

---

## Literature Review: Happy Breastfeeding With Hypno Breastfeeding

**Kharisma Virgian**

Health Polytechnic of the Palembang Ministry of Health, Indonesia

Email: [kharismavirgian@poltekkespalembang.ac.id](mailto:kharismavirgian@poltekkespalembang.ac.id)

---

### Article Info

#### Article history:

Received March 9, 2022

Revised Apr 20, 2022

Accepted May 11, 2022

---

#### Keywords:

Hypno Breastfeeding

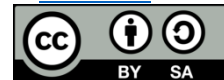
Happy Breastfeeding

---

### ABSTRACT

Breastfeeding is a very precious time for a mother who has just given birth to her baby. Where at this time, the mother gives breast milk which is called a golden liquid to the baby. Breast milk is the optimal nutrition for babies at the beginning of their life. However, in the process of breastfeeding, mothers often feel anxious and not confident that they can breastfeed their babies well and can provide enough breast milk for their babies' nourishment and growth. Peace of mind and feelings can affect the process of milk production. *Hypnobreastfeeding* is one of the techniques to help mothers to feel calm, comfortable, relaxed, and happy while breastfeeding. Giving positive affirmative sentences about Hypnobreastfeeding can help reduce anxiety and increasing the mother's sense of self-worth will help the nursing process go more easily. This study aims to explain how hypnobreastfeeding is used in nursing mothers. The method used is a literature review by utilizing Google Scholar and PubMed data. The results of a literature search found that Hypnobreastfeeding is beneficial for breastfeeding mothers. Hypnobreastfeeding can overcome anxiety, increase motivation and confidence in mothers, and can increase breast milk production.

*This is an open access article under the [CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) license.*



---

### Corresponding Author:

Kharisma Virgian,

Health Polytechnic of Palembang, Indonesia

Jalan Jenderal Sudirman KM 3,5 Nomor 1365 Samping Masjid Ash-Shofa Komplek RS Moh. Hoesin Palembang, 30114 Indonesia

Email: [kharismavirgian@poltekkespalembang.ac.id](mailto:kharismavirgian@poltekkespalembang.ac.id)

---

## 1. INTRODUCTION

Breastfeeding can provide both immediate and long-term benefits for the mother. The best method of feeding newborns during their first year of life is breastfeeding, accompanied with the timely addition of complementary foods [1]. For the first six months of a baby's existence, breast milk is advised as the only source of sustenance. Based on the recommendation that complementary feeding of breast milk can be given When the infant is six months old, breast milk may be administered and given until the age of 2 years with breast milk [2]. Hormonal and biological changes during breastfeeding mediate the mother's many advantages to breastfeeding. A woman's lactation is a special biological stage of her life marked by hormonal adjustments, the suppression of her reproductive organs, and modifications to her metabolism. Oxytocin and prolactin are the two key hormones connected to lactation. During labor, oxytocin helps smooth muscles contract, and while breastfeeding, it permits milk release. Breast milk production is mostly regulated by prolactin [3].

Psychological factors of breastfeeding mothers also play an important role in breastfeeding success. Psychological factors such as intention to breastfeed, believe in the nutritional and physical sufficiency of breastfeeding, beliefs about The success of nursing mothers might be affected by other babies' dietary choices, body image, and social awareness [4]. In addition, family support factors such as husband and closest family involve emotional states that affect psychological conditions. Calm thoughts and feelings can facilitate milk production. Support from the family can be in the form of calming the mother when she is anxious or worried or even helping the mother in caring for and taking care of her baby. So that she can breastfeed quietly without worry [5].

The impact of anxiety and worry can cause a psychological burden on the postpartum mother and if treated improperly, pregnancy will have an impact on the mother's and baby's physical and mental health. Women are susceptible to emotional disorders during the postpartum period, including postpartum blues. Breastfeeding has a favorable effect, enhances maternal sensitivity and care, and considerably lowers physiological and subjective stress. The oxytocin system may be crucial to the psychology of a nursing infant and behavior of the mother [6].

