

THE EFFECTIVENESS OF SOY BEAN, OXYTOCIN MASSAGE AND BACK MASSAGE ON BREAST MILK PRODUCTION OF POSTPARTUM MOTHERS SYSTEMATIC LITERATURE REVIEW

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Abstract. Breast milk production that is less or not smooth is a problem that is often experienced by postpartum mothers. That is due to lack of nutritional intake and lack of therapy to facilitate milk production. Giving soybeans, oxytocin massage and back massage are ways to increase breast milk production. The search for articles in this systematic literature review uses 6 databases with a time start from 2015-2020. The articles using Indonesian and English. The inclusion criteria were postpartum mothers, the interventions given were using soybean, oxytocin massage, and back massage. The measurement results are in the form of breast milk production. The designs used in the article search are True Experiment and Quasy Experiment. The preparation of this systematic literature review uses the PRISMA guideline. Analysis of data from a systematic literature review, 17 studies were eligible for identification, 6 studies were true experiments and 11 studies were quasy experiments. The intervention soybean containing isoflavone showed statistically significant results on breastmilk production with p value < 0.05. The intervention oxytocin massage showed significant results on breastmilk production with p value <0.05. Intervention back massage showed significant results on breastmilk production with p value <0.05. intervention OKPU massage showed significant results on breastmilk production with p value <0.05. Interventions with soy, oxytocin massage, back massage and OKPU massage have a positive effect on breastmilk production. Oxytocin massage and OKPU massage proved more effective based on significance value and effect size.

Keywords: soybean; oxytocin massage; back massage; breastmilk production.

INTRODUCTION

The postpartum period requires adaptation that involves the family to achieve quality health ([Jordan, Farley, & Grace, 2018](#)). During the postpartum period, one of the important roles of a mother is breastfeeding. Breastfeeding is the ideal method of good breastfeeding for newborns. Expanded support and effort can affect the success of breastfeeding ([Lawrence & Lawrence, 2015](#)).

Exclusive breastfeeding in Indonesia is still a problem that needs attention. The impact if the baby is not given breast milk can affect the growth process including emotional development as well ([Fikawati & Syafiq, 2010](#)). Exclusive breastfeeding has many advantages and benefits for both the baby and the mother. One of the benefits for babies is that breast milk is easily digested so that the baby's digestion will remain healthy. Meanwhile, one of the benefits for mothers is to accelerate post-natal health recovery or postpartum recovery ([Fredregill & Fredregill, 2010](#)); ([Mufdlilah, Subijanto, Sutisna, & Akhyar, 2017](#)).

Many factors can affect the success of exclusive breastfeeding, one of which is the smooth production of breast milk. The problem that is often experienced by postpartum mothers is that breast milk production is less or not yet smooth due to poor nutritional intake and there is still a lack of therapy to facilitate breast milk production ([Imasrani, Utami, & Susmini, 2016](#)). The efforts that have been made to deal with the problem of breast milk production are breast care which has

become the standard of care in breastfeeding mothers. postpartum mothers and recommendations for consuming katuk leaves, but based on the results of RISKESDAS (Basic Health Research) in 2018, the coverage rate for exclusive breastfeeding in Indonesia was 37.3% ([Badan Penelitian dan Pengembangan Kementerian Kesehatan RI, 2018](#)) while in Central Java Province in 2019 it was 66% ([Dinas kesehatan Provinsi Jawa Tengah, 2020](#)), where this figure is still far from the national target the coverage of exclusive breastfeeding is 80% ([Kementerian Perencanaan Pembangunan Nasional RI, 2012](#)).

Consuming katuk leaves is good for postpartum mothers, but sometimes mothers still don't know how to process them. Breast care or what is often called breast care is a treatment that has advantages, namely maintaining breast hygiene, stimulating the breast glands and preventing blockage of the milk production ducts. The drawback is that it only focuses on the breast, there is no emphasis on certain points that can stimulate milk production and without involving affirmations which also affects the success of breastfeeding ([Sari & Khotimah, 2018](#)). Other efforts that can be done include consuming soy juice drinks and complementary therapies which are also called holistic therapies such as OKPU massage (Oxytocin and Back) where complementary therapy is a trend in several countries ([Widyatuti, 2008](#)). Massage is also a therapy developed in midwifery.

