

DAFTAR PUSTAKA

1. Pratama. ASI eksklusif sebagai faktor protektif terhadap kejadian stunting pada Balita 24-59 bulan. *J Ilm Kesehat Sandi Husada*. 2022;11(1):262–70.
2. Hadi H, Fatimatasari F, Irwanti W, Kusuma C, Alfiana RD, Ischaq Nabil Asshiddiqi M, et al. Exclusive breastfeeding protects young children from stunting in a low-income population: A study from eastern indonesia. *Nutrients*. 2021;13(12):1–14.
3. Dieterich CM, Felice JP, O’Sullivan E, Rasmussen KM. Breastfeeding and Health Outcomes for the Mother-Infant Dyad. *Pediatr Clin North Am*. 2020;60(1):31–48.
4. Gayatri M. Exclusive Breastfeeding Practice in Indonesia: A Population-Based Study. *Korean J Fam Med*. 2021;42(5):395–402.
5. Khan MN, Islam MM. Effect of exclusive breastfeeding on selected adverse health and nutritional outcomes: A nationally representative study. *BMC Public Health*. 2017;17(1):1–7.
6. Lee MK, Binns C. Breastfeeding and the risk of infant illness in asia: A review. *Int J Environ Res Public Health*. 2020;17(1).
7. Witari NND, Febriyanti NMA. Hypnobreastfeeding sebagai upaya meningkatkan produksi ASI ibu nifas pada masa covid-19. *J Kesehat Masy*. 2021;7(2):267–75.
8. Krol KM, Grossmann T. Psychological effects of breastfeeding on children and mothers. *Bundesgesundheitsblatt - Gesundheitsforsch - Gesundheitsschutz*. 2018;61(8):977–85.
9. Radzyminski S, Callister LC. Mother’s Beliefs, Attitudes, and Decision Making Related to Infant Feeding Choices. *J Perinat Educ*. 2019;25(1):18–28.
10. Dukuzumuremyi J P C, Acheampong K AJ et al. Knowledge , attitude , and practice of exclusive breastfeeding among mothers in East Africa : a systematic review, <https://doi.org/10.1186/s13006-020-00313-9>. *Int Breastfeed*. 2020;9:1–17.
11. Mulyani S. Work and knowledge of mother readiness in exclusive

breastfeeding. *Int Res J Manag IT Soc Sci*. 2018;5(4):91–7.

12. Indriyaswari E. Pengaruh Pemberian Paket Informasi Menyusui Terhadap Efikasi Diri Ibu Menyusui. *Semant Sch*. 2019;
13. Pebrianthy L, Harahap YW, Aufa U, Kota R. Terapi komplementer untuk memperlancar ASI di desa sigumuru kota padangsidimpunan tahun 2021. *J Pengabdian Masy Aufa (JPMA) Vol 3 No3 Desember 2021*. 2021;3(3):123–6.
14. Elisa E, Septiariani LL, Lestari KP. Pengaruh Metode SPEOS (Stimulasi Pijat Endorfin Oksitosin Suggestif) Terhadap Produksi ASI Pada Ibu Nifas. *Indones J Nurs Res*. 2021;3(1):18.
15. Farida S, Sulistyorini E, Pangestu RBR. Oxytocin Massage Increase Milk Production During Breastfeeding. *Int Conf Heal Sci Technol*. 2021;80–2.
16. Ekawati H. Pengaruh Rolling Massage Punggung Terhadap Peningkatan Produksi Asi Pada Ibu Nifas. *Med Technol Public Heal J*. 2018;1(2):69–78.
17. Dewi, Djaswadi Dasuki FK. Efek Pijat Punggung Terhadap Produksi Asi Pada Ibu Pasca Bedah Sesar di RSUD Kebumen. *keperawatan [Internet]*. 2016;152(3):28. Tersedia pada: <file:///Users/andreataquez/Downloads/guia-plan-de-mejora-institucional.pdf><http://salud.tabasco.gob.mx/content/revista>http://www.revistaalad.com/pdfs/Guias_ALAD_11_Nov_2013.pdf<http://dx.doi.org/10.15446/revfacmed.v66n3.60060><http://www.cenetec>.
18. Astuti RP, Rusmil K, Permadi W, Mose JC, Effendi JS HD. Pengaruh pijat punggung dan pemerah ASI terhadap produksi ASI pada ibu postpartum dengan seksio sesarea. *Indones J Education Midwifery Care*. 2018;
19. Farhandika Putra, Siti Rukayah. Pengaruh Massage Punggung Terhadap Kelancaran Asi Pada Ibu Postpartum Dengan Sectio Caesar. *J Nurs Invent*. 2020;1(1):37–44.
20. Wigati A, Astuti D, Hartinah D. The Effect of Back Acupressure on the Breast Milk Secretion and Infants Weight At the Maternity Ward , Fastabiq General Hospital , Pati , Central Java. *Int Conf Public Heal*. 2021;406–12.
21. Still R, Marais D, Hollis JL. Mothers’ understanding of the term ‘exclusive breastfeeding’: a systematic review. *Matern Child Nutr*. 2017;13(3):1–20.
22. Wulandari S, Triharini M, Wahyuni SD. The Effect of a Combination of

