THE EFFECT OF PAPAYA LEAF FEEDING ON BREASTFEEDING ADEQUACY IN POSTPARTUM WOMEN

Sri Dinengsih[1*], Mediya Hesti Pratiwi[2]

[1,2] Midwifery Study Program, Faculty of Health Sciences, Nasional University
*Email correspondence: sridinengsih@civitas.unas.ac.id

ABSTRAK : PENGARUH PEMBERIAN DAUN PEPAYA TERHADAP KECUKUPAN ASI PADA IBU NIFAS

Latar Belakang: ASI merupakan sumber makanan yang mengandung nutrisi lengkap untuk bayi, meningkatkan daya tahan tubuh, meningkatkan kecerdasan akan terjalin rasa kasih sayang antara ibu dan anak. Data ibu nifas pada bulan mei 2022 yaitu angka kejadian kecukupan 50 kasus. Dari kecukupan 38 yaitu sekitar 76 % ibu mengatakan asi tidak lancar serta air susu tidak keluar setelah melahirkan dan air susu baru keluar dua hari setelah melahirkan tetapi jumlahnya sedikit dan jumlah air susu ibu yang sedikit, sehingga ibu memberikan susu formula di RSIA Aisyah Qurratu' ain .

Tujuan: Untuk mengetahui pengaruh daun pepaya dengan kecukupan ASI pada ibu nifas di RSIA Aisyah Qurratu' ain Bekasi Timur tahun 2022

Metodologi: Desain yang digunakan dalam penelitian ini adalah Quasi Eksperimental dengan pendekatan one group pretest – posttest design. Sampel dalam penelitian ini berjumlah 30 responden yang terdiri dari 15 responden intervensi dan 15 responden kontrol dengan teknik *purposive sampling*. Data dianalisis menggunakan uji *t-independent*. Instrumen yang digunakan adalah lembar observasi.

Hasil Penelitian: Analisis univariat pada kelompok intervensi diperoleh nilai rata-rata pretest sebesar 41.13 dan posttest sebesar 92.22, sedangkan pada kelompok control diperoleh nilai rata-rata pretest sebesar 44.45 dan posttest sebesar 66.67. Hasil uji *T-Test Independent* dengan nilai signifikansi *P-Value* 0.003 yang berarti ada pengaruh daun pepaya terhadap kecukupan ASI pada ibu menyusui

Simpulan : Ada pengaruh daun pepaya terhadap kecukupan ASI pada ibu menyusui ibu nifas di RSIA Aisyah Qurratu' ain Bekasi Timur tahun 2022

Saran: Diharapkan Ibu menyusui dapat memperhatikan apa yang dikonsumsi demi menunjang kelancaran asinya sehingga bayi terpenuhi kebutuhannya dengan ibu yang memiliki kecukupan ASI.

Kata kunci : Daun Pepaya, Ibu Menyusui, Kecukupan ASI,

ABSTRACT

Background: Breast milk is a food source that contains complete nutrition for babies, increases endurance, increases intelligence and will establish affection between mother and child. Data on postpartum mothers in May 2022 is the incidence of sufficiency of 50 cases. Of the adequacy of 38, about 76% of mothers said breast milk was not smooth and milk did not come out after giving birth and new milk came out two days after giving birth but the amount was small and the amount of breast milk was small, so the mother gave formula milk at Aisyah Qurratu 'ain Hospital.

Purpose: To determine the effect of papaya leaves on breast milk adequacy in postpartum women at RSIA Aisyah Qurratu' ain East Bekasi in 2022.

Method: The design used in this study was Quasi Experimental with a one group pretest - posttest design approach. The sample in this study amounted to 30 respondents consisting of 15 intervention respondents and 15 control respondents with purposive sampling technique. Data were analysed using the t-independent test. The instrument used was an observation sheet.

Results: Univariate analysis in the intervention group obtained an average pretest value of 41.13 and posttest of 92.22, while in the control group obtained an average pretest value of 44.45 and posttest of 66.67. The results of the Independent T-Test test with a significance value of P-Value 0.003 which means that there is an effect of papaya leaves on the adequacy of breast milk in breastfeeding mothers.

