THE EFFECT OF ACUPRESSURE ADMINISTRATION ON THE SMOOTH FLOW OF BREAST MILK IN POSTPARTUM MOTHERS ON DAYS 1 – 7

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ABSTRAK : PENGARUH PEMBERIAN AKUPRESUR TERHADAP KELANCARAN ASI PADA IBU NIFAS HARI 1 – 7

Latar Belakang : ASI merupakan makanan terbaik untuk bayi, namun pada beberapa ibu nifas pengeluaran ASI terhambat sehingga tidak lancar. Masa nifas dimulai setelah kelahiran plasenta dan berakhir ketika alat-alat kandungan kembali . (Asih, 2016) Akupresur yaitu melakukan pemijatan atau penekanan pada titik-titik tertentu (acupoint) menggunakan jari secara bertahap sehingga dapat menstimulasi tubuh untuk sembuh secara alami. (Indonesia, 2015). Terapi secara non farmakologi yang dianjurkan untuk memperlancar ASI yaitu akupresur. Penelitian ini bertujuan untuk mengetahui Pengaruh Pemberian Akupresur terhadap kelancaran ASI pada Ibu Nifas Hari 1 – 7 di PMB Dwi Nur Anggraini Banyuwangi.

Tujuan : Penelitian ini bertujuan untuk menganalisis Pengaruh Pemberian Akupresur terhadap kelancaran ASI pada Ibu Nifas Hari 1 – 7 di PMB Dwi Nur Anggraini Banyuwangi.

Metode : Metode penelitian ini adalah eksperimental *pre test post test with control group design* pada ibu Nifas di PMB Dwi Nur Anggarini Banyuwangi dengan jumlah responden sebanyak 28 orang, dan Kemudian dikelompokan menjadi dua kelompok intervensi (n = 14) dan kelompok kontrol (n = 14). Pada kelompok intervensi diberikan intervensi *Akupresur* secara mandiri sebanyak dua kali sehari selama 10-15 menit selama 7 hari. Sementara itu, kelompok kontrol tidak diberikan intervensi apapun.

Hasil : Hasil analisis sebelum intervensi masing-masing yaitu 3,71 (1,204) dan 3,14 (1,406), dan setelah intervensi 0,21 (0,579) dan 2,36 (1,55). Berdasarkan uji *Mann whitney,* telah ditemukan bahwa p < 0,001.Selanjutnya untuk melihat perbandingan dari pre dan post untuk masing - masing kelompok menggunakan uji *Wilcoxon*, hal ini ditemukan pada kelompok intervensi p < 0,001 yang menunjukan adanya perbedaan atau pengaruh yang signifikan antara data pre dan post, sedangkan pada kelompok kontrol tidak menunjukan adanya perbedaan atau pengaruh yang signifikan dengan nilai p 0,046.

Kesimpulan : Dengan demikian dapat dibuktikan bahwa ada Pengaruh Pemberian Akupresur terhadap kelancaran ASI pada Ibu Nifas Hari 1 – 7 di PMB Dwi Nur Anggraini Banyuwangi Sehingga perlu dilaksanakan atau dilakukan Akupresur supaya dapat membantu melancarkan produksi ASI.

Saran : Melakukan Kerjasama dengan keluarga dalam Pemberian Akupresur terhadap kelancaran ASI pada Ibu Nifas Hari 1 – 7 di PMB Dwi Nur Anggraini Banyuwangi , sehingga ibu nifas dapat memberikan ASI.nya kepada bayi secara esklusif.

Kata Kunci : Akupresur, ASI, Ibu Nifas,

ABSTRACT

Background : Breast milk is the best food for babies, but in some postpartum mothers, breast milk production is hampered so that it does not flow smoothly. The postpartum period begins after the birth of the placenta and ends when the uterine organs return. (Asih, 2016) Acupressure is massaging or pressing certain points (acupoints) using your fingers in stages so that it can stimulate the body to recover naturally. (Indonesia, 2015). The non-pharmacological therapy recommended to facilitate breast milk is acupressure. This study aims to determine the effect of giving acupressure on the smooth flow of breast milk for postpartum mothers on days 1 - 7 at PMB Dwi Nur Anggraini Banyuwangi.

