

**THE EFFECT OF SOY MILK FEEDING ON SMOOTH MILK  
PRODUCTION IN POSTPARTUM MOTHERS IN THE  
WORKING AREA OF KALIASIN HEALTH  
CENTER SOUTH LAMPUNG**

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**ABSTRACT**

**Background:** The World Health Organization (WHO) recommends exclusive breastfeeding starting after 1 hour of birth until the age of 6 months. In Indonesia, the coverage of exclusive breastfeeding in 2022 is 67.96%. Factors that affect breast milk production are the diet, hormones, age, parity and sex of the baby. Breast milk that does not flow or mothers feel anxious and avoid breastfeeding their babies so that it has an impact on the lack of stimulation in the breasts, which can affect the decrease in the production and performance of the hormones oxytocin and prolactin. One way to increase breast milk production is to consume foods that contain a lot of protein such as soy milk. Content In soy milk there are isoflavones, alkaloids, polyphenols, steroids, and other substances that stimulate the hormones oxytocin and prolactin which are effective in increasing and facilitating breast milk production. **Purpose:** this study is to determine the effect of soy milk on the smooth production of breast milk in puerperal mothers. **Method:** This study used a pre-experimental design with one group pretest-posttest design. This research is located in the Working Area of the Kaliasin Health Center South Lampung from April to May 2024. The sampling method is by random sampling technique and the number of respondents is 23 respondents. **Results:** The majority of the research analysis before being given soy milk was not smooth as many as 19 respondents (82.6%) and after being given soy milk, the majority of smooth milk production was smooth as many as 18 respondents (78.3%). Analysis with the Wilcoxon test found that *Asymp.Sig (2-tailed)* was valued at  $0.000 < 0.05$ . **Conclusion:** There is an effect of soy milk on the smooth production of breast milk after soy milk is given in the Working Area of Kaliasin Health Center South Lampung

**Keywords:** Breast Milk, Postpartum Mother, Soy Milk