

**LEMBAR
HASIL PENILAIAN SEJAWAT SEBIDANG ATAU PEER
REVIEW KARYA ILMIAH: JURNAL ILMIAH**

Judul Artikel Ilmiah : **Effect Of Combination Of Hypnobreastfeeding And Acupressure On Anxiety And Wound Pain In Post-Caesarean Mothers**

Nama semua penulis : Diah Evawanna Anuhgera, Tjahjono Kuncoro, Sri Sumarni, Mardiyono, **Ari Suwondo**

Status Pengusul (coret yg tidak perlu) : ~~Penulis Utama/ Penulis Utama & Korespondensi /Penulis Korespondensi/ Penulis Anggota~~

Status Jurnal:

- Nama Jurnal : Belitung Nursing Journal
- Tahun terbit/Vol/No/halaman : 2017/ Vol 3/ No 5/ pp. 525-532
- Edisi (bulan, tahun) : Oktober (2017)
- ISSN : eISSN : 24774073 | pISSN : 24774073
- DOI : <https://doi.org/10.33546/bnj.191>
- Alamat WEB Jurnal/ Proceeding : <https://belitungraya.org/BRP/index.php/bnj/article/view/191>
- Terindex di : SINTA 4 (SK Nomor 10/E/KPT/2019)

Kategori Publikasi (beri tanda V yang sesuai)

- Jurnal Internasional [] Jurnal internasional bereputasi & memiliki impact factor
- [] Jurnal internasional bereputasi,
- [] Jurnal Internasional
- Jurnal Nasional [] Jurnal Nasional Terakreditasi Dikti Peringkat 1 atau 2
- [] Jurnal Nasional berbahasa Inggris Terindeks CABI atau Copernicus, atau Berbahasa Inggris Terkreditasi Peringkat 3 atau 4
- [] Jurnal Nasional berbahasa Indonesia Terakreditasi peringkat 3 atau 4
- [] Jurnal Nasional

Hasil Penilaian Peer Review:

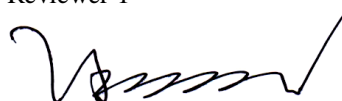
No	Komponen yang dinilai	Jurnal Nasional berbahasa Inggris Terkreditasi Peringkat 3 atau 4	Nilai yang didapat artikel
a	Kelengkapan unsur isi artikel (10 %)	2	2
b	Ruang lingkup & kedalaman pembahasan (30 %)	6	5,5
c	Kecukupan dan kemutakhiran data/informasi dan metodologi (30 %)	6	5,5
d	Kelengkapan unsur dan kualitas jurnal (30%)	6	6
	Nilai Total	20	19
	Nilai yang didapat pengusul:	$19 \times 0,4 = 7,6 / 4 = 1,9$	

Catatan Penilaian artikel oleh Reviewer

a	Kelengkapan unsur isi artikel	Terperinci terdiri dari latar belakang, metode, hasil dan pembahasan, kesimpulan dan pustaka
b	Ruang lingkup & kedalaman pembahasan	Pembahasan baik, terdapat 20 referensi, pada pembahasan menggunakan 10 jurnal namun hanya 6 jurnal yang update.
c	Kecukupan dan kemutakhiran data/informasi dan metodologi	Penelitian menggunakan data primer dengan metode penelitian yang sesuai
d	Kelengkapan unsur dan kualitas jurnal	Belitung Nursing Journal sudah terakreditasi sinta 4, memiliki ISSN dan DOI

Semarang, 25 Maret 2021

Reviewer 1



Dr. Ir. Mursid Rahardjo, M.Si

NIP. 196608261997031002

Unit kerja : Fakultas Kesehatan Masyarakat UNDIIP

Jabatan : Lektor Kepala

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- [✓] Jurnal Nasional berbahasa Inggris Terindeks CABI atau Copernicus, atau Berbahasa Inggris Terkreditasi Peringkat 3 atau 4
- [] Jurnal Nasional berbahasa Indonesia Terakreditasi peringkat 3 atau 4
- [] Jurnal Nasional

Hasil Penilaian Peer Review:

No	Komponen yang dinilai	Jurnal Nasional berbahasa Inggris Terkreditasi Peringkat 3 atau 4	Nilai yang didapat artikel
a	Kelengkapan unsur isi artikel (10 %)	2	2
b	Ruang lingkup & kedalaman pembahasan (30 %)	6	4,5
c	Kecukupan dan kemutakhiran data/informasi dan metodologi (30 %)	6	4,5
d	Kelengkapan unsur dan kualitas jurnal (30%)	6	5
	Nilai Total	20	15,5
Nilai yang didapat pengusul: $16 \times 0,4 = 6,4 / 4 = 1,6$			

Catatan Penilaian artikel oleh Reviewer

a	Kelengkapan unsur isi artikel	Kelengkapan dan kesesuaian unsure isi jurnal sudah baik/sudah sesuai dengan unsur isi Belitung Nursing Journal
b	Ruang lingkup & kedalaman pembahasan	Pembahasan dan ruang lingkup masih kurang dalam. Referensi yang digunakan dipembahasan masih kurang. Topik sudah sesuai scope jurnal dan bidang ilmu penulis.
c	Kecukupan dan kemutakhiran data/informasi dan metodologi	Informasi dan metode masih belum mutakhir referensi sebaiknya menggunakan jurnal yang publis tidak terlalu lama atau melebihi 10 tahun sebelum artikel dipublis
d	Kelengkapan unsur dan kualitas jurnal	Kualitas terbitan cukup baik, jurnal terindeks di sinta 4 dilampiri bukti akreditasi jurnal

