

Literature Review Study of Lactational Massage on The Flow of Breast Milk

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ABSTRACT

Lactation massage is a massage technique that can be worked out for smooth breastfeeding, by doing massages regularly as well as applying the correct breastfeeding technique. Lactation massage is useful for reducing pain, tension, stress, and anxiety, elevating mood or mood, increasing milk production, and encouraging loving maternal care, preparing the mother physically, emotionally, and mentally to face the postpartum period. This study aims to determine the relationship between lactation massage and the smoothness of breastfeeding in postpartum mothers. The method used in the preparation of this research is to use a literature review study approach by analyzing 16 articles that have been selected according to research criteria. The results from 16 literature review journals found that giving lactation massage is very effective for expediting breast milk. In this study it can be concluded that giving lactation massage can overcome the uneven production of breast milk, improve blood circulation, prevent breast milk from clogging, and make mothers more relaxed.

Keywords: *Lactation Massage, Smooth Milk, Milk Production*

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INTRODUCTION

To ensure that babies can grow healthily and get the best nutrition during their growth and development, breastfeeding is the best method. Breastfeeding affects both the mother's and baby's bodies (Rahayu et al., n.d.). Under normal conditions, after giving birth on the 1st and 2nd day of postpartum, milk is produced ranging from 50 to 100 milliliters per day. In the second week, the volume increases to 500 milliliters and continues to increase for ten to twelve days after delivery. However, there are also mothers who experience breast milk not coming out. The body may have problems with the hormone prolactin. With this problem, breast milk does not come out when the baby is born or at the right time, which has an impact on exclusive breastfeeding (Tauriska & Umamah, n.d.).

According to 2021 Basic Health Research (RISKESDAS) data, 52.5% of babies in Indonesia, or half of the 2.3 million babies under six months, receive exclusive breast milk until the second trimester. According to data from the Ministry of Health (Kemenkes) in 2022, 66.6% of babies in Indonesia received exclusive breast milk until the second trimester.

The 80% target for early initiation of breastfeeding (IMD) and exclusive breastfeeding in Indonesia was set by the government, WHO and UNICEF (Ministry of Health, 2018).

Mothers who have low breast milk production will experience difficulties when breastfeeding, especially in the early stages after birth (Indriyani, Asmuji, & Wahyuni, 2016). On the first day of birth, no breast milk is produced, so they stop breastfeeding and choose formula milk (Hanum & Purwanti, 2015). If this problem cannot be resolved, it will stop exclusive breastfeeding.

Lactation massage is a new method for preventing and dealing with breastfeeding problems. Lactation massage is a movement that massages certain body parts such as the head, neck, shoulders, back and breasts to help the breastfeeding process become easier. Lactation massage helps blood circulation run better, helps the production of breastfeeding hormones and makes mother and baby comfortable (Dewi & Aprilianti, 2018).

Non-pharmacological therapy intended to facilitate the lactation process includes lactation massage. The results of research (Siti Muawanah & Desi Sariyani, 2021a) show that of 30 breastfeeding mothers, fifteen who did lactation massage and fifteen who did not had an impact on the speed of breast milk production. Lactation massage shows that breastfeeding mothers' milk production is smooth. Before lactation massage treatment, four breastfeeding mothers (26.7%) produced smooth breast milk production, six breastfeeding mothers (66.7%) produced fairly smooth production, and one breastfeeding mother (6.7%) produced non-smooth production

METHOD

The design of this research is a literature review or literature review. Secondary data sources in the form of journals and articles that are relevant to the topic are carried out using the databases used are Google Scholar and Pubmed. Journal searches use keywords to expand or specify the search, making it easier to determine which journal to use. The initial keywords used in this research were "Lactation Massage, Smoothness, Breast Milk and Breast Milk Production". The search is limited from 2018 to 2023 which can be accessed in full text in pdf. Research that has been reviewed in articles or journals from 16 national journals accredited by SINTA. These 16 journals used a survey method with respondents aimed at finding out the relationship between lactation massage and smooth breastfeeding in post partum mothers. The research methods used by several journals vary, starting from quasi experimental with a non-equivalent control group design approach, experimental with a two group pre-test and post-test approach, experimental with a case study approach, quasi-experimental with a one group pre-test approach and post test design and quasi experimental with a post test only approach.

