

The Effect of Lactation Massage on Breast Milk Production in Postpartum Mothers at The PAMC Garut Clinic

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Abstract: Mother's Breast milk is the best food for babies. Stage I breast milk starts from the first day to the fourth day which is colostrum. Colostrum is very important for the baby's body defense because colostrum is the first immunization for babies. Ideally, the breastfeeding process can be done as soon as the baby is born. However, the reality in the field shows that the production and ejection of breast milk is small in the first days, so that many mothers experience ineffectiveness in the breastfeeding process, which becomes an obstacle, namely low milk production. Lactation massage is a massage to stimulate the release of breast milk. Lactation massage can provide a feeling of comfort to post-partum mothers by providing a gentle touch to the mother through lactation massage which can stimulate the oxytocin reflex which can increase breast milk production. The aim of this study was to determine the effect of lactation massage on accelerating breast milk production in post-partum mothers. This research uses a qualitative method with a case study approach. The instrument that will be used in this research is an observation sheet to determine the acceleration of breast milk production by respondents. When compared to those who did not receive a massage for longer than two days, the respondent who received a massage produced more breast milk. Postpartum mothers are advised to use this technique to produce more breast milk.

Keywords: Breast Milk Production, Lactation Massage, Post Partum Mothers

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Introduction

Breastfeeding is a crucial activity in childcare and preparation for future generations. Studies have shown that breastfeeding within the first hour after birth can save 1.3 million lives worldwide and reduce the Maternal Mortality Rate (MMR) by 22%. According to UNICEF, exclusive breastfeeding for the first 6 months without any additional food or drink can prevent approximately 30,000 maternal deaths and 10 million under-five deaths annually (Hadi et al., 2021; Relationship et al., 2022; World Health Organization (WHO), 2023, 2024). However, only 36% of infants in Indonesia were exclusively breastfed within the first 24 hours. Nutritional status monitoring data in

Indonesia in 2017 revealed that exclusive breastfeeding coverage for the first 6 months was still very low at 35%, far from the 50% target set by WHO and the Ministry of Health in 2019 (Ahmad et al., 2018; Gayatri, 2021; N et al., 2023; Prasetyo et al., 2023).

Early breastfeeding is critical for successful exclusive breastfeeding. Breastfeeding within the first 3 minutes after birth is essential. However, issues such as low milk production and ejection in the initial days post-birth pose challenges. Factors affecting milk production and release include breast care, parity, stress, fatigue, and nutritional intake (Feldman-winter et al., 2020; Raihana et al., 2021). Research by Ningsih et al., (2022) indicated that infants not breastfed early and

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continuously could experience reduced milk production.

One effective method to enhance milk production is through massage, a form of touch therapy that stimulates the release of endorphins, natural pain relievers that promote comfort. Hartono et al. (2016) demonstrated that endorphin massage significantly increased milk volume in postpartum mothers. Support from midwives and families in practicing lactation massage is crucial for the success of exclusive breastfeeding (Azizah & Ambarika, 2022; Yusnaini & Zahri, 2023).

A preliminary study conducted at Posyandu Dahlia 4 found that 9 out of 16 postpartum mothers with infants under 6 months experienced low milk production in the first week, leading to anxiety and discomfort. This study aims to investigate the effect of lactation massage on milk production in postpartum mothers at the PAMC Garut Clinic.

Method

This case study utilized a qualitative method with a case study approach, focusing on postpartum mothers at their homes. The inclusion criteria were normal postpartum mothers on days 1 to 7. The research was conducted at the Al-Ulfah PAMC Clinic from February to March 2023. Data collection tools included interview guides and observation sheets for postpartum mothers.

Result and Discussion

Many lactation massages have been proven to influence increasing breast milk production, but complementary lactation massage has also been proven to stimulate more breast milk production. Complementary lactation massage does not only massage the spine area, but is combined with effleurage (rubbing), petrissage (knocking), tapotement (hitting), friction (vibrating) massage so that postpartum mothers feel more comfortable. Herlina & Handayani (2023) The effleurage technique can reduce the pain of uterine involution contractions by stimulating tactile fibers which have a relaxing effect on the muscles so that abdominal muscle spasm is reduced and can have a distraction effect.

The first respondent, namely Mrs. W found the results of the postpartum/postpartum maternal examination that the mother wanted to breastfeed her baby but was afraid because her breast milk had not yet come out. Researchers provide education and provide lactation massage to mothers and families to facilitate breast milk production. Furthermore, researchers taught lactation massage to families so that they could continue it at home, such as research conducted by Kusbandiyah et al., (2020), in his research on the effect of postnatal

massage on the involution and lactation processes during the postpartum period. As well as research Wahyuningsih et al., (2022), that oxytocin massage carried out by the husband increases the acceleration of breast milk production 2 days postpartum. Family support and motivation can reduce the stress of childbirth and increase relaxation.

Observation results show that in <2 days breast milk production is 100%. This is in accordance with research conducted by Sinaga & Mufdlilah (2023), back massage and acceleration of breast milk production in post-partum mothers who received back massage got 100% milk production on day 2. On the second and third visits the mother was able to breastfeed well., the mother feels comfortable breastfeeding her baby. Massage therapy is part of complementary therapy to increase relaxation in the body.

Complementary massage therapy for postpartum mothers aims to increase breast milk production. So that babies whose mothers receive lactation massage intervention are more likely to receive exclusive breast milk. Meanwhile, the second respondent, Mrs. E, had the same complaint, namely that the mother wanted to breastfeed her baby, but the mother's breast milk had not yet come in, but the researcher did not provide lactation massage intervention. Mrs. E was given counseling to consume more foods that can increase breast milk such as green vegetables, whole wheat, oats, nuts, fish and eggs. The results of the observations showed that the mother decided to give her child formula milk on the first and second days. On the second visit, it was found that the mother's breast milk was starting to come out, but it was still a little and the mother was still giving formula milk. Whereas. At the third visit, the mother can breastfeed the baby with breast milk, although sometimes she is still assisted with formula milk. This is in accordance with research conducted by Sinaga & Mufdlilah (2023), back massage and acceleration of breast milk production in post-partum mothers who did not receive back massage, 60% of breast milk was released on day 3. In this case we can suggest to respondents to do a lactation massage to facilitate breast milk. So that babies are more likely to get exclusive breast milk.

This research shows that breast milk production and smooth breastfeeding are more easily successful with the lactation massage method. On day 2, the breast milk of respondents who underwent lactation massage intervention was 100%. Meanwhile, only 60% of respondents who did not receive breast milk expenditure interventions were 60%. So, the mother gives formula milk to help meet her baby's needs. This is in accordance with Azizah & Ambarika (2022) and Yusnaini & Zahri (2023), which found that the effect of

endorphin massage on prolactin hormone levels and breast milk volume is very significant.

Conclusion

Regular implementation of lactation massage, especially among primiparous postpartum mothers, can address early breastfeeding challenges such as low milk volume and irregular production. This practice can prevent early formula feeding, thereby increasing the rate of breastfeeding within the first hour of birth and achieving exclusive breastfeeding for 6 months.

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