

***EFFECT OF AKRUPRESSURE AT POINT ST 15, ST 16, LI 4  
ON BREAST MILK PRODUCTION IN DAY 3 POSTPARTUM MOTHERS  
AT PMB SITI MARYAM'S HOUSE***

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***ABSTRACK***

*Giving acupressure therapy at points ST 15, ST 16 and LI 4 can increase breast milk production because it affects the process of stimulating the prolactin hormone. Based on the results of a preliminary survey by conducting interviews with postpartum women 6 hours post partum to day 3, in 10 postpartum women there were 9 postpartum women who said there was no discharge in postpartum breast milk, 1 postpartum woman said there was swelling in the breast and the mother did not know the acupressure technique. The purpose of this study was to determine the effect of acupressure at points ST 15, ST 16, LI 4 on breast milk production in postpartum women on day 3 at PMB Siti Maryam's house. Type of research Quantitative. Quasi experimental research design, post test control group research design and consecutive sampling technique with federer formula. Sample 32 people, 16 control groups and 16 treatment groups. Data processing and analysis with SPSS application with Mann- Withney test. The results of the mann-whitney test output obtained a p value of 0.000 (<0.05). The postpartum mothers' treatment group produced more breast milk than the non-treatment group. The conclusion is that there is an effect of acupressure at points ST 15, ST 16, LI 4 on breast milk production in postpartum women. Midwives can apply acupressure at points ST 15, ST 16, LI 4 to postpartum women to increase breast milk production.*

***Keywords : Acupressure, Breast Milk Production, Postpartum Mother***