- Oxytocin Massage and Music Therapy on Breast Milk Production and Breastfeeding Self Efficacy in Primipara Post Partum Mothers. *Pedimaternal Nurs J*. 2020;6(1):49.
23. Kittithanesuan Y, Chiarakul S, Kaewkungwal J, Poovorawan Y. Effect of music on immediately postpartum lactation by term mothers after giving birth: A randomized controlled trial. *J Med Assoc Thail*. 2017;100(8):834–42.
 24. Nuampa S, Payakkaraung S. Effectiveness of different massage techniques for breastfeeding mothers to increase milk production: A systematic review. *Pacific Rim Int J Nurs Res*. 2020;25(1):114–30.
 25. Moko SNA, Rahmat A, Husain R. Usage of Audio-Visual Media in Science Learning in Class Iv Elementary School. 2021;2(11):110–2.
 26. Dietrich Leurer M, Misskey E. “Be positive as well as realistic”: A qualitative description analysis of information gaps experienced by breastfeeding mothers. *Int Breastfeed J*. 2015;10(1):1–11.
 27. Ningsih DA, Maryani D, Rohmah M, ... The study and constraints of breastfeeding mothers in performing endoprine massage and lactation in the working area of the Arjasa Health Center. *Sci ... [Internet]*. 2022;10(2):780–9. Tersedia pada: <https://www.midwifery.iocspublisher.org/index.php/midwifery/article/view/314%0Ahttps://www.midwifery.iocspublisher.org/index.php/midwifery/article/download/314/311>
 28. Widiyanto S, Aviyanti D, A MT. Hubungan Pendidikan dan Pengetahuan Ibu tentang ASI Eksklusif dengan Sikap terhadap Pemberian ASI Eksklusif Subur. *J Kedokt Muhammadiyah*. 2012;
 29. Yulianto BJ, Prasetyo D, Pratama Y, Firmansyah F, Andini TN. Hubungan pendidikan, pengetahuan dan status pekerjaan ibu terhadap pemberian makanan pendamping air susu ibu (MP-ASI). *J Ilm Kesehat*. 2019;
 30. Farapti. Pemberian Asi Eksklusif Pada Balita Stunting Dan NonStunting. *Gizi Indones*. 2016;
 31. Subandra Y, Zuhairini Y, Djais J. Hubungan pemberian ASI Eksklusif dan Makanan Pendamping ASI terhadap Balita Pendek Usia 2 sampai 5 tahun di Kecamatan Jatinangor. *J Sist Kesehat*. 2018;
 32. Siregar MA. Pemberian ASI eksklusif dan faktor-faktor yang mempengaruhi.

Univ Sumatera Utara. 2014;