Objective : This study aims to analyze the effect of giving acupressure on the smooth flow of breast milk for postpartum mothers on days 1 - 7 at PMB Dwi Nur Anggraini Banyuwangi.

Methods : This research method was an experimental pre test post test with control group design on postpartum mothers at PMB Dwi Nur Anggarini Banyuwangi with a total of 28 respondents, and then grouped into two intervention groups (n = 14) and a control group (n = 14). The intervention group was given acupressure

intervention independently twice a day for 10-15 minutes for 7 days. Meanwhile, the control group was not given any intervention.

Results : The analysis results before intervention were respectively 3.71 (1.204) and 3.14 (1.406), and after intervention 0.21 (0.579) and 2.36 (1.55). Based on the Mann Whitney test, it was found that $p < 0.001$. Next, to see the comparison of pre and post for each group using the Wilcoxon test, this was found in the intervention group $p < 0.001$ which shows that there is a significant difference or influence between the pre and post. post, while the control group did not show any significant difference or influence with a p value of 0.046.

Conclusion : Thus, it can be proven that there is an effect of giving acupressure on the smooth flow of breast milk in postpartum mothers on days 1 - 7 at PMB Dwi Nur Anggraini Banyuwangi. So it is necessary to carry out or carry out acupressure in order to help facilitate breast milk production.

Suggestion: Collaborate with families in providing acupressure for smooth breastfeeding for postpartum mothers, days 1 - 7 at PMB Dwi Nur Anggraini Banyuwangi, so that postpartum mothers can give their breast milk to babies exclusively.

Keywords: Acupressure, Nigas mothers, breast milk

INTRODUCTION

The postpartum period is a period where a few hours after the birth of the placenta to the sixth week after giving birth. (Diana, et al., 2023). In this postpartum period, breastfeeding the baby is very important because breastfeeding has great benefits for the growth and development of the baby and has a positive effect on the mother. The impact of not breastfeeding can make both mothers and babies susceptible to disease. Breast milk (breast milk) is the first, main, and best food for babies that is natural. Breast milk contains various nutrients needed in the process of growing and developing babies. Therefore, starting in 1990, there has been a National Movement to Increase the Use of Breast Milk (PP-ASI) for children up to 2 years old. (Sukarsi, 2020). Acupressure is a non-pharmacological treatment technique closely related to acupuncture, by applying pressure to specific points in the body. Acupressure as an art and healing science is based on the theory of yin and yang balance. Yin and Yang are two aspects that are mutually underpinning, mutually influencing, not absolute and both are in conflict with each other but form a whole unity in a harmonious and dynamic balance. Acupressure can produce effects through several different mechanisms. Acupressure points have electrical properties that when stimulated can alter the body's chemical neurotransmitter levels. Acupressure is believed to release muscle pain and tension, improve circulation and release endorphins (Hartono, 2012).

WHO data (2018) shows that the average rate of exclusive breastfeeding in the world is only around 40%. Based on data from the International Baby Food Action Network (IBFAN) in 2014, Indonesia is ranked 3rd in the bottom out of 51 countries in the world that participated in the assessment of the status of policies and programs for infant and child feeding (Infant Young Child Feeding) Exclusive breastfeeding coverage in Indonesia is around 37.3%, this figure is still far below the WHO recommendation of 50%. (Wahyuningsih, 2018)

In 2021 in East Java, the coverage of babies who received exclusive breastfeeding was 71.7%, this coverage decreased compared to 2020 (79.0%). The decline was due to the Covid-19 pandemic which caused the number of targets to be examined to decrease. However, this coverage is already above the 2020 RPJMN target, which is 45%.