Semarang, 10 April 2020
Reviewer 2



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NIP. 196809111993032013
Unit kerja : Fakultas Kesehatan Masyarakat UNDIP
Jabatan : Lektor Kepala

Bukti Indexing





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**KEPUTUSAN DIREKTUR JENDERAL PENGUATAN RISET DAN PENGEMBANGAN
KEMENTERIAN RISET, TEKNOLOGI, DAN PENDIDIKAN TINGGI
REPUBLIK INDONESIA**

NOMOR 10/E/KPT/2019

TENTANG

**PERINGKAT AKREDITASI JURNAL ILMIAH PERIODE II
TAHUN 2019**

**DIREKTUR JENDERAL PENGUATAN RISET DAN PENGEMBANGAN
KEMENTERIAN RISET, TEKNOLOGI, DAN PENDIDIKAN TINGGI,**

- Menimbang** : a. bahwa berdasarkan hasil akreditasi jurnal ilmiah yang ditetapkan oleh Tim Akreditasi Jurnal Ilmiah Kementerian Riset, Teknologi, dan Pendidikan Tinggi pada tanggal 2 April 2019 dan dalam rangka melaksanakan ketentuan Pasal 6 ayat (5) Peraturan Menteri Riset, Teknologi, dan Pendidikan Tinggi Nomor 9 Tahun 2018 tentang Akreditasi Jurnal Ilmiah, perlu menetapkan Peringkat Akreditasi Jurnal Ilmiah Periode II Tahun 2019;
- b. bahwa berdasarkan pertimbangan sebagaimana dimaksud pada huruf a, perlu menetapkan Keputusan Direktur Jenderal Penguatan Riset dan Pengembangan Kementerian Riset, Teknologi, dan Pendidikan Tinggi tentang Peringkat Akreditasi Jurnal Ilmiah Periode I Tahun 2019;
- Mengingat** : 1. Undang-Undang Nomor 12 Tahun 2012 tentang Pendidikan Tinggi (Lembaran Negara Republik Indonesia Tahun 2012 Nomor 158, tambahan Lembaran Negara Republik Indonesia Nomor 5336);
2. Peraturan Pemerintah Nomor 4 Tahun 2014 tentang Penyelenggaraan Pendidikan dan Pengelolaan Perguruan Tinggi (Lembaran Negara Republik Indonesia Tahun 2014, Nomor 16, tambahan Lembaran Negara Republik Indonesia Nomor 5500);
3. Peraturan Presiden Nomor 13 Tahun 2015 tentang Kementerian Riset, Teknologi, dan Pendidikan Tinggi (Lembaran Negara Republik Indonesia Tahun 2015 Nomor 14);
4. Keputusan Presiden Nomor 121/P Tahun 2014 tentang Pembentukan Kementerian dan Pengangkatan Menteri Kabinet Kerja Periode Tahun 2014-2019;

5. Keputusan Presiden Nomor 99/M Tahun 2015 tentang Pemberhentian dan Pengangkatan Dari dan Dalam Jabatan Pimpinan Tinggi Madya di Lingkungan Kementerian Riset, Teknologi, dan Pendidikan Tinggi;
6. Peraturan Menteri Keuangan Republik Indonesia Nomor 32/PMK.02/2018 tentang Standar Biaya Masukan Tahun Anggaran 2019;
7. Peraturan Menteri Riset, Teknologi dan Pendidikan Tinggi Nomor 15 Tahun 2015 tentang Organisasi dan Tata Kerja Kementerian Riset, Teknologi dan Pendidikan Tinggi (Berita Negara Republik Indonesia Tahun 2015 Nomor 889);
8. Peraturan Menteri Riset, Teknologi dan Pendidikan Tinggi Nomor 9 Tahun 2018 tentang Akreditasi Jurnal Ilmiah (Berita Negara Republik Indonesia Tahun 2018 Nomor 428);
9. Keputusan Direktur Jenderal Penguatan Riset dan Pengembangan Nomor 19 Tahun 2018 tentang Pedoman Akreditasi Jurnal Ilmiah;

MEMUTUSKAN:

- Menetapkan : KEPUTUSAN DIREKTUR JENDERAL PENGUATAN RISET DAN PENGEMBANGAN KEMENTERIAN RISET, TEKNOLOGI, DAN PENDIDIKAN TINGGI TENTANG PERINGKAT AKREDITASI JURNAL ILMIAH PERIODE II TAHUN 2019.
- KESATU : Menetapkan Peringkat Akreditasi Jurnal Ilmiah Periode II Tahun 2019 sebagaimana tercantum dalam Lampiran yang merupakan bagian yang tidak terpisahkan dari Keputusan Direktur Jenderal ini.
- KEDUA : Akreditasi Jurnal Ilmiah sebagaimana dimaksud dalam Diktum KESATU berlaku selama 5 (lima) tahun mulai dari nomor yang ditetapkan dalam lampiran keputusan ini.
- KETIGA : Akreditasi Jurnal Ilmiah sebagaimana dimaksud dalam Diktum KESATU dapat mengajukan kembali kenaikan peringkat setelah menerbitkan minimal 1 (satu) nomor penerbitan.
- KEEMPAT : Setiap jurnal ilmiah wajib mencantumkan masa berlaku akreditasi dengan menuliskan tanggal penetapan dan tanggal akhir masa berlaku akreditasi.
- KELIMA : Apabila dikemudian hari ditemukan ketidaksesuaian dengan Pedoman Akreditasi Jurnal Ilmiah, maka status akreditasi jurnal ilmiah yang bersangkutan dapat dicabut atau diturunkan.

