

The Effect Of Woolwich Massage Therapy On The Flowness Of Breast Milk In Public Mothers At The Bulu Tuban Community Health Center

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Abstract

Background: : Failure to breastfeed can cause several problems during the postpartum period. Breast care has an important role in this matter, one of which is by carrying out Woolwich massage on postpartum mothers. This study aims to find out whether Woolwich massage therapy has an effect on the smoothness of breastfeeding in postpartum mothers at the Bulu Community Health Center Tuban Regency.

Method: The research was conducted in July 2024 at the Bulu Tuban Community Health Center. The methodology used is quasy experiment. The independent variable is Woolwich massage while the dependent variable is smooth breastfeeding. The sample size was 16 respondents using a simple random sampling technique. Data processing uses the Wilcoxon Signed Rank test with a significance level of $p < \alpha$ (0.05). **Result:** All postpartum mothers experienced that their breast milk was not flowing smoothly before Woolwich massage therapy was carried out, all postpartum mothers experienced smooth milk production after Woolwich massage therapy. After carrying out statistical tests, it was found that the p-value was 0.000, so the p-value < 0.05 so that H_0 was rejected. This proves that there is an influence of Woolwich massage therapy on the smooth flow of breast milk in postpartum mothers at the Bulu Community Health Center Tuban Regency. **Conclusion :** The results of this study can provide input and information about the effect of Woolwich massage therapy on the smooth flow of breastfeeding in postpartum mothers so that health workers can optimize their provision of midwifery care to postpartum mothers.

keyword : *woolwich massage, smooth breastfeeding*

INTRODUCTION

Breast milk (ASI) is a fluid excreted by the breast glands. Breast milk is the best nutrition for babies, especially for babies aged 0-6 months, because breast milk contains many nutrients that babies need for good growth and development. The process of breastfeeding or lactation affects the increase in milk production

in mothers, because the more frequent sucking a baby does can increase breast milk production (Yatsi Tangerang and Try Sumarni, 2021)

The World Health Organization (WHO) and the United Nations International Children's Emergency Fund (UNICEF) recommend exclusive breastfeeding, namely



the introduction of breast milk after 6 months of age, without the addition and/or replacement of other foods or drinks (UNICEF, 2021).

However, in reality, not all mothers are able to breastfeed smoothly, one of the obstacles to early breastfeeding is low breast milk production in the first few days (Hastuti and Tri Wijayanti, 2017). Another obstacle that causes mothers to stop giving breast milk is the lack of smooth milk production and breast milk not coming out so that mothers assume that there is not enough breast milk (Ministry of Health of the Republic of Indonesia, 2018).

Based on the East Java Health Profile (2023), the coverage of babies receiving exclusive breastfeeding up to 6 months in East Java in 2022 is 73.3%. This coverage has decreased from 2021, namely 73.6%. This decrease was due to the Covid-19 pandemic which caused the number of targets examined to decrease. In 2022, the indicator target for the percentage of 6 month old babies receiving exclusive breast milk is 45% and

this target has been achieved by East Java at 67%. The preliminary study that researchers have carried out is collecting data on the number of postpartum mothers at the Bulu Community Health Center on April 30 2024. Data on postpartum mothers at the Bulu Health Center in April 2024 is 35 postpartum mothers. The results of the interview survey showed that 30% (11 postpartum mothers) experienced problems with breast milk not flowing smoothly, while in 24 postpartum mothers breast milk production was smooth and there were no problems with breastfeeding. Mothers who experience poor breast milk have been given counseling on how to pump their breasts, but this effort is ineffective because production is still not smooth and milk production is small.

According to studies, 38% of mothers in Indonesia stop drinking breast milk due to a lack of breast milk secretion, which causes mothers to become worried and not breastfeed their babies, which will result in no suction on the mother's nipples.

This affects the production and function of the hormone oxytocin and the hormone prolactin which results in reduced breast milk production (Hastuti and Tri Wijayanti, 2017)

Failure to breastfeed can give rise to several problems. This condition is usually caused by blockage of the accumulated breast milk not coming out. The impact that occurs if breast milk does not come out smoothly is that the breast milk duct is blocked (obstructed duct), swollen breasts (ASI dam) so that it will feel pain, fever, red breasts, mastitis, and the baby does not like to breastfeed because the milk is not flowing smoothly. If milk is rarely expressed, the milk will curdle, blocking the lumen of the ducts (Nababan *et al.*, 2021)

There are many efforts that can be made to ensure smooth breastfeeding of mothers after giving birth, with the aim of stimulating the production of the hormones oxytocin and prolactin. Techniques that can be used to increase breast milk production include breast care,

Early Breastfeeding Initiation (IMD), oxytocin massage and breast massage (Chindytia and Arishinta, 2022). One breast massage technique is to use Woolwich massage to stimulate it. One of the research results also states that Woolwich massage can help stimulate the hypothalamus to increase the hormones prolactin and oxytocin by providing a relaxing sensation. This happens because gentle touch and massage movements can stimulate the nervous system, which in turn can stimulate the release of relaxation hormones. This can help calm the mind and body overall. (Puspita Sari, Br.Situmorang and Arfianti, 2023)

METHOD

This research design uses a type of experimental research (quasy experiment), namely experimental research carried out on one group only. The independent variable is Woolwich massage therapy. The dependent variable is the smoothness of breast milk. The population of this study was all postpartum mothers in July 2024

at the Bulu Tuban Community Health Center, totaling 35 postpartum mothers. The sampling technique uses simple random sampling. Based on the formula for finding the sample size, 16 respondents were obtained.

