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Article

Combination of Herbal Steam Bath and Endorphin Massage to Increasing Breast Milk Production

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A B S T R A C T

The importance of breastfeeding has strong evidence. Complementary therapy that can increase milk production is to increase comfort and body fitness by using herbal steam baths. This is local wisdom that is still preserved in Indonesia as a therapy for postpartum mothers with water vapor. Another similar alternative is endorphin massage, which is a light touch therapy on the neck, back and arms that can trigger the release of endorphins that affect milk production. The purpose of this study was to estimate that the combination of the two methods would be more effective in influencing breast milk production. This research design is a quasi-experimental. The population in this study were postpartum mothers at the Independent Practice Midwife in Surabaya with a total sample of 40 which were divided into treatment and control groups, using purposive sampling technique. The treatment group was given intervention with a combination of herbal steam baths 2x/week for 5-20 minutes and endorphin massage 2x/week for 20 minutes, while the control group was not given. Each group was given a pre-test and post-test to determine the volume of breast milk production with indicators of increased baby weight, increased frequency of urination and defecation. Statistical test using Mann Whitney and Shapiro Wilk. The results showed that there was a significant effect of the combination of herbal steam baths and endorphin massage on increasing breast milk production with a value of α =0,000 atau α <0,05. There was a significant difference in milk production in the treatment group compared to the control group with a value of α =0,000 atau α <0,05. Conclusion: By doing a combination of herbal steam baths and endorphin massage regularly, it can increase milk production.

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I. INTRODUCTION

Improving the quality of life of a child is the basic capital in improving the quality of human resources of a nation. One of the efforts to optimize the quality of human resources from an early age is breastfeeding. The importance of breastfeeding has strong evidence(Pujiastuti, Sutjiati and Retnowati, 2021). But in reality, there are many obstacles in its implementation(Barokah and Utami, 2017). Data shows that exclusive breastfeeding in Indonesia is 89.4% (2020). While in East Java it was 61.0% (2020), this figure is still below the national target of 80%(Dinas Kesehatan Provinsi Jawa Timur., 2020). One of the causes is that the mother's psychology plays a major role in influencing breast milk production. The stress experienced by the mother will inhibit the release of the oxytocin hormone, if there is a stress reflux oxytocin will be inhibited due to the release of adrenaline by the stress hormone that affects breast milk production.(Rosnani, Jawiyah and Mediarti, 2019). Physical factors due to complications or fatigue after giving birth also have an impact on breast milk production, so mothers tend to fail to exclusively breastfeed(Nufus, 2019)(Pujiastuti, Sutjiati and Retnowati, 2021).

A non-pharmacological method that can reduce postpartum maternal stress, increase comfort and body fitness so as to help stimulate breast milk production is the herbal steam bath.(Purnawan, Upoyo and Awaluin, 2015). Herbal steam bath is one type of therapy using warm water vapor media with natural spices. This is a culture of local wisdom that is still preserved in various parts of Indonesia as a therapy for postpartum mothers. Heat therapy enters the body and increases blood flow, dilates blood vessels, increases oxygen and nutrient delivery to local tissues, and reduces joint stiffness by increasing muscle elasticity, so as to increase maternal comfort, reduce depression, improve maternal heart function so that blood circulation smoothly and can help remove toxic materials from cells and tissues, so that the body becomes healthy and the soul is calm and comfortable so that it helps stimulate the hormones oxytocin and prolactin in producing breast milk(Maharani, Anwar and Suwandono, 2019). Another alternative that has a similar purpose to the herbal steam bath is endorphin massage. This is a light touch therapy on the neck, back, and arms that can stimulate the body to release endorphins which are pain relievers and can create a feeling of comfort. Endorphin massage stimulates lightly the neck, arms and back from the 5th-6th ribs to both sides of the spine to the shoulder blades which will accelerate the work of the parasympathetic nerves, nerves originating from the medulla oblongata and in the sacrum region of the spinal cord, stimulating the posterior pituitary to rent oxytocin, so this can increase milk production(Nahira, 2019). A calm psychological state will also trigger the release of endorphins so that it affects the production of breast milk.Therefore, the researcher predicts that the application of a combination of herbal steam baths and endorphin massage will more effectively affect breast milk production in postpartum mothers, so that mothers can exclusively breastfeed maximally and babies can grow optimally.

