



The Effectiveness of Oxytocin Massage and Lavender Aroma Therapy on The Optimization of Breastfeeding Breast-Feeding Women in North Tapanuli District

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<p>Track Record Article</p> <p>Accepted: 06 September 2024 Revised: 06 October 2024 Published: 30 November 2024</p> <p>How to cite : Ujung, R. M., & Hutabarat, N. I. (2024). The Effectiveness of Oxytocin Massage and Lavender Aroma Therapy on The Optimization of Breastfeeding Breast-Feeding Women in North Tapanuli District. <i>Contagion: Scientific Periodical Journal of Public Health and Coastal</i>, 6(2), 1331–1342.</p>	<p style="text-align: center;">Abstract</p> <p><i>The puerperium is the process of giving birth to a mother starting from the birth of a baby, the birth of the placenta and until the recovery or return of the reproductive organs to their original form before pregnancy which lasts 42 days. The puerperium is the process of giving birth to a baby until the recovery that the mother goes through which is used to restore her health or after childbirth the removal of the plaque and ends when the cervix organs regain their pre-gestational condition. The aim of this research is to analyze the determinants of whether and how effective oxytocin massage is for postpartum mothers. The participants of this study were all parturient women who were pregnant in North Tapanuli district. Meanwhile, the research sample comprises 30 parturients, consisting of 15 people in the intervention group with oxytocin massage and 15 people in the control group who were given lavender aroma therapy. The sampling technique uses accidental sampling. The data analysis method for this research is univariate data analysis aimed at obtaining the frequency distribution of each variable studied and presented. This research aims to see the influence of the independent variable on the dependent variable. The analysis of this research used the Independent Sample T-Test which aims to see the differences in oxytocin massage with lavender aroma therapy between the study group that has an effect and the group that can be controlled. Criteria for decision making results using the Mann Whitney approach. The mandatory output of the research is to be published on Sinta 3 and the additional output is to produce an Oxytocin Massage Video. The results of research using the Mann Whitney approach obtained a measurement result of p value = 0.828 ($\alpha > 0.05$), meaning that there is no comparison on the treatment effectiveness of occitocin massage and lavender aroma therapy in optimizing breast milk output of breast milk production in parturient mothers in the Siborong-borong Community Health Center, Pangaribuan, Sipahutar and Siatas Barita in 2024.</i></p> <p>Keyword: Aromatherapy, Breast Milk, Oxytocin Massage, Postpartum Mother</p>
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INTRODUCTION

The puerperium is a period that starts from 1 hour after the birth of the placenta up to 6 weeks (42 days) where during this period it is necessary to meet the needs of mothers and babies both physically and psychologically and provide comprehensive screening so that nothing happens that interferes with the recovery of the mother (Prawirahardjo, 2020).

Exclusive breastfeeding for the first 6 months of a baby's life has been proven to improve the health status of a nation. Research shows that exclusive breastfeeding can decreasing the rates of mother and infant mortality and maternal and newborn mortality rates and increase the general health status of mothers and infants. In addition, exclusive

breastfeeding during the first 6 months of a baby's life will provide positive benefits for his or her future life (Sudargo & Kusmayanti, 2021).

Breastfeeding has many benefits, an infant who is exclusively breastfed can grow and develop optimally and build the body's resistance to disease. One of the challenges to the success of exclusive breastfeeding is that there are still many irresponsible promotions of formula milk products and the outflow of breast milk is still small at the time of IMD (Yanti dkk, 2022). Breastfeed exclusive since baby's birth is very good because the baby will get cholesterol in the form of yellowish breast milk that comes out from day one through day three when the mother is breastfeeding (Rosa, 2022).

Exclusive breastfeeding given by the mother to the baby can prevent various health problems that can For 24 weeks, babies who are breastfed by their mothers may have a great influence on growth and cerebrum development of the infants and body for the future, while there are also uses of breastfeeding on the baby's mother, which can reduce maternal anxiety and accelerate the recovery of wounds and reproductive organs after childbirth. In addition to making the mother's health and psychological condition more stable, exclusive breastfeeding can also reduce other health problems or disorders because one of the things that can increase the incidence of mammary the causes of cancer in practicing breastfeeding mums are not doing mammary care and not giving exclusive breastfeeding to her baby (Astriya Hidayah, 2021).

