

**ABSTRACT**

<b>Nirma Wahyu Widiana</b> <b>B2015079</b> <b>Nursing Diploma Study Programme</b>	<b>Consellor:</b> <b>1. Annisa Andriyani, M.PH</b> <b>2. Sri Hartutik, S.Kep. Ns, M.kes</b>
<b><i>THE APPLICATION OF OXYTOCIN MASSAGE AND MARMET TECHNIQUES TO INCREASE THE PRODUCTION OF BREAST MILK OF POSTPARTUM MOTHER IN THE REGION OF BANYUANYAR</i></b>	
<b>ABSTRACT</b>  <b>Background:</b> Post partum or commonly called as <i>nifas</i> in postpartum. The period in which the mother's body performs postpartum adaptation, including changes in the condition of the pregnant woman's body back to the condition before pregnancy. Major changes occur in terms of physical changes, emotions, and psychological conditions of the mother. The characteristics there are the breast tighten, pain, the breast milk does not come out, and breast swelling. The administration of marmet and oxytocin techniques affects the production of breast milk of postpartum mother that can be achieved by all treatment respondents. In some postpartum mothers, there may be obstacles of breastfeeding expenditure on the first day after labor so that there is a change of behavior in the community, especially mothers who tend to refuse breastfeeding their own baby and prefer to use formula milk for the reason that the production of her breast milk is only little or does not out. <b>Objective:</b> To increase the breast milk production in post partum mother <b>Method:</b> The research used case study with interview and observation method. <b>Results:</b> baby Ny. A get enough breast milk with indicator Baby BAK 6-7, Suckling frequency 8-11 times a day, Baby fall asleep 2-3 hours after suckling. on Ny. B infants get enough breast milk with indicator BAK 8 times, breastfeeding frequency 8-12 times a day, Baby sleeping 2-3 hours after suckling. <b>Conclusion;</b> The breast milk goes out smoothly for 3 days and the baby gets enough breast milk.  <i>Keywords: Post Partum, Exclusive Breast Milk, Oxytocin Massage, Marmet Technique</i>	