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**The Influence of The Oketani Massage Method on Lactation among Postpartum Women**

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**ABSTRACT**

Breast milk is the most important nutrient for fulfilling the growth and development needs in infants. Obstacles during exclusive breastfeeding to infants are usually caused by non-breast milk and a lack of production of breast milk, which is usually due to insufficient stimulation of the prolactin and oxytocin hormones. The objective of this study was to determine breast milk production in postpartum mothers. Experimental research design using pre-experimental design in the form of the one-shot case study. The sampling technique used was consecutive sampling, obtained a many of 26 respondents. This research was conducted in February-March 2024 at dr. Soedono Madiun Hospital. The results found that breast milk production in mothers increased from day 1 (0), day 1 pm 4 (17.39%), day 2 (47.83%), and day 3 (34,78%) after Oketani massage. an increase. So this study states that this massage is very effective in increasing breast milk production. After this study, respondents already knew how to do breast care in the form of Oketani massage. And so that they can do this massage regularly at home, so that it can facilitate and increase breast milk production.

Keyword : Oketani; massage; breast milk

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**INTRODUCTION**

Newborns need to get optimal care from birth, one of which is the ideal food (1). Breast milk is an ideal food for newborns, but exclusive breastfeeding is not as easy as imagined. Various obstacles can arise in an effort to provide exclusive breast milk during the first six months of a baby's life (2). Based on UNICEF states that many mothers experience problems in breastfeeding around 17 million worldwide, consisting of nipple blisters (22.5%), swollen breasts (42%), breast milk blockage (18%), mastitis (11%), and breast abscess (6,5%) in 2018 (3). Meanwhile, the profile of Indonesia in 2018 states that exclusive breastfeeding in Indonesia is 35.01%, and also in East Java, with a presentation of 60.5% of mothers with breastfeeding problems (4).

Breast milk is the most important nutrient for meeting the growth and development needs of babies, especially during the first 6 months, when complementary foods are not yet introduced (5). Various ways are done by mothers, such as eating nutritious food, gymnastics, and acupressure, to improve the quality of breast milk (6). According to the World Health Organization (WHO), babies should be given only breast milk until the age of at least six months. On the other hand, they can be given additional food, followed by a combination of breast milk and additional food for two years (7). However, many mothers still have obstacles to breastfeeding.

Obstacles when breastfeeding exclusively to babies are usually caused by breast milk production and a lack of production of breast milk (8). That's usually caused by a lack of stimulation of the hormone prolactin and the hormone oxytocin, which plays a role in the production of breast milk (9). Breasts that experience swelling or breast milk dams are very difficult for the baby to breastfeed because the breasts are more prominent, the nipples are flatter, and they are difficult for the baby to suck (10). Symptoms that often occur when the breast milk dam include swollen breasts, hot breasts, hard and the mother's body temperature up to 38 °C (11). If this condition continues, it can cause mastitis and breast abscess (8). There are many things that can be done to reduce breast resistance, one of which is breast care.

Breast care is a way to overcome breast milk production, breastfeeding in the postpartum period, and it is still found that mothers are not smooth in breast milk production, as well as in breastfeeding techniques are not appropriate. counseling and information are needed on how to increase breast milk production in nursing mothers (12). Because it has a function to stimulate the glands of the hormones prolactin and oxytocin to increase breast milk production, launch breast milk, detect nipple abnormalities early, reduce breast dam, maintain breast hygiene, especially nipple hygiene to prevent infection, soften and improve the appearance of the nipples so that the baby can suck well. One of the breast treatment methods is breast massage.

Breast massage in postpartum mothers aims to improve blood circulation and prevent the occurrence of blockage of the milk ducts so that they can facilitate the production of breast milk. One of the breast treatments that can be done is by doing a lactation massage. Several types of lactation massage include oxytocin massage, arugaan massage, marmet massage, and oketani massage. Oketani Breast Massage is one way to reduce lactation problems in an easy way and does not require expensive tools and costs (13). So far, many have known about Oketani massage, but it has not been done programmatically in the treatment room. Interestingly, Oketani has no complications in mothers and babies. Oketani can be done by nurses, patients, and families, either in the hospital or at home.

### **METHODS**

The research design used in this study is a pre-experimental method in the form of a one-shot case study. The population in this study consists of mothers who have given birth both spontaneously and by cesarean section at dr. Soedono Madiun Regional General Hospital from February to March

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2024, totaling 30 respondents. The sample in this study was a mother who had just given birth both spontaneously and by cesarean at dr. Soedono Madiun Regional General Hospital, with a sample of 26 people, was taken using the consecutive sampling technique. The research was conducted at dr. Soedono Madiun Hospital from February to March 2024. The data collection method in this study uses an observation sheet instrument to assess the results after the breast massage is done. Data were analyzed descriptively and presented in the form of frequencies and percentages. This research has been declared ethically appropriate by the health research ethics committee of the dr. Soedono Madiun Regional General Hospital with the number 400.14.5.4/5524/102.9/2024.