KEENAM : Keputusan Direktur Jenderal ini mulai berlaku pada tanggal ditetapkan.

Ditetapkan di Jakarta
pada tanggal 4 April 2019

DIREKTUR JENDERAL
PENGUATAN RISET DAN PENGEMBANGAN,

TTD.

MUHAMMAD DIMYATI
NIP 195912171984041001

Salinan sesuai dengan aslinya,
Direktorat Jenderal Penguatan Riset dan Pengembangan
Kementerian Riset, Teknologi, dan Pendidikan Tinggi
Kepala Bagian Hukum, Kerjasama, dan Layanan Informasi,



Syarip Hidayat
NIP 197306101997031004



SALINAN
LAMPIRAN
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PENGUATAN RISET DAN PENGEMBANGAN
KEMENTERIAN RISET, TEKNOLOGI, DAN
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TENTANG PERINGKAT AKREDITASI JURNAL
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PERINGKAT AKREDITASI JURNAL ILMIAH PERIODE II TAHUN 2019

Peringkat	No	Nama Jurnal	E-ISSN	Penerbit	Keterangan
2	1	Adabiyat: Jurnal Bahasa dan Sastra	25492047	Fakultas Adab dan Ilmu Budaya UIN Sunan Kalijaga	Reakreditasi tetap di peringkat 2 mulai volume 2,nomor 1, tahun 2018
	2	Akrual: Jurnal Akuntansi	25026380	Universitas Negeri Surabaya	Reakreditasi naik peringkat dari peringkat 3 ke 2 Mulai Volume 9, Nomor 2 Tahun 2018
	3	Al-'Adalah	2614171X	Fakultas Syari'ah Institut Agama Islam Negeri Raden Intan, Lampung	Reakreditasi tetap di peringkat 2 mulai volume 15,nomor 2, tahun 2018
	4	Al-A'raf : Jurnal Pemikiran Islam dan Filsafat	25275119	Fakultas Ushuluddin dan Dakwah (FUD) IAIN Surakarta	Reakreditasi naik peringkat dari peringkat 3 ke 2 Mulai Volume 15, nomor 2, tahun 2018
	5	Al-Qalam	2540895X	Balai Penelitian dan Pengembangan Agama Makassar	Reakreditasi tetap di peringkat 2 mulai volume 24, nomor 2, tahun 2018
	6	Amerta Nutrition	25801163	Universitas Airlangga	Usulan baru mulai volume 1, nomor 1, tahun 2017
	7	ASEAN Journal of Community Engagement	25809563	Directorate of Research and Community Engagement Universitas Indonesia	Usulan baru mulai volume 1, nomor 1, tahun 2017

	73	Warta IHP (Industri Hasil Pertanian)	26544075	Balai Besar Industri Agro	Reakreditasi tetap di peringkat 2 mulai volume 35, nomor 2 tahun 2018
	74	Warta Penelitian Perhubungan	25801082	Sekretariat Badan Penelitian dan Pengembangan Perhubungan	Reakreditasi naik peringkat dari 3 ke 2 mulai volume 30, nomor 2 tahun 2018
3	1	AGROSAINST EK: Jurnal Ilmu dan Teknologi Pertanian	2579843X	Universitas Bangka Belitung Press	Usulan baru mulai volume 1, nomor 1, tahun 2017
	2	Al Amwal: Jurnal Ekonomi dan Perbankan Syari'ah	25273876	Jurusan Perbankan Syari'ah Fakultas Syari'ah dan Ekonomi Islam IAIN Syekh Nurjati Cirebon	Usulan baru mulai volume 9, nomor 1, tahun 2017
	3	Al Ibtida: Jurnal Pendidikan Guru MI	25277227	Jurusan PGMI Fakultas Ilmu Tarbiyah dan Keguruan IAIN Syekh Nurjati Cirebon dan Perkumpulan Dosen PGMI Indonesia	Reakreditasi naik peringkat dari 4 Ke 3 mulai Volume 5 Nomor 2 tahun 2018
	4	AL QUDS : Jurnal Studi Alquran dan Hadis	25803190	Sekolah Tinggi Agama Islam Negeri (STAIN) Curup	Reakreditasi naik peringkat dari 4 ke 3 mulai Volume 2 nomor 2 tahun 2018
	5	Al-Tadzkiyyah: Jurnal Pendidikan Islam	25282476	Jurusan Pendidikan Agama Islam Fakultas Tarbiyah dan keguruan Universitas Islam Negeri Raden Intan Lampung	Reakreditasi naik peringkat dari peringkat 4 ke 3 mulai Volume 9 nomor 2 tahun 2018
	6	Arabiyatuna : Jurnal Bahasa Arab	25805053	Sekolah Tinggi Agama Islam (STAIN) Curup	Usulan baru mulai volume 1, nomor 1, tahun 2017

