



**INFLUENCE MASSAGE EFFLEURAGE USE OLIVE OIL (OLIVE OIL) TO
FLOW OF MOTHER'S MILK WATER MOM POST PARTUM**

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ABSTRACT

Breast milk is the ideal food in meeting the nutritional needs of newborns. Breast milk provides the energy and nutrients needed for the development and growth of the baby. In Indonesia, only 48.2% of mothers provide exclusive breastfeeding because their breast milk is not smooth. Breast milk can prevent LBW, premature birth, and can reduce infant mortality. One of the efforts to facilitate breastfeeding is with effleurage massage using olive oil. This effleurage massage can stimulate the release of oxytocin hormone. The purpose of this study was to determine the effect of effleurage massage using olive oil (Olive Oil) on the smoothness of breast milk in post partum mothers at PMB Lismarini Palembang. This type of research uses quasi-experimental with a one group pretest-posttest research design. Sampling was done by accidental sampling technique on 15 post partum mothers. Data were analyzed using the chi-square test. The data collection process is that the researcher explains the purpose of the study, if willing to become a respondent, then the researcher asked for willingness to sign the consent sheet. if prospective respondents are not willing, the research must not impose and must respect the rights of prospective respondent. After the respondent is willing to become a respondent, the research gives a breast milk fluency questionnaire on day 1. After being given the questionnaire, it can be taken as a respondent according to with the inclusion criteria and the results were recorded on the sheet, then the provision of the effleurage massage started on days 1-4. Giving effleurage massage is done 3x/day, namely morning, afternoon, and evening night. On the first day in the morning the researcher gave the effleurage massage and continued by the husband effleurage and continued by the husband had been taught the researcher message techniques on the first day. Giving effleurage massage is done for 4 days with 3-5 minutes. On the 4th day after giving effleurage massage, the researcher gave the questionnaire again, during the research period April-May 2024. The sample obtained was 15 mothers. a little later. The results showed the effect of effleurage massage using olive oil on the smoothness of breast milk, obtained a p value of 0.039.

Keywords: breast milk; effleurage massage; post partum

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INTRODUCTION

Postpartum maternal health services as health services for postpartum mothers according to standards, which are carried out at least three times according to the recommended schedule, namely from six hours to three days after delivery, on the fourth to the 28th day after delivery, and on days 29 to 42 after delivery. The postpartum period starts from six hours to 42 days after delivery. Services provided include providing Early Breastfeeding Initiation and exclusive breastfeeding until 6 months of age (Ministry of Health of the Republic of Indonesia, 2020) The problem is that the target of the exclusive breastfeeding (breast milk) program has still not reached the global target because most mothers think that breastfeeding is not smooth or that breast milk is not enough because the baby often cries. Apart from that, the reason mothers work and don't store breast milk is because they don't express breast milk. As a result, babies are given formula milk before the baby is 6 months old or not given exclusive breast milk (Asnidawati & Ramdhan, 2021).

The global and national impact of the problem of exclusive breastfeeding does not reach the target target, even neonates who are not given breast milk in the first hour in statistical fact have a mortality risk of 1.77 times, being given breast milk late > 24 hours has a risk of 1.41 times after being controlled by birth weight low birth weight, premature birth, and other covariates (from Riatmo, 2022). Based on data from WHO, the average rate of exclusive breastfeeding in the world in 2022 will only be 44% of babies aged 0-6 months worldwide who receive exclusive breastfeeding, during the 2015-2020 period from the 50% target of exclusive breastfeeding according to WHO. According to UNICEF (2020), the low coverage of exclusive breastfeeding is partly due to a lack of knowledge about lactation management. (Statistics, Figures for Exclusive and Non-Exclusive Breastfeeding, 2022) Based on data from the South Sumatra Health Service, it is known that the birth rate in South Sumatra is 158,151 live births. Newborns who received exclusive breast milk in 2018 were 60.7% and in 2019 there was a decrease of 3% to 57.79%. Based on data, exclusive breastfeeding coverage in 2020 was targeted at 64% and realized at 52.71% (82.36%). When compared with the targets set in 2020, the results have not reached the desired targets. If you look at the last five years, exclusive breastfeeding coverage has fluctuated from 59.38% in 2016, down to 58.23% in 2017, then up to 60.7% in 2018, down 3% to 57.79% in 2019, then down. another 5% to 52.71% in 2020, stable or remaining at 52.71%, this shows that the strategic plan target of 64% and the national target of 59.5% has not been achieved (Sari et al., 2023)

