

The Effect of Midwife's Knowledge on Breast Milk Production for Mothers in Childbirth

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ABSTRACT

Breast milk (ASI) is a liquid secreted by the mother's breast glands in the form of natural foods or the best nutritious and high-energy milk produced during pregnancy. Breast milk is the perfect and best food for babies, especially babies 0-6 months because it contains the nutritional elements needed for optimal baby growth and development. This research is a type of qualitative research, using descriptive method. The definition of qualitative research can be understood as a research procedure that seeks to understand and interpret the meaning of an event of human behavior interaction in certain situations according to the researcher's own perspective. and the results of this study explain that, breastfeeding is a natural process and is an art that must be re-studied, because breastfeeding actually not only provides an opportunity for babies to grow into physically healthy human beings but is also able to increase intelligence and have emotional stability, positive spiritual development and better social development. In addition to the mother's knowledge factor, another factor that affects exclusive breastfeeding is the role of health workers. The role of health workers is to provide health education by providing counseling to provide encouragement to mothers by providing information about the smooth running of milk, especially the effect of social support on the smooth production of breast milk, then providing knowledge by direct education to patients, distributing leaflets and posters to the public, and involving families to provide support to breastfeeding mothers to always give exclusive breastfeeding from birth to 6 months of age, because the presence of professional health workers can be a supporting factor for mothers in determining the sustainability of breastfeeding now and in the future.

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1. Introduction

Humans in their life cycle must have had a certain phase, where at that phase they were classified in the nutritional vulnerable group. One of them is in the infant phase, where the process of giving breast milk (ASI) as early as possible and exclusively is proven to increase the baby's immunity, and reduce morbidity and mortality, so that his genetic potential can develop optimally. Several studies have shown that a mother's delay in breastfeeding early will increase the risk of infant death, but exclusive breastfeeding can prevent babies from experiencing diarrhea and acute respiratory infection (ARI), both of which are one of the factors causing the increase in risk. risk of infant mortality in the world (Albertina, 2017).

Breast milk is one of the best food sources for newborns because it has so many important substances to increase immunity against disease, even baby food and milk made with today's technology have not been able to replace this amazing food source. The success of exclusive breastfeeding is determined at the beginning of breastfeeding on the first day of birth, while exclusive breastfeeding can be constrained because the milk has not come out, there are even some mothers who do not produce enough milk for three or four days after giving birth due to anxiety

and fear due to milk production. and the lack of knowledge of mothers about the breastfeeding process.

Feelings of pressure, anxiety, and stress cause the release of adrenaline and vasoconstriction of the alveolar blood vessels resulting in downregulation of milk production synthesis which inhibits the let-down reflex, because oxytocin is difficult to reach the myoepithelium and affects the contraction of myoepithelial cells as a result, breast milk does not come out. Likewise with pain, the release of oxytocin from the neurohypophysis will be inhibited by the presence of pain receptors. Because the effects of pain and stress after delivery are actually able to affect the timing of breastfeeding, the more severe the pain and stress felt by the mother, the longer the time to process breast milk (Amran & Amran, 2013).

Problems in expressing breast milk are actually directly related to the lactation process. where the lactation process depends on the hormones prolactin and oxytocin produced by the neurohypophysis. The hormone prolactin plays a role in the process of forming breast milk and the hormone oxytocin plays a role in the process of releasing breast milk. Physical and psychological changes affect the lactation process. The way the hormone oxytocin works is influenced by psychology, stress, excessive worry and unhappiness. This is related to the endorphin hormone that is in our body so that this endorphin hormone also helps in the success of the lactation process. In addition, endorphins provide comfort for labor pain.

Breast milk (ASI) is the most suitable food for babies because it contains nutrients needed by babies to grow and develop. The importance of exclusive breastfeeding for newborns until the age of 6 months and continuing to breastfeed until the child is 24 months old has strong evidence. Breast milk is very useful for maintaining the baby's body resistance because it contains anti-infective substances. Breast milk also contains immune modulators and unique nutrients, and in breast milk there are complete nutrients such as carbohydrates in the form of lactose, lots of fat (polyunsaturated fatty acids), the main protein in the form of easily digestible lactalbumin, as well as vitamins and minerals that are rich in vitamins and minerals. a lot (Ariani et al., 2013).