II. METHODS

This study uses a quasi-experimental design (two group pre-post test design). This research design aims to reveal a causal relationship between the treatment group and the control group with different treatments. The population in this study were is all postpartum mothers at the Independent Practice Midwives in Surabaya. The sample size was determined based on the inclusion and exclusion criteria determined by the researcher. The study began with the research team observing the population and conducting a sampling process and meeting the inclusion and exclusion criteria of the study. After the results were obtained, they were divided into treatment and control groups. Each group was subjected to a pre-test and post-test to determine milk production based on the volume of milk released during breastfeeding with indicators of increased baby weight, increased frequency of urination and defecation. The intervention group was treated with herbal steam bath and endorphin massage while the control group was given oxytocin massage. All interventions were given for 1 week. Herbal steam bath 2x/week for 5-20 minutes. Endorphin massage 2x/week for 20 minutes. Oxytocin massage 2x/week for 20 minutes. Measurement of the results was carried out based on the results of observations and questionnaires obtained. After it was analyzed, determine changes in the scale of the respondent's sleep quality. Respondent data were collected using questionnaires and observation sheets by researchers. Pre-test and post-test were conducted to determine breast milk production with indicators of increased baby weight, increased frequency of urination and baby defecation. The baby's weight gain was measured by weighing before and after treatment, then the difference was calculated. The frequency of urination and defecation of infants was assessed before and after treatment. Analysis of the description of breast milk production as follows:

- Well : the baby's weight has increased by 0.014-0.028 kg/day; Urination >8x/day; defecate >2x/day
- Well Enaugh: the baby's weight has increased by 0.014-0.028 kg/day; Urination 6-8x/day defecate 2x/day
- Enaugh: the baby's weight has decreased by more than 7% of birth weight BAK < 3x/day No defecation in a day.

The statistical test used depends on the scale of the data. This study used the Wilcoxon Signed Rank Test for normality. Testing the intervention on breast milk production, namely the baby's weight with an independent T-test because the data is normally distributed and for the frequency of urination and defecation frequency using the Mann Witney test because the data is not normally distributed.

III. RESULT

1. Respondent Characteristics Data

During the research period, data were collected on the characteristics of respondents who met the inclusion criteria and exclusion criteria. The characteristics of maternal respondents in this study consisted of maternal age, parity, occupation and education. While the baby respondents consisted of the baby's age and gender. In detail the data about the characteristics of this study can be seen in table 1.

Table 1. Characteristics of Respondents

Characteristics	Control Group				Treatment Group			
	Min	Max	Mean	N (%)	Min	Max	Mean	N (%)

Mother's Age (years)		21	35	27.7	-	21	35	28.8	-
Parity		1	3	1.8	-		3	1.7	-
Work	IRT				8 (40)				11 (55)
	civil servant				3 (15)				3 (15)
	Private				5 (25)				4 (20)
	Self-employed				4 (20)				2 120)
Education	high school				13 (65)				14 (70)
	Diploma				2 (10)				3 (15)
	Bachelor				5 (25)				3 (15)
Baby's Age (days)		1	7	2.5	-	1	7	3.3	-
Gender	Man				10 (50)				11 (55)
	Woman				10 (50)				9 (45)

Based on table 1, it can be seen that of the 20 postpartum mothers in the control group, the average age was obtainedis 27.7 years oldwith the youngest respondent age being 21 years old and the oldest being 35 years old. The respondent's mean parity is1.7times with the lowest number of pregnancies being 1 time and the highest 3 times. Respondent's occupationthe majority of IRT is 40%. The majority of respondents' education is senior high school/high school, which is 65%. For the youngest baby aged 1 day and the oldest 7 days old with an average of 2.5 days. The sexes are male and female in equal numbers, namely 10 each.

