THE EFFECTIVENESS OF HYPNOTHERAPY AND BACK EXERCISE ON THE SMOOTH OF BREAST MILK PRODUCTION IN POSTPARTUM WOMEN

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Abstract

The success of exclusive breastfeeding in Indonesia is very low, namely 35%, so it is necessary to have an active role from all levels of society. One of the causes of decreased breastfeeding is due to a lack of production of the hormones oxytocin and prolactin. Hypnotherapy and Back Exercise can increase the production of the hormones oxytocin and prolactin. The purpose of this study was to determine the effectiveness of hypnotherapy and back exercise to smooth breastfeeding. The research method used was observational. This study used a Quasi-Experiment (Quasi-Experiment) with a Pre and Post Test with Non Control Design. The population in this study were postpartum mothers at the hospital. Pekanbaru Medical Center. Based on the effect test using the Paired Sample T-test in the intervention group, it shows the results of p value = 0.000 <0.05, this indicates the effectiveness of the implementation of hypnotherapy and back exercise on the smoothness of breastmilk production at Post Partum at PMC Hospital. With this research, it is hoped that health workers will be able to give hypnosis to every postpartum mother in PMC hospital

Keyword: hypnotherapy; back exercise, breastmilk production; postpartu

INTRODUCTION

According to UNICEF (United Nation Children Fund) perinatal mortality worldwide is around 10 million live births with a record that about 98- 99% occur in developing countries, where the perinatal mortality rate is one hundred times greater than developed countries. One of the causes of death is the lack of access to health care for neonates. The number of events included LBW (42%), clinical sepsis (17%), preterm birth (9.8%), severe asphyxia (4.6%), hypothermia (17%), and breastfeeding problems (16%). ((Bahriyah, Putri, & Jaelani, 2017))

From WHO (World Health Organization) shows that there are 170 million children who are malnourished worldwide. As many as 3 million of them die each year due to malnutrition. The high infant mortality rate in the world can actually be avoided by giving breast milk (ASI) ((Putri, Putri, & Rahayu, 2017))

Breastmilk (ASI) is the best natural nutrition for babies because it contains the energy and substance needs needed for the first six months of a baby's life. A mother often experiences problems in exclusive breastfeeding, one of the main obstacles is
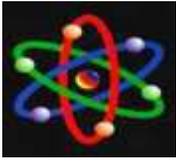
the production of breast milk that is not smooth. This will be a factor in the low coverage of exclusive breastfeeding for newborns (Wulandari and Handayani, 2011).

Breast milk production is strongly influenced by psychological factors ((Prasetyono, 2009). Postpartum stress is experienced by 80% of women after giving birth. Feelings of sadness or irritability that hit the mother arise within two days to two weeks after delivery ((Purwani, 2013) The condition of mothers who are easily anxious and stressed can interfere with lactation so that it can affect milk production. This is because stress can inhibit breastfeeding (Kodrat, 2010). The higher the level of emotional disturbance, the less stimulation of the hormone prolactin is given to produce breast milk. (Prasetyono, 2009)

Hypnotherapy is an intervention technique that utilizes the empowerment of the subconscious mind so that it can relieve psychological symptoms, suggesting that hypnotherapy can relieve psychological symptoms (Herawati & Putri, 2018). It was stated by (Lynn, Rhue, & Kirsch, 2010) that an individual who is hypnotized is not in a real sleep state. The client or the person being hypnotized remains in a conscious state, and is able to observe their behavior during the hypnotic state. He realizes that everything he orders and can reject anything that is contrary to the norms or values internalized in him. With the provision of hypnotherapy, it will reduce the level of stress felt by postpartum mothers, as is the case with research conducted (Desriva &

Utari, 2020) in increasing the motivation for the performance of educators. The results showed that hypnotherapy technique can change the behavior of educators for the better by minimizing emotional levels and stress. Hypnotherapy techniques can relieve stress in postpartum mothers so that it can increase oxytocin production which supports the smooth production of breast milk.

According to (Umbarsari, 2017) in his research, through stimulation of the spine (back exercise), neurotransmitters will stimulate the medulla oblongata directly to send messages to the hypothalamus in the posterior hypophise to release oxytocin, causing the breasts to secrete milk. With a massage in this spinal area it will also relax tension and relieve stress and so the hormone oxytocoin comes out so that it will help the release of breast milk, assisted by baby suction on the nipples immediately after the baby is born with a normal baby.

Based on the above background, the researcher is interested in further researching how the effectiveness of Hypnotherapy and Back Exercise on the smooth production of breast milk.