One way that can be done to increase breast milk production is by using massage techniques. The massages carried out consist of several types, namely massage effleurage, oxytocin massage, endorphin massage, and breast care. In this research, the technique used is effleurage, effleurage namely massage carried out with light and soothing rubbing movements which is useful for providing a feeling of relaxation to breastfeeding mothers by warming the muscles. (Semhawati & Setyobudi, 2022) Research conducted by Margareta Rinjani in 2021 entitled "The effect of giving massage effleurage able to increase breast milk production in postpartum mothers" with research results showing that there is an effect before and after it is carried out massage effleurage in the experimental and control groups, namely ($p=0.002$). (Rinjani Margareta, 2021). Another research was also conducted by Aritonang entitled "Increasing breast milk production in mothers post partum through massage effleurage at the LMT Siregar clinic" with research results showing a p-value of 0.038 in the intervention group and a p-value of 0.083 in the control group. The conclusion is that there is a difference in post partum breast milk production before and after massage effleurage. (Aritonang et al., 2022). The reason for the importance of conducting this breast milk fluency research is to increase exclusive breastfeeding, because exclusive breastfeeding can help optimize baby development, and breast milk contains fatty acids that are beneficial for the brain and physical development of babies and can strengthen the baby's immune system. The general purpose of this study is to determine the effect of effleurage massage using olive oil on the smoothness of breast milk in post partum mothers at PMB Lismarini Palembang.

METHOD

This type of research uses Quasi-Experimental by using research design One Group pretest-posttest. This research was created into 1 group, namely the given group massage effleurage. The data taken is primary data using observation and measuring instruments questionnaire. The population of this study was all postpartum mothers in April with a total of 30 postpartum mothers at PMB Lismarini Palembang at the time the research took place. Sampling techniques using techniques accidental sampling Where namely sampling based on chance, that is, any patient who coincidentally meets the researcher can be used as a sample, if the

person is deemed suitable as a data source. Where the respondents used as a sample were respondents who gave birth at PMB Lismarini, Palembang city during The data collection process is that the researcher explains the purpose of the study, if willing to become a respondent, then the researcher asked for willingness to sign the consent sheet. if prospective respondents are not willing, the research must not impose and must respect the rights of prospective respondent. After the respondent is willing to become a respondent, the research gives a breast milk fluency questionnaire on day 1. After being given the questionnaire, it can be taken as a respondent according to with the inclusion criteria and the results were recorded on the sheet, then the provision of the effleurage massage started on days 1-4. Giving effleurage massage is done 3x/day, namely morning, afternoon, and evening night. On the first day in the morning the researcher gave the effleurage massage and continued by the husband effleurage and continued by the husband had been taught the researcher message techniques on the first day. Giving effleurage massage is done for 4 days with 3-5 minutes. On the 4th day after giving effleurage massage, the research period April-May 2024. The sample obtained was 15 mothers. a little later

RESULT

Table 1.
Identification of smooth breastfeeding in mothers *postpartum* before doing it *massage effleurage*

Smooth breastfeeding	f	%
Fluent	6	40
Not smooth	9	60

Based on table 1 above from 15 respondents before it was carried out *massage effleurage* Those whose breast milk was smooth were 6 respondents (40%), while those whose breast milk was not smooth were 9 respondents (60%).

Table 2.
Identification of smooth breastfeeding in mothers *postpartum* after doing it *massage effleurage*

Smooth breastfeeding	f	%
Fluent	13	86,7
Not smooth	2	13,3

Based on table 2 above, out of 15 respondents, this was done *massage effleurage* Those whose breast milk was smooth were 13 respondents (86.7%), while those whose breast milk was not smooth were 2 respondents (13.3%).

Table 3.
Results of bivariate analysis of influence *massage effleurage* against the flow of breast milk in the mother *postpartum*

<i>Massage effleurage</i>	Smooth breastfeeding				Total	<i>p value</i>
	fluent	%	Not smooth	%		
Before	6	40	9	60	15	0,039
After	13	86,7	2	13,3	15	

Based on table 3 above from 15 respondents before it was carried out *massage effleurage* Those whose breast milk was smooth were 6 respondents (40%), while those whose breast milk was not smooth were 9 respondents (60%). Once done *massage effleurage* Of the 15 respondents whose breast milk was smooth, there were 13 respondents (86.7%), while those whose breast milk was not smooth were 2 respondents (13.3%).

