

**THE INFLUENCE OF OKETANI MASSAGE ON BREAST MILK
PRODUCTION IN POSTPARTUM WOMEN IN THE ADAS MANIS ROOM
RSUD PANDAN ARANG BOYOLALI**

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ABSTRACT

Background; Breast milk participates in cognitive, sensory, motor development and provides protection against infections and chronic diseases. There are also other factors that cause little breast milk production, including hormonal factors (prolactin and oxytocin), psychological condition, breast care, frequency of breastfeeding, breast milk dams and nipple problems. One of the efforts to help smooth breastfeeding is by breast care that is Oketani massage. **Objective;** To find out the results of the implementation of Oketani massage on breast milk production in postpartum women in the Adas Manis Room, Pandan Arang Boyolali Hospital. **Method;** The implementation of this oketani massage uses a case study method, carried out on 2 respondents Mrs. K and Mrs. F with the problem of ineffective breastfeeding related to the ineffectiveness of breast milk supply. **Results;** The results showed that the average breast milk production measured an intervention for 5 visits and a duration of application of 10 minutes, before the oketani massage, breast milk production was <100 cc and after the oketani massage, breast milk production became ≥ 100 cc. **Conclusion;** Oketani massage has an effect on breast milk production in postpartum women in the Adas Manis Room of Pandan Arang Boyolali Hospital.

Keywords: Postpartum women; Oketani massage; breast milk production.