Breastfeeding babies for 6 months without supplementary feeding may also decrease the incidence of breast and uterine cervical cancer. The percentage of infants less than 6 months old who are exclusively breastfed is estimated as $\frac{\text{Total number of newborns aged less than 6 months who are receiving exclusive breastfeeding}}{\text{Total number of infants less than 6 months of age who are exclusive breastfed}} \times 100\%$. The target number of exclusively breastfed infants less than 24 weeks of age is defined as $\frac{\text{Total number of infants less than 24 weeks of exclusively breastfed infants}}{\text{Total number of infants less than 24 weeks of age who are exclusively breastfed}} \times 100\%$. The target number of exclusively breastfed infants less than 24 weeks of age is defined as infants less than 24 weeks of age with a 24-hour recall. (Kemenkes, 2022).

There are several findings stating that babies who are exclusively breastfed or breastfed for 24 weeks have a significant impact on children's intelligence and immunity, reducing the risk of developing health problems (Ministry Health, 2017). The exclusive introduction of breastfeeding can also result in reduce the risk of breast and uterine cancer. The percentage of infants less than 6 months of age is calculated based on the number of infants less than 6 months of age receiving exclusive breastfeeding divided by the target infants less than 6 months of age

multiplied by 100%. The target of babies less than 6 months of age who receive exclusive breastfeeding is babies less than 6 months of age with a 24-hour recall (Ministry Health, 2022).

The postpartum period is the process of giving birth to a baby and the return of the original reproductive to gynecological organs return to their pre-pregnancy state. Reproductive organs after the postpartum period will slowly undergo changes as before pregnancy (Marmi, 2019). Oxytocin massage is a massage performed along the spine (vertebrae) to the fifth and sixth costae. The production of the hormone oxytocin in addition to having the benefit of increasing comfort in breastfeeding mothers, this hormone is also able to increase myoepithelial contractions of the mammary glands, thereby facilitating the release of breast milk (Lubis & Angraeni, 2021).

Based on research (Dewi et al., 2022) the results of interviews and observations of 5 mothers after spontaneous delivery day 0 in Alamanda Ward as many as 3 people (60%) of post partum mothers said they lacked confidence, were anxious and their babies cried, refused to suckle because the milk had not come out, and the mother said the nipple was flat or inward as many as 1 person (20%), and the mother said the nipple was blistered as many as 1 person (20%). Post partum mothers or families do not know the efforts to facilitate breast milk.

Ways that can help maximum milk release can be done with postpartum massage. Some of the benefits are that the body relaxes, reduces pain, relieves stress, improves sleep quality, helps the breastfeeding process and can improve postpartum hormone balance (Ibrahim, 2021). Based on this occitocine and Lavender Massage aroma therapy on optimizing breastfeeding in postpartum mothers in the North Tapanuli Regency Region in 2024. Which is to determine the effectiveness of oxytocin massage in postpartum women and how the impact of oxytocin massage on postpartum women and babies.

METHODS

This kind of studies are experimental research, namely quasi-experimental (pseudo-experiment) by providing influence among the experimental group and the control group, whether Any differences in results to be measured in in the construction group and the treatment group (Priyatno D, 2010).The research design used was pretest-postest group design. The research was conducted by dividing the subjects into 2 groups, where Excerpt from The experimenter group was treated with occitoxin therapy and the second was treated by aroma therapy. The subjects in this study were all puerperal mothers in North Tapanuli. Regency. While the sample in this study was part of the postpartum women totaling 30 people consisting

of 15 people as an intervention group with oxytocin massage and 15 people given lavender aroma therapy.

The technique of selecting participants in this study is quota sampling by means of conducting home visits to respondents' homes. The inclusion criteria in this study were postpartum women from day 1 to day 42, postpartum women with exclusive breastfeeding, postpartum women who resided in the Hutabaginda, Siatas Barita, Siborong-borong, Sipahutar and Pangaribuan areas, willing to be respondents and able to read and write. While the exclusion criteria are postpartum women who do not provide exclusive breastfeeding, postpartum women who are unable to read and write, postpartum women who have physical limitations, postpartum women who are not willing to become respondents.