2. Special Data

2.1 Identification of breast milk production in the treatment group and control group

Table 2. Breast milk production in the treatment group and control group

		Group							
		Treatment				Control			
		Pre		Post		Pre		Post	
		Frequency	%	Frequency	%	Frequency	%	Frequency	%
Breast milk production	Well	3	15	20	100	4	20	4	20
	Enough	6	30	0	0	4	20	8	40
	Not enough	11	55	0	0	12	60	8	40
Total		20	100	20	100	20	100	20	100

Table 2 shows that the combination of herbal steam bath and endorphin massage can affect breast milk production in postpartum mothers, so that mothers can give exclusive breastfeeding to the maximum. This is evidenced by the increase in breast milk production from 20 respondents in the treatment group, all experienced an increase and the adequacy of breast milk production was good (100%). When compared with the post-test control group, only 20% had good breast milk production.

2.2 Effect of Combination of Herbal Steam Bath and Endorphin Massage Against Breast Milk Production

Table 3. Results of Analysis of the Effect of Combination of Herbal Steam Bath and Endorphin Massage on Breast Milk Production in the Treatment Group.

Category	Pre	Post
Negative Rank	0	0
Ties	3	18
Positive Rank	17	2
Sign 2 Tail	0.000	0.157

The results of the Wilcoxon statistical test in table 3 show that there is a significant effect of the combination of Herbal steam bath and endorphin massage on breast milk production in the treatment group. This is evidenced by the value of = 0.000 or <0.05. Meanwhile, in the control group, the Wilcoxon statistical test results showed that there was no significant difference in breast milk production. This is evidenced by the value of = 0.157 or > 0.05.

2.3 Differences in the Combination of Herbal Steam Bath and Endorphin Massage Against Breast Milk Production in the Treatment Group and Control Group

Table 4 Results of Analysis of Differences in Breast Milk Production in the Treatment Group and Control Group

Test Statistics	
Category	**Breast milk production**
Mann-Whitney U	30,000
Wilcoxon W	240,000
Z	-5.176
asymp. Sig. (2-tailed)	0.000

The results of the Mann-Whitney statistical test in table 4 show that there is a significant difference in milk production in the treatment group compared to the control group. This is evidenced by the value of = 0.000 or <0.05. It can be concluded that the combination of herbal steam bath and endorphin massage significantly increases breast milk production in postpartum mothers.

IV. DISCUSSION

1. Overview of Breast Milk Production

Based on the results obtained, the production of postpartum mother's milk showed that before being given treatment, most of the mothers had less milk production, namely 11 respondents (55%) in the treatment group and 12 respondents (60%) in the control group. Furthermore, after being given treatment, there was a change in the amount of breast milk production in the treatment group, namely all respondents' milk production increased to good (100%) and in the control group only 4 respondents (20%) had good breast milk production.

Breast milk is the best food for babies, in breast milk there are multiple benefits, namely nutritional, physiological and psychological benefits for babies. In order for the breastfeeding process to go well, it is better to prepare for breastfeeding early. Breastfeeding should be prepared from the antenatal period and can be resumed as soon as the baby is born. Successful breastfeeding is supported by physical, psychological preparation and lactation management(Ningsih, Dewi Andariya, Frisca Dewi Yunadi, 2021). In order for effective breastfeeding to occur, newborns are directly attached to the mother to breastfeed immediately after birth, midwives as birth attendants can try to facilitate the mother to do IMD. Breast milk production is influenced by the hormones oxytocin and prolactin. One of the obstacles in giving breast milk early is the low milk production in the first days. Lack of stimulation of the hormones prolactin and oxytocin causes a decrease in milk production and expenditure which affects the smoothness and production of breast milk. One of the solutions to overcome the unevenness of breast milk production is by doing herbal steam

baths and massage, one of which is endorphin massage which is done with gentle caresses on the head, neck, back, hands and feet. It is said that the production of breast milk will increase with repeated massage and the reaction will increase after 6-12 hours. To increase the production of oxytocin can be done in various ways, namely through oral, intra-nasal, intra-muscular, or by massage that stimulates the release of the hormone oxytocin.(Hidayati and Hanifah, 2019).