The cause of a mother not exclusively breastfeeding her baby is usually caused by several things, such as busy work or other social activities. In addition, physical factors (endocrine disorders, hypoplastic breast tissue, age, nutrition), reflex and hormonal factors (prolactin and oxytocin) also play an important role in lactation, psychological factors (stress, confusion, anger and sadness, lack of support and attention from family and couples to mothers can affect the quality of breastfeeding for babies. Basically during development like this, the process of breastfeeding babies has a very big economic meaning, breast milk (ASI) should be considered a national wealth, because according to a study, it is estimated that there are 8 million Indonesian children with an average age of under 2 years, and if all these babies are exclusively breastfed until their development period, the quality of children's growth will increase every year.

Giving breast milk after giving birth can be a difficult process for a mother, because the mother during breastfeeding is the most sensitive period in her life physically or emotionally. Because most mothers during breastfeeding often experience several mental disorders such as anxiety, anxiety and psychological discomfort with the birth of a child, on the other hand there are also many mothers who lack knowledge about the factors that can affect the smooth production of breast milk, while the other psychological impacts are mostly Mother feels pessimistic about the amount of breast milk produced. Some problems like this are often found in postpartum mothers, this disappointment can occur because of the transition period to become a parent, anxiety during postpartum that is felt can be one of the factors affecting the smooth production of breast milk, anxiety itself begins to arise when individuals face experiences just starting from the process of pregnancy, childbirth and after delivery (Asih, 2018).

Breastfeeding is the most sensitive period in a mother's life, both physically and emotionally, because the presence of a baby will change the mother's life physically, emotionally and psychologically. Of course, there are many things that must be prepared and one of them is about breastfeeding, because by exclusively breastfeeding a baby, a mother means that she has provided important nutrients, while protecting her from disease and infection and most importantly establishing a special relationship with her baby. It is unfortunate, if there are complaints and difficulties during breastfeeding, and one of them is caused by the factor of breast milk not coming out smoothly, then a mother is required to have optimal physical and mental readiness so that during the breastfeeding process the condition of the baby and mother is always maintained.

Breastfeeding is a natural process and is an art that must be re-learned, because breastfeeding actually not only provides an opportunity for babies to grow into physically healthy human beings but is also able to increase intelligence and have stable emotional, positive spiritual development and social development. better. Efforts to increase breastfeeding play a very large role in achieving two of the four targets, namely reducing infant mortality and decreasing the prevalence of malnutrition in children under five. In terms of exclusive breastfeeding, the Ministry of Health through the Decree of the Minister of Health No: 450/Menkes/SK/IV/2004 has determined that exclusive breastfeeding for infants in Indonesia is from birth until the baby is 6 months old, and all health workers should inform all mothers who have just given birth to exclusively breastfeed (Carolyn & Kholihah, 2019).

In addition to the mother's knowledge factor, another factor that affects exclusive breastfeeding is the role of health workers. The role of health workers is to provide health education by providing counseling to provide encouragement to mothers by providing information about the smooth running of milk, especially the effect of social support on the smooth production of breast milk, then providing knowledge by direct education to patients, distributing leaflets and posters to the public, and involving families to provide support to breastfeeding mothers to always give exclusive breastfeeding from birth to 6 months of age, because the presence of professional health workers can be a supporting factor for mothers in determining the sustainability of breastfeeding now and in the future. So based on the description and description of the background above, the researcher tries to describe several problems related to the Effect of Midwife's Knowledge on Breast Milk Production for Mothers in Childbirth.