### RESULT

Table 1 Characteristics of Maternity Mother Respondents

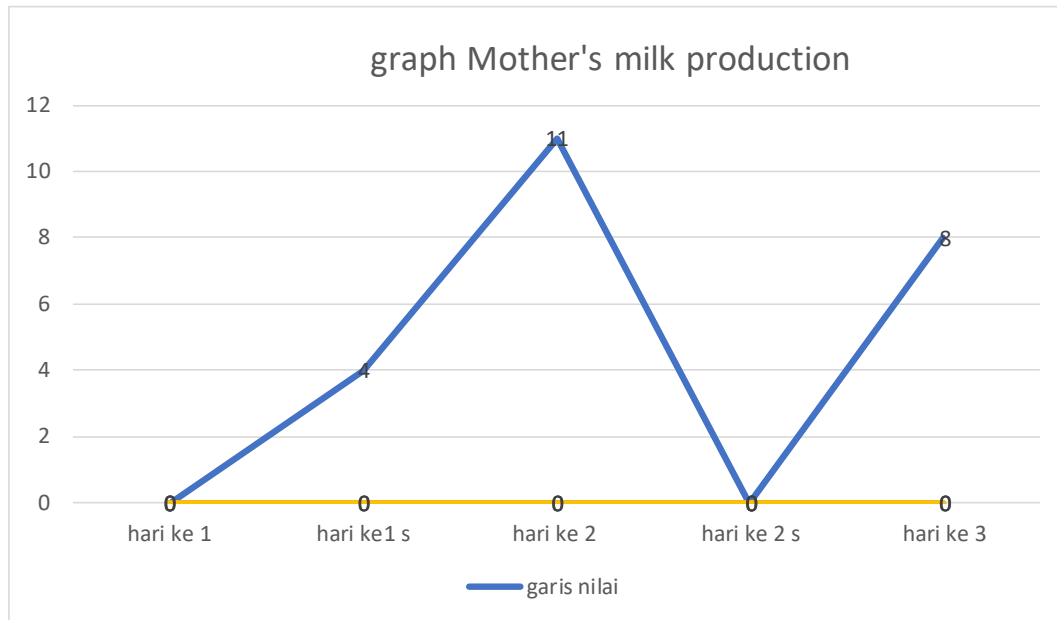
Characteristics		Frequency	Percentage (%)
Age	16 – 25 years	4	15,40
	26 – 35 years	11	42,30
	36 – 45 years	11	42,30
Last Education	Junior High school	2	7,70
	Senior high school	17	65,37
	Diploma 3	2	7,70
	Bachelor	5	19,23
Work	Teacher	1	3,85
	Entrepreneur	6	23,07
	worker	3	11,54
	Housewife	16	61,54

Based on table 1, it can be interpreted that the age of the majority mother between 26-35 years is 11 respondents (42.30%), the majority of Education is a mother with 17 high school/SMK graduates (65,37%), and the majority of mother's work is found as IRT as many as 16 respondents (61.54%).

Table 2 Characteristics of Respondents before and after Oketani massage

Characteristics	Before massage		After massage	
	f	%	f	%
Come Out	-	-	26	100
Does Not Come out	26	100	-	-

Based on the table of 2 problems found, as many as 20 respondents with breast milk problems did not come out, 1 respondent with nipples did not stand out, and 2 respondents had a breast dam, with 3 other respondents excluded because the respondent came home on the 2nd day and the breast milk had not yet come out.



Graph 1. Breast milk expenditure after Oketani massage

From the chart above can be seen an increase from day 1 am (0), day 1 pm 4 (17.39%), day 2 am 11 (47.83%), day 2 pm (0), and until day 3 am 8 (34,78%).

## DISCUSSION

Based on this study shows that all respondents' breast milk came out after receiving Oketani massage twice a day, starting from day 1 after giving birth until day 3. Similar to the previous study showed that breast milk came out smoothly after receiving a massage twice a day for 2 days (14). Oketani massage can be performed on breasts with indications of irregular milk production, there is a breast blockage with a pain scale of less than 4, and the nipples are not protruding (15). From the Oketani massage itself, the massage is effective on the 2nd day, after being massaged for 2 consecutive days, it can stimulate the muscles of the prolactin hormone in the breast to help reproduce breast milk (16).

The results of this study in line with a previous study, which explains that Oketani massage is a skill management to manage lactation problems such as insufficient breast milk production, breast swelling (17). Oketani massage will cause the breasts to become soft, flexible, and the areola becomes more elastic, and the nipples also become more elastic (18). The entire breast becomes more flexible and produces quality breast milk (18). Oketani massage can also cause the mammary glands to mature and become wider, so that the milk glands increase and the breast milk produced also increases (18).

Oketani massage will cause lipoxigenase activity to decrease (19). Lipoxigenase is an enzyme that catalyzes the addition of oxygen to unsaturated fats and can influence the development and progression of cancer in humans (19). Oketani massage will make breasts soft, flexible areola and nipples become more elastic, because Oketani massage can make breasts more mature in their stimulation so that the glands that produce more milk and the milk that is also produced is also more

and more. This is different from other lactation massages because this massage can make the whole breast softer and the nipples more elastic, so that the milk flow becomes smoother and the baby is easy to breastfeed. So that breast problems such as breast milk discharge are not smooth, nipples do not stand out, and breast dams can be prevented.

A study also implemented the Oketani massage on postpartum mothers was carried out for 10-15 minutes with a frequency of 2 times a day. The results of this study showed that postpartum mothers who received massage therapy had increased their milk production (20).

Oketani massage is very effective in increasing breast milk production, through stimulating the muscles in the breast so that it helps to express or smooth breast milk.

### **CONCLUSION**

Based on the research that has been done, it can be concluded that the effect of Oketani massage on postpartum mothers is proven. This massage has an effect in increasing breast milk production by increasing the hormone prolactin, giving stimulation to the breast muscles, will help stimulate hormones to produce breast milk. Based on the results obtained in this study, the frequency of smooth breast milk from 23 respondents whose breast milk has not yet come out, after a massage of the breast milk is out (100%), which is very effective in increasing the speed of breast milk expenditure.

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