

PENERAPAN TEKNIK HOFFMAN DAN PIJAT LAKTASI BERBASIS DIGITAL BREASTFEEDING TRACKER TERHADAP BREASTFEEDING SELF-EFFICACY DAN ANSIETAS IBU POST SEKSIO SESAREA : STUDI KASUS

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Article Info	ABSTRAK
Article History: Received 21/08/2026 Revised - Accepted 02/09/2026 Keywords: Breastfeeding Self-Efficacy Hoffman Technique Lactation Massage Postpartum Anxiety	Ibu post partum seksio sesarea sering mengalami hambatan menyusui akibat nyeri, keterbatasan mobilitas, masalah perlekatan, sehingga menimbulkan kekhawatiran terhadap kecukupan ASI. Kondisi tersebut dapat menurunkan breastfeeding self-efficacy dan meningkatkan ansietas, sehingga diperlukan intervensi yang mudah diterapkan, serta mendukung aspek fisik maupun psikologis ibu. Tujuan penelitian ini untuk mengetahui pengaruh teknik Hoffman dan pijat laktasi berbasis digital breastfeeding tracker terhadap breastfeeding self-efficacy dan ansietas ibu post seksio sesarea. Penelitian ini menggunakan desain studi kasus pada pasien post Sectio Caesarea hari ke 2 di Rumah Sakit, pada bulan April-Juni 2026. Intervensi diberikan teknik Hoffman dan pijat laktasi, dipandu menggunakan breastfeeding tracker digital selama 3 hari. Breastfeeding self-efficacy dan ansietas diukur sebelum dan setelah intervensi menggunakan instrumen Breastfeeding Self-Efficacy Scale–Short Form (BSES-SF) dan Postpartum Specific Anxiety Scale (PSAS). Setelah intervensi, skor BSES-SF meningkat dari 38 menjadi 52 kategori tinggi. Skor PSAS menurun dari 28 menjadi 16 kategori ansietas ringan. Ibu mengatakan payudara lebih lemas, produksi ASI meningkat, dan lebih percaya diri dalam menyusui. Digital breastfeeding tracker membantu ibu memantau frekuensi dan durasi menyusui sehingga mengurangi kekhawatiran. Digital breastfeeding support melalui teknik Hoffman, pijat laktasi, dan breastfeeding tracker dapat menjadi intervensi keperawatan yang mendukung keberhasilan menyusui sekaligus kesehatan psikologis ibu post seksio sesarea.
	ABSTRACT <i>Mothers who have had a Caesarean section often experience breastfeeding challenges, including pain, limited mobility, and latching issues, poor latch, and concerns about adequate milk supply. These conditions may reduce breastfeeding self-efficacy and increase anxiety, highlighting the need for practical interventions that address both physical and psychological aspects. The objective is to determine the effect of the Hoffman technique and lactation massage supported by a digital breastfeeding tracker on breastfeeding self-efficacy and anxiety among post-cesarean mothers. This case study involved a post-cesarean patient on postoperative day 2 at Hospital, from month April, 2026. The intervention consisted of the Hoffman technique and lactation massage guided by a digital breastfeeding tracker for three days. Breastfeeding self-efficacy and anxiety were assessed before and after the intervention using the Breastfeeding Self-Efficacy Scale–Short Form (BSES-SF) and Postpartum</i>

Specific Anxiety Scale (PSAS). The BSES-SF score increased from 38 to 52, indicating a high level of self-efficacy, while the PSAS score decreased from 28 to 16, indicating mild anxiety. The mother reported softer breasts, increased milk production, and greater confidence in breastfeeding. Digital breastfeeding support combining the Hoffman technique, lactation massage, and a breastfeeding tracker may support breastfeeding success and psychological well-being among post-cesarean mothers.

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