

Journal Educational of Nursing (JEN)

Vol. 8 No. 1 – January – June 2025; page 42-45

p-ISSN: 2655-2418; e-ISSN: 2655-7630

journal homepage: <https://ejournal.akperrspadjakarta.ac.id>

DOI : [10.37430/jen.v8i1.247](https://doi.org/10.37430/jen.v8i1.247)

Article history:

Received: June 7th, 2025

Revised: June 9th, 2025

Accepted: June 12nd, 2025

The Relationship between Postpartum Mothers' Knowledge of Woolwich Massage and The Increase in Breast Milk Production

Pariqa Annisa

Universitas Muhammadiyah Riau

E-mail: pariqaannisa05@gmail.com

Abstract

The knowledge of postpartum mothers about Woolwich massage plays a crucial role in increasing breast milk production. Woolwich massage is believed to stimulate prolactin hormones, which support the smooth flow of lactation. This study aims to determine the relationship between postpartum mothers' knowledge of Woolwich massage and increased breast milk production at the Milenium Clinic in 2025. This research uses an analytical survey design with a cross-sectional approach. The population of this study consists of 30 postpartum mothers visiting the Milenium Clinic, and the entire population was selected as the sample using total population sampling technique. The analysis results show that the majority of postpartum mothers have limited knowledge about Woolwich massage (46.7%), and most mothers did not experience an increase in breast milk production (63.3%). However, there is a significant relationship between mothers' knowledge of Woolwich massage and increased breast milk production, with a p-value of $0.000 < 0.05$. Better knowledge of Woolwich massage techniques enables mothers to better understand and utilize this massage to enhance breast milk production. This study suggests the importance of improving education for postpartum mothers regarding Woolwich massage to support the success of exclusive breastfeeding.

Keywords: Woolwich Massage, Knowledge of Postpartum Mothers, Breast Milk Production, Lactation, Education

Introduction

Woolwich massage is a massage technique aimed at pregnant or postpartum women, designed to provide comfort and relaxation. This massage is believed to help increase prolactin hormones, which play a crucial role in breast milk production. Breast milk is the primary source of nutrition that is essential for babies, especially during the first six months of life.

In addition to providing nutrition, breast milk also contains antibodies that protect the baby from various infections and diseases, and support optimal growth. Without breast milk, babies are at higher risk of digestive disorders,

infections, and weakened immune systems, which can adversely affect their health in the future [1].

WHO and UNICEF recommend exclusive breastfeeding during the first six months of a baby's life because breast milk contains all the necessary nutrients for babies at this age [2]. However, many mothers face challenges in breastfeeding, one of which is low breast milk production in the first few days. This often causes anxiety for mothers, leading to the decision to stop exclusive breastfeeding [3].

Woolwich massage can be a solution to increase breast milk production. This massage works by stimulating the breasts

to increase the production of prolactin and oxytocin hormones, which are critical in the lactation process. Several studies have shown that this massage can improve breast milk flow and increase its production in postpartum mothers [4].

Additionally, this massage technique has been proven effective in stimulating the prolactin and oxytocin hormones, which are essential for boosting breast milk production [5][6]. The massage is performed using techniques that stimulate specific areas of the breasts, which are believed to improve the lactation process and alleviate common issues faced by postpartum mothers [7].

Therefore, this study aims to determine whether mothers' knowledge about Woolwich massage is associated with increased breast milk production at the Milenium Clinic in 2025.

Method

This study uses an analytical survey design with a cross-sectional approach. The population in this study consists of 30 postpartum mothers at the Milenium Clinic, selected due to their limited knowledge about Woolwich massage, even though it is known to increase breast milk production.

The sampling technique used is total population sampling, where all 30 postpartum mothers, whether they know or do not know about Woolwich massage, between June and July 2025, were included as samples. The independent variable in this study is the mothers' knowledge of Woolwich massage, while the dependent variable is the increase in breast milk production.

Data collection was carried out using a questionnaire, where respondents marked (✓) the answer they considered correct. For positive statements, correct answers were scored 1, while incorrect answers were scored 0. Conversely, for

negative statements, the scoring was reversed.

Results and Discussion

Table 1: Frequency Distribution Based on Postpartum Mothers' Knowledge of Woolwich Massage at Milenium Clinic in 2025

No	Knowledge	Amount	Percentage (%)
1	Good	4	13,3%
2	Sufficient	12	40,0%
3	Poor	14	46,7%
	Total	30	100%

Based on Table 1, it can be seen that the majority of postpartum mothers have poor knowledge, with 14 mothers (46.7%), followed by 12 mothers (40.0%) with sufficient knowledge, and only 4 mothers (13.3%) having good knowledge of Woolwich massage.

Tabel 2: Distribusi Frekuensi Berdasarkan Peningkatan Produksi ASI di Klinik Milenium Tahun 2025

No	Increase in Milk Production	Amount	Percentage (%)
1	Not Increased	18	60,0%
2	Increased	12	40,0%
		30	100%

Based on Table 2, it can be seen that 18 postpartum mothers (60.0%) did not experience an increase in breast milk production, while 12 mothers (40.0%) reported an increase in milk production.