METHOD

This study uses a Quasi-Experiment (Quasi-Experiment) with a Pre and Post Test with Non Control Design, a research design that aims to examine the causal relationship. By comparing the two evaluation results, namely the pretest and posttest. The population in this study were primiparous postpartum mothers who were in the hospital. Pekanbaru Medical Center.
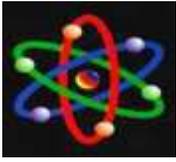
Sampling using purposive sampling technique with 50 respondents post partum mothers with babies who are term. as well as using the independent t test data analysis. In this study, the paired sample t-test hypothesis was used to determine the

effectiveness of hypnotherapy and back exercise on the fluency of postpartum mother's milk. Then to test the difference in effect between the pre-test group and the post-test group, the Independent Sample T-Test was used.

RESULT AND DISCUSSION

A. Univariate Analysis

Responden Respondents in this study were primipara post partum mothers who were in the Pekanbaru Medical Center Hospital, namely in the Jasmine Care Room. This study was conducted for 4 months. This research was conducted using a Quasi-experimental method with a pre and post test design with control design. The samples obtained were 50 patients. For the intervention group as many as 25 people and 25 people for the control group. The intervention group was willing to be given hypnotherapy and back exercise, while the control group was not given hypnotherapy and back exercise.

1. Age Characteristic Of Respondent

Respondents in this study consisted of ages (<20) - (> 35) years. Based on the results of respondents' answers on the identity sheet attached to the questionnaire. The characteristics of respondents based on age are as follows:

Table 5.1 Respondent Characteristic Frequency Distribution Of Age

Age	Intervension Group		Control Group		Amount
	F	%	f	%	F
< 20	0	0 %	2	8 %	2
20 – 35	24	96 %	21	84 %	45
>35	1	4 %	2	8 %	3
Amount	**25**	**100**	**25**	**100**	**50**

Based on Table 5.1 above, most of the respondents in the intervention group were 20-35 years old, while the control group was 20-35 years old.

2. Characteristics Of Respondent Last Education

Table 5.2 Respondent Characteristic Frequency Distribution Of Last Education

Last Education	Intervension Group		Control Group		Amount
	f	%	f	%	f
SMP	3	12	4	16	7
SLTA	13	52	12	48	25
Akademi/PT	9	36	9	36	18
Amount	**25**	**100**	**25**	**100**	**50**

Based on Table 5.2 above, most of the respondents had the last high school education in the intervention group and the
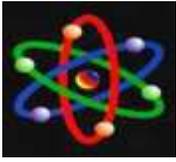
control group had the last high school education.

3. Characteristics Of Respondent Job

Table 5.3 Respondent Characteristic Frequency Distribution Of Job

Job	Intervension Group		Control Group		Amount
	f	%	f	%	f
IRT	14	56	11	44	25
PNS	7	28	3	12	10
SWASTA	4	16	10	40	14
Wiraswasta	0	0	1	4	1
Amount	**25**	**100**	**25**	**100**	**50**

Based on Table 5.3 above, most of the respondents had jobs as IRTs in the intervention group and the control group had jobs as IRT.

4. Characteristics Of Respondent Breastcare

Table 5.4 Respondent Characteristic Frequency Distribution Of Breastcare

Breast care	Intervension Group		Control Group		Amount
	F	%	f	%	f
Yes	2	8	7	28	9
No	23	92	18	72	41
Amount	**25**	**100**	**25**	**100**	**50**

Based on Table 5.4 above, most of the respondents did not perform breast care in the intervention group and the control group did not do breast care.

5. Characteristics Of Respondent Consuming Smoothed Breast Milk

Table 5.5 Respondent Characteristic

Frequency Distribution Of Smoothed Breast Milk

Smoothed Breast Milk	Intervension Group		Control Group		Amount
	f	%	f	%	f
Yes	8	32	9	36	17
No	17	68	16	64	33
Amount	**25**	**100**	**25**	**100**	**50**

Based on Table 5.5 above, most of the respondents did not consume breastfeeding agents in the intervention group and the control group did not consume breast milk fluids.

6. Smooth Production Of Breast Milk in The Control Group (*Pre Test*)

Table 5.6 Respondent Frequency Smooth Production Of Breast Milk in The Control Group (*Pre Test*)

Production Of Breast Milk	f	%
No That Smooth	13	52
Enough Smooth	9	36
Smooth	3	12
Amount	**25**	**100**

Based on Table 5.6 above, the smooth operation of ASI production in the control group (pre test), as many as 52% of respondents thought that the fluency of
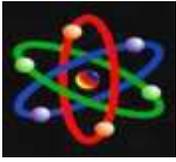
breastmilk production was not smooth, and 3% had smooth milk production.

