

**INCREASED KNOWLEDGE OF OXYTOCIN MASSAGE AND MARMET  
RECHNIQUE**

**FOR POST PARTUM MATERNAL BREASTFEEDING**

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**ESSENCE**

*Oxytocin massage and guinea marmet technique are useful for increasing the smoothness of breast milk. This massage provides comfort to the mother after childbirth. The target of achieving national exclusive breast feeding around 80%, while the target of achieving exclusive breast feeding in Central Java is around 50%. If the post partum mother is given stimulation in the form of oxytocin massage and guinea marmet technique regularly, it will be able to help accelerate milk production. Oxytocin massage and marmet technique are carried out from day 1 to day 3 after the baby is born. Done once a day for 10 minutes. One medium that can be use to provide information is video. Videos are used to increase knowledge because videos provide information by clearly practicing massage. It can be concludes that video media can provide information to increase knowledge about increasing breast feeding in post partum mothers.*

**Keywords :** *Oxytocin massage and the marmet technique, postpartum mothers, milk production, video*