DISCUSSION

Identify the smooth flow of breast milk in mothers *postpartum* before doing it *massage effleurage*

Smooth breastfeeding in *postpartum* mothers before it is carried out *massage effleurage* based on table 4.1 above from 15 respondents before it was carried out *massage effleurage* Those

whose breast milk was smooth were 6 respondents (40%), while those whose breast milk was not smooth were 9 respondents (60%). From the results of this research before it was carried out *massage effleurage* Of the 15 respondents whose breast milk was not smooth, there were 9 respondents (60%). This is in line with the theory of (Sari et al., 2023) that the factors that influence breast milk production are one of the mother's psychological and social aspects, namely the mother's self-confidence. The success of the breastfeeding process is greatly influenced by the mother's self-confidence that she is able to breastfeed or produce enough breast milk. for the baby, lack of self-confidence, anxiety and stress and various forms of emotional tension will reduce the volume of breast milk and even no milk production will occur. To produce good breast milk must be calm. Husband's support is also very necessary during breastfeeding to help the mother feel better. The results of research conducted by researchers in the field showed that there were 5 respondents who did not know the importance of breastfeeding and therefore thought formula milk was better than breast milk. This is in line with the theory (Restuning Widiasih, 2021) problems that often arise in postpartum mothers, one of which is lack of or wrong information, for example breast milk has not come out on the first day so the baby is thought to need to be given something else to drink, even though the newborn baby is full term and healthy. a supply of calories and fluids that can sustain it without drinking for several days, besides that, giving drinks before the milk comes out will make the baby full and reluctant to breastfeed and slow down the release and production of breast milk.

According to (Ministry of Health, 2023) one way to increase breast milk production is by consuming foods such as grains and nuts which contain phytoestrogens and protein which help increase breast milk production, green vegetables such as spinach, broccoli and kale, contain many substances. iron and calcium, katu leaves also contain phytosterol compounds which can stimulate and facilitate breast milk production and contain steroids and polyphenols which can increase prolactin levels, consume fruit such as avocado which is rich in healthy fats including omega-3 fats which are important for baby's brain development and improving the quality of breast milk, fish for example salmon contains vitamin minerals (B1, B3, B6, B12), other examples such as anchovies also contain omega-3 fatty acids, then drinking water will clearly affect breast milk production and prevent dehydration. Therefore, mother *postpartum* Those who experience breast milk irregularities must receive intervention so that breast milk can come out smoothly. Breast milk production runs smoothly if you receive stimulation such as *massage effleurage* This will stimulate the hormones prolactin and oxytocin so that it can increase breast milk production and make breast milk flow better. This is also in line with the research journal conducted by (Rinjani Margareta, 2021), Giving oxytocin massage with *massage effleurage* in postpartum mothers to increase breast milk production on the mother's back *postpartum* by using olive oil for 3-5 minutes for 3 to 4 days. The research enumerator was each participant's husband who carried out the intervention starting on the second day. According to researchers' assumptions, the condition of postpartum mothers' breast milk problems really requires treatment, one of which is by *massage effleurage* which can make those who experience an increase in breast milk production with intervention, by providing technical education *masasage effleurage* to her husband, so that he can do it independently at home

Identify the smooth flow of breast milk in mothers *postpartum* after doing it *massage effleurage*

Based on the research results, before the massage was carried out, there were 6 (40%) respondents whose breast milk was smooth, after it was carried out *massage effleurage* Those whose breast milk was flowing smoothly were 13 respondents (86.7%). This shows that there

was an increase in the flow of breast milk for 7 respondents (46.7%) after receiving it *massage effleurage*. This is in line with theory (Lestari, 2021). Increasing the hormone oxytocin can be done by *massage effleurage*. *Massage effleurage* is massage in the cervical spine area, back, or along the spine (*vertebrae*) to the bone ribs fifth to sixth. *Massage effleurage* is a movement carried out by the husband/family/mother's companion during the postpartum period for breastfeeding mothers in the form of *back massage* on the mother's back to increase production *hormone oxytocin*, thus facilitating the release of breast milk. By method *massage massage effleurage* combined with olive oil (*extra virgine olive oil*) which can help mothers relax and support their husbands in carrying out *massage effleurage* can help the mother feel comfortable, calm, relaxed, so that the mother's breast milk becomes smooth. This is in line with the theory that breast milk production can be hampered if the mother is in a state of stress, fatigue and depression, baby blues, this can cause breast milk to not flow smoothly, so involving the husband can provide support to overcome anxiety and help increase the flow of breast milk (Dewi, 2021) .