7	Arsitektura: Jurnal Ilmiah Arsitektur dan Lingkungan Binaan	25802976	Universitas Sebelas Maret	Reakreditasi naik peringkat dari peringkat 5 ke 3 mulai volume 16, nomor 2, tahun 2018
8	Bali Journal of Anesthesiology	25492276	Department of Anesthesiology, Intensive Care and Pain Management, Faculty of Medicine Udayana University	Reakreditasi naik peringkat dari peringkat 5 ke 3 mulai Volume 2 nomor 3 tahun 2018
9	Belitung Nursing Journal	24774073	Belitung Raya Publisher - Belitung Raya Foundation	Reakreditasi naik peringkat dari peringkat 4 ke 3 mulai Volume 5 Nomor 1 Tahun 2019
10	BioLink (Jurnal Biologi Lingkungan, Industri, Kesehatan)	25975269	Fakultas Biologi Universitas Medan Area	Reakreditasi naik peringkat dari peringkat 4 ke 3 mulai Volume 5 Nomor 1 Tahun 2018
11	Biota: Biologi dan Pendidikan Biologi	24608483	Universitas Islam Negeri Mataram	Usulan baru mulai volume 10, nomor 1, tahun 2017
12	BIOVALENTIA: Biological Research Journal	24771392	Biology Department, Faculty of Mathematics and Natural Sciences, Sriwijaya University	Reakreditasi naik peringkat dari peringkat 4 ke 3 mulai Volume 4 Nomor 2 Tahun 2018
13	Buletin Ilmiah Marina : Sosial Ekonomi Kelautan dan Perikanan	25412930	Balai Besar Riset Sosial Ekonomi Kelautan dan Perikanan	Usulan baru mulai volume 3, nomor 1, tahun 2017
14	Cogito Smart Journal	24778079	Fakultas Ilmu Komputer Universitas Klabat	Reakreditasi naik peringkat dari peringkat 5 ke 3 mulai Volume 4 Nomor 2 Tahun 2018

15	Deiksis	2502227X	Lembaga Penelitian dan Pengabdian Masyarakat Universitas Indraprasta PGRI	Usulan baru mulai volume 9, nomor 1, tahun 2017
16	Dialogia : Jurnal Studi Islam dan Sosial	25023853	IAIN Ponorogo	Usulan baru mulai volume 15, nomor 1, tahun 2017
17	Didaktika Religia	2549631X	Pascasarjana IAIN Kediri	Usulan baru mulai volume 5, nomor 1, tahun 2017
18	Digital Zone: Jurnal Teknologi Informasi dan Komunikasi	24773255	Fakultas Ilmu Komputer- Universitas Lancang Kuning	Usulan baru mulai volume 8, nomor 1, tahun 2017
19	EduHumaniora: Jurnal Pendidikan Dasar	25795457	UPI Kampus di Cibiru	Reakreditasi naik peringkat dari peringkat 4 ke 3 mulai Volume 11 Nomor 1 Tahun 2019
20	EduLib: Journal of Library and Information Science	25282182	Universitas Pendidikan Indonesia	Reakreditasi naik peringkat dari peringkat 4 ke 3 mulai Volume 8 Nomor 2 Tahun 2018
21	E-Journal of Tourism	2407392X	Program Doktor Pariwisata Pascasarjana Universitas Udayana	Reakreditasi tetap di Peringkat 3 Mulai Volume 5 Nomor 2 Tahun 2018
22	ELEMENTARY : Jurnal Ilmiah Pendidikan Dasar	25799282	Institut Agama Islam Negeri Metro	Usulan baru mulai volume 3, nomor 1, tahun 2017
23	Engagement : Jurnal Pengabdian Kepada Masyarakat	25798375	Asosiasi Dosen Pengembang Masyarakat (ADPEMAS), FKDP KOPERTAIS IV	Usulan baru mulai volume 1, nomor 1, tahun 2017



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BELITUNG NURSING JOURNAL

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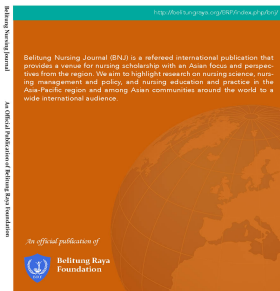
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BELITUNG NURSING JOURNAL

ISSN: 2477-4073 (Online)



Belitung Nursing Journal (BNJ) is an international journal that provides a venue for nursing scholarship with an Asian focus and perspectives from the region.

Editors:

Assoc. Prof. Dr. Yupin Aungsuruch

Dr. Joko Gunawan

E-ISSN: 2477-4073 | P-ISSN: 2528-181X

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BNJ is accepted and indexed in:



February 2021

- Acceptance rate: 25%
- Rejection rate: 75%
- Total submission: 34
- Days to review: 27
- Days to publication: 75

Announcements

Accepted in Scopus

We are very pleased to inform you that **BNJ has been accepted in Scopus** on October 5, 2020.

Posted: 2020-10-06

New Guidelines for Research Data

Starting from August 19, 2020, authors submitting their research article to this journal are **encouraged** to deposit research data as a supplementary file during submission or in a relevant data repository and cite and link to this dataset in their article. If this is not possible, authors are encouraged to make a statement explaining why research data cannot be shared. Sharing your data help you get credit for your work and make your data accessible and discoverable for your peers. More information please check [data sharing policy](#).