Soybean can be an option, is a functional food ingredient that has many benefits ([Aida Krisnawati, 2016](#)). Soybeans

contain isoflavones which are included in the flavonoid group. The isoflavone content in soybeans varies, but the dominant ones are genistein and daidzein (Baber, 2013); (K.P Ko, 2014). In addition, isoflavone compounds also have antioxidant activity which is beneficial for the health of the body, including postpartum mothers (Istiani, Handajani, & Artini Pangastuti, 2015).

OKPU massage is an abbreviation of oxytocin and back, this massage uses the basis of oxytocin massage combined with one of the techniques of back massage, namely the effleurage movement. Oxytocin massage is a massage performed along both sides of the spine starting from the cervical spine (cervical vertebrae) to the twelfth thoracic spine. This oxytocin massage is able to stimulate the oxytocin hormone needed for the lactation process, so that postpartum mothers can be helped for the problem of smooth breastfeeding (NF Wulandari, 2020); (Latifah, Wahid, & Agianto, 2015).

Back massage is a massage movement that consists of several techniques including effleurage, friction, tapotage, counter pressure massage, petrissage massage and slow stroke back massage. In OKPU massage, only the effleurage technique will be combined, where the movement is lightly rubbing using the palm

of the hand. These movements can provide a calming or relaxing effect (Jahdi, Mehrabadi, Mortazavi, & Hamid Haghani, 2016).

Based on the description above, researchers are interested in conducting research with the title "Effectiveness of Soybean Juice Drink and OKPU Massage (Oxytocin and Back) on Breast Milk Production in Postpartum Mothers" with a Systematic Literature Review (SLR) approach.

METHODS

The search for articles in this systematic literature review uses 6 databases with a time start from 2015-2020. The articles using Indonesian and English. The inclusion criteria were postpartum mothers, the interventions given were using soybean, oxytocin massage, and back massage. The measurement results are in the form of breast milk production. The designs used in the article search are True Experiment and Quasy Experiment. The preparation of this systematic literature review uses the PRISMA guideline.

RESULTS AND DISCUSSION

The Effectiveness of Soy bean on Breast Milk Production in Postpartum Mothers

Table 1. Soy bean on breast milk production

No	Author's, Country, Year	Research Design	Sample	Intervention	Result
1.	Adriana Moura Vieira et al,	True experiment	18 wistar rats	Soy diet	There were results after the 50th day of the study period, namely

	Brazil, 2018 ¹⁹				the fat content of breast milk and isoflavones increased.
2.	Zhi Huang, China, 2020 ²⁰	True experiment	220 breastfeedin g women	Dietary pattern of breastfeeding women with macronutrient composition of breast milk	Shows that there is a relationship between the diet of breastfeeding women and the macronutrient composition of breast milk. One of the foodstuffs that can be consumed is soy milk, p = 0.04.
3.	Yusaku Tsugami, Japan, 2017 ²¹	True experiment	female rats	Isoflavone treatment Promotive group: p-ethylphenol, daidzein and equol. Inhibitory groups: coumestrol, biocanin, genistein and formonetin	Isoflavones and their metabolism can affect milk production ability through different interactions with prolactin signaling.
4.	Elika Puspita, Indonesia, 2018 ²²	Quasi Experiment	Postpartum mothers 4- 10 days postpartum	Consumption of soy milk	After the intervention, there were changes in 35 of them with very smooth milk production and 5 people with smooth milk production. p value = 0.000 (p < 0.05). It shows that giving soy milk has an effect on increasing breast milk production.
5.	Lina Wang, China, 2019 ²³	Quasy experiment	of 75 mothers with term pregnancies	Stages of lactation with intake of soybean oil and	PUFA content in breast milk was positively correlated with intake of soybean oil (p=0.00)

				food containing ALA	and ALA intake (p=0.003) , levels of ALA in colostrum and mature breast milk positively correlated with intake of soybean oil (p = 0.02) and LA (P = 0.03)
6.	Weie Zhou, China, 2020 ²⁴	Quasy experiment	Breastfeeding mother	Dried soybeans are ground into powder and then mixed with water, the result that will be given to the mother is soy milk	Results obtained show a high correlation. Urine, saliva samples and mother's milk samples showed exposure to the isoflavones daidzein and genistein. Correlation coefficient 0.998.

