

DAFTAR PUSTAKA

- Afrina et al. (2025). Implementasi pengembangan BASILA (Bantal Asi Anti Lelah) sebagai upaya meningkatkan kenyamanan pada ibu menyusui. *Jurnal Pengabdian Masyarakat Bandung*, 1(1), 24–32.
- Afshariani, R., Kiani, M., & Zamanian, Z. (2019). The influence of ergonomic breastfeeding training on some health parameters in infants and mothers: A randomized controlled trial. *Archives of Public Health*, 77(1), 1–10. <https://doi.org/10.1186/s13690-019-0373-x>
- Alazmi, A., & Algabbani, M. (2023). Musculoskeletal pain prevalence and association with breastfeeding position in lactating mothers in Riyadh, Saudi Arabia: A cross-sectional study. *Clinical and Experimental Obstetrics and Gynecology*, 50(11). <https://doi.org/10.31083/j.ceog5011250>
- Almutairi, S. M., Aljutaily, R. S., Alshuwayman, R. S., Almutairi, M., & Alshehre, Y. M. (2023). Breastfeeding education and the role of physical therapy: A cross-sectional survey. *International Journal of Women's Health and Reproduction Sciences*, 11(4), 160–167. <https://doi.org/10.15296/ijwhr.2023.8002>
- Arfiana 2023. (2023). Effectiveness of bengkung post natal care on size of diastasis rectus abdominis (DRA). *Proceeding.Unnes.Ac.Id*. <https://proceeding.unnes.ac.id/ISET/article/view/2398>
- Arulmohi, M., Vinayagamoorthy, V., & R., D. A. (2022). Breastfeeding positioning and attachment among postnatal mothers: a mixed methods study in a tertiary care hospital in puducherry, South India. *Indian Journal of Community Medicine*, 42(1), 147–150. <https://doi.org/10.4103/ijcm.IJCM>
- Asih, Y. (2021). Bantal menyusui memengaruhi motivasi, musculoskeletal disorder pada ibu menyusui produksi ASI. *Jurnal Kesehatan*, 12(3), 435–445.
- Astri, P. (2013). Menyusui bayi kembar. *Ikatan Dokter Anak Indonesia (IDAI)*, 7.
- Chopra, S., Bansal, P., & Bansal, P. (2020a). Breastfeeding Positioning with Musculoskeletal Pain: A descriptive study among postnatal mother in selected hospital gurugram. *Society of Scientific Research and Studies*, 8(1), 184–186. <https://doi.org/10.21276/jamdsr>
- Chopra, S., Bansal, P., & Bansal, P. (2020b). Breastfeeding positions with musculoskeletal pain: a descriptive study in postnatal mothers at selected hospitals in Gurugram, Haryana. *Journal Medical Science Research*, 8(1), 184–186. <https://doi.org/10.21276/jamdsr>
- Degefa, N., Tariku, B., Banacha, T., Amana, G., Hajo, A., Kusse, Y., Zerihun, E., & Aschalew, Z. (2019). Breast feeding practice : Positioning and attachment during breast feeding among lactating mothers visiting health facility in Areka Town , Southern Ethiopia. *International Journal Pediatrict*, 2019. <https://doi.org/10.1155/2019/8969432>
- Faul, F., Erdfelder, E., Lang, A.-G., & Buchner, A. (2007). GPower 3: A flexible

- statistical power analysis program for the social, behavioral, and biomedical sciences. *Behavior Research Methods*, 39(2), 175–191. <https://doi.org/10.3758/BF03193146>uchner. (2007). *G Power*.
- Halek, R. B. A., Dev, A., Chew, K. H., & Hannan, M. A. (2025). Evaluation of validity and reliability of rapid upper limb assessment (RULA) method in research experiment: A systematic review. *Open Journal of Safety Science and Technology*, 15(01), 1–13. <https://doi.org/10.4236/ojsst.2025.151001>
- Hapsari, M. N., Qadrijati, I., & Haryati, S. (2022). Hubungan karakteristik pekerja dan beban kerja fisik dengan keluhan muskuloskeletal pada pekerja industri pengolahan susu di Boyolali. *Jurnal Kesehatan Masyarakat*, 20(10), 418–425. <http://ejournal3.undip.ac.id/index.php/jkm>
- Hargiani Fransisca Xaveria, Rulyana Nindi, Fariz Ahmad, H. N. 2024. (2024). Hubungan posisi ibu saat menyusui dengan musculoskeletal disorder di Posyandu balita Desa Tumpuk Kecamatan Wlingi Blitar. *Jurnal Ilmiah Keperawatan*, 10, 1.
- Hedga, A. (2020). *Original worksheet RULA based on RULA : A survey method for the investigation of work-related upper limb disorders*, McAtamney & Corlett, *Applied Ergonomics* 1993, 24(2), 91-99.
- Irfan, A., Rana, U. I., Hussain, I. T., Saeed, U., Tahir, H., & Ahmad, M. T. (2023). Frequency of musculoskeletal discomforts and its association with various breastfeeding positions among nursing mothers. *Journal of Clinical Medical Health*, 05(02), 3–8.
- Ketut Dewi et al. (2023). Identifikasi keluhan fisik pada karyawan pencetakan gula menggunakan Nordic body map. *Jurnal Valtech*, 6(1), 22–26. <https://doi.org/10.36040/valtech.v6i1.6095>
- Latifah, Setiyawati, & K. (2016). *Buku praktikkum keperawatan maternitas* (Issue Nsa 212216).
- Maria, U. S. (2021). Hubungan antara posisi duduk tidak ergonomis dengan gangguan muskuloskeletal pada pengguna komputer oleh pengajar di sekolah menengah tingkat pertama negeri 2 (SMPN 2) Diawek Jombang. *Fakultas Kedokteran Dan Ilmu Kesehatan UIN Maulana Malik Ibrahim Malang*, 2(Smpn 2), 12–13.
- Miracle, V. A. (2016). The belmont report: The triple crown of research ethics. *Dimensions of Critical Care Nursing*, 35(4), 223–228. <https://doi.org/10.1097/DCC.0000000000000186>
- Nasution, E. (2020). Pengetahuan ibu tentang tehnik posisi menyusui yang baik dan benar di Kelurahan Pijorkoling Kecamatan Padangsidimpuan Tenggara. *Jurnal Ilmiah Kohesi*, 4(3), 149–155. <https://kohesi.sciencemakarioz.org/index.php/JIK/article/download/150/159>
- Nirwana, G. &. (2022). Pengaruh pendidikan kesehatan tentang teknik menyusui terhadap keterampilan menyusui pada ibu nifas 1-3 hari di Kelurahan Pojok tahun 2021. *Jurnal Mahasiswa Kesehatan*, 3(2), 115.

