

THE INFLUENCE OF THE MARMET TECHNIQUE ON POST-PARTUM MOTHERS' BREAST MILK PRODUCTION

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Background; Emesis Exclusive breastfeeding coverage in Indonesia in 2022 showed 67.96% while in 2023 it reached 70.01%, but this figure does not match the exclusive breastfeeding achievement target set by the Government, which is 80%. Therefore, acceleration and cross-sector collaboration are needed to reduce the gap in exclusive breastfeeding coverage and achieve the target of 80% in 2024. The Marmet technique combines massage and breast expression, can have a positive effect on the smoothness and increase of breast milk production. Based on a survey, 8 out of 10 postpartum mothers in the Kedungjati Community Health Center Working Area experienced irregular breast milk flow which caused their babies to cry frequently. Methodology; Experiment, one group pretest-posttest design, total sampling technique 16 respondents. Results; The average breast milk before being treated with the marmet technique was 36.93 ml and after being treated with the marmet technique for 30 minutes twice a day for a period of 7 days was 92.95 ml. The analysis test shows p-value = 0.000, meaning that the marmet technique affects the amount of post-partum mother's breast milk. Conclusion; These results show significant improvements to deepen the benefits of the marmet technique on breast milk production.

Keywords; Marmet, Post partum.

Bibliography; 5 (2018 - 2023)