Based on data from the Banyuwangi Regency Health profile in 2021, it is known that the coverage of babies who receive exclusive breastfeeding for babies < 6 months in Banyuwangi Regency is 80.5%, the coverage has decreased compared to 2020 (85.5%) and 2019 (86.3%). However, this coverage is already above the 2020 RPJMN target, which is 45%. Based on data from PMB Dwi Nur Anggarini Banyuwangi in January – September 2023 the number of postpartum mothers was 87 people and mothers who have not breastfed exclusively are 28 people (32.1%). A preliminary study was conducted on 5 people and obtained the results of 5 postpartum mothers who breastfed exclusively only 2 people, 3 people did not give exclusive breastfeeding, because they felt that breastfeeding was not smooth so they added formula milk.

The impact of lack of breastfeeding includes an increase in the incidence of diarrhea in children due to unhygienic supplementary foods or formula milk, lack of nutritional adequacy for children under 2 years old, the onset of allergies in some children and an increase in household expenditure on the purchase of formula milk. (Sukarsi, 2020)

Given these problems, it is considered important to have various efforts to support breast milk production. Integrated counseling from various

sectors on a wide scale, namely through print media, community and government organizations, as well as on a narrow scale at the village level through PKK which is integrated into posyandu.

According to Nurmalasari (2013), efforts made to improve the smoothness of breast milk can be given non-pharmacological and pharmacological. Non-pharmacological therapy is for example with acupuncture techniques, infrared irradiation and acupressure techniques. However, non-pharmacological techniques require expertise in their administration. Nonpharmacological therapy is a type of complementary nursing therapy that can be used as an intervention to facilitate breastfeeding, including reflexology and acupressure. One of the ways that can be applied in the community is with acupressure techniques. The process of this acupressure technique focuses on the nerve points of the body (Maritalia, 2014).

The results of a study conducted by (Wulandari, Hasanah, & Sabrian, THE EFFECT OF ACUPRESSURE ON BREAST MILK (ASI) PRODUCTION, 2019) said that acupressure administration can increase breast milk production in postpartum mothers if carried out regularly.

RESEARCH METHODS

The design used in this study is *quasi-experimental* with a *pre-test post-test approach with control group design*. Two groups of subjects will be formed, the first group is the treatment group and the second group is the control group.

In this study, the treatment group was given acupressure treatment. Meanwhile, the control group was not given acupressure treatment. Acupressure treatment in the treatment group is given twice a day for 15 minutes, in one week or seven days, and the post test will be carried out on the eighth day both in the treatment group and in the control group. The following is a picture of *a quasi-experimental design* model.

Population is a group of subjects that have certain characteristics, the target population is characterized by clinical and demographic characteristics while the affordable population is part of the target population that is limited by place and time (Syapitri, Amila, & Aritonang, Textbook of Health Research Methodology, 2021). In this research, the target population is all postpartum mothers on days 1 - 7 who are in the work area of PMB Dwi Nur Anggarini Banyuwangi.

According to Notoadmojo, a sample is *a subset* (part) that is studied and (who the sample is) is selected in a certain way so that it is considered to be representative of the population (Notoatmodjo,

2015). In this study, samples were taken from the affordable population, namely postpartum mothers on days 1 - 7 at PMB Dwi Nur Anggarini Banyuwangi.

In this study, a confidence level of 95% of the two-way hypothesis (Zα = 1.96) and a *power test* of 90% (Zβ = 1.28), the magnitude of the combined standard deviation and *the effect size* (X1-X2) were obtained from the results of the previous study by Ayca Solt Kirca, et al with the title *Effects off Self-Acupressure on Pregnancy Related Constipation*. The magnitude of the combined standard deviation is 8 and *the effect size* is 15.28. Sample size 7 was obtained with the following details:

$$n_1 = n_2 = 2 \left[\frac{(1.96 + 1.28)8}{15,28}\right]^2 = 6,99$$

$$n_1 = n_2 = 7$$

The minimum sample size in this study was 7 subjects. The effort made to anticipate if there is data that cannot be used (clients *drop out* or do not comply with the rules) is that the number of subjects is added by 10% so that the sample size is still met. So the number of subjects needed in each group in this study is 14 subjects with the following calculation details.

$$n' = \frac{n}{(1-f)}$$
$$n' = \frac{7}{(1-0,5)} = 14$$

n' = the size of the sample calculated

f = Approximate drop out proportion

Inclusion criteria in this study are:
1. Mother is willing to be a respondent and signs informed consent
2. Mother who gave birth at PMB Bwi Nur Anggraini
3. The mother's breast milk has not come in / is not flowing smoothly

The exclusion criteria in this study were:
1. Mother is not willing to be a respondent and does not sign informed consent
2. Mothers who use breast milk-stimulating drugs
3. The mother's breast milk is coming out smoothly.