Table 2. Effect Size of soybeans on breast milk production

No	Author	Results of Measurement of		Effect Size
		Breast Milk Production Experiment	Control	
1.	Adriana	46.02 ± 34.21 N= 6	78.88 ± 38.26 N= 6	0.90
2.	Zhi Huang	1.37 ± 0.73 N=220	0.8 ± 0.1 N= 90	1.09
3.	Yusaku	NR	NR	
4.	Elika	NR	NR	
5.	Lina Wang	NR	NR	
6.	Weie Zhou	110.94 ± 7.23 91.22 ± 2.96 N=6	106.52 ± 6.45 89.36 ± 4.38 N=6	0.49

Note : mean ± SD, ES : *effect size* , NR : *Non Reported*, N : number of samples
The Effectiveness of Oxytocin Massage on Breast Milk Production

Table 3. Oxytocin Massage on Breast Milk Production

No	Author Name, Country, Year	Research Design	Sample	Intervention	Results
1.	Kadek Yuli Hesti, Indonesia, 2017 ²⁵	Quasi experiment	44 postpartum mothers	The experimental group was given oxytocin massage and breast care. The control group was given breast care counseling.	The difference in the mean of milk secretion between the pretest posttest of the experimental group and the control group with a p value of 0.000. Thus, the combination intervention of oxytocin massage and breast care can increase milk secretion in postpartum mothers.
2.	Nurdiana, Indonesia, 2016 ²⁶	Quasi experiment	20 postpartum mothers	Oxytocin massage for approximately 10 minutes. It is given twice in the morning and evening, after 24 hours after birth for up to 3 days.	There is a significant difference in prolactin hormone levels before and after oxytocin massage. P value < 0.05.
3.	Tabita Mariana Doko, Indonesia, 2019 ²⁷	Quasi experiment	40 primiparous postpartum mothers	The intervention group was given oxytocin massage and breast care. The control group was given breast care.	increased milk production with baby weight p 0.003 (p<0.05), breastfeeding frequency p 0.000 (p<0.05), baby's sleep duration p 0.000 (p<0.05), bowel frequency p 0.000 (p<0.05), urinary frequency p 0.000 (p<0.05), and maternal rest p 0.000 (p<0.05)

4.	Merah Delima, Indonesia, 2016 ²⁸	Quasi experiment	21 breastfeeding mothers	Oxytocin massage for 3 days	Statistical test p value 0.000. So this study shows that oxytocin massage has an effectPanglukies
5.	Ratna, Indonesia, 2017 ²⁹	Quasi experiment	32 postpartum mothers	Intervention group: oxytocin massage using lavender essential oil and a mixture of sunflower seeds Control group: oxytocin massage using breast care	P value of prolactin levels (p= 0.00) volume of breast milk (p= 0.00) baby weight (p= 0.00) frequency of urination (p= 0.017) frequency of defecation (p= 0.002) It can be concluded that there is an effect of oxytocin massage using lavender essential oil on the increase in the hormone prolactin and milk production

Table 4. *Effect Size* Massage Oks cytosine on breast milk production

No	Author	Measurement Results of Breast Milk Production		Effect Size
		Experiment	Control	
1.	Kadek Yuli	17.09 ± 5.032 220.91 ± 54,328 N= 22	17.09 ± 5.032 72.00 ± 28.947 N=22	3.42
2.	Nurdiana	76.547 ± 69.362 N=20	NR	
3.	Tabita MD	2696.5 ± 201.8 3048.2 ± 205.7	2678.2 ± 217.19 2910.5 ± 218.33	0.64
		7.25 ± 0.444 11.45 ± 0.604 N=20	7.50 ± 10.50 ± 0.513 N=20	1.69
4.	Mera Pomegranate	7.05 ± 0.740 ± N=21	Panglukies	

5.	NR1.183	199.41 ± 58.036	171.50 ± 60.94	1.96
		331.54 ± 84.603	189.33 ± 57.151	
		N=16	N=16	

Note : mean ± SD, ES : *effect size*, NR : *Non Reported*, N : number of samples

Table 5 . Back massage on breast milk production

No	Author Name, Country, year	Research Design	Sample	Intervention	Results
1.	Anita Asrani, India, 2018 ³⁰	Quasi experiment	60 postnatal mothers	Back massage	It was found that there was a significant change in the back massage intervention in postnatal mothers with values on day 2 and 3 being very significant ($p < 0.001$). The mean total post-test score was statistically significant on day 3 ($p < 0.05$).
2.	Ni Made Rai Widiastuti, Indonesia, 2020 ³¹	Quasi Experiment	15 postpartum mothers	Back massage	p value p value = 0.0001 which means that there is an effect of back massage on postpartum mother's milk production.
3.	Fajar dhini yahya, Indonesia, 2019 ³²	Quasi Experiment	45 primiparous postpartum mothers	There are three groups: the back massage group, the acupressure group and the combination back massage and acupressure group, the	highest increase in the intervention combination back massage and acupressure P value p value = 0, 00. The conclusion is that back massage and acupressure can be used as complementary therapy for primiparous postpartum mothers as an effort to increase

milk production.

