

THE EFFECT OF A COMBINATION OF OXYTOCIN MASSAGE, LACTATION MASSAGE AND ACUPRESSURE ON POSTPARTUM MOTHER'S MILK PRODUCTION 0-3 DAYS

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Abstract

According to the Jakarta Provincial Health Office report of 2023, the exclusive breastfeeding coverage in DKI Jakarta province was 50.11% in 2022. In South Jakarta, the exclusive breastfeeding coverage rate was 50.32% in the same year. Although these coverage rates are already significant, there are still many mothers who do not exclusively breastfed their children. One of the reasons for the failure of exclusive breastfeeding is the delay in breast milk production during the first three days after delivery, leading mothers and families to resort to formula milk. (Aprilianti, 2019) The objective of this study is to determine the effects of a combination of oxytocin massage, lactation massage, and acupressure on breast milk production in postpartum mothers within 0-3 days of delivery at TPMB Yevi Yesevi, AMd., located in the South Jakarta District in December 2023. The research aims to provide knowledge and insights to the public regarding massage techniques that can increase breast milk production. Quantitative research methods were employed in this study, using a pre-experimental design and the one-group pretest and posttest technique. The population for this research consisted of postpartum mothers within 0-3 days of delivery at TPMB Yevi Yesevi, AMd.Keb. A non-probability sampling procedure with purposive sampling technique was utilized, resulting in a sample size of 30 respondents. Data analysis involved univariate and bivariate analysis using the Wilcoxon Test. The results of the pretest showed a mean of 0.61, a median of 0.35, and a standard deviation of 0.6502. On the posttest, the results showed a mean, median, and standard deviation of 2.6, 2.60, and 1.3564, respectively. The Wilcoxon test analysis revealed a Z value of -4.579 and an asymptotic value of significance (2-tailed) of 0.000, which is smaller than the alpha level of 5% (0.05). Hence, H_a is accepted, and H_0 is rejected. Therefore, it can be concluded that there is a significant influence of the combined action of oxytocin massage, lactation massage, and acupressure on breast milk production in postpartum mothers within 0-3 days.

Keywords: Breast Milk Production, Oxytocin Massage, Lactation Massage, Acupressure

Introduction

Based on Government Regulation Number 33 of 2012 concerning the Provision of Exclusive Breast Milk, breast milk, hereinafter abbreviated as ASI, is the fluid produced by the secretion of the mother's breast glands. And exclusive breastfeeding is breast milk that is given to babies from birth for six months, without adding and/or replacing it with other foods or drinks except medicines, vitamins and minerals. (Republic of Indonesia, 2012)

Breast milk contains colostrum which is rich in antibodies because it contains high amounts of protein for the body's resistance and germ killer so that exclusive breastfeeding can reduce the risk of death in babies. Yellowish colostrum is produced from the first to the third day. On the fourth to tenth

day, breast milk contains less immunoglobulin, protein and lactose than colostrum but higher fat and calories with a whiter milk color. Apart from containing food substances, breast milk also contains absorbent substances in the form of its own enzymes which will not interfere with enzymes in the intestines (West Java Provincial Health Service, 2021).

Breast milk (breast milk) is a source of nutritional intake for newborn babies, where breast milk is exclusive because it is given to babies aged 0 months to 6 months. (Indonesian Ministry of Health, 2022).

Based on the Indonesian Health Profile, the coverage of babies receiving exclusive breastfeeding in Indonesia in 2021 is 56.9%, which has exceeded the program target for 2021, namely 40%. The highest percentage of exclusive breastfeeding coverage is in West Nusa Tenggara Province (82.4%), while the lowest percentage is in Maluku Province (13.0). (Indonesian Ministry of Health, 2022).

Additionally, based on (Jakarta Provincial Health Service, 2023) Exclusive breastfeeding coverage in DKI Jakarta province in 2022 is 50.11% and exclusive breastfeeding coverage in South Jakarta in 2022 is 50.32%.

And according to the Maternal and Child Health Profile, data trends in the 2020-2022 period show an increase in the percentage of children aged 0-23 months who have been and are still being breastfed in Indonesia, in 2020 the percentage is known to be 75.68%, in 2021 (77, 01%) and 2022 (77.41%). Apart from that, the percentage of children aged 0-5 months who received exclusive breastfeeding from 2020-2022 also increased, namely in 2020 the percentage was 69.62%, in 2021 (71.58%), and in 2022 it increased to 72.04 % (Central Statistics Agency, 2022).

