

Effect Of Infant Massage On Increasing The Duration And Frequency Of Breastfeeding In Infants Aged 3-6 Months At Al Farid Lubuklinggau Clinic

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ARTICLE HISTORY

Received [20 Mei 2023]

Revised [25 Mei 2023]

Accepted [30 Juni 2023]

Keywords :

Baby Massage, Duration And Frequency Of Breastfeeding, Baby.

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ABSTRACT

The problem of low coverage of breast milk in infants is one of the short duration of breastfeeding, efforts to increase the desire of infants to breastfeed by doing baby massage. The research problem is that there are still many infants whose duration and frequency are not long in breastfeeding at the Al Farid Clinic Lubuklinggau. The purpose of the study was to determine the effect of baby massage on the duration and frequency of breastfeeding in infants aged 3-6 months at the Al Farid Clinic Lubuklinggau. The study used a Pre-Experimental research design using One Group Pretest-Posttest. The population was 92 people and a sample of 10 people. The types of research data are primary and secondary data. Analysis of breastfeeding duration data using the Paired T-Test test statistic (parametric test) and analysis of breastfeeding frequency using the Wilcoxon test (nonparametric test). The results of the study obtained the average value of breastfeeding duration in infants aged 3-6 months before baby massage was 12.30 and the average value of breastfeeding frequency in infants aged 3-6 months before baby massage was 5.50. The average value of breastfeeding duration in infants aged 3-6 months after baby massage was 17.40 and the average value of breastfeeding frequency in infants aged 3-6 months after baby massage was 7.60. The results of the study obtained the values α value of breastfeeding duration of 0.000, meaning $\leq \alpha$ 0.05 and the value α value of breastfeeding frequency of 0.002, so it can be concluded that there is an effect of baby massage on the duration and frequency of breastfeeding in infants aged 3-6 months at the Al Farid Clinic Lubuklinggau. For the Al Farid Clinic Lubuklinggau, in order to be able to routinely implement the SOP for baby massage and to be able to provide counseling and education on breastfeeding duration and frequency to all breastfeeding mothers.

INTRODUCTION

The Sustainable Development Goals (SDGs) in order to achieve a prosperous and equitable Indonesian society is to reduce the infant mortality rate (IMR) to at least 12 per 1,000 live births by 2030. The infant mortality rate in Indonesia to date has shown a downward trend. However, this decline has not yet reached the target when compared to the mortality rate in ASEAN countries in 2020, IMR reached 24 per 1,000 live births. Therefore, the government needs the support of various parties to improve infant health in Indonesia (Ministry of Health, 2021). It is good for babies to suckle on the main breast for 10 minutes, because the suction is still too strong, and after that on the next breast because the suction has weakened. 20-45 minutes is the right time to breastfeed, breast milk products affect the duration of breastfeeding and cannot produce milk when needed, for milk production, stimulus is needed to breastfeed. The results of the global media analysis report broadcast by UNICEF (2019) The State of the World's Children edition (SOWC) examines related problems in infants and children with the result that the coverage of the issue of undernutrition has increased globally, it is caused by two-thirds at risk of malnutrition and hidden hunger due to poor quality breast milk intake. The percentage of breastfeeding in infants aged 0 months was 39.8%, exclusive breastfeeding was 5.1%, predominant and partial breastfeeding was 55.1%. The percentage of exclusive breastfeeding decreases with increasing age group of infants. The Health Research and Development Agency (2019) found that the highest duration of breastfeeding occurred in the age of infants 1-6 hours after birth with a percentage of 35.2% and less than 1 hour after birth with a percentage of 34.5% while the lowest duration of breastfeeding occurred in the age of 7 to 23 hours after birth and even continued for up to 3 days at 3.7%, less breastfeeding duration is closely related to malnutrition. Less than optimal breastfeeding duration will lead to malnutrition, which causes the baby to be underweight or even malnourished. The prevalence of nutritional status based on body weight index according to age (BB/U) in toddlers from the 2016 Indonesian Health Profile data, obtained a percentage of malnutrition of 3.4%, malnutrition of 14.4%. In 2017 it was also not much different from 2016 with the percentage of malnutrition in toddlers in Indonesia was 3.8%, malnutrition was 14%. Data from the results of the Basic Health Research (RISKESDAS) in 2018, there were 3.9% malnutrition and 13.8% malnutrition. In Riskesdas (2021), the most breastfeeding starts occurred 1-6 hours after birth (35.2%) and less than 1 hour (early breastfeeding initiation) by 34.5%. Meanwhile, the lowest initiation of breastfeeding occurred 7-23 hours after birth (3.7%). Decree of the