2. Methods

This research is a type of qualitative research, using descriptive method. The definition of qualitative research can be understood as a research procedure that seeks to understand and interpret the meaning of an event of human behavior interaction in certain situations according to the researcher's own perspective, besides that qualitative research also aims to understand the object being studied in depth and develop the concept of sensitivity to the problem at hand. faced. The process of collecting data begins with making observations in stages to retrieve data relevant to various problems that arise in the surrounding environment. Next, the researcher begins activities systematically to collect, process, and conclude data by using certain techniques to find answers to the problems at hand. The data analysis technique uses qualitative descriptive analysis, where this technique describes the existing data and makes conclusions so that they are easily understood by themselves and others (Dewi, 2018).

2. Result and Discussion

3.1 The Relationship between Health Worker Support and the Success of Exclusive Breastfeeding

Breastfeeding is a natural activity of giving breast milk to babies or toddlers from the mother's breast, breastfeeding is very important, because by breastfeeding mothers can provide breast milk to babies and can meet the nutritional needs of babies. In addition, breastfeeding also has many benefits, both for the baby and for a mother. The benefits for babies include being able to reduce the frequency of infectious diseases, improve digestion, reduce the incidence of paralysis, reduce allergies, reduce the risk of obesity, and reduce the risk of tooth decay. While the benefits for mothers include facilitating weight loss, being closer and closer to the baby, and reducing the risk of breast cancer. It seems that mothers are less aware of this in this global era, there are still many mothers who do not exclusively breastfeed their babies (Doko et al, 2019).

Exclusive breastfeeding for six months has been shown to have many benefits, both for the mother and for the baby. Although the benefits of breastfeeding have been published worldwide, the coverage rate for exclusive breastfeeding is still far from being expected. Only 39% of infants under six months were exclusively breastfed in 2012. This global figure has only increased very slowly over the last few decades. The main reason for the failure of exclusive breastfeeding in the world is because mothers feel that their milk is not enough to meet the needs of their babies. Around 35% of mothers who gave additional food to their babies before the age of six months turned out to

experience the perception of insufficient breast milk.

Another benefit of exclusive breastfeeding is that it can increase the baby's immune system, this is because the antibody content in breast milk can protect babies from disease. Previous studies reported that there was a significant effect between exclusive breastfeeding and the incidence of diarrhea in infants in several cities in Indonesia, where infants who were exclusively breastfed experienced less diarrhea than infants who were not exclusively breastfed. In addition, the duration of breastfeeding also greatly affects the survival of infants where infants who are breastfed for a duration of 6 months or more have a 33.3 times better survival than infants who are breastfed for less than 4 months, and infants who are breastfed for a duration of 4-5 months have survival was 2.6 times better than infants who were breastfed for less than 4 months. Exclusive breastfeeding is reported to be able to reduce morbidity and mortality in infants due to pneumonia (Fikawati & Syafiq, 2009).

Breast milk (ASI) is the best single food for infants aged 0-6 months. Breastfeeding only until the baby is 6 months old or called exclusive breastfeeding is able to meet all the nutritional needs of the baby. In addition to being able to meet the nutritional needs of infants, exclusive breastfeeding is also beneficial in increasing children's intelligence, on the other hand cognitive function in infants who are exclusively breastfed gives better results than those who do not receive exclusive breastfeeding. The results of other studies show that there are still some mothers in Indonesia who give exclusive breastfeeding for less than six months. This problem is thought to be due to the lack of knowledge of mothers about the benefits of breastfeeding, as well as breastfeeding techniques. Whereas the correct way of breastfeeding will help the baby in breastfeeding so that the milk production process will run well. A study showed that there was a significant relationship between breastfeeding technique and the success of exclusive breastfeeding.

There are so many studies and surveys that state the benefits and advantages of Early Initiation of Breastfeeding (IMD) and exclusive breastfeeding for mothers, babies, families and communities, but ironically the scope of the two breastfeeding practices, namely Early Initiation of Breastfeeding (IMD) and Exclusive Breastfeeding is still very low. The data shows that the older the baby, the practice of exclusive breastfeeding is decreasing, and the awareness of the Indonesian people for breastfeeding is still very concerning. According to the Occupational Health Center of the Indonesian Ministry of Health (2005), the habit of giving water and other liquids such as tea, sweet water, and juice to babies in the first months is generally done by the community (Hani, 2014).