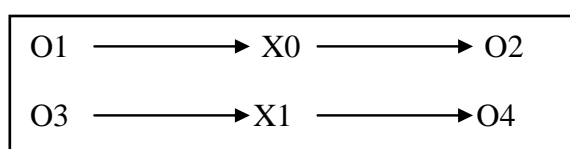


Figure 1. Research Design Model

Description:

X0 = Oxytocin massage is performed on postpartum mothers.

X1 = Performed lavender aroma therapy on postpartum mothers

O1 = Postpartum mothers before oxytocin massage treatment

O2 = Postpartum mothers after oxytocin massage treatment

O3 = Postpartum mothers before being treated with oxytocin massage with lavender aroma therapy

O4 = Primigravida mothers after being treated with oxytocin massage with lavender aroma therapy.

The research method was conducted in the group with oxytocin massage treatment 2 times a day for 14 days. Furthermore, the lavender aroma therapy intervention group was also carried out twice a day for 14 days. After 14 days of giving material to the treatment group, a post-test was conducted, to determine knowledge in the treatment group which was carried out on the calculated date 14 days after the intervention.

The definition of education according to (Notoatmodjo, 2012) is a process that aims to develop individual potential, both in terms of knowledge, skills, and attitudes. In his view, education is not only limited to academic aspects, but also includes the formation of character and moral values necessary for social life, with primary, secondary and college categories.

According to (Notoatmodjo, 2012), "work" is usually defined as an activity that a person does to earn income or as a contribution to an organization. Work includes various

forms of activities, both formal and informal. Meanwhile, “not working” can be defined as a situation where a person is not engaged in work activities that generate income or social contributions. This can include unemployment, retirement, or a period of rest. Breast milk fluency can be measured from a 10-question questionnaire sheet filled out by breastfeeding mothers with the category Fluent if the mother answers correctly ≥ 6 and Not fluent if the mother answers correctly < 6 questions.

RESULTS

Table 1. Sample characteristics based on Age, Education and Occupation of Postpartum Women

Characteristics	Treatment Group Oxytocin Massage		Treatment Group Lavender Aroma Therapy	
	Amount	%	Amount	%
Age				
< 20 Years	0	0	0	0
20-35 Years	11	73,3	12	80
> 35 Years	4	26,7	3	20
Total	15	100	15	100
Education				
Primary	1	6,67	2	13,33
Secondary	12	80	7	46,67
College	2	13,33	6	40
Total	15	100	15	100
Job				
Work	10	66,67	12	80
Not Working	5	33,33	3	20
Total	15	100	15	100

Based on the results of the table above, it was found that the age of postpartum mothers who participated in oxytocin massage was more with the age of 20-35 years old as many as 11 people (73.3%) and the minority were > 35 years old as many as 4 people (26.6%). While the aroma therapy treatment group aged 20-35 years as many as 12 people (80%) and aged > 35 years as many as 3 people (20%).

Education characteristics are known for the oxytocin massage treatment group with primary education as many as 1 person (6.67%), The level of secondary education is 12 people (80%), The higher education level is 2 people (13.33%). For the aroma therapy treatment group, 2 people (13.33%) had basic education, 7 people (46.67%) had secondary education, and 6 people (40%) had higher education.

The characteristics of the respondents were adjusted by occupation, it was found that for the group assigned to occitocin massage action, there were 10 respondents (66.67%) who worked, followed by respondents who did not work, namely 5 people (33.33%). For the

oxytocin massage treatment group, there were 12 respondents (80%) who worked, followed by 3 respondents (20%) who did not work. Overview of the fluency of breast milk production in the oxytocin massage treatment group and aroma therapy treatment group.

