

## The Influence Of Mindfulness Spiritual Therapy Based On Breathing Exercise On The Optimism And Meaningfulness Of Life Of Breastfeeding Mothers In Providing Exclusive Breastfeeding

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### Abstract

A **phenomenon** that often occurs in post partum mothers is that they often feel less optimistic about the amount of breast milk they produce. So the reality is that mothers really experience problems in producing breast milk. A mother who has difficulty breastfeeding her baby and cannot provide exclusive breast milk will result in a mother's level of meaningfulness being low. Non-pharmacological therapy is very necessary to increase breast milk production and increase the optimism and meaning of life of postpartum mothers in breastfeeding their babies. This **research aims to** explain the influence of mindfulness spiritual therapy based on breathing exercise on the optimism and the meaning of life of postpartum mothers in providing exclusive breastfeeding. **Method:** Quantitative research using a quasi-experimental study design with a pretest-posttest control group design approach is the research methodology employed. Purposive sampling was used to choose the respondents, with 15 women receiving mindfulness spiritual therapy based on breathing exercises and 15 moms serving as controls. The pretest was carried out on the 7th day of postpartum and the posttest was carried out on the 35th day. The intervention was carried out for 4 weeks for 15 minutes with a frequency of once a day. Data analysis used the Mann Whitney test and Wilcoxon Sum Rank Test with a significance level of  $\alpha < 0.05$ . **Mind findings** the optimism of the intervention group after doing spiritual mindfulness therapy based on breathing exercise increased and the p-value was  $0.002 < 0.05$ . While in the control group, there was no difference in optimism between the pre-test and post-test with a p-value of  $0.527 > 0.05$ . The meaningfulness of life of the intervention group after undergoing spiritual mindfulness therapy based on breathing exercise increased and a p-value of  $0.006 < 0.05$  was obtained. While in the control group, there was no difference in the meaningfulness of life between the pre-test and post-test with a p-value of  $0.547 > 0.05$ . **Conclusion** from this research will increase the sense of optimism and the level of meaning in life of postpartum mothers so that they can provide exclusive breastfeeding and continue breastfeeding until the child is 2 years old.

**Keyword:** Mindfulness, optimism, meaningfulness of life, exclusive breastfeeding

## 1. Introduction

The mother's intention and self-efficacy is one of the determinants of the success of providing exclusive breastfeeding (Chipojola, Chiu, Huda, Lin, & Kuo, 2020). Several studies state that self-efficacy, performance and job satisfaction are influenced by each individual's self-leadership (Neck & Houghton, 2006; Houghton, Madigan, & Neck, 2000; Unsworth & Mason, 2012; Frayne & Geringer, 2000). Other research results show that there are still mothers who feel less optimistic about the amount of breast milk they produce. So the reality is that mothers really experience problems in producing breast milk. The amount of breast milk produced is small, which is the main reason mothers choose not to breastfeed exclusively. Even though biologically only 2-5% of mothers have difficulty giving breast milk. The remaining 95-98% of mothers can produce enough breast milk for their babies (Roesli dalam Fadhilah, Abdurrahman and Wardhani, 2014).

The psychological capital of the mother also has a significant impact on her ability to provide exclusive breastfeeding. According to research by Klainin and Arthur (2009), psychological disorders were present in 3.5–63.3% of Asian women after giving birth, with the highest prevalence in Pakistan and the lowest in Malaysia. Both breastfeeding habits and the mother-child bond will be impacted by psychological problems that affect pregnant and nursing moms. To lessen the detrimental effects of psychological problems that may affect exclusive breastfeeding, psychological capital must be reinforced from a young age, specifically during pregnancy and childbirth (Taveras et al., 2003). A mother who has given birth to her child in good health is then able to breastfeed and provide a parenting style that can increase the level of meaningfulness of the mother's life.