There are many aspects that affect the implementation of exclusive breastfeeding among breastfeeding mothers, including facing many obstacles related to services obtained at the place of delivery, the support provided by family members at home is very lacking, the number of mothers who have not been provided with sufficient knowledge about breastfeeding techniques and management of lactation difficulties, including the challenges faced by working mothers, in addition, the practice of exclusive breastfeeding is also known to be heavily influenced by the culture and norms that develop among family members, colleagues and society in general. Meanwhile, according to the State Minister for Women's Empowerment (2007), the main problem of low breastfeeding in Indonesia is often caused by social and cultural factors, lack of knowledge of the importance of breastfeeding and the incessant promotion of formula milk. This is also supported by a statement by the world agency UNICEF which states that mothers' ignorance about the importance of breastfeeding, how to breastfeed properly, and aggressive marketing launched by formula milk producers, are inhibiting factors for the formation of parental awareness in providing exclusive breastfeeding (Juliani & Arma, 2018).

The success of the exclusive breastfeeding program is also strongly influenced by the attitudes, knowledge and motivation of the midwife/participant during childbirth, that the success of the exclusive breastfeeding program is heavily influenced by the attitudes and behavior of health workers (doctors, midwives, nurses) who first assist the mother during the delivery process. In addition, the success of breastfeeding mothers must also be supported by their husbands, families, health workers and the community. Therefore, the attitudes and behavior of health workers, especially midwives, based on prior knowledge of exclusive breastfeeding, have a major impact on the mental and psychological well-being of mothers and babies during the birthing process.

In addition to the maternal factor and the health worker factor, socialization and political support from the central and regional governments are very important in the success of the Early Initiation of Breastfeeding (IMD) and Exclusive Breastfeeding programs. So far, the support given by both the WHO and the central and local governments towards increasing exclusive breastfeeding has

actually been adequate. This is evidenced by the recommendations made to increase the coverage of exclusive breastfeeding, through several stages including (1) early initiation of breastfeeding one hour after birth, (2) exclusively giving colostrum to babies and avoiding other foods/drinks before breastfeeding. and other foods in the early stages of a baby's life, (3) exclusive breastfeeding for the first 6 months of a baby's life, (4) providing additional nutritional food that is hygienic after 6 months of age (Khayati & Ulfa, 2018).

Table 1.

Advice on breastfeeding given by health workers

Advice About Breastfeeding	The response made	Percentage
To breastfeed as soon as possible	Understood	39,5
In order to give cholesterol	Understood	12,1
In order not to give formula milk	Still often done	12,8
To give only breast milk for 4-6 months	Understood	14,2
To breastfeed immediately 30-60 minutes after birth	Understood	1,8
Just to give breast milk	Understood	17,4
The more often/longer breastfeeding, the more milk	Understood	18,0
Another way to increase / facilitate breast milk	Understood	23,3
How to breastfeed	Understood	21,4
So that mothers plan with their families for breastfeeding (immediate/exclusive)	Unfulfilled	20,0
benefits of breast milk for babies,	Understood	16,0
Give food/drink other than breast milk	Understood	29,0
Breast/putting care/cleaning	Unfulfilled	12,2
So that mothers eat nutritious food	Unfulfilled	11,7
Let mom eat vegetables	Unfulfilled	10,3

Furthermore, the table above shows how the exposure of mothers who get advice/information about breastfeeding after delivery from health workers during a neonatal visit or health check after the delivery process is carried out is shown. Mother's knowledge about how to breastfeed correctly can support babies to get breast milk optimally, but it is still very difficult to realize it, because the overall knowledge of mothers about breastfeeding is concluded to be in the low category. Lack of understanding and knowledge of mothers about breastfeeding and breastfeeding causes mothers to be easily influenced and eventually switch to using formula milk.

