

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

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Aidatus Isro Umairroh, S.Kep

Implementasi *Hypnobreastfeeding* Pada Ibu Postpartum *Sectio Caesarea* Dengan Masalah Keperawatan Ketidacukupan Produksi ASI Di Ruang Mawar RSUD dr. H. Koesnadi Bondowoso

Xv + 99 Halaman + 9 Tabel + 1 Gambar + 9 Lampiran

Abstrak

Introduksi: Ketidacukupan produksi ASI merupakan masalah yang sering terjadi pada ibu postpartum *sectio caesarea* akibat faktor fisiologis dan psikologis, seperti kecemasan, stres, nyeri pascaoperasi, serta kurangnya kepercayaan diri dalam menyusui. Kondisi tersebut dapat menghambat pelepasan hormon oksitosin sehingga produksi dan pengeluaran ASI menjadi kurang optimal. *Hypnobreastfeeding* merupakan salah satu intervensi nonfarmakologis yang menggabungkan teknik relaksasi dan sugesti positif untuk meningkatkan ketenangan dan keyakinan ibu dalam menyusui. **Tujuan:** Penelitian ini bertujuan menggambarkan implementasi *hypnobreastfeeding* pada ibu postpartum *sectio caesarea* dengan masalah keperawatan ketidacukupan produksi ASI di Ruang Mawar RSUD dr. H. Koesnadi Bondowoso. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif pada tiga ibu postpartum *sectio caesarea* primipara hari ke-0 sampai hari ke-2 yang mengalami ketidacukupan produksi ASI. Responden dipilih menggunakan *purposive sampling*. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, studi dokumentasi, dan lembar observasi produksi ASI. Intervensi *hypnobreastfeeding* diberikan selama 15 menit sekali sehari selama tiga hari. **Hasil:** Seluruh responden mengalami ketidacukupan produksi ASI dan kecemasan terkait kemampuan menyusui. Sebelum implementasi, rata-rata skor produksi ASI sebesar 10 dan meningkat menjadi 10,6 setelah implementasi. Selain itu, seluruh responden menunjukkan penurunan kecemasan, peningkatan rasa rileks, serta keyakinan dalam menyusui. Pada hari ketiga, seluruh responden melaporkan ASI mulai keluar. **Diskusi:** Implementasi *hypnobreastfeeding* menunjukkan perubahan positif pada kondisi psikologis ibu serta perkembangan produksi dan pengeluaran ASI sehingga dapat menjadi alternatif terapi komplementer dalam asuhan keperawatan maternitas.

Kata kunci: *Hypnobreastfeeding*, Ibu Postpartum *Sectio Caesarea*, Ketidacukupan Produksi ASI.

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
PROFESSIONAL NURSING PROGRAM
FACULTY OF HEALTH SCIENCES

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Aidatus Isro Umairoh, S.Kep

Implementation of Hypnobreastfeeding in Postpartum Women Following Cesarean Section Experiencing Insufficient Breast Milk Production in the Mawar Ward of dr. H. Koesnadi Bondowoso Regional Hospital

xv + 99 pages + 9 tables + 1 pictures + 9 appendices

Abstract

Introduction: Insufficient breast milk production is a common problem among postpartum women following cesarean section. This condition is influenced by physiological and psychological factors, including anxiety, stress, postoperative pain, and a lack of confidence in breastfeeding. These factors may inhibit the release of oxytocin, resulting in suboptimal breast milk production and ejection. Hypnobreastfeeding is a non-pharmacological intervention that combines relaxation techniques with positive affirmations to enhance maternal comfort, relaxation, and confidence in breastfeeding. **Objective:** This study aimed to describe the implementation of hypnobreastfeeding among postpartum women following cesarean section with insufficient breast milk production in the Mawar Ward of dr. H. Koesnadi Bondowoso Regional Hospital. **Methods:** A descriptive case study design was employed involving three primiparous postpartum women following cesarean section on days 0–2 postpartum who experienced insufficient breast milk production. Participants were selected using purposive sampling. Data were collected through interviews, observations, physical examinations, documentation reviews, and a breast milk production observation sheet. The hypnobreastfeeding intervention was administered for approximately 15 minutes once daily for three consecutive days. **Results:** All participants experienced insufficient breast milk production and anxiety regarding their ability to breastfeed. The average breast milk production score increased from 10 before the intervention to 10.6 after the intervention. In addition, all participants demonstrated reduced anxiety, increased relaxation, and greater confidence in breastfeeding. By the third day, all participants reported the initiation of breast milk secretion. **Discussion:** The implementation of hypnobreastfeeding demonstrated positive changes in maternal psychological well-being and improvements in breast milk production and secretion. Therefore, it may be considered a complementary intervention in maternity nursing care.

Keywords: Hypnobreastfeeding, Postpartum Women Following Cesarean Section, Insufficient Breast Milk Production