FINDING AND DISCUSSION

The relationship between lactation massage and breast milk production and flow. Based on the researchers' findings, from 16 articles in total, in the intervention group, after lactation massage, all breastfeeding mothers experienced an increase in breast milk production and flow. Meanwhile, the control group did not experience a significant increase

in breast milk production and flow. Routine massage and the application of correct breastfeeding techniques will affect the production and flow of breast milk.

There are two factors that influence the smooth release of breast milk, namely production and expenditure factors, where breast milk production itself is influenced by the hormone prolactin, while the process of expressing breast milk is influenced by the hormone oxytocin. Several factors that can help increase these two hormones are the baby's sucking or let down reflex and gentle massage on the mother's spine as well as the breasts (Indriyani, 2016). When there is stimulation by the baby sucking or massage, the alveoli cells in the breast glands contract, with the contraction causing milk to come out and flow (Indriyani, et al. 2016).

The let down reflex is greatly influenced by the mother's psychology, such as thinking about the baby, kissing, seeing the baby and listening to the baby's voice. Let down reflex too

can be hampered by several factors including feelings of stress such as anxiety, feelings of lack of self-confidence, fear and anxiety. This is in line with the idea proposed by Roesli (2019), which states that lactation massage stimulates the mother's areola and nipples, which helps stimulate the nerves to produce breast milk. To stimulate the hypophyse, the vagus nerve continues to the anterior lobe. After leaving this lobe, the hormone prolactin enters the bloodstream and reaches the glands that make breast milk. There, it is stimulated to produce breast milk by the breast milk-making glands by the hormone prolactin.

This is also in accordance with the theory put forward by Roesli (2019) which states that lactation massage helps stimulate the nerves in producing breast milk because by doing lactation massage, neohormonal stimulation of the mother's breasts occurs in the mother's nipples and areola. This stimulation is transmitted to the hypophyse via the vagus nerve, continuing to the anterior lobe. From this lobe, the hormone prolactin will be released, enter the bloodstream and reach the glands that make breast milk. This gland will be stimulated to produce breast milk. The prolactin hormone plays a role in breast milk production. Apart from that, lactation massage can also prevent breast swelling due to accumulation of breast milk due to poor production or baby sucking. So that the process of providing exclusive breastfeeding can run smoothly. Breast milk is the most suitable food for babies because it contains the nutrients that babies need to grow and develop. The importance of giving exclusive breast milk to newborns until 6 months of age and continuing to give breastfeeding until the child is 24 months old has strong evidence (Maryunani, 2015; Hanum, Purwanti, & Khumairoh, 2015; Lindawati, 2019).

Based on the findings of this study, researchers assume that there is a relationship between lactation massage and smooth breastfeeding and increasing breast milk production in post partum mothers. According to researchers, the increase in the quantity of breast milk is due to the increased feeling of comfort and relaxation during lactation massage which will automatically stimulate the release of the hormone oxytocin (let down reflex) from the pituitary gland where the hormone oxytocin will stimulate the release of breast milk resulting in an increase in breast milk production, besides the effect Lactation

massage can provide calm, minimize stress, increase self-confidence and help mothers giving birth to have positive thoughts and feelings about their baby. During the lactation massage, there is intense interaction between the health worker and the mother which allows the mother to express and ask questions about postpartum, newborn babies and breastfeeding so that with more knowledge about breastfeeding the mother is more confident in breastfeeding. exclusively for babies.

CONCLUSION

Lactation massage is a type of massage performed on the head, neck, back, spine and breasts to increase breast milk production and encourage better maternal care. Lactation massage is used to increase the hormones prolactin and oxytocin. This hormone triggers contraction of alveoli cells in the breast glands.

The production and flow of breast milk can be accelerated through lactation massage, and from the 16 articles that have been discussed, there is a relationship or influence between lactation massage and increased production and flow of breast milk. This lactation massage is effective in facilitating the production and release of breast milk if done from the early post partum period (6 hours post partum) 2 times a day with a massage duration of 10 - 15 minutes. The types of breast milk that come out during the post partum period are colostrum (from day 1 to day 3-5), transitional breast milk (day 3-5 to day 8-11), and mature breast milk (day 8-11 onwards).). By doing regular massage and implementing correct breastfeeding techniques, it will affect the production and flow of breast milk.

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