Table 3 Distribution of Milk Production Fluency of Postpartum Women

Smooth Milk Production	Treatment Group Oxytocin Massage				Treatment Group Lavender Aroma Therapy			
	Pre		Post		Pre		Post	
	n	%	n	%	n	%	n	%
Fast	5	33,3	15	100	7	46,7	15	100
Unsafe	10	66,7	-	-	8	53,3	-	-
Total	15	100	15	100	15	100	15	100

In accordance with the results of the pre-exam, it was found that inside distribution of after childbirth mothers with smooth milk supply of the group of treatment of oxytocin massage, fluent breast milk production is 5 people (33.3%), not smooth breast milk production is 10 people (66.7%), while in the aroma therapy treatment group with smooth breast milk production is 7 subjects (46.7%), breast milk production was not well expressed as many as 8 subjects (53.3%). After being given the treatment of oxytocin massage, it was found that postpartum women with smooth breast milk production were at most 15 people (100%), while in the postpartum women in the aroma therapy treatment group, breast milk production was smooth at most 15 people (100%). When viewed from the results before and after the research questionnaire was distributed and given treatment, It can be found that the mother's milk supply after childbirth who are involved within the therapeutic groups of occitocin massage and aroma treatment.

Bivariate Analysis

Table 4 Effectiveness of occytocin massage and lavender aroma therapy in maximizing breastfeeding in post-natal mothers

Interventions	Mean	<i>p value</i>	n
Oxytocin Massage	15,83	0,828	15
Lavender Aroma Therapy	15,17		15

The following table shows the outcome of the Mann-Whitney test used to see the effect of occitocin massaging and lavender aroma therapy treatment groups. In the Mann-Whitney test if the p value <0.05 means there is a difference, while the p value >0.05 there is no difference. In accordance with the results of the table, it can be found that p values = 0.828, which means that there is no discrepancy. that there is no distinction, so it can be summarized that there is no discrepancy among the treatment Occitocin massaging and lavender aromatic treatment, in other terms, therapy two treatments are equally effective on successful milk supply after giving birth women.

DISCUSSION

Breast milk supply of parturient women in the experimental groups of oxytocin massage and lavender aroma therapy

In accordance with the findings of the investigation conducted, old age distribution from postpartum mothers in the group given the oxytocin massage action was obtained. with the age of 20-35 years as many as 11 people (73.3%) and those aged > 35 years many as 4 (26.7%). While the lavender aroma therapy treatment group aged 20-35 years were 12 (80%) and > 35 years were 3 (20%).

Education characteristics, as it is recognized that for occitocin massage therapy group, there are 1 person (6.67%) with primary education, 12 people (80%) with secondary education and 2 people (13.33%) with higher education, then the lavender aroma therapy treatment group has 2 people (13.33%) with primary education, 7 people (46.67%) with secondary education, and 6 people (40%) with higher education.

The characteristics of postpartum mothers are adjusted for occupation, it was found that for the group given oxytocin massage action postpartum mothers who did not work were 5 people (33.33%) followed by postpartum mothers who worked, namely 10 people (66.67%). There were 10 postpartum mothers who worked (66.67%). For the group given the action of aroma therapy, postnatal mothers who do not work as much as 3 people (20%) followed by postpartum mothers who were employed, totaling 12 people (80%).

The process of breast milk formation that occurs in the breast is a hormone released by the pituitary gland. This hormone has an important status in producing breast milk. The production of breast milk is triggered off by the hormone prolactin, while the process of releasing breast milk is triggered off by the hormones oxytocin. The oxytocin hormone will release through the influence of stimulus on the teats, namely by the baby's oral intake or by massaging the mother's backbone, through the act of massaging the baby's mother's backbone, the mother will feel calm, comfortable, and can increase the feeling of loving her baby, so that the release of the oxytocin hormone so that breast milk can be discharged properly. (Noviyana et al., 2022).

Oxytocin massage and lavender aroma therapy are performed on mothers after childbirth to help the work of the oxytocin hormone in the expression from breast milk, accelerating parasympathetic nerves to convey signals to the hindbrain to stimulate the work of oxytocin in flowing breast milk to come out (Noviyana et al., 2022).

How to do oxytocin massage is to massage from the first collar bone to the shoulder blades, can use oil or not, in a sitting or lying position (Arum Purnamasari, 2020). According

to (Denis dkk, 2023) The results showed that the age of most primiparous postpartum mothers was at the age of 20-35 years. Most primiparas have a percentage of 95% in the age range of 21-25 years. The perspective of health science states that the ideal partner is at least 20 years for women and 25 years for men. Most primiparous women are in the ideal reproductive range of 21-25 years.