Posted: 2020-08-19

BNJ is indexed in Web of Science

As of July 22, 2020, Belitung Nursing Journal has been fully accepted in **Web of Science**. Articles

Editorial Board Dari 2 Instansi





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Ha Thi Nhu Xuan, RN, MNS, PhD, (Scopus ID: 57209793410) Nursing Department, The University of Medicine and Pharmacy, Ho Chi Minh City, Viet Nam

Jed Ray Montayre, PhD, RN, (Scopus ID: 57101005500) Western Sydney University, NSW, Australia. Jed's research platform is around social gerontology, older migrants' experiences of ageing in the host countries and future trends in the nursing workforce. He is also specialising in neuroscience and debilitating neurological conditions.

Le Thi Thanh Tuyen, RN, MNS, PhD, (Scopus ID: 57204688538) Faculty of Nursing, Da Nang University of Medical Technology and Pharmacy, Da Nang, Viet Nam. Areas of interest: pediatric nursing, nursing education and research instrument

Miss May Sein Ba, RN, MNS, PhD, Principal Nursing Training School (East Yangon), Department of Human Resources for Health, Myanmar. Areas of Interest: family nursing, community nursing, and palliative care.

Mohd Khairul Zul Hasymi Bin Firdaus, BHSc, MN, (Scopus id: 57209601381) Department of Medical Surgical Nursing, Faculty of Nursing, International Islamic University Malaysia, Malaysia. Areas of interest: nursing, environmental Sciences, medical surgical nursing, medical and health sciences, and health assessment.

Souksavanh Phanpaseuth, MNS, RN, (Scopus ID: 56764567600) University of Health Sciences, Lao PDR. Areas of interest: nursing and public health

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ORIGINAL RESEARCH

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ANALYSIS OF FACTORS AFFECTING POST-POWER SYNDROME AND QUALITY OF LIFE IN THE ELDERLY

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ABSTRACT

Background: Quality of life is the individuals' perception of their place in life in the context of the cultural system and values in which they live, along with their goals, expectations, and worries. Retirement is an adaptable period that results in a change of role, changes in social interactions, and limited financial resources.

Aim: This study aims to analyze the factors that affect post power syndrome and quality of life of the elderly.

Methods: The design of this research was a correlation study with a cross-sectional approach. The population consisted of 44 retired elderly individuals. Purposive sampling was applied to the determined sample size. The independent variables were physiological stressors, psychological stressors and aging attitudes. The dependent variables were post-power syndrome and the quality of life of elderly people. The data were analyzed using Structural Equation Modeling- Partial Least Square (SEM-PLS) with a significance t statistic ≥ 1.96 .

Results: The findings showed all of the significant indicators measured to the variable factor. Physical stressor factors affect post-power syndrome with a t value of 2.366, and psychological stress factors affect post-power syndrome with a t value of 3.326. Aging behavior factors affects post-power syndrome with a t statistic of 5.296 and the post-power syndrome effect on the quality of life of the elderly has a t value of 7.689.

Conclusion: There were significant effects in relation to physiological stressor factors, psychological stress factors, and aging attitudes towards post-power syndrome. There was an influence of post-power syndrome on the quality of elderly life.

Keywords: quality of life, post power syndrome, elderly

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ORIGINAL RESEARCH

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ADDRESSING VIEWS OF KEY INFORMANTS WHO ARE WORKING FOR WOMEN RIGHTS REGARDING INTIMATE PARTNER VIOLENCE

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ABSTRACT

Some married women are experiencing different types of intimate partner violence by their current or former husband. However, the awareness and services for those women are still needed. This study explored the key informants' perspectives to provide more comprehensive services to those women. Qualitative feminist method was used and five participants were purposefully selected to interview in depth. Key informants reflected upon intimate partner violence as causes of intimate partner violence, why intimate partner violence cases were underreported, why didn't women leave their violent partner, what they actually felt for intimate partner violence, gaps with intervention for survivors and planning for better outcome. It was found that awareness among women who experiencing violence and the people around them needed to be raised. And services provided for them also needed to be more concise and updated. Therefore, it is essentially important to extend education session to all people regarding violence against women. Collaboration and cooperation of government and non-governmental organizations is also helpful to decrease various kinds of violence committed to women.

Keywords: key informants, service providers, intimate partner violence, women's rights

INTRODUCTION

Intimate partner violence is one of the most common forms of violence against women and includes physical, sexual, and emotional abuse and controlling behaviours by an intimate partner.¹

Violence happens because of men's greater power and their misuse of that power. Women are not guilty for violence committed by men on their body, mind and spirit.² Therefore, it is

Hypnotherapy is more effective than acupressure in the production of prolactin hormone and breast milk among women having given birth with caesarean section

by Ari Suwondo

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Hypnotherapy is more effective than acupressure in the production of prolactin hormone and breast milk among women having given birth with caesarean section

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Abstract

This research aimed to analyze the effectiveness of hypnotherapy compared with acupressure toward the prolactin hormone level and the production of breast milk among women giving birth by caesarean section. The research groups were divided into two groups, namely hypnotherapy-receiving women group and acupressure-receiving women group. The hypnotherapy was done in accordance with the standard and guided by the hypnotherapist. The acupressure was done in the meridian of stomach and small intestine, meridian of kidney, and spleen. There was a significant increase in the prolactin hormone level and production of breast milk before and after the therapy ($p < 0.05$) for both treatment groups. In the production of prolactin hormone and breast milk, hypnotherapy technique was significantly more effective than acupressure ($p < 0.05$). It can be concluded that the hypnotherapy is more effective than acupressure in stimulating the production of prolactin hormone and production of breast milk among women giving birth with caesarean section. Thus, hypnotherapy can be the alternative in support of the successful exclusive breast milk feeding.

