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

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ABSTRACT

The success of exclusive breastfeeding in Indonesia is very low, namely 35%, so that it requires an active role from all levels of society. One of the cause of decreased breastfeeding is the 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 was carried out using observational method. This study uses a quasi-experiment (Quasi-Experiment) with 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 post test. The population in this study were postpartum mothers at the hospital Pekanbaru Medical Center. The result showed 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 pvalue = 0.04 < 0.05 with a mean value in the experimental group of 8.44. With this research, it is hoped that health workers will be able to provide breast care to every postpartum mother at PMC Hospital.

Keyword: hypnotherapy; back exercise, breastmilk production; postpartum

1. 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 in 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))

Data from the WHO (World Health Organization) shows that there are 170 million children who are malnourished worldwide. As many as 3 million of them die every 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 childbirth. 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 (Herawati & Putri, 2018) suggesting that hypnotherapy can relieve psychological symptoms. It is stated by (Lynn, Rhue, & Kirsch, 2010) that an individual who is hypnotized is not in a real sleep state. The client or 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 stress level felt by postpartum mothers, as is the case with research conducted by (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 hypofise to release oxytocin, causing the breasts to secrete milk.

With this spinal massage, 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 suction of the baby 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 the Effectiveness of Hypnotherapy and Back Exercise on the Smoothness of Breast Milk Production.

2.Material and Methods

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. and 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 smooth running of postpartum mother's milk. Then to test the difference in effect between the pre-test and post-test groups used the Independent Sample T-Test.

3. RESULT AND DISCUSSION

Univariate Analysis

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.

Age Characteristics of Respondents

Table 5.1 Distribution of Frequency Characteristics of Respondents by Age

Age	Intervention Group		Control Group		Total
	F	%	f	%	
< 20	1	4	2	8	2
20-35	23	92	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 those in the control group were 20-35 years old.

Characteristics of Respondents' Last Education

Table 5.2 Frequency Distribution of Respondent Characteristics

by Latest Education

Latest Education	Intervention Group		Control Group		Total
	F	%	f	%	
Middle School	3	12	4	16	7
Senior High School	13	52	12	48	25
Academy/PT	9	36	9	36	18
Amount	25	100	25	100	50

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

Job Characteristics of Respondents

Table 5.3 Frequency Distribution of Respondent Characteristics Based

on Occupation

Job	Intervention Group	Control Group	Total

	F	%	f	%	
IRT	14	56	11	44	25
PNS	7	28	3	12	10
Private	4	16	10	40	14
Entrepreneur	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 IRTs.

Characteristics of Respondents Performing Breast Care

Table 5.4 Frequency Distribution of Respondent Characteristics

Based on Breast Care

Breast Care	Intervention Group		Control Group		Total
	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 respondents did not perform breast care in the intervention group and the control group did not do breast care.

Characteristics of Respondents Consuming Smoothed Breast Milk

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Table 5.5 Characteristics of Respondents Frequency Distribution
Based on Breast milk smoothing

Breast Care	Intervention Group		Control Group		Total
	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 breastmilk in the intervention group and the control group did not consume breast milk fluids.

Smooth production of breast milk in the Control group (Pre Test)

Table 5.6 Distribution of the frequency of smooth milk production

in the control group (pre test)

Smoothness of Breastmilk Production	F	%
Less Fluent	13	52
Fairly Smooth	9	36
Current	3	12
Amount	25	100

Based on Table 5.6 above, the smooth flow of breast milk production in the control group (pre test), as much as 52% of respondents thought that the smooth production of ASI was not smooth, and 3% had smooth milk production

Smooth production of breast milk in the intervention group before being given hypnotherapy and back exercise

Table 5.7 Distribution of Frequency of Smooth Milk Production

at Intervention Group (Pre Test)

Smoothness of breastmilk production	F	%
Less Fluent	8	32
Fairly Smooth	12	48
Current	5	20
Amount	25	100

Based on Table 5.7 above, the smoothness 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.

Smooth Production of Asi in the Control group (Post Test)

Table 5.8 Distribution of the frequency of smooth milk production
in the Control group (Post Test)

Smoothness of Breastmilk Production	f	%
Less Fluent	9	36
Fairly Smooth	10	40
Current	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.

Smooth Production of Asi in the Intervention Group (Post Test)

Table 5.9 Distribution of the frequency of smooth milk production
in the intervention group (Post Test)

Smoothness of Breastmilk Production	f	%
Less Fluent	1	4
Fairly Smooth	4	16
Current	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 milk production was smooth, and 1% had smooth milk production.

Bivariate Analysis

The research has been carried out for 4 months starting from April to July 2020. After doing the research, the number of samples obtained was 50 respondents at PMC Hospital in Pekanbaru City. 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) suggests that hypnotherapy can relieve psychological symptoms. Mentioned by (Barseli, Ifdil, & Nikmarijal, 2017) that an individual who is hypnotized is not in a real sleep state. The client or 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 against 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 held 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

4. CONCLUSION

The conclusion in this study is that hypnotherapy and back exercise are effective in the smooth production of breast milk. The results showed that of the 25 respondents who were given hypnotherapy intervention and back exercise, 20 respondents (80%) experienced smooth milk production compared to the control group of 25 respondents, only 10 respondents (40%) were in the fairly fluent ASI category. 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 breast milk production 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 it can help mothers to be able to provide breast milk to their babies and the government program for exclusive breastfeeding runs successfully.

5.ACKNOWLEDGEMENT

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