33. Heryanto E. Faktor-Faktor yang Berhubungan dengan Pemberian Makanan Pendamping ASI Dini. *J Aisyah J Ilmu Kesehat.* 2017;
34. Ayu G. Pemberian ASI eksklusif dan faktor-faktor yang mempengaruhi gizi. *Gizi.* 2014;
35. Haryono R, Setianingsih S. manfaat ASI EKSKLUSIF untuk Buah Hati Anda. Gosen Publishing. 2014.
36. Qoyyimah AU, Rohmawati W. Dampak pemberian ASI eksklusif terhadap kejadian sakit pada bayi usia 6-12 bulan di kabupaten Klaten. *5th Urecol Proceeding.* 2017;
37. Hidayat A. Metodologi penelitian keperawatan dan kesehatan. Jakarta: Salemba Medika; 2016.
38. UNESCO. Education for Sustainable Development Goals. Learn Object UNESCO. 2020;ISBN : 978.
39. Merriam-Webster. Definition of Education. In Merriam-Webster.com dictionary. 2023;Retrieved.
40. Risna D W. Efektifitas Edukasi ASI Dengan visualisasi Praktik 2021. *Ef Edukasi ASI Dengan Vis Prakt 2021.* 2022;
41. Yudhi Munadi. Media Pembelajaran (Sebuah Pendekatan Baru). Jakarta: Jakarta: Referensi. Papan; 2015.
42. Djamarah SB. Strategi Belajar Mengajar. Jakarta: Rineka Cipta: Jakarta: Rineka Cipta; 2014.
43. Roesli. Pengaruh pijat bayi terhadap frekuensi dan durasi menyusui bayi. *Kes Mas J Fak Kesehat Masy.* 2016;
44. Mardiyarningsih E. Efektifitas Kombinasi Teknik Marmet dan Pijat Oksitosin Terhadap Produksi ASI Ibu Post Seksio caesarea di Rumah Sakit Wilayah Jawa Tengah. 2011;4240543.
45. Bradt, J., Dileo, C., & Potvin N. Music for stress and anxiety reduction in coronary heart disease patients. *Cochrane Database Syst Rev.* 2018;
46. Gold, C., Voracek, M., & Wigram T. Effects of music therapy for children and

- adolescents with psychopathology: a meta-analysis. *J Child Psychol Psychiatry*. 2014;45(6), 105.
47. Koelsch S. Brain correlates of music-evoked emotions. *Nat Rev Neurosci*. 2014;15(3), 170.
 48. American Music Therapy Association. What is Music Therapy. 2021;12(1):12. Tersedia pada: <https://www.musictherapy.org/about/musictherapy/>
 49. Koelsch. Brain correlates of music-evoked emotions. *Nature reviews. Neuroscience*. 2014;15(3), 170.
 50. Chanda & Levitin. The neurochemistry of music. *Trends in cognitive sciences*. 2013;(17(4), 179–193).
 51. Thoma, M. V., La Marca, R. The effect of music on the human stress response. *PLoS One*. 2015;8(8), e701(23):10.
 52. Jespersen, K. V., Otto, M. S. A randomized controlled trial of bedtime music for insomnia disorder. *J Sleep Res*. 2015;24(5),574-.
 53. Zhou. Music therapy on stress and mental health during COVID-19 pandemic A systematic review. *Front Psychol*. 2020;11, 588884.
 54. Heiderscheid A, Breckenridge SJ, Chlan LL, Savik K. Music Preferences of Mechanically Ventilated Patients Participating in a Randomized Controlled Trial. *Music Med*. 2014;6(2):29.
 55. Sayles, J. N., & Austin DM. Maternal role attainment theory. *Encycl Fam Stud*. 2017;1–7.
 56. Mercer RT. Maternal role attainment: Process and outcomes. *Adv Nurs Sci*. 2015;8(3), 15–2.
 57. Gadsden VL, Ford M, Breiner H. Parenting matters: Supporting parents of children ages 0-8. *Parenting Matters: Supporting Parents of Children Ages 0-8*. 2016. 1–506 hal.
 58. Baker B, Yang I. Social media as social support in pregnancy and the postpartum. *Sex Reprod Healthc [Internet]*. 2018;17(May):31–4. Tersedia pada: <https://doi.org/10.1016/j.srhc.2018.05.003>
 59. Chauhan A, Potdar J. Maternal Mental Health During Pregnancy: A Critical

Review. *Cureus*. 2022;14(10).

