

**APPLICATION OF THE SPEOS TECHNIQUE (ENDORPHIN,  
OXYTOCIN, AND SUGESTIVE MASSAGE STIMULATION) TO  
INCREASING BREAST MILK PRODUCTION IN POST MOTHERS  
PARTUM IN KEBAKKRAMAT DISTRICT  
KARANGANYAR DISTRICT**

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**ABSTRAK**

**Background:** the percentage of exclusive breastfeeding in Karanganyar district has only reached 64.1%. This figure is low when compared to the percentage achieved by other districts such as Purworejo, Temanggung, Cilacap and Klaten with coverage above 80%. Based on the phenomenon, it was found that many mothers were hampered in breastfeeding on the first day due to the ineffectiveness of breastfeeding, therefore they had to get immediate treatment. One treatment to increase milk production is the SPEOS Technique (Endorphin, Oxytocin, and Suggestive Massage Stimulation). **Purpose:** Describe the results of the implementation before and after the application of the SPEOS method (Stimulation of Endorphin, Oxytocin, Suggestive Massage) on increasing milk production in post partum mothers. **Methods:** This study used a descriptive case study by observing 2 post partum mother respondents who were given the implementation of the SPEOS technique which was carried out for 3 meetings in 1 day and was carried out for 3 days. **Results:** After implementing the SPEOS technique, there was an increase in breast milk production. **Conclusion:** The application of the SPEOS technique can increase milk production in post partum mothers.

**Keywords:** SPEOS Technique, Increased Breast Milk, SPEOS Massage (Endorphin, Oxytocin and Suggestive Massage Stimulation)