration of the return of menstruation with the value of being 0.006 < 0.05 (**Table 3**).

The relationship between the frequency of breastfeeding for mothers with babies 6-12 and the duration of the return of menstruation

Based on **Table 3**, the results of the study of the relationship between the frequency of breastfeeding and the duration of the return of menstruation in mothers with babies 6-12 months showed that of 54 people, most of the frequency of breastfeeding was more than equal to eight times per day, namely

31 people with the duration of the return of menstruation more than or equal to six months as many as 29 people (93.5%) and under six months as many as 6 people (6.5%). The frequency of breastfeeding is below eight times per day as many as 23 people with the return of menstruation more than or equal to six months as many as 6 people (26.1%) and under six months as many as 17 people (73.9%). Mothers who breastfeed more than

eight times per day have an 11.45-fold tendency to return to menstruation for more than six months than those who breastfeed less than eight times per day.

The results of statistical tests using the Chi-Square test showed that there was a relationship between the frequency of breastfeeding and the duration of the return of menstruation with a p value of $0.006 < 0.05$ (Table 4).

Table 4. The relationship of the frequency of breastfeeding to mothers with infants 6-12 with the length of return of menstruation in the work area of the Pekik Nyaring Health Center, Central Bengkulu Regency

Frequency Breastfeeding	Period Return of Menstruation				Amount		value <i>p</i>	OR
	≥ 6 Month		< 6 Month		n	%		
	N	%	N	%				
≥ 8 time/day	29	82.9	2	10.5	31	57.4	0,000	11.45
< 8 time/day	6	17.1	17	89.5	23	42.6		
Total	35	100	19	100	54	100		

Source: Primary Data 2021

DISCUSSION

Characteristics of Respondents

Mother's age affects the formation and changes in attitudes, especially in determining choices about breastfeeding their babies. Most of the respondents are between 19-35 years old. Most of the respondents have a high school education level. Education can affect a person's ability to think in decision making. The higher a person's education level, the better a person is to make decisions in exclusive breastfeeding. The lower the level of education, the risk of breastfeeding failure will be high. Respondents have jobs as housewives. This is closely related to the availability of sufficient time for housewives to be able to exclusively breastfeed, while mothers who work outside the home automatically have more limited time to be

able to exclusively breastfeed. Most of the respondents have parity of children to 2. This shows that parity affects the level of maternal fertility.

The Relationship of Exclusive Breastfeeding to Mothers Who Have Babies 6-12 with the Length of Return of Menstruation

Based on the research results, exclusive breastfeeding in the research area can be said to be relatively high, which is only 87 percent. Exclusive breastfeeding will affect the length of the return of menstruation in the mother, and this is a form of natural contraception or better known as the Lactational Amenorrhea Method (MAL).

The results showed that mothers who gave exclusive breastfeeding had a 3.09-fold

tendency to return to menstruation for more than six months than those who did not give exclusive breastfeeding. This is in line with the opinion of (4) that mothers who are not exclusively breastfed get menstruation faster than mothers who give exclusive breastfeeding.

Statistical test with Chi-square test showed that there was a relationship between exclusive breastfeeding and the duration of the return of menstruation. This shows that mothers who give exclusive breastfeeding are more likely to not experience menstruation or return of menstruation longer than mothers who do not give exclusive breastfeeding. The results of this study are in line with research(9) that there is a relationship between exclusive breastfeeding and the return of menstruation in breastfeeding mothers. Another study that is also in line with this study is a study conducted by (8) which stated that there was a relationship between exclusive breastfeeding and the return of menstruation.

Exclusive breastfeeding will affect the time of the first menstruation for breastfeeding mothers (15). Mothers who give breast milk directly to their babies will experience longer menstruation or return to normal menstruation, this is because when the mother breastfeeds on the mother's breast it will stimulate nipples(16).

This stimulus will send a message to the hypothalamus, after receiving the message, the hypothalamus will stimulate the pituitary gland to secrete the hormone prolactin (17). This prolactin hormone will suppress the ovaries to stimulate the formation of estrogen, so that mothers who give exclusive breastfeeding will tend to have longer periods or return to normal (5). MAL

uses the anovulatory effect caused by breastfeeding. The process of breastfeeding as a method of family planning (4). Exclusive breastfeeding is a temporary method of contraception that is quite effective, as long as the mother has not had her period, the time is less than six months after delivery(3).

Based on Table 4.2, as many as 27.7% of mothers who gave exclusive breastfeeding experienced the return of menstruation in less than six months and a small proportion (14.3%) of mothers who did not give exclusive breastfeeding had their menstruation return for more than six months. This is because there are other factors that affect maternal fertility after giving birth, such as nutritional status, malnourished mothers tend to have longer amenorrhea. Prolactin is a hormone that regulates milk production. During breastfeeding, the activity of this hormone will increase as a result, the ovulation period will be delayed so that breastfeeding mothers usually will not get their period immediately after giving birth. Psychological problems such as mothers who suffer from depression after giving birth such as baby blues and stress (18).

Relationship between the frequency of breastfeeding for mothers with babies 6-12 and the duration of the return of menstruation

Statistical test with Chi-Square test showed that there was a relationship between the frequency of breastfeeding and the duration of the return of menstruation. This shows that the more often mothers breastfeed, the longer they will experience menstruation or mothers who breastfeed regularly for a long time can delay the arrival of menstruation. Mothers who breastfeed more than eight times per day have an 11.45-fold

tendency to return to menstruation for more than six months than those who breastfeed less than eight times per day. The more often the mother breastfeeds her baby in a day, the longer the delay in ovulation in the mother.

This research is in line with research conducted by (12), showed that there was a relationship between the frequency of breastfeeding and the success of the lactational amenorrhea contraceptive method. The more often the mother breastfeeds her baby in a day, the longer the delay in ovulation in the mother. The frequency of breastfeeding is closely related to the length of amenorrhea and anovulation, women who breastfeed exclusively will have about 98 percent protection for the first few months, in general if the frequency of breastfeeding decreases, ovulation is more likely to occur.

Other research that supports this research is research (12) that there is a relationship between breastfeeding frequency and the success of the MAL method. Breastfeeding with frequent frequency can maintain the continuity of prolactin secretion which is an antagonist to ovulation which is maintained where a high frequency of breastfeeding can be found in mothers who exclusively breastfeed.

The more often the baby suckles at the mother's breast, the more milk production and expenditure will be. It is recommended to breastfeed at least eight times per day in the early postpartum period (2). The frequency of breastfeeding is related to the ability to stimulate hormones in the breast glands(3).

Mothers who breastfeed effectively, will experience hormonal changes that were originally high in estrogen and progesterone, after giving birth will experience a decrease,

coupled with the presence of baby sucking which stimulates the nipples and sometimes the breasts hit the sensory nerve endings that function as mechanical receptors (19). Stimulation is continued to the hypothalamus which will suppress the release of factors that inhibit prolactin, this condition will affect the return of menstruation(20).

CONCLUSION AND RECOMMENDATION

The characteristics of the respondents are mostly under 35 years old with the highest level of education being high school graduates. Most of the respondents work as housewives.

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