Mother's lack of knowledge about the correct breastfeeding position can have an impact on the health of her breasts, for example, mothers often feel tired, sore and sore nipples, breast inflammation, besides that the baby also feels uncomfortable. In fact, according to lactation experts, to get optimal benefits from breastfeeding, two main conditions are needed, where breastfeeding must be done properly so that breastfeeding success can be achieved. The second condition is that breastfeeding must be done exclusively for a minimum of four months and a maximum of six months. Furthermore, it is explained that good breastfeeding is according to the needs and condition of the baby after the delivery process is carried out (Maita, 2016).

In addition to the mother's knowledge about breastfeeding correctly and knowing how to deal with breast problems, knowledge about storing breast milk is also considered to play an important role. Lack of knowledge of mothers about how to store breast milk will have an impact on the lack of milk intake for babies, especially for a mother who is very busy with her daily agenda. Several studies have shown that there is a significant relationship between employment status and exclusive breastfeeding. So it can be concluded that if a mother works and does not know how to store breast milk properly, it will be a big problem in running the exclusive breastfeeding program. However, the low knowledge of mothers about breastfeeding is considered reasonable because the information/advice given by health workers is also considered to be lacking. Only a small proportion of mothers received information/advice regarding correct breastfeeding, breast care, how to increase/facilitate breast milk, immediate breastfeeding, colostrum and exclusive breastfeeding. Even though the support from health workers in the implementation of breastfeeding, especially

exclusive breastfeeding, is an important thing and is a predisposing factor that has a positive effect on the success of exclusive breastfeeding.

Breastfeeding is very important, because by breastfeeding the mother can provide breast milk to the baby and can meet the nutritional needs of the baby. In addition, breastfeeding also has many benefits, both for the baby and for the mother. The benefits for babies include reducing the frequency of infectious diseases, improving digestion, reducing the incidence of paralysis, reducing allergies, reducing the risk of obesity, and reducing the risk of tooth decay. While the benefits for mothers include facilitating weight loss, being closer and closer to the baby, and reducing the risk of breast cancer.

Basically, the number of mothers who give breast milk immediately after the delivery process is carried out (≤ 30 minutes) is in the range of 45.4 percent. This figure is quite large, but still less than half of mothers who breastfeed immediately. In fact, if the baby is less than 30 minutes old, it must be immediately fed to the mother; this is not only providing beneficial nutrients to the baby, but also learning to breastfeed to prepare the mother's breasts to start producing breast milk. This is due to the feeling of pleasure that arises when seeing a baby and the satisfaction of being able to breastfeed will stimulate the posterior pituitary gland to secrete the hormone oxytocin to accelerate milk production. In addition, the movement to suck in newborns will reach its peak at the age of 20-30 minutes, so that if breastfeeding is late, the reflex may decrease and weaken (Mamonto, 2015).

The Early Initiation of Breastfeeding and Exclusive Breastfeeding Program is a program launched by the Health Office which is set to support the success of the Exclusive Breastfeeding program by the central government. This program has been implemented since 2006, and to support the program, the local government stipulates Regional Regulation (Perda) no 7 of 2008 concerning Early Initiation of Breastfeeding and Exclusive Breastfeeding, which contains one of the articles; (1) every health worker who performs prenatal care, delivery assistance, and maternal and child health care is obligated to provide information about the importance of IMD to the mother and her family, (2) Every health service facility that provides delivery assistance services is obligated to provide facilities and infrastructure for the mother: giving birth to perform IMD, and (3) every health worker who performs delivery assistance and care for mothers and children, is obliged to help carry out IMD, unless there are certain medical reasons.

Then Article 4 states that every health worker and other health workers are obliged to provide information and guidance to the community, especially all mothers who have just given birth, pregnant women, prospective brides and young women to provide exclusive breastfeeding and good breastfeeding methods. Article 5 regulates lactation rooms that must be owned by every health service facility, even public places and offices/agencies. This means that government agencies, private companies and public facilities must provide a special place for lactation rooms. Meanwhile, health workers are required to provide socialization to the community regarding the importance of early breastfeeding for their patients (Mawaddah et al, 2018).