Relaxation techniques are methods, procedures, processes, or activities to help a person achieve a more relaxed, calm state, reduce anxiety and stress. Relaxation can be achieved, one of which is hypno-breastfeeding which is applied to nursing mothers so that anxiety can be reduced and mothers can be more relaxed and calm so that the milk production process goes well. The level of anxiety that is reduced after being given by the mother can be reduced after being given hypnobreastfeeding. The hypnobreastfeeding technique is recommended to be given to pregnant women as one of the support for the Exclusive Breastfeeding program [7].

## 2. RESEARCH METHOD

A literature review study is used as the research methodology, where in this study a search is carried out on scientific sources that are accurate and valid and closely related to the topic being explored. Searches for related scientific sources were obtained from Google Scholar and Pubmed in the form of scientific articles using the keyword: Hypnobreastfeeding.

## 3. RESULT AND DATA ANALYSIS

### Hypnobreastfeeding Can Reduce Anxiety in Breastfeeding Mothers

The study, which was conducted in Klaten, Central Java, conducted an experimental study using a Using a Randomized Control Trial (RCT) strategy. The experimental design used in the study was fully random. All postpartum moms who were admitted to the hospital during the first 48 hours made up the study's population, which was then split into an intervention group and a control group. anxiety is measured using the STAI scale. In the first 48 hours following delivery, the hypnobreastfeeding intervention was carried out. The findings demonstrated that the intervention and control groups' levels of anxiety differed significantly from one another. Hypnobreastfeeding relaxation is effective for reducing anxiety from pregnancy to breastfeeding or post partum [8].

Hypnobreastfeeding can reduce maternal anxiety during the Covid-19 pandemic. This research was conducted in the city of Denpasar, Bali. One pretest-posttest group was used in the quasi-experimental research design. Breastfeeding mothers' anxiety data was measured with the use of the Zung Self-Rating Anxiety Scale. To ascertain the impact of hypnobreastfeeding on breastfeeding motivation, the analyses' findings revealed a substantial effect that hypnobreastfeeding has an effect on reducing anxiety in breastfeeding mothers [7].

### Hypnobreastfeeding can Increase Breastfeeding Motivation

The study was conducted in Pringsewu district, Lampung, to determine hypnobreastfeeding's impact on breastfeeding motivation. The method used is Quasi Experiment with pre post test design with control group design. Data analysis with the Paired Sample Test got a significant value, there was a significant difference in the motivation of breastfeeding for exclusive breastfeeding and breastfeeding for more than 2 years. Research respondents were separated into an intervention group and a control group. The intervention group was treated with hypnobreastfeeding for 1 month with a frequency of once a week for pregnant women at term and continued every day until breastfeeding. The control group was given lactation education. In the intervention and control groups, a questionnaire on motivation for breastfeeding at term pregnancy was filled before and after the hypnobreastfeeding intervention was given when the respondent breastfed her baby on the 30th postpartum liver. The intervention group was given an explanation about hypnobreastfeeding and relaxation exercises for 4 times a month through hypnobreastfeeding classes and then audio was given to be listened to at home every day with a duration of approximately 7 minutes. In the control group, it was also explained about without actually engaging in hypnobreastfeeding. In order for breastfeeding to be successful on an exclusive basis, hypnobreastfeeding relaxation can boost a mother's motivation as well as her confidence in her ability to successfully breastfeed her child [9], [10].

### Hypnobreastfeeding can Improve Sleep Quality and Boost Mothers' Milk Production While Breastfeeding

Hypnobreastfeeding has an effect on improving sleep quality in breastfeeding mothers. Research conducted by Windayanti in 2020, suggests that Hypnobreastfeeding can improve sleep quality in breastfeeding mothers. Hypnobreastfeeding can stimulate the brain so that it releases neurotransmitters in the form of the hormone enkephalin and endorphins that can increase feelings. The purpose of this study is to compare breastfeeding women's sleep quality before and after hypnobreastfeeding. Quasi Experiment with One Group Pre-test and Post-test Designs with a Total Sample of 30 Respondents is the research methodology employed. measurement of breastfeeding mothers' sleep quality



.....  
was carried out before and after hypnobreastfeeding. Hypnobreastfeeding is done 2 times a day by listening to audio. On the 15th day, sleep quality was measured using the PSQL questionnaire [11].