Minister of Health No. 28/2017 on the Licence and Implementation of midwife practice states that midwives are authorised to monitor infant growth and development through early detection and stimulation of growth and development. There are many factors that cause low breastfeeding coverage in infants, one of which is the short duration of breastfeeding due to infant factors such as the baby feeling uncomfortable, fussy, crying and not strong suction. One way to increase the duration of breastfeeding is through the stimulation of infant massage. The function of infant massage is to stimulate the baby's suction reflex and stimulate the baby's nerve endings. Infant massage is a touch that is given through the baby's skin in an effort to provide stimulation that means affection. One of the benefits of infant massage is that it stimulates the baby's nerve endings which are associated with the baby's suction reflex becoming strong. If the baby's suction reflex is strong on the nipple and nerves in the posterior pituitary gland to release oxytocin from the posterior pituitary. The duration and frequency of infant suckling not only affects the baby but also the mother, this is because the frequency of infant suckling will affect the mother's milk production. Considering the importance of breastfeeding for the growth and development of the baby, breastfeeding must be properly fulfilled so that it does not adversely affect its growth and development. The optimal breastfeeding frequency range is between 8-12 times per day with a duration of 15-20 minutes (IDAI, 2022). Problems with infant breastfeeding in Indonesia have begun to appear from an early age between 0-1 month, so efforts are needed to increase the baby's desire to breastfeed. Given the importance of breastfeeding for the growth and development of infants, breastfeeding must be properly fulfilled so as not to adversely affect their growth and development. One of the efforts that can be made to help increase the duration and frequency of breastfeeding is to provide baby massage treatment (Prasetyono, 2020). Infant massage is a very specialised infant care technique, usually to treat babies with colic, constipation, or bloating due to drinking a lot, which makes the baby cry continuously because they feel bad. The acupressure points in babies are different from adults, which makes the massage so effective. The bond between mother and baby is very important because the closer the bond is realised, the higher the understanding of mothers of their baby's needs, so that the baby's chance to grow better becomes even greater (Prasetyono, 2020).

Infant massage causes the baby to become more relaxed and can rest effectively so that when the baby wakes up, it will bring enough energy for activity. Babies become hungry quickly when they are optimally active, so their appetite increases. This increase in appetite is also coupled with an increase in the vagus nerve (the brain nervous system that works from the neck down to the chest and abdominal cavity) in moving peristaltic cells to push food into the digestive tract, so that babies are more hungry or want to suckle because their digestion is getting smoother (Falikhah and Nurhidayat, 2019). Giving baby massage Nervus Vagus activity affects the mechanism of food absorption in infants who are massaged to experience an increase in nervus vagus tone which will cause an increase in gastrin and insulin absorption enzymes, causing better food absorption and increasing baby weight. The activity of the Nervus Vagus increases the volume of breast milk, food absorption becomes better because the increased activity of the nervus vagus causes babies to get hungry quickly and will suckle more often on their mothers so that more breast milk will be produced (Perinasia, 2023). One of the basic mechanisms of infant massage is the secretion of beta endorphin which can affect growth mechanisms and stimulate digestive function. Tactile stimulation during infant massage will increase the release of the enzyme ornithine decarboxylase (OCD) which is an enzyme for growth and development in infants and increase vagus nerve activity which will cause increased absorption of gastrin and insulin enzymes, causing better food absorption, so that the baby will quickly feel hungry and will suckle more often which will ultimately increase milk production. Infant massage can increase the baby's sense of comfort so it is very good for the baby's physical and emotional development (Susanti & Sari, 2021). Infant massage causes the baby to become more relaxed and can rest effectively so that when the baby wakes up, it will bring enough energy for activities. Babies become hungry quickly when they move optimally, so their appetite increases. This increase in appetite is also coupled with an increase in the vagus nerve (brain nerve system that works from the neck down to the chest and abdominal cavity) in moving peristaltic cells to push food into the digestive tract, so that babies are more hungry or want to suckle because their digestion is smoother (Yulida, 2020).