Table 6. *Effect Size* of back massage on breast milk production

No	Author	Results of Measurement of		Effect Size
		Breast Milk Production		
		Experiment	Control	
1.	Anita Asrani	8.66 ± 3.46	8.42 ± 1.31	0.43
		14.60 ± 5.33 N=30	12.90 ± 1.21 N=30	
2.	Ni Made	7.87 ± 1	9.73 ± 1.4	1.52
		N = 15	N=15	
3.	Fajar Dhini	16,733 ± 6.37	14,733 ± 4.39	0.36
		N= 15	N=15	

Table 7. OKPU Massage on Breast Milk Production

No.	Author Name, Country, Year	Research Design	Sample	Intervention	Results
1.	Titik Setyawan, Indonesia, 2020 ³³	Quasy Experiment	34 postpartum mothers from the first day to the fourth day	Intervention group: SPEOS (Stimulation of Endorphin Oxytocin Suggestive Massage) and classical music. Control group: standard of postpartum care	The results obtained in the intervention group breast milk production increased from 4.35 ml to 46.66 ml with a p value of 0.0001. control group from 5.48 ml to 19.07 ml p = 0.0001. There is an effect of SPEOS and classical music on breast milk production.
2.	Melyana Nurul Widyawati, Indonesia, 2016 ³⁴	True experiment	52 primiparous postpartum mothers	There are 4 groups: loving massage group, aromatherapy group, loving massage combination aromatherapy	The p value for stress level intervention loving massage p = 0.001. aromatherapy intervention p= 0.01. the loving massage and aromatherapy intervention p= 0.001

				and the last group while the control is the control group p= 0.343. group.
3.	Diah Eka Nugraheni, Indonesia, 2017 ³⁵	Quasi-experimental	30 postpartum mothers	Giving a combination of endorphin, oxytocin and suggestive massage stimulation every day from day 1 postpartum to 4 weeks. The SPEOS method intervention had an effect on breast milk production in postpartum mothers with an average increase in breast milk of 135.17 ml, p value = 0.00, then for an increase in infant body weight with an average of 483.30 grams, p value = 0.00.

Table 8. Effect Size of OKPU Massage on Breast Milk Production

No	Author	Results of Measurement of Breast Milk Production		Effect Size
		of Experiment	Control	
1.	Point Setyawan	46.66 ± 10.02 N=17	19.07 ± 7.93 N=17	3.05
2.	Melyana	19.38 ± 6.26 19.31 ± 8.521 16.92 ± 6.764 N = 13	27.85 ± 2.025 27.85 ± 2.025 27.85 ± 2.025 N= 13	1.82 1.37 2.18
3.	Diah Eka	117.83 ± 13.81 135.17 ± 10.54 N=30	NR	

A. The Effectiveness of Soy Juice on Breast Milk Production

Studies on soybeans or isoflavones on breast milk production that has

been analyzed amounted to 6 articles. 4 articles with soy intervention, 1 article with isoflavone treatment intervention and 1 more article with breastfeeding mother's diet intervention, one of which is soy milk. Studies on soybeans on breast milk production have been

analyzed as many as 3 studies with a true experimental design and 3 studies with a quasi experimental design. The results of research studies mostly state that soybeans and their isoflavone content have a positive effect on breast milk production.

In accordance with the theory to maintain the supply of breast milk, one of the efforts that can be done is the fulfillment of nutrients. Nutrients in breastfeeding mothers have an influence on the process of breast milk production and also the recovery process after childbirth.³⁶ Breastfeeding mothers are advised to consume foods that have sufficient nutritional value such as vegetables, fruit, nuts and eggs.

