

**THE INFLUENCE OF OKETANI MASSAGE IN PREVENTING ASI DAMS
IN POSTPARTUM MOTHERS AT PKU MUHAMMADIYAH
KARANGANYAR HOSPITAL**

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ABSTRACT

Background: The role of midwives in supporting exclusive breastfeeding is to teach breastfeeding mothers how to care for their breasts properly which aims to improve the mother's blood circulation and prevent breast milk from forming. One of the breast care methods is oketani massage, a breast care method that does not cause pain and can stimulate pectoralis muscle strength to increase milk production and make the breasts soft and elastic. **Objective:** To determine the effect of oketani massage in preventing breast milk engorgement in postpartum mothers. **Methods:** The study used a quasi-experimental method with a post test only design with a control group. The number of samples is 40 respondents (treatment and control groups) with consecutive sampling technique. In the treatment group, oketani massage was performed once a day for five days within 15 minutes. While the control group was not given any treatment. On the sixth day, observations were made in both groups. **Results:** Postpartum mothers who were treated with oketani massage, all respondents 100% did not have breast milk retention. Whereas in the control group who were given health education about breast care, 45% of the respondents experienced breast milk retention. The results of the analysis using the Mann Whitney test, $p = 0.001$ with a significance level of $p < 0.05$. **Conclusion:** Giving oketani massage has an effect on preventing breast milk retention in postpartum mothers.

Keywords : Breast care, ASI Dam, Oketani Massage