Breast milk (ASI) is the most suitable food for babies because it contains nutrients needed by babies to grow and develop. The importance of exclusive breastfeeding for newborns until the age of 6 months and continuing to breastfeed until the child is 24 months old has strong evidence. Breast milk is useful for maintaining the baby's body resistance because it contains anti-infective substances, besides that, breast milk also contains immune modulators and unique nutrients and contains complete nutrients such as carbohydrates in the form of lactose, lots of fat (polyunsaturated fatty acids), protein. The main form of lactalbumin which is easily digested, contains a lot of vitamins and minerals. Exclusive breastfeeding aims to ensure the fulfillment of the baby's right to get breast milk from birth to 6 months of age by paying attention to its growth and development, so that every mother who gives birth must give exclusive breastfeeding to her baby. Breastfeeding is a process of releasing the hormone oxytocin to drain the milk produced through the breast ducts. The failure in the breastfeeding process is often caused by the emergence of several factors, including maternal factors, infant factors, psychological factors, health personnel factors, as well as social and cultural factors.

3.2 Application of the speo method (endorphin, oxytocin and suggestive massage stimulation) to increase breast milk production

One of the factors in achieving breastfeeding is difficult to achieve because breast milk does not come out smoothly, the problem is that the process of releasing breast milk is not smooth which is one of the causes of someone not being able to breastfeed their baby so that the breastfeeding process is disrupted / hampered because it requires an approach to the community to be able to

change the bad habit of giving complementary foods Breastfeeding before the baby is 6 months old and the introduction of various methods that can help breastfeeding mothers to facilitate the release of breast milk (Prabasiwi et al, 2015).

The problem of inadequate breastfeeding syndrome is caused by the adequacy of the baby because breast milk is not met properly so that the baby is dissatisfied after the breastfeeding process, as a result, the baby often cries or is fussy, the baby's stools are hard and the breasts feel enlarged. But in reality, breast milk is actually not lacking, so sometimes problems arise that the mother feels her breast milk is not sufficient and there is a desire to add formula milk. Adequacy can be assessed from the baby's weight gain on a regular basis, the frequency of BAK at least 6 times a day. The existence of myths and wrong perceptions about breastfeeding and the media that market formula milk, as well as the lack of community support are things that can affect mothers in the breastfeeding process.

There are many methods that can increase breast milk production in mothers, one of which is the Endorphin, Oxytocin and Suggestive Massage Stimulation (SPEOS) method. Stimulation to stimulate the release of the hormone oxytocin through oxytocin massage, provides a sense of comfort and fosters confidence in mothers that breast milk will come out and mothers can exclusively breastfeed with endorphin and suggestive massage. alternative way to overcome the problem of milk production in the first days of a baby's life (Priscilla & Novrianda, 2014).

The next way that can be done to increase milk production is to carry out breast care which aims to improve blood circulation and prevent blockage of the milk production ducts so as to facilitate the release of breast milk. In addition, another way to overcome the non-smooth milk production is through oxytocin massage. Oxytocin massage is one solution to overcome the inability to produce breast milk. Oxytocin massage can be done along the spine (vertebrae) and is an attempt to stimulate the hormone oxytocin after childbirth. Oxytocin massage is done to stimulate the oxytocin reflex or let down reflex, it is hoped that by doing this massage the mother will feel relaxed, fatigue after giving birth will disappear, so that the oxytocin hormone comes out and breast milk comes out quickly. In addition to stimulating the let down reflex, the benefits of oxytocin massage are to provide comfort to the mother, reduce swelling (engorgement), reduce milk blockage, stimulate the release of the hormone oxytocin, and maintain milk production when mother and baby are sick.