Research with dietary intervention on breast milk production based on the significance and value of effect size shows that the study conducted by Zhi Huang in China is effective with p value = 0.04 and effect size 1.09, but in this study the intervention does not focus on soybeans but the diet of breastfeeding mothers, one of which is there's soy milk. Based on the focus of the intervention using soy milk, namely a study conducted by Elika in Indonesia with p value = 0.000, the effect size value cannot be calculated because the mean and standard deviation are not shown. The next study with soy milk intervention was the Weie Zhou study in China, but the Weie Zhou study did not show p value but only a correlation coefficient of 0.998 and a weak effect size category of 0.49. Based on the use of samples of breastfeeding mothers, there are 4 studies, namely the

study conducted by Zhi Huang, Elika, Lina Wang and Weie Zhou. There are 2 studies using rat samples, namely those conducted by Adrina and Yusaku. Based on the quality of the study, there was 1 study in the poor category, 4 studies in the sufficient category and 1 in the good category, namely the study conducted by Lina Wang.

B. The Effectiveness of Oxytocin Massage on Breast Milk Production

Oxytocin massage is included in complementary obstetric therapy. When oxytocin massage is performed, the hypothalamus will produce the hormone oxytocin which is then channeled to the posterior pituitary, the hormone oxytocin goes to the myoepithelial cells where it will secrete breast milk. The anterior pituitary will secrete the hormone prolactin where the hormone prolactin is responsible for producing breast milk.

Research with an intervention on oxytocin massage on breast milk production found results based on the significance and value of effect size, showing that the study conducted by Kadek Yuli in Indonesia was effective with p value = 0.000 and an effect size of 3.42, but in this study the intervention not only focused on oxytocin massage but also no breast care intervention. Based on the focus of the intervention using only oxytocin massage, namely a study conducted by Nurdiana in Indonesia with p value of < 0.05 , the effect size value cannot be calculated because the type of research is one group so the mean and standard deviation that appears is only the

intervention group.

C. Tapotage

Counter pressure, petrissage and slow stroke back massage. Back massage can provide a calming or relaxing effect, making postpartum mothers feel comfortable which can then help the secretion of the hormone oxytocin for breastfeeding.¹⁸

Research with intervention on back massage on breast milk production based on the significance and value of effect size shows that the study conducted by Ni Made in Indonesia was effective with p value = 0.001 and the effect size category was strong, namely 1.52, but in this study the sample was only 15 postpartum mothers. Based on the focus of the intervention using only back massage, namely a study conducted by Ni Made and Anita in Indonesia. Anita's study with an average post-test score on the 3rd day had a significant p value < 0.05, but the weak effect size was 0.43. Subsequent studies conducted by Fajar stated that the combination of back massage with acupressure increased milk production p = 0.00. The back massage intervention group itself also experienced an increase in breast milk production but the increase was most in the combination group. Based on the quality of the studies, the three studies were categorized as good.

D. The Effectiveness of OKPU (Oxytocin and Back)

Massage on Breast Milk Production OKPU (Oxytocin and Back) massage is a massage that uses oxytocin massage as a basis and is combined with one of the

techniques of back massage. The hormones that will be produced from this oxytocin and back massage are the hormones prolactin and oxytocin. The hormone prolactin plays a role in the production of breast milk and the hormone oxytocin plays a role in the process of milk secretion.

There are still few journal articles discussing two interventions of oxytocin massage and back massage, therefore, as an illustration, researchers analyzed the SPEOS intervention where the intervention included oxytocin massage and endorphin massage. Endorphin massage is almost like a back massage.

Research with OKPU massage intervention (Oxytocin and Back) on breast milk production based on the significance and value of *effect size* shows that the study conducted by Titik in Indonesia is effective with p value = 0.001 and *effect size* category is strong, namely 3.05. Actually in this study the control group also experienced an increase in the average milk production but the increase was smaller than the intervention group. The *effect size* in the study conducted by Melyana also shows a strong category, namely 1.82 for the loving massage group and 2.18 for the combination loving massage and aromatherapy group. The study conducted by Diah could not calculate the *effect size* because it is one *group*. Based on the focus of the intervention, 2 studies used the SPEOS intervention and 1 study used the *loving massage*. However, based on the quality of the study, 1 study in the good category was

conducted by Melyana in Indonesia and 2 studies in the sufficient category, namely those conducted by Titik and Diah Eka.

CONCLUSIONS

Interventions with soy, oxytocin massage, back massage and OKPU massage have a positive effect on breastmilk production. Oxytocin massage and OKPU massage proved more effective based on significance value and effect size

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