Drop Out Criteria are:
1. Respondents stop before the treatment is completed
2. Respondent withdrew from research
3. Respondents avoid and cannot be contacted
4. Respondents do not comply with the intervention provided

The sample withdrawal in this study uses *a consecutive sampling* technique , namely all pregnant women who are examined at the Tapanrejo Health Center in order and meet the research criteria and are willing to be respondents are taken as a sample. To avoid bias, the determination of samples that entered the treatment group and the control group was carried out by a simple random division, namely the subjects who came first were alternately put into the treatment group and the next one was put into the control group (Notoadmojo S., 2010)

The data analysis in this study includes univariate analysis and bivariate analysis. The type of test is determined based on the variable measurement scale.

The normality test of the data used is the *Sapiro Wilk* test, the data is normally distributed if . Normally-distributed numerical data, to see the difference before and after the treatment, a paired T test was performed, while data that were not normally distributed were analyzed using the Wilcoxon test.

Data analysis to see the effect of acupressure administration in the experimental and control groups with normally distributed data was carried out in pairs, while for normally distributed data was analyzed using the $p > 0,05$ *Mann whitney test.*

RESULTS AND DISCUSSION
Univariate Analysis

Univariable analysis was carried out to see the distribution of the characteristics of the research subjects and *Accruals*. Data in numerical form are presented in the form of mean, median, standard deviation, and range, while data in categorical form is presented in the form of frequency and percentage distribution. The homogeneity test was carried out to determine the uniformity between the treatment group and the control group. The frequency distribution data in this study includes: age, parity, occupation, and education.

Table 1
Respondent Characteristics Data (N=28)

Characteristic	Sum	Presented (%)
Age of Respondents		
<20 Years	7	25
20 - 35 Years	17	60,7
≥ 35 Years	4	14,3
Parity		
1st pregnancy	9	32,1
2nd pregnancy	15	53,6
3rd ≥ pregnancy	4	14,3
Work		
IRT	10	35,8
PNS	1	3,5
A	12	42,9
Merchant	5	17,9
Farmer	0	0
Education		
Not finishing elementary school	0	0
SD	5	17,9
SMP	6	21,4
SMA	11	39,3
PT	6	21,4

Source: primary data 2023

Table 1 states that most of the respondents are middle-aged (20-35 years old), which is 60.7% or 17 respondents, in the number of parity Most of them occur in the 2nd pregnancy, which is 53.6% or 15 respondents, while in work it was found that most of the respondents were private employees, namely 42.9% or 12 Respondents, in Education Most of the

respondents had a high school education of 39.3% or 11 people.

Bivariate Analysis

The data that has been collected is then processed and analyzed statistically. The *dependency test* was carried out to identify the

relationship between the independent variable, namely the administration of acupressure, the bound variable, namely the smooth flow of breast milk in postpartum mothers. In this study, the administration *of acupressure* is categorical data while the smoothness of breast milk is numerical data. The confounding variables were age, parity, occupation, and education.

Before being given *an acupressure intervention*

Based on Table 5.2, it is known that before the intervention was given, in the intervention group there were postpartum mothers whose milk production was not smooth by 92.8% (13 people). Meanwhile, in the control group, there were pregnant women who did not go smoothly, which was 71.42% (10 people).

Table 2
Smooth breastfeeding before intervention

Smooth breastfeeding	Intervention Group = 14 (%)	Control Group = 14 (%)
Smooth (score 1 – 2)	1 (7,14)	4 (28,6)
Not Fluent (score > 2)	13 (92,8)	10 (71,4)

Source : Primary data in 2023

After being given *an acupressure intervention*

Table 3
Smooth breastfeeding after intervention

Smooth breastfeeding	Intervention Group = 14 (%)	Control Group = 14 (%)
Smooth (score 1 – 2)	14 (100)	6 (42,8)
Not Fluent (score > 2)	0	8 (57,1)

Primary data sources, 2023

Based on table 5.3 in the intervention group with smooth breastfeeding of 100% (14 people). Meanwhile, in the control group, 57.1% are still not fluent (8 people).