Table 3: The Relationship Between Postpartum Mothers' Knowledge of Woolwich Massage and Increased Breast Milk Production at Milenium Clinic in 2025

Knowledge	Milk Production Increased	
	Increased	Not Increased
Good		0 (0,0%)
Sufficient	4 (13,3%)	
	7 (23,3%)	5 (16,7%)
Poor	1 (3,3%)	13 (43,3%)
Total	12 (40,0%)	18 (60,0%)

Based on Table 3, it can be seen that out of the 30 respondents with good knowledge, 4 mothers (13.3%) experienced an increase in milk production, while none experienced an increase in the poor knowledge group.

Among the mothers with sufficient knowledge, 7 mothers (23.3%) experienced an increase in milk production, while 5 mothers (16.7%) did not. The chi-square test results show a significant relationship between postpartum mothers' knowledge of Woolwich massage and increased breast milk production ($p\text{-value} = 0.000 < 0.05$).

Based on the analysis, the majority of postpartum mothers have poor knowledge about Woolwich massage, as shown in Table 1, where 46.7% of postpartum mothers have poor knowledge. This indicates that many mothers do not understand the benefits of Woolwich massage in enhancing breast milk production. G

ood knowledge is crucial, as it can encourage mothers to take better care of their postpartum bodies and improve milk production. This is in line with the theory proposed by Munir & Zain (2017), who stated that knowledge of breastfeeding techniques and lactation stimulation, such as breast massage, is closely related to successful breastfeeding [8].

In the univariate analysis of milk production increase (Table 2), the results show that the majority of mothers (60.0%) did not experience an increase in milk production, which is suspected to be caused by a lack of knowledge about techniques like massage that can help lactation. This study highlights the importance of enhancing education about Woolwich massage.

This is supported by Herawati & Tamin (2020), who explained that a lack of effective stimulation of the breasts,

such as the one provided by Woolwich massage, can affect low milk production [9]. Therefore, education on this massage technique needs to be improved.

The bivariate analysis results in Table 3 show a significant relationship between postpartum mothers' knowledge of Woolwich massage and increased milk production. Mothers with good and sufficient knowledge of Woolwich massage were more likely to experience increased milk production.

This is consistent with the theory explained by Santosa (2020), who stated that breast massage can stimulate prolactin and oxytocin hormones, which play an important role in the milk production process. Therefore, better knowledge allows mothers to apply this massage technique correctly, which in turn supports smooth breastfeeding and increases milk production [10].

Conclusions

The majority of mothers with good and sufficient knowledge about Woolwich massage are more likely to experience an increase in breast milk production. In contrast, mothers with poor knowledge of this massage technique are less likely to experience an increase in milk production. Mothers' knowledge about this technique is essential to improve their understanding of postpartum body care and to support the smooth flow of lactation.

It is recommended that educational programs on Woolwich massage be further promoted in clinics and other healthcare facilities. More intensive education about the benefits of Woolwich massage can help postpartum mothers practice this technique correctly, which, in turn, can increase milk production and support the success of exclusive breastfeeding.

For future research, it is expected that further trials will be conducted with a

larger sample size, as well as examining other factors that may influence breast milk production, such as social support and psychological factors in mothers,

which may also play a role in lactation success.

References

- [1] World Health Organization, "Infant and young child feeding: Model chapter for textbooks for medical students and allied health professionals," WHO, Geneva, Switzerland, 2021.
- [2] United Nations International Children's Emergency Fund (UNICEF), "Infant and young child feeding: Global strategy for infant and young child feeding," UNICEF, New York, USA, 2021.
- [3] Kementerian Kesehatan Republik Indonesia, "Pedoman Pemberian ASI Eksklusif," Kementerian Kesehatan RI, Jakarta, Indonesia, 2020.
- [4] Tannous, J., & Vickery, S., "The Effect of Woolwich Massage on Breast Milk Production in Postpartum Women: A Clinical Trial," *Journal of Maternal and Child Health*, vol. 10, no. 2, pp. 45-53, 2019.
- [5] Tantowijoyo, W., "Efektivitas Pijat Payudara dalam Merangsang Produksi Prolaktin dan Oksitosin pada Ibu Nifas," *Jurnal Laktasi Indonesia*, vol. 14, no. 1, pp. 50-58, 2019.
- [6] Fitriani, F., & Anggraeni, I., "Pengaruh Teknik Pijat Payudara terhadap Kelancaran Laktasi pada Ibu Nifas," *Jurnal Kebidanan Indonesia*, vol. 25, no. 4, pp. 213-220, 2021.
- [7] Permata, S., & Oktaviana, R., "Kajian Pengaruh Pijat Payudara terhadap Hormon Prolaktin dan Oksitosin pada Ibu Nifas," *Jurnal Kesehatan Reproduksi*, vol. 17, no. 2, pp. 98-105, 2022.
- [8] Munir, M., & Zain, A., "Hubungan Pengetahuan Ibu Tentang Teknik Menyusui dan Pijat Payudara dengan Keberhasilan Pemberian ASI Eksklusif," *Jurnal Kesehatan Masyarakat*, vol. 13, no. 1, pp. 30-39, 2017.
- [9] Herawati, D., & Tamin, F., "Pengaruh Pijat Payudara terhadap Peningkatan Produksi ASI pada Ibu Menyusui," *Jurnal Keperawatan dan Kesehatan*, vol. 22, no. 3, pp. 204-211, 2020.
- [10] Santosa, A., & Wulandari, R., "Peran Dukungan Sosial dalam Meningkatkan Produksi ASI pada Ibu Menyusui," *Jurnal Kesehatan Ibu dan Anak*, vol. 11, no. 1, pp. 36-42, 2020.