



THE EFFECT OF ACUPRESSURE THERAPY ON INCREASING BREAST MILK PRODUCTION DURING THE POSTPARTUM PERIOD

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ABSTRACT

Based on WHO data, only 44% of newborns in the world get breast milk within the first hour of birth and one of the efforts that can be used to increase breast milk production is by using acupressure techniques. The purpose of this study was to determine the effect of acupressure therapy on increasing breast milk production in postpartum mothers. The design used was a quasi-experimental method with a pretest and posttest design without a control group with purposive sampling, data analysis with T-test and the number of respondents was 20 postpartum mothers with a study period of 2 months. The results showed that there was an increase in the amount of breast milk before and after acupressure was given from the increase in the Mean value. The T-test obtained a p value of 0.000 ($p < 0.05$). This proves that there is a significant difference in increasing breast milk production in postpartum mothers between before and after acupressure therapy. It is recommended for midwives to perform acupressure as a complement to postpartum midwifery care related to the problem of increasing breast milk production in postpartum mothers.

Keywords: Acupressure, Postpartum, Breast Milk Production

INTRODUCTION

Breast milk is the right of every baby and plays an important role in the growth and development of the baby. WHO and UNICEF recommend exclusive breastfeeding for the first six months of a baby's life, with breastfeeding initiated within the first hour after birth, without additional food or drink. However, global data shows that only 44% of babies receive breast milk within the first hour, and the coverage of exclusive breastfeeding for babies under six months is still low. In South Asia, the coverage of exclusive breastfeeding is 47%, while in Latin America and the Caribbean it is 32%, East Asia 30%, and Central Africa 25%. Overall, less than 40% of babies under six months of age receive exclusive breastfeeding, far from the WHO target of 50% by 2025. In Indonesia, despite efforts to increase exclusive breastfeeding, the situation remains challenging. In 2020, of the 3,196,303 infants under six months of age, only 66.1% received exclusive breastfeeding, while the government's target is 40%. The results of the study showed that many infants were still given additional food or drinks before the age of six months. The decline in exclusive breastfeeding coverage in several provinces, such as the Bangka Belitung Islands, also indicates problems in implementing Early Breastfeeding

Initiation (IMD). These obstacles are often caused by a lack of knowledge of mothers about IMD, low family motivation, and a lack of information from health workers. Efforts to increase breast milk production, one method that has received attention is acupressure. Research shows that pressure point massage can help improve breast milk production by stimulating prolactin and oxytocin receptors. This method is easy to do, effective, and can increase maternal relaxation, which in turn can improve breast milk production. Acupressure therapy, also known as finger prick therapy or acupressure massage therapy, is applying pressure to certain body areas. Acupressure points are used in lactation techniques. In order to provide signal stimulation to the brain center, the axon nerves in acupressure will transmit stimulation to the brain, spinal cord, or vertebrae. Activation of the central nervous system (CNS) results in changes to neurotransmitters, hormones (including oxytocin and prolactin), the immune system, biomechanical effects, and other biochemical substances (endorphins, immune cells like cytokines). To achieve a normalization of modulation and a balancing effect on Qi energy (Rahmaika et al, 2018) Based on this, this study aims to explore "The Effect of Combination of Acupressure Therapy on Increasing Breast Milk Production in Postpartum Mothers at

PMB Eva Lestari, Penyamun Village, in 2023." The results of this study are expected to provide an important contribution to efforts to improve breastfeeding practices and support maternal and infant health in Indonesia.

METHOD

The research design used the Quasi Experiment method, a pretest and posttest approach without a control group. The study was conducted at PMB Eva Lestari, Penyamun Village, Pemali District, Bangka Regency from February to March 2023. The population was 49 postpartum mothers with a sampling technique using purposive sampling and the number of respondents was 20 postpartum mothers.

The type of data used is primary data processed by univariate and bivariate analysis using the t-test.

RESULTS AND DISCUSSIONS

Result

From the research results, the respondent data were obtained as follows: Most are aged 26 - 35 years, Most have elementary school - high school education, Most are not working, as can be seen from the results table below:

Table 1. Respondent Data Distribution

Variable	Respondent Characteristics	
	F	%
Umur		
18-25 years old	8	40
26-35 years old	12	60
Pendidikan		
SD-SMA	15	75
PT	5	25
Pekerjaan		
Bekerja	5	25
Tidak bekerja	15	75

Table 2. Breast milk production before and after acupressure

	Mean	Min-Max
Pretest	12,75	5 - 30
Post Test	27,75	10 - 60

The results obtained showed a difference in breast milk production before acupressure was performed between 5-30 ml, after acupressure breast milk production increased by 10 - 60 ml.

Table 3. Test of differences in breast milk production before and after acupressure

	t	pvalue
Pretest		
Post Test	-3,844	0,000

From the results of the t-test, the average breast milk production before and after acupressure was obtained with a p value of 0.000 <0.05, meaning there was a difference between breast milk production before and after acupressure was given.

Discussion

Pressure point massage, as one of the techniques in acupressure therapy, has been proven to significantly increase breast milk production in breastfeeding mothers. This therapy makes mothers feel more relaxed and comfortable, which in turn increases their confidence that previously irregular milk production problems can be overcome. This massage functions to regulate the sensory and synthetic systems of labor by stimulating the release of endorphins, which help reduce anxiety and stress in post-pregnancy mothers. Through pressure point massage, chemicals that reduce pain can be connected to the brain, thereby activating the related nervous system and humoral transmitters. This therapy not only creates a relaxing effect and reduces stress but also supports the uterine involution cycle and breast milk production. Thus, pressure point massage contributes to restoring the hormonal and physical balance of mothers after giving birth (Rahayu, 2015). In addition to

acupressure therapy, it is also important to pay attention to other factors such as nutritional intake and family support in ensuring smooth breast milk production. A study conducted on 20 postpartum mothers at PMB Eva Lestari in 2023 showed positive results with a p-value of 0.000. This difference shows the effectiveness of acupressure therapy in increasing breast milk production. These results are consistent with the findings of Erfina et al. (2019) which also showed an increase in breast milk production in the group undergoing acupressure therapy compared to postpartum gymnastics. The results of increasing breast milk production through pressure point massage therapy are also supported by various other studies. Research by Imas Masdinarsah et al. (2019) found that pressure point massage at certain points significantly increased breast milk production compared to the control group. Research by Renityas (2020) A pre-experiment using a pre-post group design approach was the study methodology employed. Twenty postpartum SC women made up the study's

sample, and total sampling was used in the process. The study's findings demonstrated that there was a 310.00 point average gain both before and after the intervention. The paired sample t-test results showed a significant difference in the adequateness of breast milk before and after treatment, with a p value of $0.000 < 0.05$. This study supports the theory that pressure point massage not only increases breast milk production but also helps overcome symptoms of breastfeeding delay. Emotional support from the husband and good nutritional intake also play an important role in smooth breast milk production, showing that acupressure therapy is an important part of a holistic approach to supporting maternal and infant health.

CONCLUSION

Findings from the research "The Effect of Acupressure Therapy on Increasing Breast Milk Production in Postpartum Mothers at PMB Eva Lestari Penyamun Village in 2023" indicate that, indeed, acupressure therapy has an effect on postpartum mothers' production of breast milk in that village in 2023.

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