Besides being able to improve sleep quality, hypnobreastfeeding can also increase milk production. The Ungaran Health Center's, Central Java working space served as the study's location, it was found that the application of hypnobreastfeeding to breastfeeding mothers can help mothers increase breast milk production so that exclusive breastfeeding can be successful. This study uses the Quasi Experiment method with One Group Pre-test and Post-test designs. Measurement of prolactin hormone levels was carried out on the eighth postpartum day, in the morning after 2 hours of breastfeeding. Hypnobreastfeeding was carried out starting on the eighth day after measuring the hormone prolactin. The intervention was given for seven days, 2 times a day when the mother was relaxed and relaxed while listening to positive affirmative music. During the intervention, monitoring was carried out with social media groups. On the fifteenth day, the prolactin level was measured again. The statistical test used was the Wilcoxon test, Before and after the hypnobreastfeeding intervention, there were variations in prolactin hormone levels [12].

### **Combination of Hypnobreastfeeding and Kangaroo Mother Care in LBW**

The provision of Hypno Breastfeeding therapy and Kangaroo Mother Care (KMC) treatment as a fast recovery strategy for Low Birth Weight (LBW) Babies. With a one group pre test and post test design, this research approach employs a quasi-experimental design by measuring the volume of breast milk and increasing the baby's weight. The research subjects consisted of 1 group of primiparous mothers with LBW infants and there was a pre-test and a post-test. The results of the study using a paired sample T-test analysis obtained p value = 0.000 meaning that both treatments had an impact both therapies on increasing the volume of breast milk and having an impact on increasing the weight of babies with low birth weight [13].

## **3. DISCUSSION**

### **3.1. Hypnobreastfeeding Can Reduce Anxiety in Breastfeeding Mothers**

In addition to physiological variables, the mother's social and psychological circumstances also have a role in breastfeeding success [14]. Research has shown that mental illnesses like depression, anxiety, and stress have detrimental effects on human physiological functions like breastfeeding [15]. The functioning of the hypothalamic-pituitary-adrenal axis influences the biological and hormonal reactions of stress and anxiety to the psychosocial environment, which elevate catecholamines like epinephrine [16]. As this axis is more sensitive to postpartum stress than ordinary women, it causes a decrease in the secretion of prolactin and oxytocin, and thus reduces the supply of breast milk during breastfeeding [17]. according to the findings of the analysis, as many as 54% of breastfeeding mothers are worried about the opportunity to exclusively breastfeed their babies [18].

According to the findings of a survey of research journals of Sari et.al [8] , there is a strong correlation between hypnobreastfeeding and nursing moms' anxiety. This is consistent with studies [7] that shows breastfeeding moms experience anxiety both before and after receiving hypnobreastfeeding. Hypnobreastfeeding is a hypnosis or relaxation technique that can be done in the third trimester of pregnancy as communication with the baby and reduces the intensity of pain in laboring mothers [8]. relaxation interventions can stimulate a state of relaxation which is a physiological as opposed to a stress response in the body. The sympathetic nervous system's activity is decreased by the relaxation response, which is evoked by a variety of relaxation techniques, allowing the stress response to be balanced. The parasympathetic nerve system is simultaneously activated by the relaxation response, which lowers metabolic muscle tension, amplifies the soothing impact, and improves mood so that postpartum mothers can have a calm and comfortable mood, which will affect milk production.

Relaxation in breastfeeding mothers, which is often called hypno-breastfeeding relaxation, is a relaxation technique by making direct contact with the subconscious. When you are able to achieve a deep and stable state of relaxation, you will be able to establish new concepts that will automatically influence your daily life and actions without realizing it, in this case setting the self-confidence suggestion to become a mother, being able to take good care of her baby, and can provide the best nutrition for babies. The basis of hypnobreastfeeding is to use the ability to access the subconscious directly, because the subconscious is the part of the brain that runs life, regulates actions taken every day [19].