RESEARCH METHODS

This study uses a Pre-Experiment research design which uses One Group Pretest-Posttest, In this research design, the first observation (pretest) has been made so that the researcher can test changes that occur after treatment, but this design has no control / comparison group (Riyanto, 2020). This design will be treated (X), namely baby massage with a frequency of 2 times per week for 4 weeks with a duration of \pm 10 minutes during the massage, then measurement (observation) or pre

and post test (O2) (Notoatmodjo, 2018). The sampling technique used in this study was purposive sampling technique, which is a sampling technique with certain considerations. The sample used in this study were 10 respondents.

RESULTS

Table. 1 Average Duration And Frequency Of Breastfeeding In Infants Aged 3-6 Months Before Infant Massage At Al Farid Lubuklinggau Clinic.

Variable	Mean	Standard Deviation	95% Confidence Interval	Minimum Maximumm
Duration After	17,40	1,430	16,38 – 18,42	15 – 20
Frequency After	7,60	0,516	7,23 – 7,97	7 - 8

Based on the table above, the mean value of breastfeeding duration in infants aged 3-6 months after baby massage is 17.40. The standard deviation of 1.430 means the statistical value of how close the data from a statistical sample is to the mean or average data with a confidence interval of 16.38 - 18.42 this proves that the range of mean values is between the confidence interval values and the minimum and maximum values of breastfeeding duration in infants aged 3-6 months are 15 and 20.

Table. 2 The Effect Of Baby Massage On The Duration Of Breastfeeding In Infants 3-6 Months Of Age At Al Farid Lubuklinggau Clinic

Breastfeeding Duration in 3-6 Month Old Babies	Mean Rank	p value
Duration Before and After	-5,100	0,000

Based on the table above, the duration of breastfeeding in infants aged 3-6 months before and after with the results of statistical tests obtained \square value of breastfeeding duration 0.000, means $\leq \square$ 0.05, so it can be concluded that there is an effect of baby massage on the duration of breastfeeding in infants aged 3-6 months at Al Farid Clinic.

Table. 3 Effect Of Baby Massage On Breastfeeding Frequency In Infants Aged 3-6 Months At Al Farid Lubuklinggau Clinic.

Frequency of breastfeeding in infants aged 3 to 6 months	Mean Rank	p value
Frequency Before and After	5,50	0,002

Based on table 3 above, the frequency of breastfeeding in infants aged 3-6 months before and after with the results of statistical tests obtained the value of \square value of breastfeeding frequency 0.002, so it can be concluded that there is an effect of infant massage on the frequency of breastfeeding It can be concluded that there is an effect of baby massage on the frequency of breastfeeding in infants aged 3-6 months at Al Farid Lubuklinggau Clinic.

DISCUSSION

Duration And Frequency Of Breastfeeding In Infants Aged 3-6 Months Before Baby Massage At Al Farid Lubuklinggau Clinic