<https://doi.org/10.30737/jumakes.v3i2.2327>

- Ojukwu, C. P., Okpoko, C. G., Okemuo, A. J., Ede, S. S., & Ilo, I. J. (2023). Breastfeeding-related neck pain: Prevalence and correlates among Nigerian lactating mothers. *International Health*, 15(4), 383–388. <https://doi.org/10.1093/inthealth/ihac050>
- Prahastuti, B. S., Djaali, N. A., & Usman, S. (2021). Faktor risiko gejala muskuloskeletal disorder (MSDs) pada pekerja buruh pasar. *Jurnal Ilmiah Kesehatan*, 13(1), 47–54. <https://doi.org/10.37012/jik.v13i1.516>
- Pratama, P., Tannady, H., Nurprihatin, F., Ariyono, H. B., & Sari, S. M. (2017). Identifikasi risiko ergonomi dengan metode quick exposure check dan nordic body map. *Jurnal Penelitian Dan Aplikasi Sistem Dan Teknik Industri*, 11(1), 13–21.
- Ratajczak, M., & Górnowicz, R. (2024). The influence of breastfeeding factors on the prevalence of back and neck pain: Data from an online survey. *Musculoskeletal Disorders*, 25, 1. <https://doi.org/10.1186/s12891-024-07785-4>
- Rusyantia, A. (2019). Hubungan teknik menyusui dengan keberhasilan menyusui pada bayi usia 0-6 bulan yang berkunjung ke Puskesmas Kedaton. *Jurnal Kesehatan Holistik (The Journal of Holistic Healthcare)*, 11(2), 90–94.
- Samir, S., Sc, M., Mosaad, D. M., Ph, D., El-latif, N. A. B. D., & Ph, D. (2017). Effect of salat (prayer) movements versus specific stretching exercises on electromyographic activity of erector spinae muscle. *Medical Journal Cairo University*, 85(2), 547–551.
- Sharma, A. M., & Roopa, R. (2024). Exploring modern breastfeeding practices : An insight into optimal positioning for today ' s mothers. *International Journal of All Research Education and Scientific Methods (IJARSEM)*, 12(11), 1064–1071.
- Sugiono. (2017). *Statistika untuk penelitian*. Alfabeta.
- Tan, P. Y., Purushothaman, V. K., Muniandy, Y., & Pillai, S. (2022). Prevalence and factors associated with neck and low back pain among breastfeeding mothers in the Klang Valley. *Journal of Health and Translational Medicine*, 25(2), 129–134. <https://doi.org/10.22452/jummec.vol25no2.20>
- Widyanti, A. (2020). Validity and inter-rater reliability of postural analysis among new raters. *Malaysian Journal of Public Health Medicine*, 20(Specialissue1), 161–166. <https://doi.org/10.37268/MJPHM/VOL.20/NO.SPECIAL1/ART.707>
- Yalçinkaya, B., Sezgin, E. A., Saçintı, K. G., & Özçakar, L. (2025). Neuromusculoskeletal disorders in pregnancy revisited : Insights and clinical implications. *Joint Diseases and Related Surgery*, 36(3), 741–750. <https://doi.org/10.52312/jdrs.2025.2242>
- Yanti, Laila, A., & Rezeki, Y. T. (2019). Pengaruh penggunaan breastfeeding

pillow terhadap musculoskeletal disorder (MSDs) pada ibu di puskesmas rawat inap Sidomulyo Pekanbaru tahun 2019. *Jurnal Ibu Dan Anak*, 7(November), 131–135.
<https://journal.unnes.ac.id/sju/index.php/jhealthedu/article/view/18827/8959>

Yılmaz, S., Calikoglu, E. O., & Kosan, Z. (2019). Neck muscles responses to cradle, cross cradle, and football breastfeeding hold position in nursing mothers : A preliminary study. *Nigerian Journal of Clinical Practice*, 22, 1070–1077.
<https://doi.org/10.4103/njcp.njcp>

Zhou, B., Liang, R., Zhang, J., Li, X., Broach, Z., & Yip, J. (2024). Posture Monitoring During Breastfeeding: Smart Underwear Integrated with an Accelerometer and Flexible Sensors. *Sensors*, 24(23), 1–16.
<https://doi.org/10.3390/s24237641>

Zhou, J., Xie, S., Xu, S., Zhang, Y., Li, Y., Sun, Q., Zhang, J., & Zhao, T. (2024). From pain to progress: comprehensive analysis of musculoskeletal disorders. *Journal of Pain Research*, 17(October), 3455–3472.
<https://doi.org/10.2147/JPR.S488133>