Conclusion: There is an effect of papaya leaves on the adequacy of breast milk in postpartum breastfeeding mothers at RSIA Aisyah Qurratu' ain East Bekasi in 2022

Suggestion: It is hoped that breastfeeding mothers can pay attention to what they consume to support the smooth running of their milk so that their babies meet their needs with mothers who have adequate breast milk

 DOI 10.33024, http://ejurnalmalahayati.ac.id/index.php/kebidanan

Keywords: Papaya leaf, breastfeeding mothers, breast milk adequacy,

INTRODUCTION

The results of the 2017 Indonesian Demographic and Health Survey (IDHS) showed a neonatal mortality rate (NMR) of 15/1,000 live births, an infant mortality rate (IMR) of 24/1,000, and an under-five mortality rate (IMR) of 32/1,000. The IMR has reached the 2030 Sustainable Development Goals (SDGs) target of 25 per 1,000. The IMR is also expected to reach the target of 12 per 1,000.(Bappenas, 2017).

An indicator that describes health efforts made to reduce the risk of death in the neonatal period, namely 6-48 hours after birth, is the coverage of the First Neonatal Visit (KN1). Services in this visit (Integrated Management of Young Toddlers/MTBM) include neonate care counselling, exclusive breastfeeding, vitamin K1 injection and Hepatitis B0 injection (if not already given)(Kementerian Kesehatan RI, 2018)

Nationally, the coverage of infants who received exclusive breastfeeding in 2018 was 68.74%. In West Java Province, the percentage of exclusive breastfeeding coverage (90.79%), while the percentage of malnutrition in toddlers aged 0-23 months in Indonesia was 3.8%, while the percentage of undernutrition was 11.4%. In West Java Province, the percentage of malnutrition was 2.5% and undernutrition was 8.1%. In 2018, the national percentage of newborns who received IMD was 71.17%. In West Java Province, the percentage of newborns who received IMD was 72.30%. (Kementerian Kesehatan RI, 2018)

In Bekasi City in 2020 47.03% of infants were exclusively breastfed (12,592 infants out of 26,775 infants less than 6 months) and 91.87% of newborns with IMD (42,331 infants out of 46,077 infants). The number of stunted toddlers was 10.55% (14,194 stunted toddlers out of 134,537 toddlers whose height was measured). The prevalence of undernutrition was 6.12% (out of 134,537 toddlers who were weighed).(Dinas Kesehatan Kota Bekasi, 2020)

One of the three lowest PHBS indicators in Bekasi City is the lack of exclusive breastfeeding. Various activities have been carried out, including health promotion on exclusive breastfeeding for pregnant women since the beginning of pregnancy, Early Breastfeeding Initiation (IMD) socialisation for all puskesmas nutrition officers and maternity home managers, IMD and exclusive breastfeeding training for nutrition, MCH and health promotion officers. (Dinas Kesehatan Kota Bekasi, 2020)

To prevent and overcome nutritional problems, babies are only given breast milk from birth to six months of age. Breast milk contains colostrum which is rich in antibodies because it contains proteins for the immune system and fights germs, so exclusive breastfeeding can reduce the risk of infant mortality.(Kementerian Kesehatan RI, 2018)

The health of postpartum mothers must also be considered at least four times, including breast care and exclusive breastfeeding recommendations. Breast care is done for the success of breastfeeding influenced by two hormones (prolactin hormone and oxytocin hormone). Prolactin hormone plays a role in the release of breast milk. related to maternal nutrition, the more nutrients consumed by the mother, the more breast milk will be released. oxytocin hormone is influenced by mood, a sense of security and comfort, a situation that can reduce / inhibit the release of oxytocin hormone, namely anxiety, sadness, anger, upset, or confusion so that breast milk does not meet the needs of the baby / no milk comes out.(Nurul Azizah, 2019).

Efforts that can be made by breastfeeding mothers are consuming food, the food consumed by breastfeeding mothers greatly affects breast milk production. If the food that mothers eat contains enough nutrients with a regular diet, then breast milk production will run smoothly, one of the types of food that can be consumed to facilitate breast milk production is papaya leaves.(Rohmatun Nafi'ah, Susan Prima Devi, 2019).