The absence of breast milk is not only due to the absence or insufficient milk production but can occur because there is an inhibition of oxytocin secretion. The hormone oxytocin is also called the hormone of love, so that when the mother's condition is happy, calm and comfortable, the production of oxytocin will increase. Therefore, endorphin massage and herbal steam baths that can stimulate the secretion of the hormone oxytocin are expected to increase the production and expenditure of breast milk.(Pratimi, Ernawati and Saudia, 2020). Some indicators that can assess enough, less or good milk production are by observing diaper studies to see the amount of urine and feces and weight gain. The output of urine and feces are important indicators to know whether a baby is breastfeeding enough and can easily be recognized or recognized by parents, if they get enough information and knowledge about this. Several studies have shown that in order for mothers to evaluate their own breastfeeding, they must be able to assess how wet and dirty a baby's diaper is. The most effective sign that indicates poor breastfeeding is when there are three or less than three diapers that are soiled with feces on the fourth day. On the third day,(Ningsih, Dewi Andariya, Frisca Dewi Yunadi, 2021). It is said that normal production can increase the baby's weight by 0.014-0.028 kg/day, Urination 6-8x/day, Pup 2x/day. Meanwhile, if breast milk production is less, it can be seen if the baby's weight drops more than 7% of birth weight, urinates < 3x/day, does not defecate in a day. If you look at the signs whenInfants with enough breast milk are:

1. Urination at least 6-8x/day.
2. Defecate 2x/day.
3. Babies look satisfied, sometimes feel hungry wake up and sleep enough.
4. Baby feeds at least 10 times in 24 hours.
5. The baby's weight increased from 0.014 to 0.028 kg/day.

The results of interviews with respondents about what conditions cause breast milk production to be less, namely the fatigue factor felt after giving birth and inadequate food intake. The factor is lack of knowledge about lactation management which is usually because they have no previous experience or have given birth for the first time. Plus the stress or anxiety factor because of the conditions they face after delivery, the inability to take care of newborns and babies who are already confused about their nipples due to giving a pacifier too early. In accordance with the existing theory that there are several conditions that can contribute to causing the breastfeeding process to be hampered so that it affects the mother's milk production.

2. Identification of the Effect of Combination of Herbal Steam Bath and Endorphin Massage on Increasing Breast Milk Production

In table 4, it can be seen that the herbal steam bath and endorphin massage treatment in 20 postpartum mothers had a significant effect. The results of the Wilcoxon statistical test showed that there was a significant effect of the combination of herbal steam bath and endorphin massage in increasing breast milk production in the treatment group. This is evidenced by the value of = 0.000 or <0.05. Meanwhile, in the control group, the Wilcoxon statistical test results showed that

there was no significant difference in breast milk production. This is evidenced by the value of = 0.157 or > 0.05.

Lactation is the entire process of breastfeeding, starting from the production, secretion, and expenditure of breast milk to the baby sucking and swallowing breast milk, where breastfeeding is a natural process, but often mothers fail to breastfeed or stop breastfeeding early. Therefore, mothers need help so that the breastfeeding process is more successful. Many reasons are put forward by mothers who do not breastfeed their babies, among others, mothers do not produce enough breast milk, when in fact it is because the mother lacks confidence that her breast milk is sufficient for her baby.(Pratimi, Ernawati and Saudia, 2020). Not all postpartum mothers immediately expel breast milk, because milk production is a very complex interaction between mechanical stimuli, nerves and various hormones that affect the release of oxytocin.