It is consistent with research Sari et. al [20] that hypnobreastfeeding can reduce postpartum maternal anxiety levels. Based on the results of the study Toosi et. al [21] that there was a significant difference in reducing maternal anxiety in the group that was given relaxation therapy and those who were not given therapy with a p value of 0.017. Hypnobreastfeeding can help mothers feel comfortable. This is because hypnobreastfeeding can relax the body so that the endocrine system, blood circulation, nervous system and other systems can run and function properly and regularly. Positive affirmations are believed to help overcome and reduce the emergence of stress [22]. Affirmations and positive

attitudes like this will make the mother calm and relaxed during the breastfeeding process so that the endorphins will work and milk production will increase. This study is supported by research results [23] that hypnobreastfeeding can build positive intentions and motivate mothers to breastfeed their babies.

### 3.2. Hypnobreastfeeding can Increase Breastfeeding Motivation

Stress management is one of the alternative methods as positive coping so that mothers have the view and confidence to successfully breastfeed [24]. Hypnobreastfeeding is a natural attempt to use subconscious energy to make the breastfeeding process comfortable and easy. Mothers can produce breast milk that satisfies the baby's demands by incorporating positive affirmative statements for nursing whether the mother is either relaxed or very focused. based on the findings of the analysis of the paired sample test in a review article conducted in Lampung, it was found that postpartum mothers' motivation to breastfeed increased after being given and taught how to relax hypnobreastfeeding and also mothers were more confident to breastfeed their babies well. This study supports evidence showing hypnobreastfeeding can affect the amount of milk released with a p value of  $0.001 < 0.05$  [25], so that mothers are enthusiastic in breastfeeding their babies. In addition, according to research [9], [26], hypnobreastfeeding increases mother's motivation to breastfeed and also builds mother's confidence that she is able to breastfeed her baby.

### 3.3. Hypnobreastfeeding can Improve Sleep Quality and Boost Mothers' Milk Production While Breastfeeding

Poor sleep quality will have an impact on anxiety and depression in postpartum mothers [27], [28]. mothers' feelings of sadness, depression, insecurity, and stress are factors that can disrupt sleep quality and inhibit the process and amount of milk production so that milk production decreases [20], [24]. Hypnobreastfeeding can stimulate the brain so that it releases neurotransmitters in the form of the hormone enkephalin and endorphins that can increase feelings. Based on review of the journal, hypnobreastfeeding affected on the sleep quality of breastfeeding mothers [11].

The hormones that influence lactogenesis are prolactin and oxytocin, which have been widely associated with antidepressants and anxiolytics. The findings of various research demonstrate that breastfeeding can safeguard the mother's mental health since it can lower the stress hormone. Therefore, prolactin and oxytocin levels will rise and more milk will be produced as a result of mothers breastfeeding their infants more frequently [29].

The endocrine system, specifically the hypothalamus-pituitary gland-adrenaline (HPA) and sympathetic nervous system, will be activated by stress exposure, both physically (pain) and emotionally (anxiety), increasing the production of stress hormones such cortisol, corticotropic, and catecholamines. According to the findings of this study, high blood sugar levels will rise in response to an increase in the hormone cortisol production. High levels of the hormones cortisol and glucose are associated with delays in milk production so that it can cause Throughout the first week following delivery, each breast's milk output declines [30]. Several studies suggest that giving hypnobreastfeeding can increase milk production because it stimulates the release of the hormones prolactin and oxytocin [31] so that milk production can increase by doing hypnobreastfeeding [20], [32].