Even though the indicator trend has continued to increase in the last three years, the achievement of indicators related to exclusive breastfeeding still needs to be improved, therefore we must have knowledge regarding breastfeeding to maintain and improve these indicators, one way is that we must know several factors that influence breastfeeding/ lactation.

Lactation is the production and release of breast milk, for which the prospective mother must be ready both psychologically and physically. If lactation is good then the baby is healthy enough to breastfeed. Lactation is the entire breastfeeding process starting from the production of breast milk to the process of the baby sucking and swallowing the breast milk. Breast milk production is adjusted to the baby's needs, breast milk volume is 500 – 800 ml/day (Lubis & Angraeni, 2021).

According to research conducted by(Rey & Sufriani, 2017) There are several factors related to the adequacy of breast milk, namely: maternal food intake, use, contraception, breast anatomy, rest, baby sucking, medication, breast care, and mental peace. One way to make the mother feel calm is to do a massage, because massaging certain parts of the body will have a positive impact on the mother's state of mind and body, providing a calming effect, normalizing blood circulation and increasing breast milk supply, and massage can also be done when the breasts are swollen or not smooth(Dewi, 2018).

Apart from that, massage for post partum mothers can speed up one set of lactation. The onset of lactation is the initial period for increasing milk supply until the first milk comes out, which is indicated by the breasts feeling hard, heavy, swollen until milk or colostrum comes out. It is said that the onset of lactation is fast if breast milk comes out in ≤ 72 hours. Generally, breast milk comes out on the 2nd or 3rd day after delivery. Late onset of lactation has a smaller chance of being able to breastfeed exclusively for 6 months. This can be one of the factors in the failure to implement exclusive breastfeeding, which often occurs in the early period after delivery because breast milk has not yet come out, which is the reason why mothers give formula milk. Providing prelacteal food or drink is giving food or drink to a newborn before breast milk comes in (in other words, before giving breast milk), usually done within the first 3 days. (Aprilianti, 2019).

There are several types of massage to increase breast milk production, including oxytocin massage and lactation massage. Oxytocin massage is useful for helping mothers psychologically, providing calm, reducing stress and increasing self-confidence and positive thinking about one's ability to provide breast milk, facilitate the release of breast milk, and help the uterine involution process. (Lubis & Angraeni, 2021).

According to research conducted by (Hidayah & Anggraini, 2023) There is an influence of oxytocin massage on breast milk production in mothers. BPM Noranita Kurniawati, Amd.Keb, Tugu Sumberejo Village, Jombang Regency, namely 93.8% of postpartum mothers who do oxytocin massage mostly have sufficient breast milk production, 56.2% of postpartum mothers who do not do massage oxytocin, there are 9 people who have sufficient breast milk production. The results of further statistical analysis concluded that there was a significant influence between oxytocin massage on breast milk production in postpartum mothers with a p value of 0.037.

Meanwhile, lactation massage calms the mind, relaxes the body, normalizes blood flow, overcomes engorgement, increases breast milk supply, is done for mothers who want to relax and prevent blockages in the milk ducts (Herlina et al., 2020, p. 45).

According to research conducted by (Nisa, 2021) There is an effect of lactation massage on breast milk production in post partum mothers which is carried out for 7 days, where they carry out the pretest on the 1st day and the posttest on the 7th day. In this study, the population reached was 120 postpartum mothers at BPM Meilisa Afty. With samples obtained from 35 respondents regarding breast milk production, data before lactation massage was found that all 35 people (<250 ml) had less breast milk production (100%) and after lactation massage it was found that the majority had sufficient breast milk production (250 – 400 ml). ml) as many as 25 people (71.4%). The average (mean) breast milk production before the intervention, namely lactation massage, was 45.29 ml and after the lactation massage was given, the average breast milk production was 246.57 ml. These results show that there is an increase in breast milk production of 201.28 ml. Standard deviation (SD) is the distribution of sample values in statistical analysis. The greater the SD value, the better the previous data. The standard deviation before the intervention was given was 19.439 and increased to 60.583 after the intervention was given, meaning that there was an increase in the amount of breast milk production of postpartum mothers after being given lactation massage.

