

DAFTAR PUSTAKA

1. World Health Organization/Unicef. Pelatihan konseling menyusui modul 40 jam WHO/UNICEF.2017. 25-37, 44-55, 101-108, 188-198, 233-240.
2. Dinas Kesehatan Provinsi Jawa Tengah. Profil kesehatan Provinsi Jawa Tengah tahun 2015. Semarang: Dinkes Jateng. 2015. 79-81.
3. Gabay, M. P. Galactogogues: medications that induce lactation. *J. Hum. Lact.*, (2002);18(3):274-279.
4. Umeta, M., West, C. E., Verhoef, H., Haidar, J., & Hautvast, J. G. Factors associated with stunting in infants aged 5–11 months in the Dodota-Sire District, rural Ethiopia. *The Journal of nutrition*, (2003);133(4):1064-1069
5. Sultana, A., Rahman, K. U., & Manjula, S. M. Clinical update and treatment of lactation insufficiency. *Medical Journal of Islamic World Academy of Sciences*, (2013);21(1):19-28.
6. Fikawati, S., & Syafiq, A.. Status Gizi Ibu dan Persepsi ketidakcukupan air susu ibu. *Kesmas: National Public Health Journal*, (2012);6(6):249-254.
7. Laisiruangrai, P., Wiriyasirivaj, B., Phaloprakarn, C., & Manusirivithaya, S.. Prevalence of exclusive breastfeeding at 3, 4 and 6 months in Bangkok Metropolitan Administration Medical College and Vajira Hospital. *Medical journal of the Medical Association of Thailand*, (2008);91(7):962.
8. Mills. E, Duguo. JJ, Perri. D, Koren. G, Herbal medicines in pregnancy and lactation: An Evidence-Based Approach. Canada: CRC Press. 2013;10,17, 129.
9. Motee, A., Ramasawmy, D., Pugo-Gunsam, P., & Jeewon, R. An assessment of the breastfeeding practices and infant feeding pattern among mothers in Mauritius. *Journal of nutrition and metabolism*, 2013:2013:1-8
10. Macdonald, S. Magili-Cuerden. J. *Mayes' Midwifery E-Book: A Textbook for Midwives*. London: Elsevier Health Sciences; 2011. 623-628
11. Othman, N., Lamin, R. A. C., & Othman, C. N. Exploring behavior on the herbal galactagogue usage among malay lactating mothers in Malaysia. *Procedia-Social and Behavioral Sciences*, 2014;153:199-208.
12. Sim, T. F., Hattingh, H. L., Sherriff, J., & Tee, L. B. Perspectives and attitudes of breastfeeding women using herbal galactagogues during breastfeeding: a qualitative study. *BMC Complement. Altern. Med.*, 2014;14(1):216.
13. Buntuchai, G., Pavadhgul, P., Kittipichai, W., & Satheannoppakao, W. Traditional galactagogue foods and their connection to human milk volume in Thai breastfeeding mothers. *J. Hum. Lact.*, 2017;16(4):511-524.
14. Sa'roni, S. R., Sadjiman, T., Sja'bani, M., & Zulaela, Z. Effectiveness of the *Sauropus Androgynus* (L.) Merr Leaf Extract in Increasing mother's breast