60. Arikunto. *Metodelogi Penelitian, Suatu Pengantar Pendidikan*. In: Rineka Cipta, Jakarta. 2019.
61. Riyanto S, Hatmawan AA. *Metode Riset Penelitian Kuantitatif Penelitian Di Bidang Manajemen, Teknik, Pendidikan Dan Eksperimen. Metode Riset Penelitian Kuantitatif Penelitian Di Bidang Manajemen, Teknik, Pendidikan Dan Eksperimen*. 2020.
62. Sastroasmoro S, Ismael S. *Dasar-Dasar Metodologi Klinis Edisi Ke-4*. In: *Dasar-Dasar Metodologi Penelitian Klinis*. 2018.
63. Sugiyono. *Metode Penelitian Kuantitatif dan Kualitatif dan R&D*. Bandung: Alfabeta; 2011.
64. Hidayat. *Metode Penelitian kebidanan teknis analisis data*. Sekolah Tinggi Ilmu Kesehatan U'budiyah. 2015.
65. Septianingtyas. Pengaruh paket sukses menyusui terhadap motivasi dan self efficacy ibu dalam pemberian ASI. *J Keperawatan Komunitas*. 2018;1(12).
66. Nursalam. *Metodelogi penelitian keperawatan. pendekatan Prakt salemba Med*. 2015;
67. Nursalam. *Metodologi Penelitian Ilmu Keperawatan*. Jakarta: Salemba Medika; 2016.
68. Machmudah. Breastfeeding Self Efficacy pada Ibu Menyusui di Masa Pandemi Covid-19. *J Keperawatan*. 2021;13(4).
69. Lentina N, Etika R, Budiono DI. The Effect of Mother'S Readiness on Breastfeeding Success. *Indones Midwifery Heal Sci J*. 2021;5(2):152–9.
70. Soekidjo Notoatmodjo. *Metodologi Penelitian Kesehatan*. Jakarta: PT RINEKA CIPTA; 2010.
71. Rahmat PS, Surahman, Rachmat M, Supardi S, Sulistyaningsih, Sugiyono PD, et al. *Metodologi Penelitian*. *Journal of Chemical Information and Modeling*. 2016.
72. Blues B, Nifas I, Studi I. Baby Blues Syndrome in Postpartum Mothers and Islamic Perspective : A Qualitative Study in Gowa , Indonesia Diversity :

Disease Preventive of Research Integrity. 2023;4(1):118–30.

73. Saleh. Pengaruh pendidikan kesehatan dengan pendekatan modelling pada para ibu terhadap pertumbuhan dan perkembangan bayi 0-6 bulan melalui penerapan teori keperawatan maternal role attainment di Kabupaten Maros. Thesis (Disertasi) [Internet]. 2011; Tersedia pada: <http://repository.unhas.ac.id:443/id/eprint/11056>
74. Maryunani A & N. Asuhan Kegawatdaruratan Dan Penyulit Pada Neonatus. Trans Info Media, editor. Jakarta: Trans Media: Trans Info Media; 2014.
75. Hidayat A. Metode Penelitian Kesehatan Paradigma Kuantitatif. Surabaya: Health Books Publishing, 2015; 2015. 259 hal.
76. Nugroho PS. Biostatistik Inferensial Kesehatan Masyarakat. Klaten: Penerbit Lakeisha; 2020.
77. Notoatmodjo. Metodologi penelitian kesehatan. Jakarta: Rineka Cipta; 2018.
78. Wiratna. Metodologi Penelitian - Bisnis dan Ekonomi. In: Metodologi Penelitian. 2015.
79. Dewi R. Konsep Kesehatan Reproduksi Perempuan dalam al-Qur'an. Mawa'izh J Dakwah Dan Pengemb Sos Kemanus. 2019;10(2):248–72.
80. Wahyuningtyas IN, Nugroho VA. The Phenomenon of Child Marriage in Jepara and Its Prevention Strategies. Kartini J Gend Soc Incl Stud. 2023;1(1):1–22.
81. Sharma R, Biedenharn KR, Fedor JM, Agarwal A. Lifestyle factors and reproductive health: Taking control of your fertility. *Reprod Biol Endocrinol* [Internet]. 2023;11(1):1. Tersedia pada: *Reproductive Biology and Endocrinology*
82. Tang K, Wang H, Tan SH, Xin T, Qu X, Tang T, et al. Association between maternal education and breast feeding practices in China: A population-based cross-sectional study. *BMJ Open*. 2019;9(8):1–9.
83. Pujiastuti N, Wahyuningsih BD. Relationship Between Educational Level and Early Breastfeeding Side Meal in Gemurung Village Sidoarjo Regency. *Int Conf Kerta Cendekia Nurs Acad* [Internet]. 2019;1(1):49–56. Tersedia pada: <http://ejournal-kertacendekia.id/index.php/ICKCNA/>