Apart from that, to increase breast milk production, you can also apply the acupressure method. Acupressure is a non-invasive procedure to reduce or treat various types of diseases, tension pain and fatigue. This action involves pressing or massaging several acupoints, which function to provide a stimulus to the nerves of the breast glands to increase breast milk production. (Setyowati, 2018).

And based on the results of research conducted by (Ramadani et al., 2019) among 30 respondents with 15 in the intervention group and 15 in the control group, after research it was found that the average breast milk production in the intervention group had increased

significantly compared to the control group with the average breast milk production on day III of 11 out of 15 postpartum mothers having experienced an increase in breast milk production, while in the control group 6 out of 15 postpartum mothers experienced an increase in breast milk production. From the results of statistical tests between the intervention group and the control group using the Man Whitney test, the significance value was 0.004 ($p < 0.05$), so it was concluded that there was a significant difference in breast milk production between the intervention group and the control group. This proves that there is a significant effect of acupressure on increasing breast milk production in postpartum mothers at the Trismaliah Maternity Clinic, Laut Dendang Village, Medan Tembung District in 2019.

Based on the data above, researchers want to analyze the effect of a combination of oxytocin massage, lactation massage and acupressure on breast milk production in postpartum mothers 0-3 days.

Research Methods

This study used a pre-experimental research design with a one-group pretest-posttest design by examining the effect of a combination of oxytocin massage, lactation massage and acupressure on breast milk production in postpartum mothers 0-3 days. The independent variable in this study is a combination of oxytocin massage, lactation massage, and acupressure and the dependent variable in this study is breast milk production. The population used is postpartum mothers 0-3 days at TPMB Yevi Yesevi, AMd.Keb South Jakarta in December 2023.

This research used a non-probability sampling procedure with a purposive sampling technique of 30 respondents who met the criteria. Data analysis in this study used univariate analysis and bivariate analysis using the Wilcoxon test.

Result

Univariate Analysis

The following are the results of research on the effect of a combination of oxytocin massage, lactation massage and acupressure on breast milk production for postpartum mothers 0-3 days at TPMB Yevi Yesevi, AMd.Keb, South Jakarta in 2023.

Table 1.1 Frequency Distribution of Age, Education, Occupation, Parity and Postpartum Time for Post Partum Mothers 0-3 Days, TPMB Yevi Yesevi Patients Who Undergo a Combination of Oxytocin Massage, Lactation and Acupressure in December 2023

| Variable | Amount | Percentage |
|-------------------------|--------|------------|
| Age | | |
| <20 Years | 0 | 0 |
| 20-35 Years | 29 | 96.7 |
| >35 Years | 1 | 3.3 |
| Total | 30 | 100 |
| Education | | |
| Elementary/MI | 0 | 0 |
| SMP/MTS | 0 | 0 |
| SMA/SMK/MA | 8 | 26.7 |
| Higher Education | 22 | 73.3 |
| Total | 30 | 100 |
| Work | | |
| IRT | 14 | 46.7 |
| Private sector employee | 11 | 36.7 |
| Civil servants | 3 | 10 |
| Self-employed | 2 | 6.7 |
| Total | 30 | 100 |
| Parity | | |
| Primipara | 19 | 63.3 |
| Multiparous | 11 | 36.7 |
| Total | 30 | 100 |
| Postpartum Time | | |
| 0 Days | 7 | 23.3 |
| 1 day | 1 | 3.3 |
| 2 days | 4 | 13.3 |
| 3 days | 18 | 60 |
| Total | 30 | 100 |

Based on table 1.1, it can be concluded that out of 30 respondents, the majority were respondents aged 20-35 years, namely 29 people (96.7%).

The largest number of respondents with tertiary education was 22 people (73.3%), respondents who worked as Housewives (IRT), namely 14 people (46.7%), private employees 11 people (36.7%), Civil Servants (PNS). people (10%) and respondents who work as entrepreneurs amounted to 2 people (6.7%). There were 19 primipara respondents (63.3%), while there were 11 multipara respondents (36.7%). The largest number of respondents were post partum mothers on the 3rd day, namely 18 people (73.3%).