- milk production. *Media Penelitian dan Pengembangan Kesehatan*, 2004;14(3).
15. Ikatan Dokter Anak Indonesia. *Nutrisi pediatrik dan penyakit metabolik jilid I*. Jakarta: Badan penerbit IDAI; 2011. 77-97.
 16. Ayoola, P. B., & Adeyeye, A. Phytochemical and nutrient evaluation of *Carica papaya* (pawpaw) leaves. *IJRRAS*, 2010;5(3):325-328
 17. Turlina, L., & Wijayanti, L. Pengaruh pemberian serbuk daun pepaya terhadap kelancaran ASI pada ibu nifas. *Jurnal Media Komunikasi Ilmu Kesehatan*, 2015;7(01).
 18. Saran, P. L., & Choudhary, R. Drug bioavailability and traditional medicaments of commercially available papaya: A review. *African Journal of Agricultural Research*, 2013;8(25):3216-3223
 19. Hendarto.A. Dan Pringgadini K. Nilai nutrisi air susu ibu. In : IDAI. *Bedah ASI : Kajian dari berbagai Sudut Pandang Ilmiah*, Jakarta : Balai Penerbit FKUI, 2008;46
 20. Manley, D. (Ed.). *Manley's technology of biscuits, crackers and cookies*. Elsevier.2011;80-82, 423-425.
 21. Cai, B., Chen, H., Sun, H., Sun, H., Wan, P., Chen, D., & Pan, J. Lactogenic activity of an enzymatic hydrolysate from octopus vulgaris and carica papaya in SD rats. *J. Med. Food*, 2015;18(11):1262-1269
 22. Tossawanchuntra, G., & Aritajat, S. Effect of aqueous extract of *Carica papaya* dry root powder on lactation of albino rats. In III WOCMAP Congress on Medicinal and Aromatic Plants-Volume 4: Targeted Screening of Medicinal and Aromatic Plants, Economics 2003;(678):85-90
 23. Yuktiana Kharisma, Armaya Ariyoga, Herri S. Sastramihardja. Efek ekstrak air buah pepaya (*Carica papaya* L.) muda terhadap gambaran histologi kelenjar mamma mencit laktasi. *MKB*,2011;43(4).
 24. Ghasemi, V., Kheirkhah, M., & Vahedi, M. The effect of herbal tea containing fenugreek seed on the signs of breast milk sufficiency in Iranian girl infants. *Iranian Red Crescent Medical Journal*, 2015;17(8):1-6
 25. Krisnatuti, D. *Menyiapkan makanan pendamping ASI*. Jakarta: Puspa Swara; 2001.7-10.
 26. Guyton AC, Hall JE. buku ajar fisiologi kedokteran. Edisi 11. Penterjemah: Irawati, Ramadani D, Indriyani F. Jakarta: Penerbit Buku Kedokteran EGC; 2006.1092-1094.
 27. Roesli, U. *Mengenal ASI eksklusif*. Jakarta: PT. Niaga Swadaya; 2009. 25-27
 28. *Bidan dan Dosen Kebidanan Indonesia. Kebidanan teori dan asuhan volume 2*. Jakarta: EGC; 2017. 479, 481.

29. Soetjiningsih. ASI Petunjuk untuk tenaga kesehatan. Jakarta: EGC; 2014. 138, 88, 17, 111-113, 162-163, 140.
30. Christantie, A. A. Study of food recommendations to meet nutritional needs based on diversity of ideal weight calculation methods. *Journal Of Electrical Engineering And Computer Sciences*, 2019:(3)2. 513-530.
31. Supariasa, I.D.N. dkk. Penilaian status gizi (edisi revisi). Jakarta: Penerbit Buku Kedokteran EGC; 2013. 94-95, 113.
32. Gibson, R.S. Principles of nutritional assessment. New York : Oxford University Press; 2005. 41, 42.
33. Riordan J. Breastfeeding and human lactation. 3rd ed. Massachusetts : Jones and Bartlett Publishers; 2005. 137-146.
34. Kementerian kesehatan RI. Pedoman gizi seimbang. Jakarta : Kemenkes 2014. 28, 80, 81.
35. Perry, S.E, Hockenberry, M.J., Lowdermilk, D.L, Wilson, D. Maternal child nursing care. Maryland Heights, Missouri : Mosby Elsevier; 2010. 230, 335, 678-689, 694.
36. Cheng, C. Y., & Li, Q. Integrative review of research on general health status and prevalence of common physical health conditions of women after childbirth. *Womens Health Issues*, 2008;18(4):267-280.
37. IDAI. Indonesia menyusui. Jakarta : Badan Penerbit IDAI; 2010. 7
38. Farrer, H. Perawatan maternitas Edisi 2. Jakarta : EGC; 2001. 207, 208, 209. 199-204.
39. Boedihartono. Bahan bacaan manajemen laktasi. Jakarta: Yayasan Perinasia; 2002. 43-46, 57-59
40. Susanti, N. Peran ibu menyusui yang bekerja dalam pemberian ASI eksklusif bagi bayinya. *Egalita Jurnal Kesetaraan dan Keadilan Gender*, 2012;VI(2):165-176.
41. Feher, S. D., Berger, L. R., Johnson, J. D., & Wilde, J. B. Increasing breast milk production for premature infants with a relaxation/imagery audiotape. *Pediatrics*, 1989;83(1):57-60.
42. Jomeen, J. The importance of assessing psychological status during pregnancy, childbirth and the postnatal period as a multidimensional construct: A literature review. *Clinical Effectiveness in Nursing*, 2004;8(3-4): 143-155.
43. Damanik, E. D. The measurement of reliability, validity, items analysis and normative data of Depression Anxiety Stress Scale (DASS). Doctoral dissertation, Doctoral dissertation, Thesis. Fakultas Psikologi, Universitas Indonesia, Indonesia. 2011. 1-9