84. Paramashanti BA, Dibley MJ, Huda TM, Prabandari YS, Alam NA. Factors influencing breastfeeding continuation and formula feeding beyond six months in rural and urban households in Indonesia: a qualitative investigation. *Int Breastfeed J.* 2023;18(1):1–12.
85. Beta Woro Hastuti, Soeroyo Machfudz TBF. Hubungan Pengalaman Menyusui Dan Tingkat Pendidikan Ibu Dengan Pemberian Asi Eksklusif Di Kelurahan Barukan, Kecamatan Manisrenggo, Kabupaten Klaten. *Jkki.* 2020;6(4):179–87.
86. Sartina. Faktor determinan kesiapan ibu hamil yang bekerja diluar rumah dalam pemberian ASI eksklusif di RSUD Kabupaten Muna Sulawesi Tenggara tahun2021. *J Ilm Obs Vol13 No4.* 2021;14.
87. Bahriyah F, Jaelani AK, Putri M. Hubungan Pekerjaan Ibu Terhadap Pemberian Asi Eksklusif Pada Bayi Di Wilayah Kerja Puskesmas Sipayung. *J Endur.* 2017;2(2):113.
88. Fatimah Ruchjayani Murtawi S. Hubungan Ibu Bekerja dengan Pemberian Asi Eksklusif di Wilayah Kerja Puskesmas Ciamis Jawa Barat, Periode Desember 2019-Juni 2020. *Muhammadiyah Public Heal J |.* 2021;2(1):89–100.
89. Nadjifah VA. Perbandingan Komitmen Ibu Bekerja Dan Ibu Tidak Bekerja Dalam Pemberian Asi Eksklusif Di Wilayah Kerja Puskesmas Kerinjing Tahun 2020. 2020;
90. Bengough T, Dawson S, Cheng HL, McFadden A, Gavine A, Rees R, et al. Factors that influence women’s engagement with breastfeeding support: A qualitative evidence synthesis. *Matern Child Nutr.* 2022;(November 2021).
91. Ferilia Adiести. Intervensi Upaya Promotif Kesehatan Melalui Edukasi Dengan Booklet Untuk Kesiapan Ibu Menyusui Pada Ibu Nifas Di Desa Sumber Tebu Kecamatan Bangsal Kabupaten Mojokerto. *Braz Dent J.* 2022;33(1):1–12.
92. Wulandari MRS, Sukmandari NMA, Purnamayanthi PPI. Postnatal education package for breastfeeding motivation and self-efficacy among mother with early stage postpartum. *Int J Nurs Heal Serv [Internet].* 2022;5(2):178–86. Tersedia pada: <https://ijnhs.net/index.php/ijnhs/article/view/549>
93. Abdulahi M, Fretheim A, Argaw A MJ. Initiation and Exclusive Breastfeeding Practices and Infant Ethiopian Setting. *Nutrients.* 2021;1–15.
94. Namutebi M, Nalwadda GK, Kasasa S, Muwanguzi PA, Ndikuno CK, Kaye