### Combination of Hypnobreastfeeding and Kangaroo Mother Care in LBW

Based on the study's findings, hypnobreastfeeding is beneficial for LBW. Hypnobreastfeeding therapy is one of the recovery methods for low birth weight babies [13]. With an abundant amount of breast milk and a good breastfeeding method, it will have an impact on the baby's weight gain. Inadequate breastfeeding for infants is one of the variables that affects the prevalence of low birth weight babies in children 0–6 months old and the mother's lack of concern for exclusive breastfeeding. The psychological aspect of the mother as well as The effectiveness of exclusive breastfeeding may depend on her husband and family's support. The chemicals prolactin and oxytocin, which are responsible for producing and releasing breast milk, can be increased by a mother's assurance and desire to breastfeed her child. Reducing mom stress and anxiety through hypobreastfeeding can boost milk production. This technique involves adding phrases that support breastfeeding women when they're at ease, such as encouraging affirmations. Therefore, the mother's mindset will be made more positive and confident [33]. Another results of the study revealed that newborns' nutritional condition varied. and mothers before and after being given hypnobreastfeeding therapy [34].

## 4. CONCLUSION

From the results of a review of a number of related literature, it can be concluded that hypnobreastfeeding is very beneficial for breastfeeding mothers to reduce anxiety levels, motivate breastfeeding mothers, increase milk production and improve infant nutritional status. It is hoped that it can be applied and recommended as one of the solutions to achieve the Exclusive Breastfeeding program.

## REFERENCES

- [1] C. M. Dieterich, J. P. Felice, E. O'Sullivan, and K. M. Rasmussen, "Breastfeeding and Health Outcomes for the