44. Pillitteri, A. *Maternal & child health nursing: Care of the childbearing & childrearing family*. Philadelphia: Lippincott Williams & Wilkins; 2010. 654-666.
45. Adhikari, M., Khanal, V., Karkee, R., & Gavidia, T. Factors associated with early initiation of breastfeeding among Nepalese mothers: further analysis of Nepal demographic and health survey, 2011. *International breastfeeding journal*, 2014;9(1):21.
46. Sudiharto. *Asuhan keperawatan keluarga dengan pendekatan keperawatan transkultural*; editor, Esty Whayuningsih – Jakarta; EGC: 2007.8-15.
47. Sherriff, N., Hall, V., & Panton, C. Engaging and supporting fathers to promote breast feeding: A concept analysis. *Midwifery*, 2014;30(6):667-677.
48. Wijyantia, K., Indrayanab, T., Kuswanto. Mother's Knowledge and Level of Family support toward exclusive breast feeding practice. *IJSBAR*, 2016;29(1): 57-63
49. Yuniar, Y., Handayani, R. S., & Aryastami, N. K. Faktor–faktor pendukung kepatuhan orang dengan HIV AIDS (odha) dalam minum obat antiretroviral di kota Bandung dan Cimahi. *Buletin Penelitian Kesehatan*, 2013;41(2), 72-83.
50. Notoatmodjo, S. *Promosi kesehatan dan perilaku kesehatan*. Jakarta: PT Rineka Cipta; 2012. 131-150.
51. Hill, P. D. The enigma of insufficient milk supply. *MCN: The American Journal of Maternal/Child Nursing*, 1991;16(6):309-316.
52. Gatti, L. Maternal perceptions of insufficient milk supply in breastfeeding. *J. Nurs. Scholarsh.*, 2008;40(4):355-363.
53. Sharma, S., Ramji, S., Kumari, S., & Bapna, J. S. Randomized controlled trial os *Asparagus racemosus* (Shatavari) as a lactagogue in lactational inadequacy. *Indian pediater*, 1996;(33):675-677.
54. Anderson, P. O. The galactagogue bandwagon. *J. Hum. Lact.*, 2013;29(1):7-10.
55. Okwu, D. E, and Okwu, M.E.. Chemical composition of *Spondia mombin* plants. *J. Sustain Agric. Environ.* 2004;(6):140-147.
56. Sari, I. P. Lactagogue Effect of *Uyup Uyup* (Traditional Medicine) and *Sauropus androgynus* Merr extract on peagon ingluvies glands. *Indonesian Journal of Pharmacy*, 2005;265-269.
57. Gruenwald. J, Brendler. T. *PDR for herbal medicine*. Montvale: Thomson; 2007. 565.
58. Milind, P., & Gurditta, G. Basketful benefits of papaya. *Int. Res. J. Pharm*, 2012;(7):6-12