- DK. Readiness of rural health facilities to provide immediate postpartum care in Uganda. *BMC Health Serv Res* [Internet]. 2023;23(1):1–16. Tersedia pada: <https://doi.org/10.1186/s12913-023-09031-4>
95. Purwaningsih A, Hasanah O, Utumo W. Hubungan Dukungan Keluarga Terhadap Manajemen Laktasi Pada Ibu Bekerja. *NERS J Keperawatan*. 2019;9(2):177.
 96. Martin CR, Ling PR, Blackburn GL. Review of infant feeding: Key features of breast milk and infant formula. *Nutrients*. 2019;8(5):1–11.
 97. Rosidi IYD. Pengaruh Edukasi Konselor Laktasi Terhadap Keberhasilan Menyusui 3 Bulan Pertama Di Puskesmas Bontomarannu. *J Kebidanan Vokasional* [Internet]. 2019;1(1):83–8. Tersedia pada: <http://www.libnh.stikesnh.ac.id/index.php/jkv/article/view/53>
 98. Asmuji., Diyan I. Model Edukasi Postnatal Melalui Pendekatan FCMC. *Keperawatan* [Internet]. 2019;5(2):128–41. Tersedia pada: <http://ejournal.umm.ac.id/index.php/keperawatan/article/view/2342>
 99. Kushwah DA. Effect of Back Massage on Lactation among Postnatal Mothers in Tertiary Level Hospital. *J Med Sci Clin Res*. 2021;09(01).
 100. Jayamala AK, Lakshmanagowda PB, Pradeep GCM, Goturu J. Impact of music therapy on breast milk secretion in mothers of premature newborns. *J Clin Diagnostic Res*. 2020;9(4):CC04–6.
 101. Persalinan Pada Kala II Ibu Primigravida. 2019;8487(2):61–8.
 102. Sabogal IMU, Nariño CCD, Monsalve MAM. Lactation counseling for maintaining exclusive breastfeeding in adolescent mothers: a trial protocol. *Pilot Feasibility Stud* [Internet]. 2021;7(1):1–9. Tersedia pada: <https://doi.org/10.1186/s40814-021-00950-9>
 103. Laksono AD, Wulandari RD, Ibad M, Kusriani I. The effects of mother's education on achieving exclusive breastfeeding in Indonesia. *BMC Public Health*. 2021;21(1):1–6.
 104. Reynolds R, Kingsland M, Daly J, Licata M, Tully B, Doherty E, et al. Breastfeeding practices and associations with pregnancy, maternal and infant characteristics in Australia: a cross-sectional study. *Int Breastfeed J* [Internet]. 2023;18(1):1–13. Tersedia pada: <https://doi.org/10.1186/s13006-023-00545-5>

105. Afita AA, Pratiwi CS, Muttaqien Z. Factors affecting self-efficiency in breast milk: A rapid review. *Int J Health Sci (Qassim)*. 2021;5(2):160–76.
106. Andarwulan S, Nuraini I. Persiapan Ibu Nifas Selama Menyusui Di Masa Adaptasi Kebiasaan Baru Dalam Pemberian Asi. *AS-SYIFA J Pengabdian dan Pemberdayaan Kesehatan Masyarakat*. 2021;1(2):107.
107. Samaria D, Alita R, Marcelina LA. Pengetahuan Ibu Menyusui Di Kabupaten Lebak, Banten. *Indones J Nurs Heal Sci ISSN*. 2020;5(2):134–41.
108. Rapingah S, Muhani N, Besral, Yuniar P. Determinants of exclusive breastfeeding practices of female healthcare workers in Jakarta, Indonesia. *Kesmas*. 2021;16(1):59–65.
109. Harshindy NA, Rahardjo BB. Analisis Pelaksanaan Program Asi Eksklusif di Posyandu. *Indones J Public Heal Nutr*. 2022;2(1):60–6.
110. Nita. Efektivitas Edukasi terhadap Kecemasan Ibu Nifas Primipara di RSUD Brigjend. H Hasan Basry Kandangan. *J Matern Univ Aisyah Pringsewu*. 2020;2(1).
111. Morris et al. 2012, et al. 2012. Influence of individual and social contextual factors on changes in leisure-time physical activity in working-class populations: results of the Healthy Directions–Small Businesses Study. *Gerontology*. 2019;61(6):515–25.
112. Ran M, Songwathana P, Damkliang J. Discharge readiness and its associated factors among first-time mothers undergoing cesarean section in China. *Belitung Nurs J*. 2022;8(6):497–504.
113. Öztürk R, Ergün S, Özyazıcıoğlu N. Effect of antenatal educational intervention on maternal breastfeeding self-efficacy and breastfeeding success: a quasi-experimental study*. *Rev da Esc Enferm*. 2022;56:1–8.
114. Sabancı Baransel E, Uçar T, Güney E. Effects of prenatal breast-feeding education on postnatal breast-feeding fear in pregnant women in the COVID-19 pandemic: A randomized clinical trial. *Int J Nurs Pract*. 2023;29(2):20–2.
115. Davoudi-Kiakalayeh A, Mohammadi R, Pourfathollah AA, Siery Z, Davoudi-Kiakalayeh S. Alloimmunization in thalassemia patients: New insight for healthcare. *Int J Prev Med*. 2017;8:1–5.