7. Smooth Production Of Breast Milk in The Intervention Group Before Being Given HypnoTherapy and Back Exercise
 Table 5.7 Respondent Frequency Smooth Production Of Breast Milk in The Intervention Group (*Pre Test*

Production Of Breast Milk	f	%
No That Smooth	8	32
Enough Smooth	12	48
Smooth	5	20
Amount	**25**	**100**

Based on Table 5.7 above, the smooth flow of breast milk production in the intervention group (pre test), as many as 48% of respondents thought that breast milk production was smooth, and 5% had smooth milk production.

8. Smooth Production Of ASI in The Control Group (*Post Test*)
 Table 5.8 Respondent Frequency Smooth Production Of Breast Milk in The Control Group (*Post Test*)

Production Of Breast Milk	f	%
No That Smooth	9	36
Enough Smooth	10	40
Smooth	6	24
Amount	**25**	**100**

Based on Table 5.8 above, the smooth flow of breast milk production in the control group (post test), as many as 40% of respondents thought that breast milk production was smooth, and 24% had smooth milk production.

9. Smooth Production Of ASI in The Intervention Group (*Post Test*)
 Table 5.9 Respondent Frequency Smooth Production Of Breast Milk in The Intervention Group (*Post Test*)

Production Of Breast Milk	f	%
No That Smooth	1	4
Enough Smooth	4	16
Smooth	20	80
Amount	**25**	**100**

Based on Table 5.9 above, the smooth flow of breastmilk production in the intervention group (post test), as many as 80% of respondents thought that breastmilk production was smooth, and 1% had a smooth flow of breastmilk production.

B. Bivariate Analysis
 The research has been carried out for 4 months starting from April to July 2020. After conducting the research, the number of samples obtained was 50 respondents at PMC Hospital in the city of Pekanbaru. Where this study consisted of two groups, namely a control group who was not given hypnotherapy and back exercise. The second group was the intervention group that was given hypnosis and back exercise. Hypnotherapy is an intervention technique that utilizes the empowerment
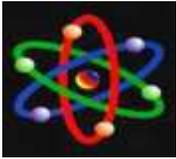
of the subconscious mind (Clinical Hypnotherapy, 2010). (Irfan, 2010) said in his research that hypnotherapy can relieve psychological symptoms. (Barseli, Ifdil, & Nikmarijal, 2017) say that an individual who is hypnotized is not in a real sleep state. The client or the person being hypnotized remains in a conscious state, and is able to observe his behavior during the hypnosis state. He realizes that everything he orders and can reject anything that is contrary to the norms or values internalized in him. By giving hypnotherapy and back exercise, it will reduce stress levels and cause a feeling of relaxation which has an impact on the smooth production of breast milk.

The implementation of hypnotherapy and back exercise for respondents which was carried out for 3 days showed an increase in the smoothness of breast milk production. Based on the effect test using Paired sample T-test in the experimental group, the results showed p value = 0.000 <0.05 and in the control group p = 0.032 <0.05. This shows the effectiveness of the implementation of hypnotherapy and back exercise on the smooth production of ASI at Post Partum at PMC Hospital. And based on the T test Independent T-test obtained p value = 0.040 <0.05 with a mean value in the experimental group of 8.44. milk production. Based on the

effect test using Paired sample T-test in the experimental group, the results showed p value = 0.000 <0.05 and in the control group p = 0.032 <0.05. This shows the effectiveness of the implementation of hypnotherapy and back exercise on the smooth production of ASI at Post Partum at PMC Hospital. And based on the T test Independent T-test obtained p value = 0.040 <0.05 with a mean value in the experimental group of 8.44.

CONCLUSION

The conclusion in this study is that hypnotherapy and back exercise are effective in the smooth production of breast milk. Based on the effect test using the Paired Sample T-test in the intervention group, it shows the results of p value = 0.000 <0.05, this indicates the effectiveness of the implementation of hypnotherapy and back exercise on the smooth production of breast milk in Post Partum at PMC Hospital. With this research, it is hoped that health workers will be able to provide breast care to every postpartum mother so that they can help mothers to be able to breastfeed their babies and the government program for exclusive breastfeeding runs successfully.
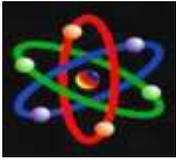
so that this research was completed in a timely manner.

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