The meaning of life in psychological studies can provide assistance in finding a way out for individuals to be able to have a meaningful life in the midst of a world full of uncertainty and competition (Seligman, 2006). Transpersonal psychology, which exists as a bridge that brings together the logic of science and human spirituality, is expected to help individuals understand the meaning of their lives. Individuals with transpersonal experiences are able to increase the meaning of God (spirituality), self-concept, and meaning of life so that they will be able to find a clear and directed purpose in life (Widayanti, 2016). A form of non-pharmacological intervention that can reduce anxiety and increase adaptation and self-acceptance through mindfulness training. Mindfulness training emphasizes focusing attention on current events (events that occur here and now) where this activity involves emotions, mind and body to build self-awareness of current conditions. Practicing mindfulness can help a person to have a healthier life and be less anxious, less easily depressed, see life better, improve relationships with other people, increase self-esteem, increase the immune function of the human body and can reduce the possibility of a person using drugs. illegal drugs (Afandi & Aziz, 2012; Samuelson et al., 2007).

Based on this background and problems, the aim of this research is to increase the sense of optimism and the level of meaningfulness of life in postpartum mothers so that they can provide exclusive breast milk and continue breastfeeding until the child is 2 years old using non-pharmacological therapy in the form of mindfulness spiritual therapy based on breathing exercise for postpartum mothers starting today. 7th to 35th day (for 4 weeks) with a therapy duration of 15 minutes carried out once a day.

## 2. Materials and methods

### 2.1 Materials

This research is a quantitative research using a quasi experimental study design with a pretest-post test control group design approach. This research design was chosen to look for a cause-and-effect relationship between the treatment group and the control group, in other words, this research was conducted to determine the influence of spiritual mindfulness based on breathing exercise on the optimism and meaning of life of postpartum mothers.

The population in this study were postpartum mothers in the city of Surabaya. The inclusion criteria: Mothers who have received counseling about the importance of exclusive breastfeeding, Various Muslims, Able to read and write and do not consume breast milk booster. Exclusion criteria: Mothers who experience complications during childbirth and postpartum, mothers with flat nipples, mothers who experience intellectual disorders and cognitive disorders. Drop out criteria: Mother withdrew from the respondent; The mother did not participate in the intervention 3 times in a row. The sample size in this study was 16 postpartum mothers treated and 16 postpartum mothers treated. The sampling technique used in this research was purposive sampling technique.

The independent variable in this research is spiritual mindfulness based on breathing exercise. Meanwhile, the dependent variable is optimism and meaning of life. The instrument used in providing intervention is an instructional guide in the form of an MP3 audio recording with a project rate of 44100 Hz and 24-bit float (An et al., 2019; Deklava et al., 2015; Samuelson et al., 2007). Optimism instrument uses the Indonesian version of the Life Orientation Test-Revised (LOT-R) questionnaire containing 10 items (Hinz et al., 2017; Molina et al., 2013; Suryadi et al., 2021) and the meaning of life instrument uses the standard meaning in life questionnaire (MLQ) questionnaire (Naghiyae et al., 2020; Steger, M. F., Frazier & Oishi, S., & Kaler, 2006; Travezaño-Cabrera et al., 2022).

### 2.2 Data analysis

Data analysis was conducted by first conducting a data normality test. Furthermore, a difference test was conducted between the intervention group and the control group using the Mann Whitney U Test, and to compare the differences between the pre- and post-intervention test groups using the Wilcoxon's signed rank test with a significance level of  $\alpha < 0.05$ .

The next stage in this data analysis is to determine effectiveness by comparing the average difference or gap in the values of optimism and meaningfulness of life between the intervention group and the control group according to the following formula:

$$\text{Effectiveness} = \frac{(\bar{x}_{by} - \bar{x}_{ay})}{\bar{x}_{ay}} \times 100$$

a = x value before intervention in the intervention group

b = x value after intervention in the intervention group

x = Variables measured (Optimism and meaning of life)

## 3. Results and discussion

### 3.1 Respondent Characteristics Overview

Based on the data collection that has been carried out, a descriptive analysis will be presented through a description of the characteristics of postpartum mothers, both from the intervention group and the control group, which can be seen in Table 1.

Table 1 explains that the description of the characteristics between the intervention group and the control group is not much different. Based on age, most of them are at the healthy reproductive age, namely 20-35 years (87%). Based on parity characteristics, in the intervention group there were Grande multipara respondents (7%), while in the control group there were no Grande multipara and most were multipara (80%). Based on the characteristics of work, most respondents were working, there were 60% in the intervention group and 73% in the control group. And in the characteristics of education, almost half (40%) of respondents in the intervention group had higher education, while in the control group most respondents (60%) had secondary education.