Keywords: Hypnosis, acupressure, caesarean section, lactation, prolactin

Introduction

Breast-feeding is very fruitful for baby, in particular to provide proper nutrition for its health and development as well as protection against infection. Breast-feeding also aims to build the emotional and biological relationship between mother and the baby [1-7]. Young mothers having little experiences are commonly confused about the duration and initiation in breast-feeding. That's why in many cases, babies are given formula milk in which it is also strengthened by the advertisement. Nutrition is essential for baby and mother must decide whether to breast-feed or give formula milk [8]. In the uncertain times, some mothers are not capable of initiating breast-feeding due to the caesarean section or medical treatment [9,10]. When the onset production of milk is delayed, the breast-feeding is also hampered in which it causes the baby will lose its weight. Then, the baby will also depend on the formula milk supplementation.

Hypnotherapy is an application of hypnotherapy practice (giving positive affirmation) for mother to breast-feed. The hypnotherapy is conducted under the guidance of hypnotherapist for reaching gave positive impact on the successful exclusive breast-feeding 12.21 times better than the control [14]. Hypnotherapy has

deep relaxation. The previous study proved that hypnotherapy significant effect on the optimization of colostrums for postpartum mother on the first day due to the endorphin secretion which in fact is the support hormonal for prolactin secretion [15].

The function of the acupressure is similar to acupuncture which aims to balance the energy of various points spread in human body. These points are called as meridian which is related to specific organs, but without using needle [16]. Various systematic literature reviews and randomized controlled trials show beneficial effect of acupressure, which is in the form of prolactin secretion and breast milk, and the increased endorphin hormone production [17-19]. Until now, there is no research comparing the effectiveness between hypnotherapy and acupressure in helping the production of breast milk in women with caesarean section. Thus, this research aims to analyze the effectiveness of hypnotherapy compared with acupressure related to the prolactin hormone level and the production of breast milk among women giving birth with caesarean section.

Material and Methods

Subjects

The research subjects were postpartum women (first day) having given birth with caesarean section. The inclusion criteria were women aged 15-49 years old, who were willing to be respondents in the research by signing the informed consent, birth weight

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of infant $\geq 2,500$ grams, term infant, did not consume alcohol and smoke, did not use hormonal birth control (KB), did not find any breast anatomic disorders, body mass index ≥ 18.5 kg/cm², upper arm circumference ≥ 23.5 cm, and Javanese. For inclusion criteria included mothers who had 24 hours caesarean section postpartum and did not mobilize to right and left, were not able to communicate well, experienced complication or other circumstances that could not provide breast milk, had high level of mental disorders, hearing disorders, consumed herb drink or breast milk supplementation, and experienced malnutrition. The research groups were divided into two groups, namely hypnotherapy-mother group and acupressure-mother group.

Hypnotherapy

In hypnotherapy, the first thing to do was the preparation of body, mind, and soul in order to be successful in breast-feeding. The environment had to be cozy to support the therapy. The subjects took deep breath, exhaled, closed their eyes, and relaxed the body. The subjects relaxed their muscles from head till feet. Mothers had to have sincere intentions to provide exclusive breast milk to their beloved babies and be sure that all mothers, whether working or not, had the ability to breast-feed the babies. Subjects were guided to get in the relaxation condition of mind, muscles, and deep relaxation. Then, the subjects were given positive belief and the repetition of positive affirmative which given continuously without time limitation and depended on the need. Before finishing the relaxation session, subjects had subconscious promise that the particular activity would make women awake from the relaxation mode and could directly react against it.

Acupressure

The acupressure treatment was given for 15 minutes. The targeted acupressure points were meridians of stomach (stomach-ST) and small intestine (small intestine-SI), kidney, and spleen which aimed to increase prolactin and oxytocin hormone. In this research, the massage was done in accordance with meridian direction in accupoint points named ST 15, 16, 18, 36, CV17, and SI1. The pressure and massage were done in clockwise direction for 30 seconds with strengthening effect where the points were massaged in accordance with meridian direction from each organ in ST 15, 16, 18, 36, the pressure was done by rotating in clockwise direction for 20-30 seconds where the massage was done downward, resulting in tonification effect. For CV17, the pressure was done by rotating in clockwise direction for 20-30 seconds where the massage was done upwards in line with the kidney's meridian, resulting in tonification effect. For SI17, the pressure was done by rotating in clockwise direction for 20-30 seconds where the massage was done upward in accordance with the small intestine's meridian, resulting in tonification effect. For SP18, the pressure was done by rotating in clockwise direction for 20-30 seconds where the massage was done upwards in accordance with spleen's meridian resulting in tonification effect.

Production of breast milk

The production of breast milk is defined as the continuity of breast milk produced and can be received by the babies with the weight as the indicator.

Analysis of prolactin level

The prolactin level was analyzed using the detection kit of Immunochemiluminescent human- prolactine. The procedures

were done based on instructions of the kit.

Ethics

In this research, the ethical approval has been obtained from the Health Research Ethics Committee of Health Polytechnic Semarang.