Basically this massage serves to increase the oxytocin hormone which can calm the mother, so that breast milk is easy to produce by itself, besides the combination of marmet techniques and oxytocin massage can also increase milk production naturally. The relationship between infant development and breastfeeding has been widely studied, this can be proven by the fact that babies who are breastfed regularly have a higher level of cognitive development than babies who are fed formula milk. One explanation of the research results states that 60% of the baby's brain is composed of fat, especially DHA and arachidonic acid (AA), and breast milk contains long-chain unsaturated fatty acids (LCPUFAs) such as DHA and AA which are ideal nutrients for brain growth. infants who are immature, as for malnutrition that occurs early in the baby's life can result in growth faltering (failure to thrive) so that the baby will grow into a child who is shorter and far from normal (Suryani & Astuti, 2013).

In addition, malnutrition can also affect cognitive development, infant morbidity and mortality. Because good nutrition will speed up recovery and reduce the intensity (emergency) of infectious diseases in infants. The incidence of infection in infants cannot be underestimated, considering that infection is the main cause of infant mortality in several developing countries. The problem of breast milk not coming out is the condition of not producing breast milk or at least producing breast milk, this is due to the influence of the oxytocin hormone which does not work because of the lack of stimulation of the baby's sucking which activates the work of the oxytocin hormone to be not smooth. This oxytocin hormone will work to stimulate smooth muscles to squeeze the breast milk in the alveoli, lobes and ducts containing breast milk that is released through the nipples, one of the actions that needs to be taken to maximize the quality and quantity of breast milk, namely through back massage, where this process is carried out. useful for stimulating the release of the hormone oxytocin to be more optimal and the production of breast milk becomes smoother.

Oxytocin massage is also easy to do with not too many movements so that the family can remember to do it and it doesn't take a long time. Support from husband and family also plays an important role in breastfeeding. One form of support can be seen from the husband and family agreeing to do oxytocin massage so that mothers can be motivated to breastfeed their babies as well

as family members who are willing to help do housework that is usually done by mothers. On the other hand, breast milk production is strongly influenced by the psychological condition of breastfeeding mothers. When breastfeeding mothers feel comfortable and relaxed, the release of oxytocin can take place well. There are points that can facilitate breastfeeding, including three points on the breast, namely the point above the nipple, the point right on the nipple and the point below the nipple, and the point on the back that is in line with the breast. Oxytocin stimulating massage for nursing mothers serves to stimulate the oxytocin hormone in order to facilitate breastfeeding and increase mother's comfort. Massage on the back of the mother that makes the mother relax can also stimulate the release of oxytocin (Syamiyah & Helda, 2018).

Oxytocin is released into the bloodstream by the posterior pituitary gland in response to the baby's sucking and crying and whimpering, and even hearing the baby wake up can make the gland release this hormone. Then, Oxytocin causes the small muscles around the milk-producing cells to contract and expel the milk. Also causes the ducts to widen and shorten, allowing milk to flow out (Simkin, 2008). On the first day of birth, the sucking done by the baby is still irregular, so it is at this time that health workers must provide support so that the mother gives breast milk to the baby as often as possible. In addition to oxytocin, an important hormone that also helps in increasing breast milk production is endorphine. Endorphins are released from the stimulation of the hormone oxytocin, so that when oxytocin is released, it will automatically release endorphins (Widayanti, 2014). Endorphins work like sedatives that can normalize heart rate and blood pressure, thereby promoting a relaxed state in the mother's body by triggering a feeling of comfort on the surface of the skin.

These two things cannot be separated from the psychological state and the mother's belief which is the most important thing in helping the process of increasing breast milk production. One way that can improve the psychological state for the better and always think positively is by giving suggestions. Suggestions are made to prepare for breast milk to flow smoothly and meet the baby's needs from the first day they are present in the world. You can do it yourself or with the help of someone else. The hormone oxytocin will stimulate the contraction of the uterine myometrium layer during labor. This hormone also produces the release of milk through the contraction of myoepithelial cells in the mammary glands in response to the sucking of the nipple by the baby, which then causes a neurogenic reflex (neural electric current) which is transmitted to the hypothalamus via nerve fibers in the spinal cord. (spine area) (Ummah, 2014).