Papaya leaves are one of the galactogogues that contain quersetin which can activate prolactinan hormones and contain papain enzymes and potassium, the function of enzymes is useful for breaking down the protein eaten while potassium is useful for meeting potassium needs during breastfeeding, because if you lack potassium then the body will feel tired, and potassium deficiency also causes mood swings to become depressed, while breastfeeding mothers must think positively and be happy.(Aprilia et al., 2020)

Research conducted by Kusumaningrum (2017) states that there is a difference in the composition of breast milk expenditure in the pre-test group and the post-test group or it can be said that there is a significant effect after papaya leaf attachment on the smooth production of breast milk

with the results of Correlation = 0.994 and Sig.=0.000 (p <0.05) in 32 respondents, indicating that there is a difference in composition. (Kusumaningrum, 2017), the same as research by Hapsari (2017) states that there is an effect of papaya leaf extract on breast milk adequacy (p = 0.038, α = 0.05). In 32 respondents for the intervention group and control group(Hapsari et al., 2016)

Based on preliminary studies conducted, according to reports at Aisyah Qurratu 'ain Hospital, data on postpartum women in May 2021 were obtained, namely the incidence of adequacy of 50 cases. Of the adequacy of 38, about 76% of mothers said that breast milk was not smooth and milk did not come out after giving birth and new milk came out two days after giving birth but the amount was small and the amount of breast milk was small, so the mother gave formula milk..

Based on this background, the researcher aims to conduct a study to find out "whether papaya leaf decoction has an effect on breast milk adequacy in postpartum women at Aisyah Qurratu 'ain Hospital Bekasi West Java in 2021".

RESEARCH METHODS

This study uses a quasi-experimental research design with a pretest posttest control group design where there are two groups of subjects as treatment and control groups that are randomly selected and both receive a pretest and posttest. This design is used to compare the results of papaya leaf administration before and after treatment and compare the two groups..

The population in this study were all postpartum mothers at RSIA Aisyah Qurratu 'ain Bekasi in 2021. 30 people. The sampling technique used was research sampling using purposive sampling technique. The number of samples obtained was 30 respondents with the division of the treatment group of 15 respondents and the control group of 15 respondents. conduct interviews, consent of respondents and measurement of breast milk adequacy (pretest) then respondents were given 300gram boiled papaya leaves to be consumed once a day for 7 days and coordinated with respondents to provide documentation when consuming papaya leaves after day 7 then interviews and measurement of breast milk adequacy (Posttest).

The instrument used in the study was an observation sheet (pretest and posttest) Indicators or signs of measuring breast milk adequacy are that the baby urinates at least 6 times in 24 hours with a clear to light yellow colour, the baby often defecates yellowish coloured "seeds", the baby looks satisfied, feels hungry at times, wakes up and sleeps enough. the baby at least suckles 8-12 times in 24 hours the baby is gaining weight, the breasts feel empty.

Univariate analysis was conducted to determine the mean value of breast milk adequacy markers pretest and post test. Bivariate analysis was conducted to determine the effect between papaya leaves and breast milk adequacy in postpartum mothers using the *Paired T-test.*

RESEARCH RESULTS

Univariate Analysis

Based on table 1, it shows that in the intervention group the average value of breast milk adequacy pretest was 41.13 and the average value of breast milk adequacy post test was 92.22, meaning that there was a significant increase in the average value of breast milk adequacy after being given papaya leaves. papaya leaves.

Table 1
Mean values of breast milk adequacy before and after in the intervention group and control group

Variabel	n	Min	Max	Mean	SD
Intervention group					
Pretest	15	16.77	66.67	41.13	17.63
Postest	15	66.67	100.00	92.22	12.38
control group					
Pretest	15	16.77	66.67	44.45	16.24
Postest	15	16.77	100.00	66.67	28.15

While in the control group, the mean value of breast milk adequacy pretest was 44.45 and the mean value of breast milk adequacy posttest was 66.67, meaning that there was an increase in the mean value of breast milk adequacy after being given leaflet education.

Bivariate Analysis

Based on Table 2 that in the intervention group, the Sig. (2-tailed) of 0.003 < α 0.05, meaning that there is an effect of giving papaya leaves to increase breast milk adequacy.