The results showed that the mean value of breastfeeding duration in infants aged 3-6 months before baby massage was 12.30 and the mean value of breastfeeding frequency in infants aged 3-6 months before baby massage was 5.50. Researchers revealed that the frequency of breastfeeding is a form of breastfeeding the baby as often as possible according to the needs of the baby, a baby who feeds on demand can suckle 7-8 times in 24 hours. Usually, he empties the first breast within a few minutes. The frequency of breastfeeding can be regulated by making a regular schedule, so that the baby will breastfeed about 7-8 times a day with a duration of 15-20 minutes. Researchers revealed that breastfeeding should not be scheduled, so that the act of breastfeeding the baby is done every time the baby needs it because the baby will determine its own needs. Mothers should breastfeed their babies if the baby is crying for no other reason (peeing, hot/cold or just wants to be held) or the mother feels the need to breastfeed the baby. A healthy baby can empty one breast in about 15-20 minutes and the milk in the baby's stomach will empty within 2 hours. Babies do not have a regular pattern of breastfeeding at first and will develop a pattern after 1-2 weeks. Scheduled breastfeeding is detrimental, as the baby's suckling has a significant effect on stimulating further milk production. Unscheduled breastfeeding according to the baby's needs will prevent breastfeeding problems.

Working mothers are advised to breastfeed more often at night. Frequent breastfeeding at night will stimulate milk production.

Duration And Frequency Of Breastfeeding In Infants Aged 3-6 Months After Infant Massage At Al Farid Lubuklinggau Clinic

The results showed that the mean value of breastfeeding duration in infants aged 3-6 months after baby massage was 17.40 and the mean value of breastfeeding frequency in infants aged 3-6 months after baby massage was 7.60. Researchers revealed that baby massage can affect the duration of breastfeeding because the benefits of baby massage in addition to providing comfort to the baby can also improve blood circulation and metabolic system in the baby's body which affects the baby's breastfeeding process, so it is good to breastfeed more often to the mother. It is best to breastfeed the baby without a schedule, because the baby will determine its own needs. Mothers should breastfeed their babies if the baby is crying for no other reason or the mother already feels like breastfeeding the baby. The results of this study are in line with the theory that infant massage can increase appetite. Baby massage causes the baby to become more relaxed and can rest effectively so that when the baby wakes up, it will bring enough energy for activity. With optimal activity, the baby becomes hungry quickly so that his appetite increases. This increase in appetite is also coupled with an increase in the activity of the vagus nerve (brain-laden system that works for the neck area down to the chest and abdominal cavity) in moving peristaltic cells to push food into the digestive tract. Thus, babies are more hungry or want to eat because their digestion is getting smoother (Roesli, 2016). Research by Fitriahadi (2016) Baby massage is a technical method in midwifery care for neonates, infants and toddlers by doing massage gently and sequentially from the face to the toes, where by doing baby massage all the baby's muscles will relax, blood circulation will be smooth and the baby will sleep soundly. In addition, baby massage will increase the frequency and duration of breastfeeding so that the baby will feel comfortable and calm when feeding. The results of this study are also supported by research conducted by Izmi Fadhillah (2018) which states that statistically from the results of the effect test using the t test it is found that there is an effect of baby massage on the duration of infant feeding, so midwives are expected to continue to motivate mothers to do baby massage in order to increase the duration of breastfeeding in their babies and motivate exclusive breastfeeding. Infant massage is one of the efforts to deal with the problem of lazy drinking in neonates. Infant massage is a touch after birth, and can provide assurance of continuous body contact that can maintain feelings of comfort in neonates. Touch therapy, especially massage in infants can produce beneficial physiological changes (Firsia Sastra Putri, 2019).

The Effect Of Infant Massage On The Duration And Frequency Of Breastfeeding In Infants 3-6 Months Of Age At Al Farid Lubuklinggau Clinic

The results of statistical tests obtained the value α value of breastfeeding duration 0.000, means $\leq \alpha$ 0.05 and the value α value of breastfeeding frequency 0.002, so it can be concluded that there is an effect of baby massage on the duration and frequency of breastfeeding in infants aged 3-6 months at Al Farid Lubuklinggau Clinic. Researchers revealed that baby massage is very useful in increasing the duration of breastfeeding because in addition to providing a sense of comfort, through the process of baby massage the baby's digestive system will be more smoothly so that after the massage process usually the baby will be easily hungry and more often suckle. