APPLICATION OF OXYTOCIN MASSAGE TO IMPROVE PRODUCTION OF POSTPARTUM MOTHERS AT BPM UMROH SUKOHARJO

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ABSTRACT

Background: The coverage of exclusive breastfeeding in Central Java in 2017 was 54.4%. Sukoharjo Regency in 2017 exclusive breastfeeding coverage was 41%. Support can be given to nursing mothers, among others, trying to keep the mother in a relaxed state and stimulation of oxytocin hormone expenditure by oxytocin massage. Objective: To find out the results of the implementation of the application of oxytocin massage to increase milk production of breastfeeding mothers in Sukoharjo BPM Umrah. Method: This writing illustrates the results of the implementation of the application of oxytocin massage to nursing mothers for 3 days with a duration of 15 minutes. Results: Observations after the application of oxytocin massage to the two ASI respondents came out and increased the following day. Conclusion: Massage oxytocin can increase milk production.

Keywords: post partum mother, oxytocin massage, breast milk

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