Then the oxytocin massage is more effective, given twice a day, in the morning and evening, because this process can actually affect postpartum mother's milk production. In addition, this oxytocin reflex can be influenced by the mother's thoughts, feelings and emotions, the mother's feelings can increase and also inhibit the release of oxytocin. This hormone will cause the muscle cells that surround the milk-making ducts to constrict or contract so that the milk is pushed out of the milk-producing ducts and flows ready to be sucked by the baby. So it is possible that if the mother has strong thoughts, feelings and emotions, it will suppress the oxytocin reflex in inhibiting and reducing milk production.

In addition, the lack of breast milk causes mothers to choose other alternatives, namely giving formula milk as a substitute for breast milk. Whereas the nutritional value of breast milk on the first to third day is very high, because colostrum is secreted a lot by the breast glands. Other obstacles in breastfeeding include mothers not understanding the correct lactation procedure, babies already being given PASI, abnormalities in the mother's breasts, pregnant women again, working mothers and baby abnormalities. This is the cause of the failure of exclusive breastfeeding for the first 6 months of a baby's life. Seeing from the importance of the influence of the psychological factors of a postpartum mother on the process of exclusive breastfeeding, many previous researchers have created methods or methods that can help improve the psychological state of mothers after giving birth, the aim of which is to increase breast milk production so that it is not hampered. One method to help increase breast milk production for postpartum mothers is the SPEOS method. The SPEOS method is a combination of back massage while giving positive suggestions to postpartum mothers which will stimulate endorphins and stimulate the hormone oxytocin so that it increases the production of breast milk naturally (Windari et al, 2017).

The average increase in breast milk production in week 1 was 96.17 ml on average with $p < 0.05$, while the 2nd, 3rd and 4th weeks were almost the same. This shows that there is conformity with the theory that by combining endorphin, oxytocin and suggestive massage by doing massage along the spine (vertebrae) to the fifth-sixth rib, and bringing the mother to relax, will stimulate the brain

to secrete endorphins, prolactin and oxytocin hormones, so that breast milk becomes smooth, provides comfort for postpartum mothers and removes blockages so that barriers to breastfeeding in the first week can be resolved properly. If in the first week the milk production has been running smoothly, then the subsequent milk production will be smoother and the mother can continue the breastfeeding process properly so that the exclusive breastfeeding program is achieved (Sulaeman et al., 2019).

In addition, postpartum mother's milk production after being given the intervention of the SPEOS method, all mothers succeeded in breastfeeding because their milk production was sufficient and the mother was able to continue exclusive breastfeeding ($p = 0.05$) meaning that there was an effect of the SPEOS method on breast milk production and increased baby weight. Because the smoother the milk production, the better the baby's weight gain, by doing massage the mother feels relaxed, more comfortable, the fatigue after giving birth disappears and the mother feels confident that she will be able to exclusively breastfeed for 6 months. If the prim mother has succeeded in giving breast milk to the baby, then in the next delivery the mother is sure that she can give breast milk.

4. Conclusions

After going through several analyzes and periodic discussions, the researcher can conclude important points regarding the Effect of Midwife Knowledge on Breast Milk Production for Mothers in Birth, the results of this study explain that, the breastfeeding process is a natural process and is an art that must be re-studied. because breastfeeding actually not only provides an opportunity for babies to grow into physically healthy humans but also smarter, besides that efforts to increase breastfeeding play a very large role in achieving two of the four goals, namely decreasing infant mortality and decreasing the prevalence of malnutrition. in toddlers. However, basically the knowledge of mothers related to the breastfeeding process is still low, and the information obtained by mothers from health workers both before and after delivery related to breastfeeding is also still categorized as little. This is thought to have a negative impact on exclusive breastfeeding to infants. On the other hand, there is a significant relationship between knowledge, attitude, support from health workers and the success of exclusive breastfeeding. The success of exclusive breastfeeding can be increased by conducting health education about exclusive breastfeeding to the community with the aim of increasing knowledge, experience, and public health behavior so that people understand and are willing to exclusively breastfeed their babies.

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