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**DIFFERENCES OF BREAST CARE ACTION AND CONSUMPTION
PAPAYA FRUIT (CARICA PAPAYA) ON IMPROVING THE VOLUME
OF MILK PRODUCTION AT THE MAIN CLINIC OF UTAMA SUKO
ASIH SUKOHARJO**

ABSTRACT

Background; *The phenomenon that occurs in the post partum mother starts feeding less than one hour (IMD) is 34.5 percent which causes the mother less than the maximum in breastfeeding the baby. Breastfeeding is not always going easy, some mothers will experience breastfeeding problems. To avoid this problem breast care can be done. Food factors also influence the smooth production of ASI. Papaya fruit is a fruit that contains Laktagogum, an alternative medicine used to facilitate the production of ASI.* **Purpose;** *To know the different effects of breast care and consumption papaya fruit on increasing ASI production volume at the Clinic of Utama Suko Asih Sukoharjo.* **Method;** *This type of research is quantitative with experimental quasy design and two group design pre-post test. A sample of 30 respondents was divided into 2 groups. The sampling technique uses purposive sampling with observation sheets. Data analysis using Wilcoxon Test and Man Whitney Test different test for difference.* **Result;** *Wilcoxon test results were 0,000 in the intervention group and 0.001 in the control group and the Man Whitney Test showed no significant / significant difference with $p > 0.05$ value of 0.405.* **Conclusion;** *From the results of the analysis it can be concluded that there is no significant / significant difference between the actions of breast care and consumption of papaya fruit, both of which are equally effective in increasing ASI production.*

Keywords: *Production Volume of ASI, Breast Care, Consumption Papaya Fruit*