- Mother-Infant Dyad,” *Pediatr. Clin. North Am.*, vol. 60, no. 1, pp. 31–48, 2013, doi: 10.1016/j.pcl.2012.09.010.
- [2] S. Meedy, K. Fahy, and A. Kable, “Factors that positively influence breastfeeding duration to 6 months: A literature review,” *Women and Birth*, vol. 23, no. 4, pp. 135–145, 2010, doi: 10.1016/j.wombi.2010.02.002.
- [3] J. Hahn-Holbrook, “8 The Psychological Effects of Breastfeeding,” *Glob. Heal. Netw. Collections*, pp. 1–33, 2018, doi: 10.21428/3d48c34a.4eb43e95.
- [4] S. Lyons, S. Currie, S. Peters, T. Lavender, and D. M. Smith, “The association between psychological factors and breastfeeding behaviour in women with a body mass index (BMI)  $\geq 30$  kg m<sup>-2</sup>: a systematic review,” *Obes. Rev.*, vol. 19, no. 7, pp. 947–959, 2018, doi: 10.1111/obr.12681.
- [5] W. Umami and A. Margawati, “Faktor yang mempengaruhi pemberian ASI eksklusif,” *Wellness Heal. Mag.*, vol. 2, no. 2, pp. 283–291, 2020, doi: 10.30604/well.022.82000115.
- [6] K. M. Krol and T. Grossmann, “Psychological effects of breastfeeding on children and mothers,” *Bundesgesundheitsblatt - Gesundheitsforsch. - Gesundheitsschutz*, vol. 61, no. 8, pp. 977–985, 2018, doi: 10.1007/s00103-018-2769-0.
- [7] N. N. D. Witari, K. N. Arini, and N. M. Widiastuti, “Hypno-Breastfeeding Reduces Anxiety of Breastfeeding Mothers During the Covid-19 Pandemic,” *PLACENTUM J. Ilm. Kesehat. dan Apl.*, vol. 10, no. 1, p. 30, 2022, doi: 10.20961/placentum.v10i1.57917.
- [8] L. P. Sari, H. Salimo, and U. R. Budihastuti, “Hypnobreastfeeding Dapat Menurunkan Kecemasan Pada Ibu Post Partum,” *J. Kebidanan dan Kesehat. Tradis.*, vol. 4, no. 1, pp. 20–27, 2019, doi: 10.37341/jkkt.v4i1.95.
- [9] Y. Asih, “Hypnobreastfeeding dan Motivasi Pemberian ASI Hypnobreastfeeding and Motivation for Breastfeeding,” *J. kebidanan*, vol. 11, no. pemberian ASI eksklusif, p. 17, 2020.
- [10] F. P. Astuti, H. Windayanti, and I. Sofiyanti, “Hypnobreastfeeding dan Motivasi Ibu Menyusui,” *Indones. J. Midwifery*, vol. 3, no. 1, pp. 46–50, 2020, doi: 10.35473/ijm.v3i1.492.
- [11] H. Windayanti, F. P. Astuti, and I. Sofiyanti, “Hypnobreastfeeding dan Kualitas Tidur pada Ibu Menyusui,” *Indones. J. Midwifery*, vol. 3, no. 2, p. 151, 2020, doi: 10.35473/ijm.v3i2.631.
- [12] I. Sofiyanti, F. P. Astuti, and H. Windayanti, “Penerapan Hypnobreastfeeding pada Ibu Menyusui,” *Indones. J. Midwifery*, vol. 2, no. 2, pp. 84–89, 2019, doi: 10.35473/ijm.v2i2.267.
- [13] M. S. I. N. Ringgi, Y. D. Pora, and Y. M. H. Keytimu, “Pemberian Terapi Hypno-Breastfeeding Dan Perawatan Kangaroo Mother Care (Kmc) Sebagai Strategi Cepat Pemulihan Bayi Berat Lahir Rendah,” *Sebatik*, vol. 26, no. 1, pp. 217–222, 2022, doi: 10.46984/sebatik.v25i2.1505.
- [14] A. M. Krouse, “The Family Management of Breastfeeding Low Birth Weight Infants,” *J. Hum. Lact.*, vol. 18, no. 2, pp. 155–165, 2002, doi: 10.1177/089033440201800207.
- [15] J. L. Pawluski, J. S. Lonstein, and A. S. Fleming, “The Neurobiology of Postpartum Anxiety and Depression,” *Trends Neurosci.*, vol. 40, no. 2, pp. 106–120, 2017, doi: 10.1016/j.tins.2016.11.009.
- [16] M. C. Fajardo, J. Florido, C. Villaverde, C. M. Oltras, A. R. González-Ramirez, and F. González-Gómez, “Plasma levels of  $\beta$ -endorphin and ACTH during labor and immediate puerperium,” *Eur. J. Obstet. Gynecol. Reprod. Biol.*, vol. 55, no. 2, pp. 105–108, 1994, doi: 10.1016/0028-2243(94)90062-0.
- [17] K. U. Moberg and D. K. Prime, “Oxytocin Effects in Mothers and Infants during Breastfeeding,” *Acta Obstet. Gynecol. Scand.*, vol. 9, no. 6, pp. 201–206, 2013, doi: 10.3109/00016349009036151.
- [18] M. Jalal, M. Dolatian, Z. Mahmoodi, and R. Aliyari, “The relationship between psychological factors and maternal social support to breastfeeding process,” *Electron. physician*, vol. 9, no. 1, pp. 3561–3569, 2017, doi: 10.19082/3561.
- [19] W. S. De Araújo, W. G. Romero, E. Zandonade, and M. H. C. Amorim, “Effects of relaxation on depression levels in women with high-risk pregnancies: a randomised clinical trial,” *Rev. Lat. Am. Enfermagem*, vol. 24, 2016, doi: 10.1590/1518-8345.1249.2806.
- [20] L. P. Sari, H. Salimo, and U. R. Budihastuti, “Optimizing the Combination of Oxytocin Massage and Hypnobreastfeeding for Breast Milk Production among Post-Partum Mothers,” *J. Matern. Child Heal.*, vol. 02, no. 01, pp. 20–29, 2017, doi: 10.26911/thejmch.2017.02.01.03.
- [21] M. Toosi, M. Akbarzadeh, and Z. Ghaemi, “The Effect of Relaxation on Mother’s Anxiety and Maternal-Fetal Attachment in Primiparous IVF Mothers,” *J. Natl. Med. Assoc.*, vol. 109, no. 3, pp. 164–171, 2017, doi: 10.1016/j.jnma.2017.03.002.
- [22] I. Kusumawaty and Yunike, “Pemberdayaan Kader Kesehatan Mengatasi Kecemasan Masa Adaptasi,” *CARARDDE J. Pengabd. Kpd. Masy.*, vol. 4, no. 1, pp. 575–583, 2021.
- [23] N. W. Armini, “Hypnobreastfeeding Awali Suksesnya ASI Eksklusif,” *J. Skala Husada*, vol. 1, pp. 21–29, 2016, [Online]. Available: <http://download.garuda.ristekdikti.go.id/article.php?article=808447&val=13183&title=HYPNOBREASTFEEDI>