59. Ahmad, N., Fazal, H., Ayaz, M., Abbasi, B. H., Mohammad, I., & Fazal, L. Dengue fever treatment with *Carica papaya* leaves extracts. *Asian Pacific journal of tropical biomedicine*, 2011;1(4):330-333.
60. Owoyele, B. V., Adebukola, O. M., Funmilayo, A. A., & Soladoye, A. O. Anti-inflammatory activities of ethanolic extract of *Carica papaya* leaves. *Inflammopharmacology*, 2008;16(4):168-173.
61. Otsuki, N., Dang, N. H., Kumagai, E., Kondo, A., Iwata, S., & Morimoto, C. Aqueous extract of *Carica papaya* leaves exhibits anti-tumor activity and immunomodulatory effects. *J. Ethnopharmacol*, 2010;127(3):760-767.
62. Krishna, K. L., Paridhavi, M., & Patel, J. A. Review on nutritional, medicinal and pharmacological properties of *Papaya (Carica papaya Linn.)*. *NPR* 2008;7(4):364-373.
63. Nwofia, G. E., Ojmelukwe, P., & Eji, C. Chemical composition of leaves, fruit pulp and seeds in some *Carica papaya (L)* morphotypes. *International Journal of Medicinal and Aromatic Plants*, 2012;2(1):200-206.
64. Nugroho, A., Heryani, H., Choi, J. S., & Park, H. J. Identification and quantification of flavonoids in *Carica papaya* leaf and peroxynitrite-scavenging activity. *Asian Pacific Journal of Tropical Biomedicine*, 2017;7(3):208-213.
65. Badan Pusat Statistik Provinsi Jawa Tengah. *Statistik pertanian Jawa Tengah*. Semarang: BPS Jateng; 2015. 5-9
66. Badan Pusat Statistik Kabupaten Blora. *Blora dalam angka 2015*. Blora: BPS Blora; 2016.57-63
67. Dinas Pertanian Kabupaten Blora. *Profil buah dan sayuran unggulan produksi Kabupaten Blora*. Blora: Disperta Kab. Blora; 2016.241-250
68. Kementerian Kesehatan. *Kesehatan ibu dan anak continuum of carelife cycle*. Jakarta: Pusdiknakes; 2015. 123-127.
69. Cadwell.K, Turner.M.C. *Manajemen laktasi*. Penerjemah: Tiar estu. Jakarta: EGC; 2013. 5-8
70. National Health and Medical Research Council. *Nutrient reference values for Australia and New Zealand*. Department of Health and Ageing; 2006. 26,45,184,198
71. Srinivasan, K. Fenugreek (*Trigonella foenum-graecum*): A review of health beneficial physiological effects. *Food reviews international*,2006,22(2),203-224.
72. Wulandari, F. K., B. E. Setiani dan S. Susanti. Analisa kandungan gizi, nilai energi, dan uji organoleptik cookies tepung beras dengan substitusi tepung sukun. *J. Aplikasi Teknologi Pangan*. 2016,5(4):107–112.

73. Fischer, U., & Noble, A. C. The effect of ethanol, catechin concentration, and pH on sourness and bitterness of wine. *American Journal of Enology and Viticulture*, 1994,45(1):6-10.
74. Wahyuningtias, D., Putranto, T. S., & Kusdiana, R. N. Uji kesukaan hasil jadi kue brownies menggunakan tepung terigu dan tepung gandum utuh. *Binus Business Review*, 2014,5(1):57-65.
75. Ismawati, N., Nurwantoro dan Y. B. Pramono. Nilai pH, total padatan terlarut, dan sifat sensoris yoghurt dengan penambahan ekstrak bit (*Beta vulgaris L.*). *J. Aplikasi Teknologi Pangan* 2016,5(3): 89-93. DOI: 10.17728/jatp.181.
76. Wijayanti, K, Astuti V.A, Fatmayanti, A.. Komunikasi dalam praktik kebidanan. Jakarta: TIM; 2016. 29,30.
77. Morrow, A. L., Guerrero, M. L., Shults, J., Calva, J. J., Lutter, C., Bravo, J., & Butterfoss, F. D. Efficacy of home-based peer counselling to promote exclusive breastfeeding: a randomised controlled trial. *The Lancet*, 2009,353(9160):1226-1231.
78. Kementerian Kesehatan. Kesehatan ibu dan anak continuum of carelife cycle. Jakarta: Pusdiknakes; 2015. 123-127.
79. Cadwell.K, Turner.M.C. Manajemen laktasi. Penerjemah: Tiar estu. Jakarta: EGC; 2013. 5-8.
80. National Health and Medical Research Council. Nutrient reference values for Australia and New Zealand. Department of Health and Ageing; 2006. 184,198
81. Suradi. R, Hegar. B, Pratiwi.I.G.A.N. Indonesia menyusui ikatan dokter anak indonesia. Jakarta: IDAI, 2010, 11-12,225-226, 253-254.
82. Campbell DT, Stanley JC. experimental and quasi-experimental designs for research. Boston : Houghton Mifflin Company; 1963. 13-23.
83. Sastroasmoro S., Ismael S. Dasar dasar penelitian Klinis (Eds.5). Jakarta : Sagung Seto; 2014. 104-123,361-364,437,513.
84. Wulandari, F. K., B. E. Setiani dan S. Susanti. Analisa kandungan gizi, nilai energi, dan uji organoleptik *cookies* tepung beras dengan substitusi tepung sukun. *J. Aplikasi Teknologi Pangan* 2016:5(4):107-112. DOI: 10.17728/jatp.183.
85. Yang, H., Zhang, N., Zeng, Q., Yu, Q., Ke, S., & Li, X. HPLC method for the simultaneous determination of ten annonaceous acetogenins after supercritical fluid CO₂ extraction. *IJBS*, 2010,6(3):202.
86. Santjaka.A, Statistik untuk kesehatan, Yogyakarta : Nuha Medika, 2011, 78-96.
87. Polit, D.F, Beck, C.T, Essential of nursing research: appraising evidence for nursing practice. Seventh Edition. Philadelphia: Lippincott Willsiams & Wilkins. 2010. 237-256