 DOI 10.33024, http://ejurnalmalahayati.ac.id/index.php/kebidanan

While in the control group the Sig. (2-tailed) value of 0.004 < α 0.05, meaning that there is an effect of leaflet education to increase breast milk adequacy.

It can be concluded that there is an effect between giving papaya leaves (intervention group) and giving leaflet education (control group) on breast milk adequacy.

Table 2
Differences between Papaya Leaves and Leaflets on Breast Milk Adequacy of Breastfeeding Mothers

Group	*n*	*breastmilk adequacy*	*Mean*	*Sig. (2-tailed)*
Intervention	15	Pretest	41,13	0.003
		Posttest	92.22	
Control	15	Pretest	44.45	0.004
		Posttest	66.67	

Table 3
Comparison of Papaya Leaves and Leaflets on Breast Milk Adequacy of Breastfeeding Mothers

Group	*breastmilk adequacy*	*Mean*	SD	*Mean Difference*	*Sig (2 tailed)*
Intervensi	Posttest	92.22	12.38	25.54	0.000
Kontrol	Posttest	66.67	28.15		

Based on table 3, the results of the independent t-test test obtained a Sig. (2-tailed) of 0.000 <0.05, it can be concluded that there is a significant difference in the average value of breast milk adequacy in the provision of papaya leaves compared to the leaflet education group. it can be interpreted that the experimental group is higher in breast milk adequacy compared to the control group.

DISCUSSION

Breast milk adequacy before and after giving papaya leaves to postpartum mothers in the intervention group (papaya leaves) and control group (leaflet).

Based on the results of the study in the intervention group, the average value of breast milk adequacy pretest was 41.13 and the average value of breast milk adequacy post-test was 92.22, meaning that there was a significant increase in the average value of breast milk adequacy after being given papaya leaves.

Meanwhile, in the control group, the mean value of pretest breast milk adequacy was 44.45 \

Research conducted by Triana (2022) found that there was a difference in breast milk fluency scores before the intervention in the experimental group and the control group. there was a difference in breast milk expenditure scores between the experimental group and the control group after being given papaya fruit vegetables. in postpartum mothers at the Puskesmas Padaawas Garut Regency(Triana et al., 2022)

Research conducted by Sri Banun (2015) stated that breast milk production before consuming papaya fruit the average frequency of breastfeeding was 5.7 times with a standard deviation of 0.80131 and after consuming papaya fruit the average frequency of breastfeeding increased to 9.75 times with a standard deviation of 0.78640. The correlation between the two variables was 0.793 and the difference in the average value of increased breast milk production in mothers who did not consume and who consumed papaya fruit was 4.05000 with a sig of 0.000. it means that the average breast milk production before and after consumption of papaya fruit is different. it can be stated that the provision of papaya fruit can affect the increase in breast milk production of breastfeeding mothers in Wonokerto Village in the Peterongan Health Centre area, Jombang Regency.(Istiqomah et al., 2015)

Papaya leaves contain lactagogues that help increase the rate of secretion and production of breast milk by directly stimulating protoplasmic activity in the secretory cells of the mammary glands and secretory nerve endings in the mammary glands which results in increased milk secretion, or stimulating the prolactin hormone which is a lactagonistic hormone to the mammary glands in the cells of the alveolar epithelium which will stimulate lactation·(Ainy, 2020)

Lactagogue is a substance that can increase and smoothen breast milk sufficiency. Until now, people still put great trust in lactagogues from natural traditional ingredients compared to modern or synthetic factory products because it has been proven based on experience for generations. (Sugita, 2020)

According to the researcher's assumption, if added to the vegetable diet of breastfeeding mothers and consumed regularly, papaya leaves increase breast milk production in postpartum mothers due to the content of papaya leaves.

Effect of Papaya Leaves and Breastfeeding Education on Adequacy of Breast Milk in Postpartum Mothers Given Papaya Leaves and Breastfeeding Education

Based on the research results, it was found that there were differences in the results of breast milk adequacy before and after giving papaya leaves to postpartum mothers, meaning that there was an effect of giving papaya leaves and breastfeeding education on breast milk adequacy, but the increase in breast milk adequacy was more significant in the treatment group than in the control group.