Massage effleurage which the husband does in the nape area, so that the wife feels relaxed and there is stimulation and secretion of the hormones prolactin and oxytocin (Ani & Saleh, 2018). *Massage effleurage* which are done consecutively can increase *let down reflex* which can help release breast milk to the baby, and can affect the peripheral nervous system. The nervous system is able to increase stimulation and communication between nerves, helping to improve blood flow to the body's tissues and organs to reduce blockages in the outlet of breast milk, thus increasing the release of the hormones prolactin and oxytocin without being disturbed and facilitating the production and release of breast milk (Arniyanti, 2020). This shows suitability with the theory put forward by Ericbrown (2020) proves that *massage effleurage* Very effective in smoothing breast milk production. Massaging the mother's back is one way to stimulate the oxytocin reflex to relax the mother when she has difficulty expressing breast milk. *Massage effleurage* which is carried out on the back is a mechanical receptor directly on the skin, thereby simultaneously stimulating afferent nerve impulses in the limbic system along the spine and ribs 5-6 to the scapula which will speed up the work of the parasympathetic nerves which stimulate the posterior pituitary to release oxytocin. This stimulation provides feedback to the posterior pituitary gland (neurohypophysis) so that oxytocin is secreted into the circulatory system. Oxytocin, which enters the blood, causes contraction of special cells, namely the myoepithelial cells that surround the mammary alveoli and lactiferous ducts. Contractions of the smooth muscles around the breast glands contract and myoepithelial cells push breast milk out of the alveoli through the lactiferous ducts into the lactiferous sinuses. Contractions of the smooth muscles around the breast glands contract and myoepithelial cells push breast milk out of the alveoli through the lactiferous ducts into the lactiferous sinuses.

The results of this research strengthen previous research by (Rahmi, 2021), entitled influence *massage effleurage* on the adequacy of breast milk in post partum mothers at BPM Rosita, Pekanbaru City, *Massase effleurage* which is carried out on the back is a mechanical receptor directly on the skin, thereby simultaneously stimulating afferent nerve impulses in the limbic system along the vertebrae and ribs 5 - 6 to the scapula which will speed up the work of the parasympathetic nerves which stimulate the posterior pituitary to release oxytocin. According to the researchers' assumptions, from the data it was found that there was an increase in respondents who experienced smooth breast milk production because *massage effleurage*, because *massage effleurage* can stimulate the release of the hormone oxytocin, which is a hormone that is useful for producing breast milk.

Influence *massage effleurage* against the flow of breast milk in the mother *postpartum* by using olive oil

Based on the results of research before it was carried out *massage effleurage* Of the 15 respondents whose breast milk was smooth, 6 respondents (40%), while those whose breast milk was not smooth were 9 respondents (60%). Once done *massage effleurage* Of the 15 respondents whose breast milk was smooth, 13 respondents (86.7%), while those whose breast milk was not smooth were 2 respondents (13.3%). The results of bivariate analysis were carried out using statistical tests *chi square* as shown in table 4.3 with a confidence level of 95% and a significance level (α) = 0.05 was obtained *p value* 0.039 (<0.05), which means it has a significant influence on giving *massage effleurage* use olive oil (*olive oil*) with the flow of breast milk in the mother *post partum*. *Massage effleurage* done using olive oil (*Extra virgine olive oi-EVOO*) as aromatherapy combined with massage because the use of olive oil is expected to help mothers *post partum* in increasing relaxation and comfort so that breast milk production can increase. The most important benefits in olive oil are antioxidant, anti-microbial, anti-inflammatory, anti *cancer*, increasing vitamin A, antiaging or skin protection and anti-allergic activity and oxidized LDL. (Rokhman et al., 2020)