Research analysis

Before further analysis of the data that has been entered into the SPSS, a normality test is carried out to find out whether the existing data is normally distributed or abnormal. Because the size of the subjects in this study is less than 50, the normality test uses a *Shapiro Wilk*, Based on tests *Shapiro Wilk*, the data was not normally distributed, namely a p value < 0.05. Based on the analysis of the research test, because the data was obtained not normally distributed, the value of $p < 0.05$ was used, so the test was used *Mann whitney* and *Wilcoxon*. Uji *Mann whitney* Conducted on pre-treatment data in the intervention and control groups, which obtained a Niai P of 0.188 which shows that the two groups are worthy of comparison. Furthermore, after being given an intervention for 7 days, a smoothness comparison

between the intervention and control groups was obtained, based on the test *Mann witney* Obtained $p < 0.001$

Based on table 5.4, the results of the analysis of acupressure administration on the smooth flow of breast milk in postpartum mothers on days 1 – 7, namely 0.188 and < 0.001, this shows that there is a difference in meaning or influence between the intervention and control groups.

Furthermore, based on the analysis of each group using the Wilcoxon test, this is to see the comparison of pre and post obtained in the intervention group $p < 0.001$ which shows that there is a significant or influential difference between pre and post data while in the control group it does not show no significant difference or less significant with a p value of 0.046. This indicates that HA is accepted. Thus, it is said that there is an Effect of Acupressure Administration on the smooth flow of breast milk in Postpartum Mothers on Days 1 – 7 at PMB Dwi Nur Anggraini Banyuwangi.

Table 4
Analysis Table of Effects *of Acupressure*

Smooth Breastfeeding	Intervention n= 14	Control n = 14	P* value
Pre	3,71 (1,204)	3,14 (1,406)	
Mean (SD) Median	3,00	3,00	0,188
Min-Max	2-6	1-7	
Post	0,21 (0,579)	2,36 (1,55)	
Mean (SD) Median	0,00	3,0	< 0.001
Min-Max	0-2	0-4	
Difference	3,5	0,78	
P** value	< 0.001	0,046	

Primary data sources 2023

DISCUSSION
Smooth breastfeeding in postpartum mothers before acupressure

Based on Table 2, it is known that before the intervention was given, in the intervention group there were postpartum mothers whose milk production was not smooth by 92.8% (13 people). Meanwhile, in the control group, there were pregnant women who did not go smoothly, which was 71.42% (10 people).

A decrease in estrogen levels in postpartum mothers allows for an increase in prolactin levels and breast milk production. Continuous production of prolactin is caused by the baby's breastfeeding in the mother's breast, when the baby sucks on the nipple, a series of impulses will go to the spinal medulla, then to the brain and infiltrate the pituitary gland, triggering the secretion of oxytocin in the posterior part of the pituitary gland. The presence of oxytocin causes the contraction of the epithelial cells of the smooth muscles that wrap around the alveolus so that the milk contained in it is sprayed into the ducts and sinuses. Milk discharge occurs about 3 days after the birth of the baby and then there is an increase in milk output in the first week.

The identification of smooth breastfeeding of postpartum mothers on days 1-7 in this study is said to be inefficient in breast milk production if it does not meet 50% of the indicators and 3 mandatory parameters (No 1,2,3) are not met, while breast milk production is said to be smooth if it meets at least 50% of the indicator parameters and 3 mandatory parameters are met. The parameters of the smooth breastfeeding questionnaire in this study are 9 indicators which include the texture of tight breasts before breastfeeding, breast milk seeps when stimulated, the frequency of breastfeeding >8x, babies with a bowel movement of at least 6x/24 hours, breastfeeding mothers using both breasts alternately, the color of the baby's bowel movements

is clear yellow, the baby's bowel movements are at least 2x/24 hours, the color of the baby's bowel movements is golden yellow is not diluted or concentrated, and the texture of the mother's breasts is soft after breastfeeding.