Table 1.2 Distribution of Postpartum Mother's Breast Milk Production Pre and Post Test Combination of Oxytocin Massage, Lactation and Acupressure

| Breast milk production | Mean | Median | Mode | Standard Deviation |
|------------------------|-------|--------|------|--------------------|
| Pretest | 0.617 | 0.350 | 0 | 0.6502 |
| Posttest | 2,643 | 2,600 | 2.5 | 1.3564 |

Based on table 1.2, it shows that breast milk production before massage shows an average value or mean (0.61) with a median (0.35), mode 0 and standard deviation (0.65). Meanwhile, after the massage, the average results were obtained (2.64) with median (2.60), mode (2.5) and standard deviation (1.35).

Bivariate Analysis

Table 1.3 Wilcoxon Test Combination of Oxytocin Massage, Lactation and Acupressure on Breast Milk Production

| Pretest-Posttest Breast Milk Production | Z | Asymp. Sig. (2-tailed) |
|---|---------|------------------------|
| | -4.784b | 0,000 |

Based on table1.3 From the results of the Wilcoxon signed test, the Z value was -4.579 and the asymp value was sig. (2-tailed) 0.000 is smaller than the alpha level of 5% (0.05) so it rejects H0, so the conclusion is that there is an effect before and after being given a combination of oxytocin massage, lactation massage and acupressure on breast milk production.

Discussion

The results showed that the respondents in this study were in the age range of 20-35 years, namely 29 people (96.7%). The age of 20 – 35 years is a healthy production period, where the physical and mental condition of the mother is in the best condition and is ready to breastfeed her baby, the development of the reproductive organs is perfect and mature so that she is ready to provide exclusive breast milk. Nursing mothers aged 22 years will produce more breast milk than those aged 35 years and over (Apreliasari & Risnawati, 2020). Because mothers aged 35 years and over are considered dangerous, this is because their reproductive organs and other body organs have decreased so the risk of complications in pregnancy, childbirth and breastfeeding is very high. (Sarowno Prawirohardjo, 2014 inLeiwakabessy & Azriani, 2020).

Apart from that, from this research it is known that of the 30 respondents, the parity of respondents with primiparous respondents was 19 people (63.3%) and multiparous respondents were 11 people (36.7%). Parity affects breast milk production, multiparous women have more prolactin receptors compared to primiparas. The amount of breast milk production in multiparous women tends to be greater when compared to primiparous women, although prolactin levels in multiparous and primiparous women tend to be the same on the fourth day post partum. (Azizah & Rosyidah, 2019).

This is because they have more knowledge and experience about the breastfeeding process so that lactation management will be carried out well. According to Soejtiningsih (1997) the psychological readiness of primiparas and multiparas is very different. A primipara feels more anxious

and unstable psychologically, this will affect the release of hormones that play a role in breast milk production. (Pranajaya et al, 2013 inLeiwakabessy & Azriani, 2020).

Based on the results of research from 30 respondents, the largest number of postpartum mother respondents on day 3 were 18 people (60%), postpartum mothers who were undergoing lactogenesis phase 2. Lactogenesis phase 2 begins when a mother gives birth, this is due to the expulsion of the placenta which causes a sudden drop in the levels of the hormones progesterone, estrogen and human placental lactogen (HPL), but the hormone prolactin remains high, causing breast milk production. Biochemical markers indicate that the lactogenesis II process begins around 30-40 hours after giving birth, but mothers usually only feel full breasts around 50-73 hours (2-3 days) after giving birth. There are several ways to increase breast milk production, one of which is by stimulating the breasts. If the breasts are stimulated, prolactin levels in the blood will increase, peaking within a 45 minute period and then returning to pre-stimulation levels 3 hours later (Wiwin, 2014 inArmini et al., 2019).

In this research, the method used to stimulate increased breast milk production was by doing a combination of oxytocin massage, lactation massage and acupressure.

The results of breast milk production from the combination of oxytocin massage, lactation massage and acupressure in this study can be seen by looking at the average value of breast milk production results before the massage or pretest, namely 0.61 and after the massage, namely 2.64. This breast milk production is taken by expressing breast milk by hand for 5 minutes.

Based on the test results using the Wilcoxon test, the Z value was -4.579 and the asymp value was sig. (2-tailed) 0.000 is smaller than the alpha level of 5% (0.05), so H_a is accepted and H_0 is rejected, so there is an influence before and after the combination of oxytocin massage, lactation massage and acupressure on breast milk production for postpartum mothers 0-3 days.

