

# OXYTOSIN MASSAGE AS AN EFFORT TO EXPRESS BREAST MILK IN MOTHER'S POST PARTUM

**Linda Windiani**

Diploma III of Health Sciences Faculty of Health Sciences Diploma III Study

Programme 'Aisyiyah University Surakarta

Email: [lindawindiani@gmail.com](mailto:lindawindiani@gmail.com)

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## ABSTRACT

**Background** : Oxytocin massage is a form of therapy to increase the smooth production of breast milk. This massage gives a feeling of comfort to the mother after giving birth. The target for achieving national exclusive breastfeeding is 55.7%, while the target for achieving exclusive breastfeeding in Central Java is around 61,60%. If post partum mothers are given oxytocin massage routinely eating will be able to help out milk. Oxytocin massage is carried out from day 1 to day 3 after the baby is born, done once a day for 10 minutes.

**Methods** : The application of oxytosin massage as an effort to improve the fluency of breast milk in post partum mothers by providing oxytocin massage steps using booklet media. This method is effective to use because there are already proven research journals. **Result** : Booklet media can be used with the aim of increasing knowledge, because booklet media contains clear and specific information. **Conclusion** : The Booklet media can provide information to increase the knowledge of mothers who are experiencing problems in breastfeeding ang their families about the importance of oxytocin massage to facilitate the release of breast milk.

**Keywords** : *Oxytocin Massage, The Mother of Post Partum, Breast Milk Production, Booklets*