Data shows that exclusive breastfeeding in Indonesia is 89.4% (2020). While in East Java it was 61.0% (2020),This figure is still below the national target of 80%(Dinas Kesehatan Provinsi Jawa Timur., 2020). One of the causes is that the mother's psychology plays a major role in influencing breast milk production. The stress experienced by the mother will inhibit the release of the oxytocin hormone, if there is a stress reflux oxytocin will be inhibited due to the release of adrenaline by the stress hormone that affects breast milk production.(Rosnani, Jawiyah and Mediarti, 2019). Physical factors due to complications or fatigue after giving birth also have an impact on breast milk production, so mothers tend to fail to exclusively breastfeed(Nufus, 2019)(Pujiastuti, Sutjiati and Retnowati, 2021).Many things can be done by mothers to increase breast milk, namely by increasing the frequency of breastfeeding, mothers must be in a relaxed state or avoid stress in this case there is psychological support from husbands, families and also midwives, breastfeeding as early as possible immediately after giving birth and consuming nutritious food with nutrients. complete, sufficient calories and sufficient water and can be assisted with the pharmacology of breast milk facilitating vitamins circulating in the community.

A non-pharmacological method that can reduce postpartum stress, increase comfort and body fitness so as to help stimulate breast milk production is the herbal steam bath.(Purnawan, Upoyo and Awaluin, 2015). Herbal steam bath is one type of therapy using warm water vapor media with natural spices.This is a culture of local wisdom that is still preserved in various parts of Indonesia as a therapy for postpartum mothers.Heat therapy enters the body and increases blood flow, dilates blood vessels, increases oxygen and nutrient delivery to local tissues, and reduces joint stiffness by increasing muscle elasticity, thereby increasingcomfort of the mother, reduce depression, improve the function of the mother's heart so that blood circulation is smooth and can help remove toxic materials from cells and tissues, so that the body becomes healthy and the soul is calm and comfortablethus helping to stimulate the hormones oxytocin and prolactin in producing breast milk(Maharani, Anwar and Suwandono, 2019). In Maluku this tradition is known as ba'ukup(Pattinasarany, Nusawakan and Probowati, 2020).In the Muna Tribe, Kendari City, Southeast Sulawesi, this tradition is known as Tomboro therapy(Indriastuti and Tahiruddin, 2021), in the Karo tribe, Berastagi knows this tradition as oukup(Sinuhaji, 2015),while in Minahasa it is known as bakera(Zumsteg and Weckerle, 2007). *Steam bath*almost the same as bathing in a sauna but there is still humidity in the surrounding air(Duda, 1987), the principle is the same as modern health behavior, namely the process of taking a steam bath and aromatherapy from the leaf spices used. The herbs commonly used in this process are lemongrass and kaffir lime leaves, these ingredients contain bioactive compounds, especially essential oils, alkaloids that function as

aromatherapy with the effect of increasing physical relaxation and refreshing for health.(Zumsteg and Weckerle, 2007). In many cultures, women who have just given birth are considered to be in cold conditions, in contrast to the time when she was pregnant, which is considered to be in hot conditions (Foster & Anderson, 2005). So in cold conditions after giving birth, the mother and baby are considered to need heating. In the Karo community, for example, women who have just given birth are required to sleep with their babies near the kitchen waiting for about 10 days while being heated by hard wood that is burned continuously to warm their bodies (Sinuhaji, LN B, 2015).