Papaya leaves contain Lactagogum substances have an effect in stimulating the release of oxytocin and prolactin hormones such as alkaloids, polyphenols, steroids, flavonoids which are effective in increasing the secretion and release of breast milk. The mechanism of action of lactagogum in helping to increase the rate of secretion and adequacy of breast milk is by directly stimulating protoplasmic activity in the secretory cells of the mammary glands and secretory nerve endings in the mammary glands which results in increased milk secretion, or stimulating the prolactin hormone which is a lactagonistic hormone to the mammary glands in the cells of the alveolar epithelium which will stimulate lactation.(Satuhu, 2010)

Other Research Hasni (2021) that breast milk production before consumption of papaya fruit vegetables, the average frequency of breastfeeding was 8.7 times with a standard deviation of 1.174 and after consuming papaya fruit vegetables increased to 12.95 times with a standard deviation of 2.395, the value of t count = 7.701 is greater than the value of t table = 1.74 (t count> t table) with Sig 0.000. Because Sig < 0.05, it means that the average milk production before and after consumption of papaya fruit is different. Thus it can be stated that there is an effect of green papaya fruit vegetable consumption on increasing breast milk production in nursing mothers at Caile Health Centre,(Hasrini et al., 2021)

Breast milk production in primiparous postpartum mothers between those who consume young papaya vegetables and moringa leaf vegetables on baby weight gain at the age of 30 days with a p value of 0.001. As for effectiveness, consumption of moringa vegetables is more effective in increasing baby weight at 30 days of age compared to consuming young papaya vegetables..(Aliyanto & Rosmadewi, 2019)

Previous research showed that the difference in treatment with 30 respondents on the fluency of breast milk before being given papaya leaf vegetables with a mean of 4.83 standard deviation 1.020 standard error 0.186 and after being given papaya leaf vegetables with a mean of 7.40 standard deviation 0.855 standard error 0.156 with a difference of 2 means of 2.57, standard deviation 1.278, standard error 0.233. The results of the statistical test obtained a p-value of 0.000 (<0.05) which means that there is an effect of giving papaya leaf vegetables on the smoothness of breast milk in postpartum women in the Kotabumi II Health Centre Working Area, Lampung Regency.(Aprilia et al., 2020)

Papaya leaves contain saponins, alkaloids, minerals, vitamins and papain enzyme. Papaya leaf sap, which contains papain enzyme, has the same effect as oxytocin. Prolactin and oxytocin hormones play a role in increasing breast milk adequacy. Lactagogum has the effect of stimulating the release of oxytocin and prolactin hormones such as alkaloids, polyphenols, steroids, flavonoids which are effective in increasing the secretion and release of breast milk..(Syahidatul Ulya, 2018)

The results of Nahak's research (2022) stated that the frequency of smooth breastfeeding before being given papaya leaf vegetables obtained an average score of 5.33 and the frequency of breastfeeding after giving papaya leaves obtained an average of 12.0 There is an effect of giving papaya leaf vegetables on the smoothness of breast milk in nursing mothers obtained P-value = 0.000. There is an effectiveness of giving papaya leaf vegetables before and after the intervention of giving papaya leaf vegetables.(Nahak et al., 2022)

According to Hapsari (2016), 10 respondents (62.5%) in the control group were in the insufficient breast milk category, while in the intervention group 11 respondents (68.8%) were in the sufficient breast milk category. Analysis of breast milk adequacy in the control group and intervention group with the Mann Whitney Test obtained an Asymp. Sig. (2-tailed) with a value of p = 0.038. The value of p=0.038 <a (0.05), means that there is an effect of papaya leaf extract on breast milk adequacy (Hapsari et al., 2016)

These results show that papaya leaves contain Papain Enzyme and potassium, the enzyme function is useful for breaking down the protein eaten while potassium is useful for fulfilling the need for potassium during breastfeeding, because if there is a lack of potassium, the body will feel tired, and

 DOI 10.33024, http://ejurnalmalahayati.ac.id/index.php/kebidanan

potassium deficiency also causes mood swings to become depressed, while breastfeeding mothers must think positively and be happy.(Rahmawati & Silviana, 2019)

Papaya leaf is a plant that contains vitamins needed for infant growth and maternal health so that it can be a very potential source of nutrition. High in protein, high in fat, vitamins, calcium (Ca), and iron. (Fe) (Putri, 2020)