Statistical Analysis

The data were presented as mean \pm SD and the difference between treatment groups was analyzed using t-student test. The analysis was done using SPSS 23.0 statistical package program for Windows. The probability value ($p < 0.05$) was stated as significant difference.

Results

Subjects' characteristics are presented in table 1. There was no significant difference for age, level of education, parity, and breast care treatment during pregnancy between groups who were treated with hypnotherapy and acupressure ($p > 0.05$).

Before giving the treatment, prolactin level and breast milk production of the two treatment groups were analyzed. There was no significant difference in the level of prolactin between the groups treated with hypnotherapy and acupressure ($p > 0.05$). There was significant increase in prolactin hormone level and breast milk production before and after the therapy ($p < 0.05$) in the hypnotherapy group (Figure 1). The same case was found in acupressure group. Breast milk production increased significantly before and after the therapy ($p < 0.05$), as shown in Figure 2. The difference in prolactin hormone level and breast milk production was significantly higher in the hypnotherapy group than acupressure group ($p < 0.05$).

Table 1. Demographic and clinical characteristics of the groups

Variables	Hypnotherapy group n = 18	Acupressure group n = 18	p value
Age			$p > 0.05$
< 20 years	2 (11.11 %)	4 (5.56 %)	
20– 35 years	15 (83.33 %)	17 (94.44 %)	
>35 years	1 (5.55 %)	0 (0 %)	
Educational degree			$p > 0.05$
Elementary school	4 (22.22 %)	5 (27.77 %)	
Junior high school	8 (44.44 %)	7 (38.88 %)	
Senior high school	4 (22.22 %)	6 (33.33 %)	
Postgraduate	2 (11.11 %)	0 (0 %)	
Parity			$p > 0.05$
Nullipara	10 (55.55 %)	10 (55.55 %)	
Multipara	7 (38.88 %)	7 (38.88 %)	
Grandemultipara	1 (5.55 %)	1 (5.55 %)	
Breast care			$p > 0.05$
Present	7 (38.88 %)	6 (33.33 %)	
Absent	11 (61.11 %)	12 (66.66 %)	
Prolactin (ng/ml)	118.66	175.39	$p > 0.05$
Body weight (gram)	3082.17	2910.78	$p > 0.05$

Before giving the treatment, prolactin level and breast milk production of the two treatment groups were analyzed. There was no significant difference in the level of prolactin between the groups treated with hypnotherapy and acupressure ($p > 0.05$). There was significant increase in prolactin hormone level and breast milk production before and after the therapy ($p < 0.05$) in

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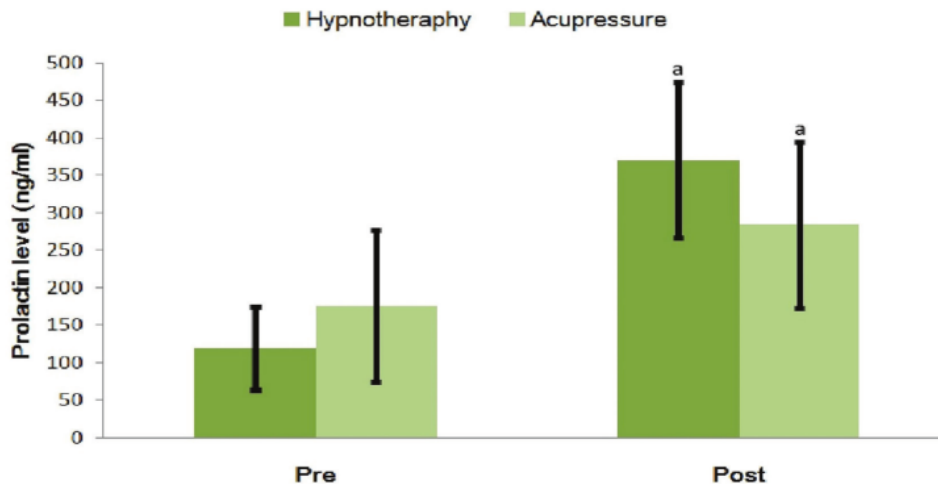


Figure 1. Mean prolactin level of various research groups. Note: Data are presented in mean \pm standard deviation; $ap < 0.05$ compared to hypnotherapy group; ng/ml: nanogram/milliliter.

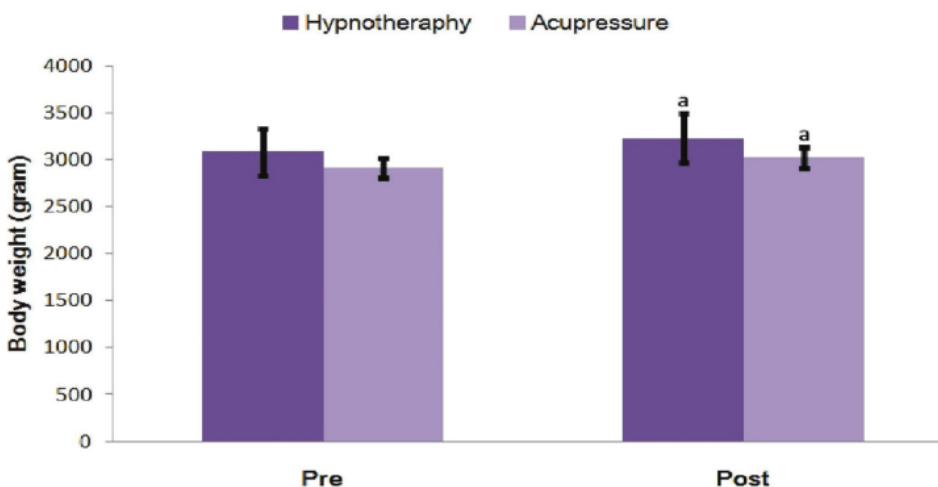


Figure 2. Mean body weight of various research groups. Note: Data are presented in mean \pm standard deviation; $ap < 0.05$ compared to hypnotherapy group.

