

## **THE APPLICATION OF MARMET TECHNIQUE TO THE BREAST MILK PRODUCTION AT POST PARTUM**

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### **ABSTRACT**

**Background;** *Post partum is a period of recovery begins after labor. Post partum mothers often breast milk their babies. Breast milk given often experiences non-fluency. One of the non-pharmacological management to launch breast milk that can be done by nurses namely by marmet technique.***Purpose :** *To describe the results of implementation of the application of marmet techniques to breast milk production at post partum.***Method :***The research uses a descriptive method and the results are included in the observation sheet.***Results :** *After being given marmet technique of the post partum. There is breast milk production in both respondent. Ny. J breast milk smoothly on the second day with baby indicator : urinating 24 hours at a minimum 6-8 times, clear yellow, baby sleeping/ calm for 2-3 hours and the mother's indicator : mother's milk comes out of the nipple. Ny.S breast milk smoothly on the second day with baby indicator : urinating 24 hours at a minimum 6-8 times, clear yellow, baby sleeping/ calm for 2-3 hours and the mother's indicator : mother's milk comes out of the nipple. **Conclusion :** The influence of breast milk production after being given marmet technique in post partum mothers.*

**Keywords;** *Post Partum, Breast milk, Technique Marmet*