Papaya leaf which is a plant that contains vitamin A 1850 SI; vitamin BI 0.15 mg; vitamin C 140 mg; calories 79 calories; protein 8.0 grams; fat 2gram; hydrate charcoal 11.9 grams; calcium 353 mg; phosphorus 63 mg; iron 0.8 mg; water 75.4 grams; carposide; papayotin; carpai; carposite; lactogogum; and vitamins needed for baby growth and maternal health, so it can be a very potential source of nutrition. The content of high protein, high fat, vitamins, calcium (Ca), and iron (Fe) in papaya leaves functions for the formation of haemoglobin in the blood to increase, it is expected that O2 in the blood increases, metabolism also increases so that brain cells function properly..(Yuviska & Yuliasari, 2019)

The content of papaya leaves also functions to increase the formation of haemoglobin in the blood, it is hoped that oxygen in the blood will increase, metabolism will also increase so that brain cells function properly(Widowati et al., 2019)

In addition, papaya leaves also contain papain enzymes and potassium, the enzyme function is useful for breaking down the protein eaten while potassium is useful for fulfilling potassium needs during breastfeeding. Because if there is a lack of potassium, the body will feel tired, and potassium deficiency also causes mood swings to become depressed, while while breastfeeding mothers must think positively and happily.(Korompis et al., 2023)

According to the assumptions of researchers, the benefits of papaya leaves will help increase the rate of secretion and production of breast milk by stimulating protoplasmic activity in the secretory cells of the mammary glands and secretory nerve endings in the mammary glands which results in increased milk secretion, or stimulating the prolactin hormone which is a lactagonistic hormone to the mammary glands in the cells of the alveolar epithelium which will stimulate lactation

CONCLUSIONS

There was an effect of giving papaya leaves and breastfeeding education on breast milk adequacy, but the increase in breast milk adequacy occurred more significantly in the treatment group (papaya leaves) than in the control group (education).

SUGESTION

Efforts are needed to increase the knowledge of mothers to manage vegetable menus that can increase breast milk production during the breastfeeding period. It is recommended to socialise the use of papaya leaves as nutrients needed by breastfeeding mothers.

REFERENCES

Ainy, N. (2020). *Hubungan Status Nutrisi Dengan Kejadian Anemia Pada Ibu Hamil Di Puskesmas Bunten Barat Kecamatan Ketapang*. *4*(1), 58–61.

Aliyanto, W., & Rosmadewi, R. (2019). Efektifitas Sayur Pepaya Muda Dan Sayur Daun Kelor Terhadap Produksi ASI Pada Ibu Post Partum Primipara. *Jurnal Kesehatan*, *10*(1), 84. Https://Doi.Org/10.26630/Jk.V10i1.1211

Aprilia, R., Rilyani, R., & Arianti, L. (2020). Pengaruh Pemberian Sayur Daun Pepaya Terhadap Kelancaran Produksi ASI Pada Ibu Nifas. *Wellness And Healthy Magazine*, *2*(1), 5–12. Https://Doi.Org/10.30604/Well.66212020

Bappenas. (2017). Peta Jalan Sustainable Development Goals (Sdgs) Di Indonesia. *Kementerian PPN/Bappenas*, 35.

Dinas Kesehatan Kota Bekasi. (2020). *Buku Profil Kesehatan Kota Bekasi Tahun 2020*.

Hapsari, H. W., Astuti, L. P., Kebidanan, P., Papaya, E., Effect, L., Postpartums, A., Milk, B., Puskesmas, I., & Sragen, G. (2016). *Pengaruh Ekstrak Daun Pepaya Terhadap Kecukupan Asi Pada Ibu Nifas Di Wilayah Kerja Puskesmas Gondang, Kabupaten*. 79–88.

Hasrini, Tenriwati, & Asnidar. (2021). Effect Of Green Papaya Fruit Vegetable Consumption On Increasing Breast Milk Production In Breastfeeding Mothers In Caile Health Center. *Jurnal Life Birth*, *5*(2), 89–98. Https://Doi.Org/10.37362/Jlb.V5i2.739

Istiqomah, S., Wulanadari, D., & Azizah, N. (2015). Pengaruh Buah Pepaya Terhadap Kelancaran Produksi Asi Pada Ibu Menyusui Di Desa Wonokerto Wilayah Puskesmas Peterongan Jombang. *Jurnal Eduhealth*, *5*(2), 102–108.