- 
- NG, STARTING EXCLUSIVE BREASTFEEDING TO BE SUCCESS.
- [24] Z. D. Ulfa and Y. Setyaningsih, "Tingkat Stres Ibu Menyusui dan Pemberian Asi pada Bulan Pertama," *J. Litbang Media Inf. Penelitian, Pengemb. dan IPTEK*, vol. 16, no. 1, pp. 15–28, 2020, doi: 10.33658/jl.v16i1.145.
- [25] N. A. Rangkuti, N. S. Batubara, R. A. Siregar, E. Suryani, R. D. Siregar, and M. L. Harahap, "The Effect of Hypnobreastfeeding Technique on the Production of Breast Milk in Postpartum Mothers in Independent Practice Midwives," *Int. J. Public Heal. Excell.*, vol. 1, no. 1, pp. 12–16, 2022, doi: 10.55299/ijphe.v1i1.4.
- [26] Y. N. Aini, Hadi, S. Rahayu, N. Pramono, and D. K. Mulyantoro, "Effect of Combination of Breast Care and Oxytocin Massage on Breast Milk Secretion in Postpartum Mothers," *Belitung Nurs. J.*, vol. 3, no. 6, pp. 784–790, 2017, doi: 10.33546/bnj.293.
- [27] M. L. Okun, R. A. Mancuso, C. J. Hobel, C. D. Schetter, and M. Coussons-Read, "Poor sleep quality increases symptoms of depression and anxiety in postpartum women," *J. Behav. Med.*, vol. 41, no. 5, pp. 703–710, 2018, doi: 10.1007/s10865-018-9950-7.
- [28] B. Bais *et al.*, "The impact of objective and subjective sleep parameters on depressive symptoms during pregnancy in women with a mental disorder: An explorative study," *Int. J. Environ. Res. Public Health*, vol. 16, no. 9, pp. 1–10, 2019, doi: 10.3390/ijerph16091587.
- [29] B. Figueiredo, C. C. Dias, S. Brandão, C. Canário, and R. Nunes-Costa, "Breastfeeding and postpartum depression: State of the art review," *J. Pediatr. (Rio. J.)*, vol. 89, no. 4, pp. 332–338, 2013, doi: 10.1016/j.jped.2012.12.002.
- [30] M. E. Coussons-Read, "The Psychoneuroimmunology of Stress in Pregnancy," *Curr. Dir. Psychol. Sci.*, vol. 21, no. 5, pp. 323–328, 2012, doi: 10.1177/0963721412453720.
- [31] D. Lydiani, Darmayanti, and Ruslinawati, "Pengaruh Hypnobreastfeeding Terhadap Peningkatan Pengeluaran ASI di Wilayah Kerja Puskesmas 09 November Banjarmasin," *Caring Nurs. J.*, vol. 4, no. 2, pp. 0–6, 2020.
- [32] B. T. Carolin, C. Suralaga, and F. Lestari, "Teknik Hypno-breastfeeding Untuk Kecukupan Asi pada Ibu Menyusui," *J. SMART Kebidanan*, vol. 8, no. 1, p. 64, 2021, doi: 10.34310/sjkb.v8i1.428.
- [33] N. Risna Sumawati and N. Mira Yanti, "Penerapan Hypnobreastfeeding Dan Hypnoparenting Pada Ibu 2 Jam Post Partum," *J. Dunia Kesehat.*, vol. 5, no. 2, pp. 5–10, 2015.
- [34] N. Laily *et al.*, "Implementation of hypnobreastfeeding therapy as an effort to reduce the incidence of underweight on children aged 0–6 months," *Open Access Maced. J. Med. Sci.*, vol. 9, no. E, pp. 123–126, 2021, doi: 10.3889/oamjms.2021.5686.