According to (Maritalia, Midwifery Care for Postpartum Mothers, 2017) The mother's ability to produce breast milk and the baby's need for breast milk varies greatly. Therefore, it is difficult for mothers to predict the fulfillment of the baby's need for breast milk. The need for breast milk will adjust to the needs of the baby, therefore it is highly recommended to breastfeed on *demand* , meaning that according to the baby's wishes, the more often the baby breastfeeds on the mother's breast, the more milk production and expenditure will be. In this regard, mothers can estimate breast milk production by interpreting the volume of breast milk seen from the baby's weight.

Based on the results of the study, the age of the respondents in this study was 20-35 years old, as many as 25 respondents (83.33%). According to BKKBN, this age vulnerability is included in the ideal productive age category for pregnancy and childbirth for a woman.

According to the opinion of researchers on postpartum mothers with the age of less than 20 years are still considered physically and psychologically immature in dealing with pregnancy, childbirth and breastfeeding, the younger the mother's age, the more likely she is not to breastfeed due to social demands, maternal psychology and social pressure that can affect breast milk production. The age of less than 20 years is a growth period including the reproductive organs (breasts), while the age of more than 35 years is the reproductive organs are weak and not optimal in breastfeeding. Working postpartum mothers experience fatigue, which will affect the mother's psychology so that it affects the breastfeeding process and milk production. Mothers

with depressed, sad and tense psychological conditions can cause reduced milk production. This is because actually what plays a big role in producing breast milk is the brain, the brain that regulates and controls breast milk. So if you want to produce a large amount of breast milk, the brain must be set and set that we are able to produce breast milk.

Smooth breastfeeding in postpartum mothers after acupressure

Based on table 3 in the intervention group with smooth breastfeeding of 100% (14 people). Meanwhile, in the control group, 57.1% are still not fluent (8 people).

Acupressure is a non-pharmacological treatment technique closely related to acupuncture, by applying pressure to specific points in the body. Acupressure as an art and healing science is based on the theory of yin and yang balance. Yin and Yang are two aspects that are mutually underpinning, mutually influencing, not absolute and both are in conflict with each other but form a whole unity in a harmonious and dynamic balance. Acupressure can produce effects through several different mechanisms. Acupressure points have electrical properties that when stimulated can alter the body's chemical neurotransmitter levels. Acupressure is believed to release muscle pain and tension, improve circulation and release endorphins (Hartono, 2012).

One of the actions to increase breast milk production is to use acupressure techniques. Acupressure is a healing approach originating from the eastern region that uses massage of specific points in the body (energy flow lines/meridians) to lower pain or change organ function. In addition, acupressure is one of the massage techniques that is easy to learn and safe and has been used effectively since hundreds of years. Acupressure points are points that are sensitive to stimuli (physical, mechanical, thermal, electrical) that have certain effects on certain organs or systems of the body (Ramadani, Zaen, & Hayati, 2019). Acupressure is a non-invasive procedure, easy to perform, has minimal side effects, and brings the therapeutic relationship between the client and the midwife closer.

Research conducted by (Djanah & Muslihatun, 2017) said that acupressure is an effective method in increasing the volume of breast milk of breastfeeding mothers.

The Effect of Acupressure on the Smooth Breastfeeding in Postpartum Mothers Days 1 – 7

Based on table 4, the results of the analysis of acupressure administration on the smooth flow of breast milk in postpartum mothers on days 1 – 7, which are 0.188 and < 0.001, this shows that there is a difference in meaning or influence between the intervention and control groups. Furthermore, based on the analysis of each group using the Wilcoxon test, this is to see the comparison of pre and post obtained in the intervention group p < 0.001 which shows that there is a significant difference or influence between pre and post data while in the control group it does not show no significant difference or less significant with a p value of 0.046. This indicates that HA is accepted. Thus, it is said that there is an Effect of Acupressure Administration on the smooth flow of breast milk in Postpartum Mothers on Days 1 – 7 at PMB Dwi Nur Anggraini Banyuwangi.