The findings of (Ohorella et al., 2021) indicate that more informants were more than 25 years old (73%), graduated from upper secondary school (67%), and did not have a workplace (57%). years (73%), completed high school (67%), and not employed (57%). Milk supply before doing occitocine movement and lavender aroma treatment. In conjunction with the pre-examination results, it was found that in the dissemination of maternal postpartum with smooth breast milk output with the treatment group of oxytocin massage There were 5 people (33.3%) with current breast milk supply, not smooth breast milk production is 10 people (66.7%), while in the aroma therapy treatment group with smooth breast milk production is 7 (46.7%), and breast milk yield was not current as much as 8 people (53.3%).

According to (Reny Umbarawati, 2024), the results showed that most postpartum women before being given oxytocin massage and chamomile aromatherapy produced breast milk quite smoothly as many as 24 respondents (70.6%). Based on the research, factors which affect milk supply is IMD. Based on the following results of the study obtained respondents who did not do IMD as many as 17 respondents (50%) and who did IMD 17 respondents (50%).

According to (Ohorella et al., 2021), it shows that in the group given the intervention before the oxytocin massage (pre test) there were 2 respondents (4.8%) whose breast milk was smooth and 19 people (45.2%) who were not smooth, then after the oxytocin massage (post test) there were 18 respondents (42.9%) whose labor is current and 3 people (7.1%) who were not smooth.

Milk supply following oxytocin massaging and lavender aroma treatment. Based on the results of the study, it is known that out of 15 postpartum women with oxytocin massage treatment group, 5 (33.3%) postpartum women with smooth breast milk production and 10 (66.7%) postpartum women with not smooth breast milk production. After the treatment of oxytocin massage in postpartum women, it was found that 7 (46.7%) postpartum women with breast milk production were smooth and 8 (53.3%) postpartum women with breast milk production were not smooth.

In accordance with the findings showing that after being provided with the treatment of oxytocin massage, it was found that postpartum women with smooth breast milk production were at most 15 people (100%), while in postpartum women in the aroma therapy treatment

group, breast milk production was smooth at most 15 people (100%). When viewed from the results before and after the test, it was found how the breast milk supply of parturient women in the Oxytocin Movement and scent therapy treatment groups.

This is in line with research conducted by (Ashari et al., 2020) at the Sinjai Regency General Hospital in 2019, which shows that there is an oxytocin massage effect on continuity of breastfeeding. After oxytocin massage was done, it succeeded in overcoming breast milk production (89%), relieving the mother's anxiety in breastfeeding (76%) and giving a sense of relaxation (68%) so that the mother could give breast milk to her baby without hesitation.

According to Setiowati (2017) in the (Siti Rafika Putri & Siti Saripah, 2020) research, the results of her research showed that breast milk production in postpartum mothers received a comprehensive oxytocin massage intervention (100%) had a fluent breast milk supply, which means the effect of oxytocin massage on breast milk supply in postpartum mothers is significant, meaning that there is an influence of oxytocin massage on breast milk supply in postpartum mothers.

According to Research by (Linda Hayati Hernandia distinarista dan Hj Sri wahyuni, 2020) Previous history of breastmilk production frequency lavender aromatherapy and breastcare most in this study was not smooth breast milk production, namely 16 respondents or 76.2% of the total respondents. The highest Previous history of breastmilk production frequency lavender aromatherapy and breastcare in this study was smooth breast milk production, namely 19 respondents or 90.5% of the total respondents. The influence of breast milk provision in women at baseline and after lavender aromatherapy and breast care, with a Z score of 3.742 and a p value (asympt.sig 2-tailed) of 0.000 (p value <0.05). with a p value (asympt.sig 2-tailed) of 0.000 (p value <0.05).

Research by (Mariyani et al., 2022) said that Oxytocin massage plays a significant role in peripheral nervous system, increase stimulation, and reduce pain, So it is hoped that by doing this massage the mother will feel more comfortable and relaxed. fatigue after childbirth will disappear, massage combined with essential oils as aromatherapy. is among the most popular and widely recognized aroma therapeutics in the area of clinical health, especially to treat psychological disorders in the field of obstetrics and gynecology.

