



The Effect of Woolwich Massage on Breast Milk Expression in Post-Partum Mother at The Kombo Community Health Center In 2024

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Abstract. Exclusive breastfeeding for six months has been proven scientifically can meet the nutritional needs of babies. Lactation is the entire breastfeeding process starts from the production of breast milk until the baby sucks and swallow breast milk. The lactation process is greatly influenced by the hormone prolactin and oxytocin as a stimulation of breast milk production. One attempt to stimulate the hormones prolactin and oxytocin provide a relaxing sensation to the mother, namely by doing a Woolwich massage. This research aims to find out the effect of Woolwich massage on breast milk production at the Kombo Community Health Center. The benefit is to help mothers increase their breast milk production and hopefully provide exclusive breastfeeding for six months. Method this research uses a pre-experimental method with a design one group pre-test and post-test design. Sampling technique in research This is Accidental Sampling (Non-Probability) with a purposive method sampling. This research sample consisted of 39 samples. Data collection is carried out at Kombo Community Health Center using observation sheets and sheets questionnaire in June - July 2024. Data analysis used the Mc Nemar Test. Results shows the p value when providing the Woolwich Massage technique, namely p value is 0.000 ($p < 0.05$) which means there is an influence on this action on breast milk production in post-partum mothers Conclusion there is an influence of the Woolwich Massage technique on breast milk production in post-partum mothers at the Kombo Community Health Center.

Keywords: Woolwich massage, breast milk, post-partum

1. INTRODUCTION

Breastfeeding rates in Indonesia have decreased significantly in recent years, because WHO recommends that it be done more efforts to protect, promote and support breastfeeding with a focus on helping mothers who work or profession. Breast milk is milk which contains all the nutrients the baby needs to grow and develop. One effort that can be made to improve lactation hormones, namely by carrying out breast care. Stimulate oxytocin and prolactin in postpartum mothers is by creating feeling relaxed, one of which is by doing a woolwich massage. Woolwich massage is an example of therapy that can be given to mothers postpartum to increase the smooth production of breast milk. Woolwich massage applied to the lactiferous sinus area around 1-1.5 cm above the areola mammae which aims to facilitate the release of breast milk in lactiferous sinus.¹

1.1 Definition Woolwich Massage

Woolwich Message is a woolwich massage method that increases breast milk production, increases breast milk secretion and prevents breast inflammation or mastitis. The Woolwich massage method is given to post-partum mothers 2 times/day in the morning and evening for 3 days post-partum. The Woolwich massage procedure is a circular massage using both thumbs in the lactiferous sinus area, exactly 1-1.5 cm outside the mammary areola and is carried out for 2-3 minutes. Therefore, Woolwich massage triggers stimulation of the myoepithelial cells around the breast glands, this stimulation is transmitted to the hypothalamus, thereby triggering the anterior pituitary.²

1.2 The Purpose Woolwich massage

Woolwich massage has several goals including improving prolactin and oxytocin reflex (let down reflex), preventing blockages, increases breast milk production and prevents inflammation or dams breast. The aim of Woolwich massage is to improve reflexes prolactin and oxytocin reflex (let down reflex), preventing its occurrence blockages, increase breast milk production and prevent inflammation or dam in the breast.³

2. METHODS

This research is a type of pre-experimental research with the design used was one group pre-test post-test. This design is the design of how the research is carried out. in this design, before being given treatment, the samples were given a pre-test first and at the end the sample research was given a post-test (final test). Thus, the results of the treatment can be known more accurately because it can be compared with the situation before being given treatment.⁴

The form of this research design is as follows:

O ¹	x	O ²
Pretest		Post test

Information:

O1: Pretest score (before being given the Woolwich Massage technique)

O2: Posttest score (after being given the Woolwich Massage technique)

X: Treatment (Woolwich Massage technique)

2.1 Independent variable

These variables are often referred to as stimulus variables, predictors, antecedents. In Indonesian it is often referred to as an independent variable. Independent variables are variables that influence or cause the change or emergence of the dependent (dependent) variable. On research This independent variable is the Woolwich Massage technique.⁵

2.2 Dependent Variable

The dependent variable is often referred to as the output variable, criterion, consequent. In Indonesian it is often referred to as a variable dependent. A dependent variable is a variable that is influenced by a variable free In this study the dependent variable is breast milk expenditure in post-partum mothers.⁶

3. RESULTS AND DISCUSSION

The Influence of the Woolwich Massage Technique on breast milk production in post-partum mothers at the Kombo 2024 community health center

Before	After		Total	p value
	Less	Enough		
Less	29 (96.7%)	1 (3.3%)	30 (100%)	0.000%
Enough	1 (3.3%)	29 (96.7%)	30 (100%)	
Total	30 (100%)	30 (100%)		

Based on table 3.1, it is known that out of 30 respondents (100%) before the intervention was carried out 1 respondent (3.3%) had sufficient breast milk and 29 respondents (96.7%) who experienced insufficient breast milk. After being given intervention, It was found that 29 respondents (96.7%) had sufficient breast milk and 1 respondents (3.3%) who still experience insufficient breast milk. From the results of the Mc Nemar test, the ρ value is obtained 0.000 ($\rho < 0.05$) means there is an influence before and after it is given Woolwich Massage technique on breast milk production in post-mother's partum at UPT Puskesmas Kombo 2024.

This research was conducted in the postpartum room at the Kombo Community Health Center on June 1 – July 29 2024 with 30 Post Partum mother respondents who experience breast milk failure. The design of this research is Qualitative research with a pre-experimental research design one group pretest posttest approach. This plan also does

not exist comparison group (control), but the first observation has been carried out (pretest) which allows testing the changes that occur after an experiment (program). In this study, there was no control group for all samples receive intervention (Woolwich Massage Technique). Before intervention Researchers first measured breast milk production using observation sheet on respondents (pretest), after researcher intervention Again, measure breast milk output using an observation sheet towards respondents (posttest). Measurements in one group are for determine the effect of the Woolwich Massage technique on breast milk production in Post Partum mothers at the Kombo Community Health Center in 2024 before and after using the Woolwich Massage technique.

4. CONCLUSIONS

Based on the results of research conducted at the Kombo Community Health Center can be concluded that before carrying out the Woolwich Massage technique, the mother can find out who If your breast milk is not flowing smoothly, it can be identified as being in the deficient category as many as 29 respondents (96.7%) and the Fair category was 1 respondent (3.3%), after carrying out the Woolwich Massage technique, there were 29 respondents. The breast milk was in the Sufficient category (96.7%) and 1 respondent with less category (3.3%), based on bivariate data analysis using the Mc Nemar test the obtained p value of 0.000 (p value $<$ (0.05)) can be stated that there were influences before and after Woolwich Massage for the smooth release of breast milk in post-partum mothers in Kombo Community Health Center.

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