

ABSTRACT

Background: *Quality of life is important to achieve the best performance of mothers. Maternal quality of life is measured by WHOQOL-BREF standards, MQLI (Quality of Life Multicultural), SF-36 (Short-36), or MGI (Mother Generated Index). One factor that affects the maternal quality of life is breastfeeding. The practice of breastfeeding is the mother who is breastfeeding (only given breast milk) and the mother who is not breastfeeding (with formula milk) as well as seeing the length of breastfeeding time for 2-4 months, up to 6 months, and more than 6 months.* **Method:** *This literature review has research question with PICO standard namely "What is the correlation between the practice of breastfeeding and the quality of life of mothers?". 466 literatures were obtained from the SCOPUS, Proquest, Google Scholar, PubMed and EBSCOhost databases. Literature screening was done by looking at the inclusion and exclusion criteria that have been set so that 10 literatures will be reviewed.* **Results:** *Most of the literature reports that mothers who breastfeed and continue to breastfeed even though only a month has a better quality of life than mothers who did not breastfeed. Good maternal quality of life can optimize the health and well-being of the mother and child. One study said that breastfeeding causes a decrease in the maternal quality of life, as well as several other studies that found no significant correlation between breastfeeding practices and maternal quality of life.* **Conclusion:** *Mothers who breastfeed and choose to continue breastfeeding longer show a better quality of life compared to mothers who did not breastfeed their children. This result can be used as a reference for the health policy to promote breastfeeding and quality of life.*

Keywords: *breastfeeding, maternal quality of life, literature review*