Kementerian Kesehatan RI. (2018). *Profil Kesehatan Indonesia 2018*.

Korompis, M. D., Mandang, F. S., Tuju, S. O., Purwandari, A., Montolalu, A., Tombokan, S., & Alow, G. (2023). *Efek Konsumsi Daun*

Pepaya (Carica Papaya L .) Terhadap Peningkatan Produksi Air Susu Ibu Masa Nifas : Literature Review. 269–283.

Nahak, K. A., Simanihuruk, R., & Ampu, M. N. (2022). Effectiveness Of Giving Papaya Leaf On The Fluence Of Breast Milk In Breastfeeding Mothers At Nimasi Health Center At The Year Of 2022. *Science Midwifery*, *10*(5), 4072–4079. Https://Doi.Org/10.35335/Midwifery.V10i5.935

Nurul Azizah, N. A. (2019). Buku Ajar Mata Kuliah Asuhan Kebidanan Nifas Dan Menyusui. In *Buku Ajar Mata Kuliah Asuhan Kebidanan Nifas Dan Menyusui*. Https://Doi.Org/10.21070/2019/978-602-5914-78-2

Putri, C. R. (2020). Formulasi Snack Bar Berbasis Tepung Beras Hitam (Oryza Sativa L.Indica) Dan Tepung Kacang Merah (Phaseolus Papaya L.) Terhadap Kadar Gula Total Dan Daya Organoleptik. *Jurnal Skripsi Gizi*, *11150331000034*, 1–147.

Rahmawati, A., & Silviana, Y. (2019). Pengaruh Konsumsi Kurma (Phoenix Dactylifera) Terhadap Kenaikan Kadar Hemoglobin : A Review. *Jurnal Kebidanan*, *9*(1), 97–102. Https://Doi.Org/10.31983/Jkb.V9i1.4057

Rohmatun Nafi'ah, Susan Prima Devi, R. N. L. (2019). Pelatihan Pembuatan Serbuk Instan Manis Daun Pepaya Sebagai Upaya Memperlancar Air Susu Ibu Di Desa Karangbener Rt 02 Rw 07 Kecamatan Bae Kudus. *Jurnal Pengabdian Kesehatan*, *2*(2).

Satuhu, S. (2010). Kurma Khasiat Dan Olahannya. *Penebar Swadaya*.

Sugita, S. (2020). Pengaruh Konsumsi Buah Kurma Terhadap Peningkatan Kadar Hemoglobin Pada Ibu Hamil Trimester III. *Jurnal Kebidanan Dan Kesehatan Tradisional*, *5*(1), 58–66. Https://Doi.Org/10.37341/Jkkt.V5i1.138

Syahidatul Ulya. (2018). *Pengaruh Pemberian Ekstrak Daging Buah Kurma Ajwa (Phoenix Dactylifera L .) Terhadap Kadar Hemoglobin Pada Mencit (Mus Musculus) Bunting*.

Triana, I., Nita, R., & Dewi, K. (2022). Sayur Buah Pepaya Berpengaruh Terhadap Produksi Asi Pada Ibu Nifas. *Jurnal Farmasetis*, *11*(3), 183–189.

Widowati, R., Kundaryanti, R., & Lestari, P. P. (2019). Pengaruh Pemberian Sari Kurma Terhadap Peningkatan Kadar Hemoglobin Ibu Hamil. *Jurnal Al-Azhar Indonesia Seri Sains Dan Teknologi*, *5*(2), 60. Https://Doi.Org/10.36722/Sst.V5i2.351

Yuviska, I. A., & Yuliasari, D. (2019). Pengaruh Pemberian Kurma Terhadap Peningkatan Kadar Hemoglobin Pada Ibu Hamil Dengan Anemia Di Puskesmas Rajabasa Indah Bandar Lampung. *Jurnal Kebidanan Malahayati*, *5*(4), 343–348. Https://Doi.Org/10.33024/Jkm.V5i4.1860