This is in line with the results of research conducted by(Apreliasari & Risnawati, 2020), namely pBreast milk production before and after oxytocin massage showed that the results of further statistical tests using the Wilcoxon Signed Ranks Test obtained a p value = 0.035 ($p < 0.05$), which means that there is an influence of oxytocin massage on breast milk production.Oxytocin massage is a breast milk massage that is often done in order to increase the smooth production of breast milk.

Oxytocin massage, the father or baby's family can help with the massage. Oxytocin massage is done to stimulate the oxytocin reflex or let down reflex. Apart from being useful for stimulating the let down reflex, other benefits of oxytocin massage include reducing swelling (engorgement), stimulating the release of the hormone oxytocin, providing comfort to the mother, reducing breast milk blockages, maintaining breast milk production when the mother and baby are sick. Oxytocin massage is a movement carried out by husbands on breastfeeding mothers in the form of back massage on the mother's back to increase the release of the hormone oxytocin. Oxytocin massage performed by the husband can provide comfort to breastfeeding mothers and provide comfort to breastfed babies. (Rahayu, 2016 inLestari et al., 2021).

Apart from that, the results of this research are also in line with research conducted by (GAMA Lestari et al., 2022) which suggests that there is a significant effect of lactation massage on increasing breast milk production in mothers breastfeeding babies aged 0-6 months. Lactation massage is massage performed on several parts of the body, namely the head, neck, shoulders, back and breasts. In principle, this lactation massage has a relaxing effect to increase the hormone oxytocin which acts as a hormone that produces breast milk. Massage services for postpartum mothers to improve the lactation process by accelerating the onset of lactation and oxytocin (Aprilianti, 2018; Dewi & Aprilianti, 2018; Indrayani & Anggita, 2019 inN. Rahmawati & Karana, 2023).

And the results of this research are also in line with the research conducted (Ramadani et al., 2019) Acupressure is performed at the breast milk production points on the hands (Si 1, Li 4, Pc 6) and on the feet (ST 36). And it was found that there was an increase in breast milk production after acupressure was performed on postpartum mothers at the Trismaliah Maternity Clinic, Laut Dendang

Village, Medan Tembung District in 2019. Acupressure massage is a natural, holistic technique to overcome blockages that may cause additional health problems. Acupressure is a form of touch therapy that utilizes the principles of acupuncture and Chinese medicine. In acupressure, the same points on the body are allowed as in acupuncture, but are stimulated by finger pressure, not by inserting needles. Acupressure is used to relieve various symptoms and pain. Acupressure is a special type of massage that relies primarily on the use of the thumbs, fingers and palms to press various points on the body. The therapist may use rhythm, stress and pressure and exercise techniques. (Hidayat, 2020).

In this study, acupressure points for lactation were used which can help reduce discomfort, increase endorphin levels in the blood and systemically, which will provide a feeling of comfort and comfort, which means psychologically it will have a positive impact on feelings of calm, comfort, relaxation and reduced stress. thereby increasing the let down reflex and increasing the amount of the hormones prolactin and oxytocin which can facilitate breast milk production. (Rahayu et al., 2015).

Conclusion

Based on the research results, research respondents who were given a combination of oxytocin massage, lactation massage and acupressure experienced an increase in breast milk production and from the results of the Wilcoxon test analysis, the Z value was -4.579 and the ASYMP value was sig. (2-tailed) 0.000 is smaller than the alpha level of 5% (0.05), so it can be concluded that there is an influence of the combined action of oxytocin massage, lactation massage and acupressure on breast milk production in postpartum mothers 0-3 days.

Suggestion

For health workers, hopefully they can apply the combination of oxytocin massage, lactation and acupressure to postpartum mothers, especially at the first postpartum visit (KF1) and socialize it to the community as an effort to increase the achievement of exclusive breastfeeding and as a preventive measure. prelacteals in newborns.

For educational institutions, hopefully can be used as a source of reading for further research to improve the quality of midwifery education, especially regarding massage techniques to increase breast milk production.

And for future researchers, hopefully they can carry out further research by adding other factors or variables, with different research methods and larger population objects.

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