The instrument used in the research was a questionnaire. Data processing techniques were carried out by editing, coding, sorting, entry and tabulating. Data were analyzed univariately and bivariately using the Wilcoxon Signed Rank Test.

RESULT AND DISCUSSION

Table 1. Distribution of Breast Milk Fluency Before Woolwich Massage for Postpartum Mothers at Bulu Health Center in July 2024.

No.	smooth flow of breast milk	Σ	(%)
1.	Fluent	0	0
2.	Not smooth	16	100
amount		16	100

From table 1, it shows that of the 16 postpartum mother respondents, breast milk production was not smooth before the Woolwich massage was carried out, as many as 16 respondents (100%) at the Bulu Tuban Community Health Center. Based on research results, many postpartum mothers do not know about Woolwich massage. At the beginning of the postpartum period, breast milk is not smooth due to several common factors, such as: breast milk production is not optimal, stress and fatigue after childbirth, inappropriate breastfeeding techniques, breast swelling and medical factors (flat nipples or hormonal problems). Of the 16 respondents in this study, 3 respondents were primipara. First-time mothers often face challenges in breastfeeding, including difficulty in finding the correct position. Wrong breastfeeding position can indeed be one of the causes of breast milk not flowing smoothly. When the baby is not properly attached to the breast, the baby cannot breastfeed effectively .(Yatsi Tangerang and Try Sumarni, 2021)

Table 2. Distribution of Breast Milk Fluency After Woolwich Massage for Postpartum Mothers at Bulu Community Health Center in July 2024

No.	smooth flow of breast milk	Σ	(%)
1.	Fluent	16	100

2.	Not smooth	0	0
amount		16	100

From table 5, it shows that of the 16 postpartum mother respondents, all of them had smooth breast milk production after the Woolwich massage was carried out by 16 respondents (100%) at the Bulu Tuban Community Health Center.

The Woolwich massage aims to remove breast milk from the lactiferous sinuses. This massage will stimulate the nerve cells in the breasts. This stimulation is transmitted to the hypothalamus and responded to by the anterior pituitary to release the hormone prolactin which will be transferred by the blood to the breast myoepithelial cells to produce breast milk (Puspita Sari, Br.Situmorang and Arfianti, 2023)

The results of the research after carrying out Woolwich massage for 3 consecutive days on postpartum mothers at the Bulu Tuban Community Health Center, breast milk production became smooth. The baby can breastfeed effectively, increasing the bonding between mother and baby for the baby's psychological and emotional development, as well as speeding up the mother's postpartum recovery.

Table 6 Cross Table of Woolwich Massage on the Smoothness of Breast Milk in Mothers Postpartum at the Bulu Community Health Center in July 2024.

		smooth flow of breast milk No. Pijat				Woolwich		
fluent	Not smooth	Σ	(%)					
			n	%	N	%		
1.	Before		0	0	16	100	16	100
2.	After		16	100	0	0	16	100
<i>p-value 0,00 Uji Wilcoxon Signed Rank</i>								

that there is an influence of Woolwich massage therapy on the smooth flow of breast milk in postpartum mothers at the Bulu Community Health Center, Bancar District, Tuban Regency. This is in accordance with the opinion (Puspita Sari, Br.Situmorang and Arfianti, 2023) that the Woolwich massage method is based on the observation that the flow of breast milk is more important than the secretion of breast milk by the breast milk glands. With the Woolwich massage method, it will affect the vegetative nerves and subcutaneous tissue which can relax the tissue thereby facilitating blood flow in the lactiferous duct system which will make breast milk flow smoothly. Woolwich massage triggers stimulation of myoepithelial cells around the breast glands, the stimulation is forwarded to the hypothalamus, triggering the anterior pituitary to produce the hormone prolactin. Apart from that, inflammation or dams in the breasts can be prevented.

The results of research stated that one of the efforts that can be made to stimulate the hormones prolactin and oxytocin in postpartum mothers by providing a relaxing sensation to the mother is by doing a Woolwich massage. Giving Woolwich massage is aimed at triggering stimulation of the myoepithelial cells around the breast glands, then this stimulation goes to the hypothalamus and can trigger the anterior pituitary to produce the hormone prolactin.(Dinengsih, 2020) Breast care with Woolwich massage can be very beneficial for improving breast milk production. This massage helps blood circulation, relieves tension and prevents blocked milk ducts, all of which contribute to the smooth production and flow of breast milk. With the right care, Woolwich massage can be an important part of supporting breastfeeding mothers to maintain breast health and ensure babies receive optimal breast milk.

CONCLUSION AND SUGGESTION

The results of research carried out at the Bulu Community Health Center, Bancar Tuban District in July 2024 with 16 respondents can be concluded There is an influence of Woolwich massage therapy on the smooth flow of breast milk among postpartum mothers at the Bulu Tuban Community Health Center The results of this research can be a source of new information and insight for postpartum mothers regarding Woolwich massage in facilitating breast milk production.

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