The results of this research after it was carried out *massage effleurage* indicating that the mother was given *massage effleurage* experiencing changes in breast milk production. It can be seen from the value of the breast milk production questionnaire that there has been an increase in breast milk, for example in the second statement that the breasts feel full or tense before breastfeeding, in the third statement the mother can hear the sound of swallowing, in the fourth statement the mother can feel a tingle due to the flow of breast milk every time the baby is breastfed, in the fifth statement the baby is at least breastfeed 8-10 times a day, seventh and ninth babies urinate 6-8 times, and defecate 3-4 times a day. Apart from that, respondents also felt comfortable having support from their husbands when doing this *massage* her husband was beside her mother. so that the mother's breast milk becomes smooth. This shows that it is in accordance with the theory put forward by (Pratiwi et al., 2022) that the lack of breast milk production after *postpartum* mothers can be increased with non-pharmacological therapy. Non-pharmacological is a health science that studies ways of treating various diseases using traditional healing techniques. Complementary therapy does not use commercial drugs, but uses various types of herbal medicines and therapies. Complementary therapy is chosen to support conventional medical treatment or as an alternative treatment outside conventional medical treatment, such as oxytocin massage, *massage effleurage*, endorphin massage, breast care (breast care), marmet massage, acupuncture therapy, breastfeeding techniques, consumption of katuk leaves, consumption of long bean leaves, and consumption of stone banana blossoms, without having side effects that interfere with the mother's activities, can be done by yourself, can be found around the environment and can be cultivated yourself.

When the researchers conducted research from 13 respondents whose breast milk was flowing smoothly, there were 2 respondents whose breastfeeding technique was wrong so that the mother's nipples were sore, so the researchers taught the correct way to breastfeed, namely the baby's body was parallel to the mother's stomach, the baby's head was facing the mother's breast, the nipple and The areola is completely inserted into the baby's mouth, the baby's lower lip curves out, and feel the baby sucking and swallowing. This is in line with the theory (Rinjani Margareta, 2021) that the correct way to breastfeed is, washing your hands with soap using clean, running water. Express a little breast milk and apply it to the nipple and surrounding areola. Place the baby facing the mother's stomach or breast, start breastfeeding from the last breast that has not been emptied. If your breasts are large, hold the breast with

your thumb and other fingers. Support the breast. Stimulate the baby using a finger held close to the side of the baby's mouth (you can use your little finger). Quickly bring the baby's head to the mother's breast, then insert the nipple and areola into the baby's mouth. Once the breast being sucked feels empty, release the baby's suction by pressing the chin down or placing the mother's little finger in the baby's mouth. The next feeding starts from the breast that has not been emptied. Express a little breast milk and rub it on the nipple and surrounding areola, then let it dry by itself (don't wipe). Burp the baby. Always drink at least 1 glass of water after breastfeeding. This research is in line with research conducted by .(Aritonang et al., 2022) It was concluded that effleurage massage can increase breast milk production in post partum mothers at the LMT Siregar Clinic. Mothers who received effleurage massage experienced an increase in breast milk production before and after being given the massage (p-value 0.038).

The research carried out is also in accordance with research conducted by (Semhawati, 2022) The research results show differences in pretest and posttest in the oxytocin massage and massage groups *effleurage* What occurred was an increase in breast milk production after treatment, namely the difference between the mean pretest and mean posttest with the result $P=0.001 < \alpha 0.05$. Oxytocin massage and *Efflurage* proven to increase feelings of relaxation, more comfortable and quality sleep, reduce pain, reduce stress and help increase the hormones oxytocin and prolactin, making it easier to express breast milk and breast milk production. According to researchers' assumptions *massage effleurage* is one way to stimulate the oxytocin reflex to relax the mother when the mother has difficulty expressing breast milk, the upper back is a point used to facilitate the lactation process. And the nerves that innervate the breasts come from the upper spine, between the shoulder blades this area is an area where women often experience muscle tension so massaging the back can relax the shoulders and stimulate *refleks letdown* and breast milk production increases fluent.

CONCLUSION

Results of identification before it is carried out *massage effleurage* by using olive oil (*olive oil*) Regarding the smoothness of breast milk, there were 15 respondents whose breast milk was smooth, 6 respondents (40%), while those whose breast milk was not smooth were 9 respondents (60%). Identification results after carrying out *massage effleurage* by using olive oil (*olive oil*) regarding the smooth flow of breast milk from 15 respondents whose breast milk was smooth, 13 respondents (86.7%), while those whose breast milk was not smooth were 2 respondents (13.3%). It is known that the results of bivariate analysis were carried out using statistical tests *chi square* as obtained *p value* 0.039 (<0.05), which means it has a significant influence on the flow of breast milk in mothers *postpartum* so it can be concluded that there is an influence in giving *massage effleurage* use olive oil (*olive oil*) against the flow of breast milk in the mother *post partum*.

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