

**EFFECT OF OXYTOCIN MASSAGE USING LAVENDER
AROMATHERAPY OIL ON POSTPARTUM
BREAST MILK PRODUCTION**

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ABSTRACT

Background: Mother's Milk (ASI) is nutrition for babies which is important especially in the first month of life, in Indonesia exclusive breastfeeding is as much as 66.1% where this figure is still below the expected target, exclusive breastfeeding is not achieved one of which is due to expenditure Breastfeeding that is not smooth in early postpartum. One way to overcome the problem of breast milk production is to do an oxytocin massage using lavender aromatherapy oil. **Objective:** To determine the effect of oxytocin massage using lavender aromatherapy oil on the production of breast milk in postpartum mothers. **Methods:** The type of research used in this research is Quasi-Experimental with Pre-Post Test With Nonequivalent Control Group. With the sample technique used purposive sampling with a total sample of 31 respondents, divided into two groups, namely 15 intervention groups and 15 control groups. **Results:** Statistical test results using the Mann-Whitney Sig (2-tailed) = 0.006 <0.05 There is a significant difference in the average milk production between the treatment group and the control group. **Conclusion:** There is an effect of oxytocin massage using lavender aromatherapy oil on the milk production of postpartum mothers.

Keywords : Breast milk production, oxytocin massage, lavender aromatherapy.