In a study entitled "Warm Steam Therapy to Increase Breast Milk Production of Post-Partum Mothers" conducted byRosnani, Jawiyah, Mediarti, Devi, 2019 at the Palembang Health Center who examined around 64 samples which were divided into 32 treatment groups given steam bath therapy and 32 control groups showed that the average milk production increased after treatment. So it can be concluded that treatment with warm steam therapy is very beneficial for the health of postpartum mothers and can be used as an alternative to non-pharmacological treatment. Many health benefits obtained from herbal steam baths include:(Pattinasarany, Nusawakan and Probowati, 2020),(Rosnani, Jawiyah and Mediarti, 2019),(Polii, Rumampuk and Lintong, 2016),(Purnawan, Upoyo and Awaluin, 2015)

1. Make the postpartum mother's body stronger, not weak, and even 3-4 days after giving birth the mother is able to carry out daily activities on her own.
2. Muscle relaxation, reduce stress.
3. Cleans toxins from the body. In the process of taking a steam bath, it will help remove dirty blood because it is usually in the form of patches or blood clots that are dark red in color, while the poison itself is excreted through sweat.
4. Promotes blood circulation, Lowers blood pressure.
5. Increased blood flow throughout the mother's body has an impact on the LDR (let down reflex) in the process of expulsion of breast milk so that it canaccelerate milk production.
6. Warm mother. After giving birth, mothers usually experience cold, this is due to the birth process which releases a lot of blood and blood circulation is not normal so that the body feels cold, because one of the functions of blood is to warm the body. So that through the process of evaporation that produces heat, it can launch blood circulation again and provoke appetite, so that through the process the body can warm again.

Another way to increase milk production can also be endorphin massage, which is a technique of touch and light massage around the neck, back and arms. First developed by Constance Palinsky which is used to manage pain. This massage is usually done on pregnant women, research shows that this technique increases the release of endorphins (provides a sense of comfort and calm) and the hormone oxytocin, so that when post partum mothers are given endorphin massage, it will provide a sense of comfort and calm during lactation thereby increasing the pituitary response. posterior to produce the hormone oxytocin which can increase the let down reflex(Wulandari, Mayangsari and ., 2019). Giving back massage is more effective than warm breast compresses to increase milk production. This is because, when massaged, the back nerves will stimulate the release of endorphins in the body which will indirectly stimulate the oxytocin reflex. The effect of massage can also increase serotonin and dopamine levels, thereby triggering a decrease in discomfort, fatigue, stress and depression(Wulandari, Mayangsari and ., 2019).

Therefore, according to researchers, the combination of*herbal steam bath*and endorphin massage can be considered as an alternative way to increase breast milk production in postpartum mothers that is safe and easy than the use of pharmacological drugs. After giving behavior to respondents, they said that they felt relaxed and comfortable. benefits either directly felt by their bodies or their minds. Steam baths and massages given can create a relaxation response, increase metabolic processes, improve lymphatic tissue function, accelerate muscle healing and relaxation, reduce muscle tension and stress levels.

3. Identification of Differences in Combination of Herbal Steam Bath and Endorphin Massage on Increasing Breast Milk Production in the Treatment Group and Control Group

Based on the results of the Mann-Whitney statistical test in table 4, it shows that there is a significant difference in milk production in the treatment group compared to the control group. This is evidenced by the value of = 0.000 or <0.05. It can be concluded that the combination of herbal steam bath and endorphin massage significantly increases breast milk production in postpartum mothers.