Discussion

Endometrial hyperplasia is defined as abnormal and non-invasive proliferation of endometrial glands. Similar to endometrium carcinoma, EH is also estrogen dependent [6]. Although there is very little data on incidence, this range for EH has been reported to be 56 / 100,000 with atypia, 213 / 100,000 with complex cases and 142 / 100,000 with simple ones. The incidence is seen in the range of 50-60 years [7]. Clinically, it is important due to causing abnormal uterine bleeding or coexisting with simultaneous endometrium cancer. Cytological atypia constitutes the most important prognostic factor in cancer progression [8]. In non-

atypical EH cases, conservative treatments may be sufficient for young, fertile women or women who want to protect the uterus [9].

Because EH is an estrogen-dependent disease, progestins are used in the treatment. Apoptosis is stimulated by progestins, the glandular cells in these lesions decrease and the endometrium becomes atrophic. Simple atypical EH is usually successfully treated with adequate dosing and ongoing oral progesterone therapy. However, when taken orally for systemic treatment, it creates significant side effects and disrupts the compliance of the treatment. On the other hand, recurrences can occur when treatment is discontinued [10].

In the literature, medroxyprogesterone acetate (MPA), gestagen, didrogestosterone, NETA and megestrol acetate are among the most commonly used oral progesterone agents in different doses and regimen in simple atypical EH treatment [11]. Reed et al. reported that oral progesterone had no superiority in the treatment of EH [12]. Özdeğirmenci et al. investigated the efficacy of MPA, lineterol and NETA from oral progestins in simple atypical EH treatment. After 10 days of cyclic therapy, all three regimens had similar efficacy in treatment at the end of the third month [13]. In our study, the most commonly used oral progesterone agents in our gynecology clinic were lineterol and NETA, and most of the patients (93%) were found to have regression.

In a retrospective study by Vereide et al, oral treatment with LNG-IUD and oral MPA was compared for EH treatment. After 3 months of treatment, all patients in the LNG-IUD group were found to have regression and 43% of patients who received oral MPA treatment still had EH persistence. The authors emphasized the superiority of LNG-IUD in the treatment of EH [14]. Gallos and colleagues compared the rates of EH treatment regression with LNG-IUD and oral progesterone in systemic review and meta-analysis. In simple EH cases, they found regression rates of oral progesterone and LNG-IUD treatment as 89% to 96%, respectively [15]. Orbo et al. compared continuous low-dose oral MPA treatment with LNG-IUD for 6 months in multicenter randomized controlled studies. Statistically significant higher regression was found in EH with LNG-IUD treatment (100% against 96%) [16]. In our study, the regression rates were 100% in the LNG-IUD group and 93% in the oral progesterone group, and are similar to literature.

The fact that the regression rates were higher and the recurrence rates were lower in the LNG-IUD group can be explained by the difference in the route the progesterone is administered. When progesterone is given by intrauterine device, the effect on uterine mucosa is several times higher than that of oral ingestion [17]. In our study, endometrial thickness was significantly reduced in both groups, while endometrial thinning in the LNG-IUD group was more prominent (4.1 mm vs. 6.3 mm).

In terms of patient compliance and side effect, oral intake limits total efficacy. LNG-IUD is associated with higher patient satisfaction, thus ensuring that patients receive longer treatment. In addition, the duration of treatment plays an important role in regulating the disease and avoiding hysterectomy [18]. In a study conducted by El Hehery et al., LNG-IUD and oral dydrogesterone were compared for atypical EH treatment and after 6 months, EH rates of recurrence (0% vs 12.5%) and hysterectomy in LNG-IUD group were significantly lower. In our study, the recurrence rates were similar in both groups (0% vs 2%) [19]. Although no hysterectomy was required for any of the patients receiving LNG-IUD, hysterectomy was performed on 5 (10%) of patients receiving oral progesterone, even though this was not statistically significant.

When studied in terms of menstrual bleeding patterns, one study compared the use of atypical EH with those of patients who used LNG-IUD and dydrogesterone for 6 months and found 26% of patients using LNG-IUD (0% in patients using dydrogesterone). In our study, this rate was found to be 21%. On the other hand, a greater increase of Hb levels in the LNG-IUD group could be

explained by the fact that this group had a greater number of amenorrheic patient. In this regard, oral progesterone therapy may be the first choice instead of LNG-IUD in patients who do not want to be amenorrheic.

Conclusion

It can be concluded that **hypnotherapy is more effective than acupuncture in stimulating prolactin hormone production and breast milk production among women giving birth with caesarean section**. Thus, hypnotherapy technique can be used as alternative in the success of providing exclusive breast milk.

Statement of conflict of interest

The author declares that there is no conflict of interest in the publication of this article.

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