

THE INFLUENCE OF OXYTOCIN MASSAGE WITH MUROTTAL AL-QUR'AN ON BREAST MILK PRODUCTION IN PUBLIC WOMEN AT THE HULU GURUNG HEALTH CENTER, KAPUAS HULU DISTRICT

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ABSTRACT

Background: Breast milk (ASI) is a food essence with perfect nutritional content and has a formulation that is suitable for baby consumption. Breast milk production which decreases within a few days after the birth of a child can be due to low stimulation of the hormones oxytocin and prolactin. One way to increase breast milk production in a sustainable manner is oxytocin massage with Murottal Al-Qur'an, where this oxytocin massage can maximize the production and sustainability of the breast milk process, while murottal Al-Quran can help relax and heal body cell problems so that it can help produce breast milk calmly. **Objective:** To determine the effect of oxytocin massage with Murottal Al-Qur'an on breast milk production in postpartum mothers at the Hulu Gurung Community Health Center, Kapuas Hulu Regency. **Method:** The research design uses a "Two Group Pre-Post Test design, with a sample of 18 postpartum mothers in the treatment group and 18 postpartum mothers in the control group, using observational and analysis using independent sample t-test. **Results:** before being given oxytocin massage with murottal Al-Qur'an, the minimum breast milk production was 5cc and the maximum breast milk production was 12cc. After oxytocin massage with murottal al-Qur'an, breast milk production increased with a minimum amount of breast milk production of 14cc and a maximum amount of breast milk production of 34cc, with value $p= 0.00$ **Conclusion:** There is an effect of Oxytocin Massage with Murottal Al-Qur'an on breast milk production in postpartum mothers at the Hulu Gurung Community Health Center, Kapuas Hulu Regency.

Keywords: Oxytocin Massage, Murottal AL-QUR'AN, Breast Milk Production, Postpartum