**Table 1.** Overview of respondent characteristics

Characteristics	Category	Intervention Group		Control Group	
		Frequency	Percentage	Frequency	Percentage
Age	20-35 years	13	87%	13	87%
	>35 years	2	13%	2	13%
Parity	Primipara	7	47%	3	20%
	Multipara	7	47%	12	80%
	Grande multipara	1	7%	0	0%
Work	Work	6	40%	4	27%
	Doesn't work	9	60%	11	73%
Education	Base	2	13%	3	20%
	Intermediate	7	47%	9	60%
	High	6	40%	3	20%

Source: Primary data, July 2024

### 3.2 The effect of mindfulness spiritual therapy based on breathing exercise on optimism

Table 2 shows how the intervention group's optimism differed from that of the control group. There is no change in optimism between the control group and the intervention group prior to spiritual mindfulness therapy based on breathing exercises, according to the results of the Wilcoxon's signed rank test statistical test. Following spiritual mindfulness therapy based on breathing exercises, the intervention group's optimism rose, and the p-value was  $0.002 < 0.05$ . With a p-value of  $0.527 > 0.05$ , there was no difference in optimism between the pre-test and post-test in the control group.

There was no difference in the change in scores between the intervention group and the control group during the pre-test or post-test, according to the results of the difference test using the Mann Whitney U Test. The change in optimism scores between the intervention group and the control group during the pre-test produced a significance value of  $0.102 > 0.05$ , and during the post-test produced a significance value of  $0.437 > 0.05$ .

Table 2. Difference Optimism

Group	Optimism		Sign. (p) Wilcoxon's signed rank test
	Pre test	Post test	
Intervention	Mean = 15.27	Mean = 17.93	0.002
	SD = 2.71	SD = 2.94	
	Me = 15	Me = 18	
	Min = 12	Min = 13	
	Max = 20	Max = 22	
Control	Mean = 16.80	Mean = 17.13	0.527
	SD = 1.78	SD = 2.42	
	Me = 17	Me = 17	
	Min = 14	Min = 11	
	Max = 20	Max = 22	
Sign. (p) Mann Whitney U test	0.102	0.437	

Source: Primary data, July 2024

The test of the influence of spiritual mindfulness therapy based on breathing exercise on optimism shows that there is a significant influence between spiritual mindfulness therapy based on breathing exercise on optimism. Optimism is a fairly important factor for individuals to be able to complete their tasks well. A person's optimism will be able to produce something better than before, dare to do something without fear of failure, and try to keep getting up if you experience failure or obstacles. Optimism will encourage someone to always think that whatever results are obtained are the best for him (Seligman, 2006). Postpartum mothers who have high optimism about their ability to provide exclusive breastfeeding will increase breast milk production and babies will receive the right food according to their age. To increase the optimism of postpartum mothers in providing exclusive breastfeeding, psychological intervention is needed that can provide changes in cognitive, affective, behavioral, and spiritual aspects. The intervention used in this study is spiritual mindfulness therapy based on breathing exercise. Islamic mindfulness training is the result of integrating the concept of mindfulness with Islamic values in it.

Analysis of the effectiveness of spiritual mindfulness therapy based on breathing exercises on the optimism of postpartum mothers can be determined as follows:

$$\text{Effectiveness} = \frac{(\bar{x}_{by} - \bar{x}_{ay})}{\bar{x}_{ay}} \times 100\%$$

$$\text{Effectiveness} = \frac{(17.93 - 15.27)}{15.27} \times 100\%$$

$$\text{Effectiveness} = 17.42\%$$

Based on these calculations, the effectiveness of spiritual mindfulness therapy based on breathing exercise increases the optimism of postpartum mothers by 17.42%. Mindfulness training has been proven to be able to reduce negative conditions and increase positive functions of training participants. Mindfulness has been empirically proven to be able to reduce aggressive behavior (Auzan et al., 2014), stress levels (Rivki et al., n.d.), and increase optimism (Schonert-Reichl & Lawlor, 2010). The more optimistic the mother is in being able to provide exclusive breastfeeding, the smoother the production of breast milk will be (Nisa, 2022).

