

**EFFECTS OF OXYTOCIN MASSAGE WITH LAVENDER OIL TO
BREASTMILK FLOW IN POSTPARTUM MOTHERS AT
KARTIKA HUSADA HOSPITAL**

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ABSTRACT

Background; A baby's growth and development are aided by breast milk. Mother and baby health are both aided by the many nutrients included in breast milk. Hormones, nerves, and mechanical stimulation all interact to alter oxytocin release, which in turn affects breast milk production. When a woman doesn't know about non-pharmacological methods to boost her milk supply, it might be challenging to release breast milk production. Combining aromatherapy techniques, such as applying lavender oil, with oxytocin massage might enhance milk production. There is a relaxing effect of inhaling lavender oil, and there is an instantaneous release of oxytocin from the hypothalamus in the posterior pituitary after applying lavender oil to the spine via neurotransmitters activate the medulla oblongata. **The Objective Of The Research;** To ascertain the impact of oxytocin oil massage on postpartum moms' flow of breast milk at Kartika Husada Hospital. **Methods;** This study is quantitative in nature and employs a pretest-posttest methodology with a single group and no control design. This study, which was conducted in the postpartum department at Kartika Husada Hospital Kubu Raya between Mei and June 2024, included a sample of 20 individuals. **Result;** According to this study, giving postpartum moms an oxytocin massage intervention with lavender oil had a major impact. Based on a Wilcoxon test analysis of the data, it can be shown that the significance threshold reached by the $P\text{-Value} = 0.000 < 0.05$. **Summary;** According to this research, postpartum mothers' milk production is greatly influenced by administering an oxytocin massage infused with lavender oil.

Keywords: ASI, Lavender Oil, Oxytocin Massage