

ABSTRACT

**The Effect of the BOM (Breastcare, Oxytocin Massage and Marmet Technique)
Method on Breast Milk Production in Post Partum Mothers
in the Work Area of the Melonguane Health Center,
Talaud Islands Regency**

By:

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The smooth process of lactation or the production and release of breast milk is influenced by breast care, frequency of breastfeeding, mother's psychology, mother's health, and contraception. The decrease in milk production is also caused by a lack of the hormones prolactin and oxytocin which play a role in the lactation process. This study aims to determine the effect of BOM method on milk production in post partum mothers. Quasy experimental research design with a Static Group Comparison approach. The population in this study were all post partum mothers in the Working Area of the Melonguane Public Health Center, Talaud Islands Regency in December 2022-January 2023 as many as 34 people. Data collection used purposive sampling, so that a sample of 32 people was obtained. The research instrument used the SOP for the BOM method and a checklist for breast milk production. Data analysis using the Mann Whitney Test. The results showed that all milk production in the intervention group was good, as many as 16 respondents (100%), while in the control group, most were good, as many as 9 respondents (56.3%). The results of the Mann Whitney test showed that the p value $(0.000) < \alpha (0.05)$ so that H_0 was rejected and H_1 was accepted, meaning that there was an effect of taking BOM on milk production in post partum mothers in the Working Area of the Melonguane Health Center, Talaud Islands Regency. The BOM method has been proven to increase milk production in Post Partum Mothers so as to increase the degree of optimal growth and development for baby.

Keywords: breastcare, oxytocin massage, marmet technique, milk production

ABSTRAK

Pengaruh Metode BOM (*Breastcare, Oxytocin Massage and Marmet Technique*) Terhadap Produksi ASI Pada Ibu Post Partum di Wilayah Kerja Puskesmas Melonguane Kabupaten Kepulauan Talaud

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Kelancaran proses laktasi atau produksi dan pengeluaran ASI dipengaruhi oleh perawatan payudara, frekuensi menyusuan, kejiwaan ibu, kesehatan ibu, dan kontrasepsi. Penurunan produksi ASI disebabkan juga karena kurangnya hormon prolaktin dan oksitosin yang berperan dalam proses laktasi. Penelitian ini bertujuan untuk mengetahui pengaruh metode BOM terhadap produksi ASI pada ibu post partum. Desain penelitian *Quasy eksperimental* dengan pendekatan *Static Group Comparison*. Populasi dalam penelitian ini adalah seluruh ibu post partum di Wilayah Kerja Puskesmas Melonguane Kabupaten Kepulauan Talaud pada bulan Desember 2022-Januari 2023 sebanyak 34 orang. Pengambilan data menggunakan *purposive sampling*, sehingga didapatkan sampel 32 orang. Instrumen penelitian menggunakan SOP metode BOM dan ceklist produksi ASI. Analisa data menggunakan Uji Mann Whitney. Hasil penelitian menunjukkan bahwa produksi ASI pada kelompok intervensi seluruhnya baik yaitu 16 responden (100%), sedangkan pada kelompok kontrol sebagian besar baik yaitu 9 responden (56,3%). Hasil uji Mann Whitney menunjukkan bahwa $p\text{ value } (0,000) < \alpha (0,05)$ sehingga H_0 ditolak dan H_1 diterima, artinya ada pengaruh metode BOM terhadap produksi ASI pada ibu post partum di Wilayah Kerja Puskesmas Melonguane Kabupaten Kepulauan Talaud. Metode BOM terbukti meningkatkan produksi ASI pada Ibu Post Partum sehingga meningkatkan derajat pertumbuhan dan perkembangan bayi secara optimal.

Kata Kunci : *breastcare, oxytocin massage, marmet technique, produksi ASI*