3.3 The influence of mindfulness spiritual therapy based on breathing exercise on the meaning of life  
The difference in the meaningfulness of life between the intervention group and the control group can be seen in table 3. The results of the Wilcoxon's signed rank test statistical tests showed that the meaningfulness of life of the intervention group before undergoing spiritual mindfulness therapy based on breathing exercise with the control group did not differ. The meaningfulness of life of the intervention group after undergoing spiritual mindfulness therapy based on breathing exercise increased and a p-value of  $0.006 < 0.05$  was obtained. While in the control group, there was no difference in the meaningfulness of life between the pre-test and post-test with a p-value of  $0.547 > 0.05$ .

The results of the difference test using the Mann Whitney U Test showed that the change in the meaningfulness of life score between the intervention group and the control group during the pre-test produced a significance value of  $0.193 > 0.05$ , meaning that there was no difference in the change in score between the intervention group and the control group during the pre-test. And during the post-test it produced a significance value of  $0.007 < 0.05$ , meaning that there

Was a significant difference in the change in score between the intervention group and the control group during the post-test.

Table 3. Differences in Meaningfulness of Life

Group	The Meaning of Life		Sign. (p) Wilcoxon's
	Pre test	Post test	
Intervention	Mean = 29.87 SD = 5.28 Me = 30 Min = 15 Max = 38	Mean = 32.27 SD = 3.56 Me = 32 Min = 26 Max = 38	0.006
Control	Mean = 29.47 SD = 3.31 Me = 29 Min = 22 Max = 35	Mean = 29.00 SD = 3.25 Me = 29 Min = 26 Max = 40	0.547
Sign. (p) Mann Whitney U test	0.193	0.007	

Source: Primary data, July 2024

The test of the influence of spiritual mindfulness therapy based on breathing exercise on the meaning of life shows that there is a significant influence between spiritual mindfulness therapy based on breathing exercise on the meaning of life. The meaning of life is a goal that must be achieved by every human being. The inability of humans to achieve meaning in their lives will cause negative psychological impacts. Among these impacts are difficulty in feeling happiness, feeling that their lives are empty and hollow, depression and even leading to suicide (Safaria, 2020).

Analysis of the effectiveness of spiritual mindfulness therapy based on breathing exercises on the meaningfulness of life in postpartum mothers can be determined as follows:

$$\text{Effectiveness} = (\bar{x}_{by} - \bar{x}_{ay}) \times 100\%$$

$$\text{Effectiveness} = \frac{(32.27 - 29.87)}{29.87} \times 100\%$$

$$\text{Effectiveness} = 8,03\%$$

Based on these calculations, it was found that the effectiveness of spiritual mindfulness therapy based on breathing exercise increased the meaningfulness of postpartum mothers' lives by 8.03%. The more often mothers do mindfulness therapy, the more meaningful it will be for postpartum mothers to be able to breastfeed their babies (Nisa' et al., 2022). Breastfeeding mothers should think positively and relax so that they do not experience anxiety and the mother's psychological condition improves. A good psychological condition can trigger the work of hormones that produce breast milk (Tuty Alawiyah Alimuddin, 2021). The effect of stress on breast milk production occurs through a very complex process. Acute stress can affect the breast milk production process by inhibiting the release of prolactin in breast milk production for 8 to 10 hours. It can also cause a decrease in oxytocin hormone levels and disrupt the activity of the sympathetic nervous system, while chronic stress can inhibit breast milk production in the breast alveoli, causing the cessation of breast milk production for a long period of time (Devita & Dewi, 2023).

#### 4. Conclusion

Spiritual mindfulness therapy based on breathing exercise can reduce negative conditions and increase positive functions of postpartum mothers. Optimism and meaningfulness of life of postpartum mothers increase in their ability to provide exclusive breastfeeding. The optimism and meaningfulness of postpartum mothers will increase the prolactin hormone so that breast milk production will be smoother. Therefore, it is expected that postpartum mothers will do spiritual mindfulness therapy based on breathing exercise more often to avoid lack of breast milk production and be able to provide exclusive breastfeeding for up to 6 months and continue breastfeeding until the child is 2 years old.

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#### Conflict of interest

The authors declare that there is no conflict of interest and the final manuscript of this paper has been approved by all authors.

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