The efficacy of oxytocin therapy and aroma treatment on breast milk yields. According to the Mann-Whitney test results, it was utilized to see the effectiveness of the oxytocin massage and lavender aroma therapy treatment groups. In the Mann-Whitney test, if the p is below 0.05, it indicates that there is a comparison between the oxytocin massage and lavender aroma therapy groups, whilst a p value >0.05 implies that it is not. In accordance with these

results it was found the p score = 0.828 meaning there is no significant difference, so it can be summarized that there is no difference among oxytocin massage treatment and the oxytocin massage treatment. Lavender aromatic therapy, in other words, the two treatments are equally effective on the smoothness of breast milk output in mothers postpartum.

This is consistent with the study that was performed by (Tono, 2021) where the results of the research conducted obtained the mean value in the pre-test data, namely before Oxytocin massage with lavender fragrances to improve breast milk yields with a mean value of 48.3 while after oxytocin massage and evaluated on day 4 the mean value is 140, 0 means it was discovered that there was an increase in breast milk supply after being given oxytocin massage with lavender aromatherapy, where the improved breast milk yield every day after receiving oxytocin and complementary massage and also lavender aromatherapy there is an increase in breast milk production by $\pm 10 - 15$ cc on days 2-3 and an increase in breast milk production on day 4 by $\pm 70 - 75$ cc. In accordance with statistical tests using the Wilcoxon method, the p score is 0.109. where the p value $> \alpha$ The value of (0.05) means that there is no significant difference in the provision of oxytocin massage with lavender aromatherapy to 4-day postpartum mothers in Batur Village.

According to (Linda Hayati Hernandia distinarista dan Hj Sri wahyuni, 2020) stated that quantity of breast milk expressed before delivery lavender aromatherapy and breast care most in this study was not smooth milk production, namely 16 respondents or 76.2% of the total respondents. That quantity of breast milk expressed before delivery lavender aromatherapy and breast care most in this study was smooth breast milk production, namely 19 respondents or 90.5% of the total respondents. The influence of mother's milk supply before and after provision of lavender aromatherapy and breast care with a Z score of 3,742 with a p value (asymptotic 2-tailed) of 0.000 (p value < 0.05).

According to (Ohorella et al., 2021) The results of this study indicate that in the group given the intervention before the oxytocin massage (pre test) there were 2 respondents who had smooth breast milk (4.8%) and 19 people (45.2%) who did not have smooth breast milk, then after the oxytocin massage (post test) there were 18 respondents (42.9%) and 3 people (7.1%) who did not have smooth breast milk. The test results using the Wilcoxon test obtained an asymptotic z value (0.000) $< (0.05)$ therefore it is possible to summarize that there is a significant effect of oxytocin massage on breast milk yield in parturient mothers in Siti Health Center Fatimah Mother and Child Hospital in Makassar.

According to (Italia & Meli Sri Yanti, 2019) that oxytocin massage affects breast milk production in post partum mothers. This is because doing oxytocin massage can stimulate the

prolactin and oxytocin hormones and can improve blood circulation so as to prevent blockage of breast milk channels. By doing oxytocin massage regularly in post partum mothers, it will promoting breast milk supply. The implementation of oxytocin treatment by husbands can improve breast milk production in puerpera mothers as shown by the body weight of the baby, infant frequency, and frequency of breastfeeding. Breast milk supply in parturient mothers as seen from the baby's weight, frequency of breastfeeding, length of sleep, frequency of bowel movements, frequency of bowel movements, and frequency of breastfeeding. breastfeeding, length of baby's sleep, frequency of baby's bowel movements, frequency of frequency, peeing frequency, and mother's sleep repose.

According to (Reny Umbarawati, 2024) oxytocin massage and chamomile aromatherapy regularly in postpartum mothers can increase breast milk production. Oxytocin massage performed by a husband or family member can stimulate relaxation and comfort, increasing milk production. In addition, the use of chamomile aromatherapy can also help relax and provide comfort, which can increase milk production. This holistic support is important to ensure the health and well-being of both mother and baby during the postpartum period.

CONCLUSIONS

In accordance with the results of the study, the p value = 0.828 was obtained, which indicates that there is no difference, so it can be summarized that there is no difference between the treatment of oxytocin massage and lavender aroma therapy, in other words, the two treatments are equally effective on the smooth supply of breast milk in postpartum mothers.

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