Non-pharmacological post-natal care can be done, one of which is Herbal steam bath utilizing heat energy. The heat will make the body respond by sweating so that the body becomes cooler. Minerals, fatty acids, water and toxins in the body will come out with sweat. Herbal steam bath is a culture of local wisdom that is still believed and preserved in various parts of Indonesia as a therapy for postpartum mothers. Herbal steam bath is a traditional sauna therapy with natural spices to increase maternal comfort, reduce depression, improve maternal heart function so that blood circulation is smooth and can help remove toxic materials from cells and tissues, so that the body becomes healthy and the soul is calm and comfortable.(Maharani, Anwar and Suwandono, 2019). In Maluku this tradition is known as ba'ukup(Pattinasarany, Nusawakan and Probowati, 2020).In the Muna Tribe, Kendari City, Southeast Sulawesi, this tradition is known as Tomboro therapy(Indriastuti and Tahiruddin, 2021), in the Karo tribe, Berastagi knows this tradition as oukup(Sinuhaji, 2015),while in Minahasa it is known as bakera(Zumsteg and Weckerle, 2007). *Steam bath*almost the same as bathing in a sauna but there is still humidity in the surrounding air(Duda, 1987), the principle is the same as modern health behavior, namely the process of taking a steam bath and aromatherapy from the leaf spices used. The herbs commonly used in this process are lemongrass and kaffir lime leaves, these ingredients contain bioactive compounds, especially essential oils, alkaloids that function as aromatherapy with the effect of increasing physical relaxation and refreshing for health.(Zumsteg and Weckerle, 2007). Increased blood flow throughout the mother's body has an impact on the LDR (let down reflex) in the process of expulsion of breast milk so that it can facilitate milk production.

While endorphins are actually a combination of endogenous and morphine, natural substances which are elements of proteins produced by body cells and the human nervous system. Endorphins are the best natural pain relievers(Araujo, 2017). Endorphins in the body can be triggered by the emergence of deep breathing activities and relaxation, massage and meditation. Endorphin massage is a touch therapy or light massage on the neck, back, and arms that can stimulate the body to release endorphins which are pain relievers and can create a feeling of comfort.(Nahira, 2019).Some of the benefits include regulating the production of growth and sex hormones, controlling persistent aches and pains, controlling feelings of stress, and increasing body immunity.(Kartikasari and Nuryanti, 2016). So far, endorphin massage is widely used for pain management, anxiety during childbirth, and to help decrease uterine involution. Endorphin

massage stimulates lightly on the neck, arms and back from the 5th-6th ribs to both sides of the spine to the shoulder blades which will speed up the work of the parasympathetic nerves, nerves originating from the medulla oblongata and in the sacrum region of the spinal cord, stimulating the posterior pituitary to rent oxytocin, so this can increase milk production(Nahira, 2019). A calm psychological state will also trigger the release of endorphins so that it affects the production of breast milk

At the time of pre-test and post-test, it was seen that there was an increase in milk production with indicators that there was an increase in the baby's weight, the frequency of urination and the frequency of the baby's defecation. According to the researcher's analysis of breast milk production in control group respondents who also had good milk production, because most of the parity respondents were multiparous, the second pregnancy or delivery had a better tendency than the first in terms of lactogenesis and galactopoiesis and had experience in breastfeeding. In addition, postpartum mothers who are respondents do not have dietary restrictions so that the nutritional pattern of both protein from fish, nuts that can increase breast milk production can be fulfilled. The majority of mothers work is housewives so that during the day mothers have time to rest.

V. CONCLUSION

The sleep quality of pregnant women in the third trimester in the treatment group during Based on the results of data analysis and research discussion, it can be concluded that there is an effect of giving a combination of herbal steam baths and endorphin massage on breast milk production in postpartum mothers at the Midwife Independent Practice Center Surabaya in 2022, namely there is an increase in breast milk production from 20 respondents in the treatment group, all experienced an increase and sufficient production. Good breast milk (100%). When compared with the post-test control group, only 20% had good breast milk production. The results of further statistical analysis concluded that there was a significant effect of the combination of Herbal steam bath and endorphin massage on breast milk production in the treatment group. This is evidenced by the value of = 0.000 or <0.05. Meanwhile, in the control group, the Wilcoxon statistical test results showed that there was no significant difference in breast milk production. This is evidenced by the value of = 0.157 or > 0.05. The results of the Mann-Whitney statistical test showed that there was a significant difference in milk production in the treatment group compared to the control group. This is evidenced by the value of = 0.000 or <0.05. It can be concluded that the combination of herbal steam bath and endorphin massage significantly increases breast milk production in postpartum mothers.

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