

**APPLICATION OF MARMET TECHNIQUES TOWARDS THE  
CURRENCY OF BREAST MILK IN POST PARTUM MOTHERS IN  
GEDANGAN SHARE, BOYOLALI REGENCY**

Anisa Nurul Alfianti<sup>1</sup>, Anjar Nurrohmah<sup>2</sup>  
[anisa260701@gmail.com](mailto:anisa260701@gmail.com)  
Universitas 'Aisyiyah Surakarta

**ABSTRACT**

**Background:** The post partum period is a period in which the mother starts from the day of birth until 6 weeks after birth, at this time the mother is obliged to give breast milk to the baby. WHO data shows that 46% of post partum mothers do not give exclusive breastfeeding for the first 6 months because of problems with breastfeeding. The problem of failure to exclusively breastfeed babies that needs to be considered is that mothers who experience breastfeeding are not smooth. Efforts that can be made to increase the smoothness of breastfeeding can be with maternal breast care such as the Marmet Technique. **Objective:** To find out the results of the application of the marmet technique on the smoothness of breastfeeding in post partum mothers in Gedangan Village, Boyolali Regency. **Methods:** This type of research is descriptive in the form of a case study. **Results:** The smooth expulsion of breast milk before the application of the marmet technique on Ny.I got a score of 4 and Ny.S got a score of 5 which indicates breastfeeding is smooth but lacking. The smooth expulsion of breast milk after the marmet technique was carried out on the first respondent, Mrs. I, got a score of 6 and the second respondent, Mrs. S, got a score of 7, both respondents showed that breastfeeding was smooth. There was a change in the smooth flow of breast milk in both respondents after the application of the marmet technique or increasing breast milk. **Conclusion:** There was a change in the smooth flow of breast milk before and after the marmet technique was carried out on both respondents of post partum mothers.

**Keywords:** Post Partum, Breastfeeding, Marmet Technique