Breast milk (breast milk) as a natural food is the best food that a mother can give to her newborn baby. Breast milk contains protective substances that can protect babies from various infectious diseases. Breast milk (Breast Milk) is the main food ingredient for babies aged 0-6 months where breast milk will meet nutritional needs (Rahayu et al.2015; Pollard, 2015 in Saraung et al 2017). Breast milk adequacy is a condition in which the baby or mother shows several signs that show satisfaction in the production or consumption of breast milk. Exclusive breastfeeding or more accurately called exclusive breastfeeding, meaning that babies are only given breast milk, without the addition of other liquids, such as formula milk, oranges, honey, tea, water, and without additional solid foods, such as bananas, papaya, milk porridge, biscuits, rice porridge or team from birth to the age of 6 months. Acupressure comes from the words accus and pressure, which means needle and press. Acupressure is a term used to provide stimulation (stimulation) of acupuncture points with an emphasis technique or mechanical technique. Emphasis is performed in lieu of needle puncture performed on acupuncture with the aim of smoothing the flow of vital energy throughout the body (RI, K, & K, 2015). In Stimulation, acupressure will be transmitted to the spinal cord and brain through the axon nerve. So that there is a signal stimulation reaching the brain. Activation of the central nervous system (CNS) causes changes in neurotransmitters, hormones (including prolactin and oxytocin), the immune system, biomechanical effects, and other biochemical substances (endhorphins, immune cells such as cytokines). This causes normalization of modulation and balance effects so that acupressure massage can maximize prolactin and oxytocin receptors and minimize the side effects of delayed breastfeeding.

According to research from (Renityas, 2020) said that the effect of acupresure on breast milk adequacy in postpartum mothers on the 7th day of SC partum breastfeeding, the results of the study on the first day of treatment were about 80% of the milk produced by the mother was not enough, on the second day 50% of the milk excreted was sufficient, and on the third day 80% of the milk excreted was sufficient, this was because the milk production in the postpartum mother on the 3rd day was enough for the baby's stomach, which was about 25-30 ml. Based on the research on the acceptance of postpartum mothers to acupressure therapy to increase breast milk production reviewed from the perspective of recipients and service providers, the results of this study found that most of them do not know and understand acupressure clearly. After receiving acupressure services, most of these studies have the perception that acupressure therapy is good for overcoming the problem of poor breastfeeding. Most of them stated that they had indeed done massage therapy in several places when experiencing achievements, body aches and relaxation. However, they do not know much about the term acupressure. According to research conducted by (Rahayu, Santoso, & Yunitasari, 2015), the acupressure points for lactation technique is one of the solutions to overcome the unsmooth production of breast milk. According to research from (Fetrisia & Yanti, 2019) stated that these actions can help maximize prolactin and oxytocin receptors and minimize the side effects of delayed breastfeeding by the baby. Acupressure points for lactation can also improve feelings of relaxation in postpartum mothers. Acupressure points forlactation through meridian points according to the organ to be directed can help reduce discomfort.

CONCLUSION

Based on the objectives of the research carried out, it can be known that there is an Effect of Acupressure Administration on the smooth flow of breast milk in postpartum mothers on days 1 – 7 at PMB Dwi Nur Anggraini Banyuwangi, then it can be concluded that the acupressure technique carried out on postpartum mothers who will breastfeed their babies will be an effective method to be carried out, because this acupressure technique is a technique that can causing normalization, modulation and balance effects so that acupressure massage can maximize prolactin and oxytocin receptors and minimize the side effects of delayed breastfeeding. So that with smooth breastfeeding, mothers can breastfeed their babies smoothly until the age of 6 months and can provide exclusive breastfeeding to babies.

SUGGESTION

Collaborating with the family in Giving Acupressure on the smooth flow of breast milk to postpartum mothers on days 1 – 7 at PMB Dwi Nur Anggraini Banyuwangi, so that postpartum mothers can give their breast milk to babies exclusively.

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