88. Dinas Kesehatan Provinsi Jawa Tengah. Profil kesehatan Provinsi Jawa Tengah Tahun 2017. Jawa Tengah : Dinkes Jateng. 2018. 38-47.
89. Dinas Kesehatan Kabupaten Blora. Profil kesehatan Kabupaten Blora Tahun 2017. Blora : Dinkes Kab. Blora. 2018. 3-7
90. World Health Organization/Unicef. World health statistics 2011.WHO:2012. 8,45
91. Khayat S, Fanaei H, Ghanbarzehi A. Minerals in pregnancy and lactation: A review article.JCDR. 2017;11(9):QE01.
92. Reeder, S.J., Martin, L.L., Koniak-Griffin, D. Maternity Nursing (eds. 18). Philadelphia: lippincott; 2001.766-768
93. Gruca, M. Breast milk macronutrient composition and Infant growth in rural West Africa Colorado: BoulderCU Scholar. 2017;4(1):89
94. Wilson, J.T & Wilson, J.T., Drug in Breastmilk. Lancanter: MTP Press. 1981.7-10
95. Sisk, P. M., Lovelady, C. A., Dillard, R. G., & Gruber, K. J. Lactation counseling for mothers of very low birth weight infants: effect on maternal anxiety and infant intake of human milk. *Pediatrics*, 2006;117(1):67-75
96. Gimpl, G., & Fahrenholz, F. The oxytocin receptor system: structure, function, and regulation. *Physiol. Rev.*, 2001;81(2):629-683.
97. Lollivier V, Marnet PG, Delpal S, Rainteau D, Achard C, Rabot A, Ollivier-Bousquet M. Oxytocin stimulates secretory processes in lactating rabbit mammary epithelial cells. *The Journal of physiology*. 2006;570(1):125-40.
98. Dinanti, W., & Margawati, A. Perbedaan jenis pekerjaan ibu dengan kuantitas pemberian ASI eksklusif (Studi kasus di kecamatan Semarang Utara). *Jurnal Kedokteran Diponegoro*, 2017. 6(2), 1370-1382.
99. Kurniawan, B. Determinan keberhasilan pemberian air susu ibu eksklusif. *Jurnal Kedokteran Brawijaya*. 2013. 27(4):236-240
100. Astuti, I.Determinan pemberian ASI eksklusif pada ibu menyusui. *Jurnal Health Quality*, 2013. 4(1):60-68.
101. <http://www.who.int/ethics/research/diakses> tanggal 7 Agustus 2019
102. Kharisma, Y., Ariyoga, A., & Sastramihardja, H. S. Efek ekstrak air buah pepaya (*Carica papaya* L.) muda terhadap gambaran histologi kelenjar mamma mencit laktasi. *Majalah Kedokteran Bandung*, 2011.43(4):160-165.
103. Egli, G. E., Egli, N. S., & Newton, M.. The influence of the number of breast feedings on milk production. *Pediatrics*, (2011). 27(2):314-317.

104. Schafer, E., Vogel, M. K., Viegas, S., & Hausafus, C. Volunteer peer counselors increase breastfeeding duration among rural low-income women. *Birth*, 2008,25(2):101-106.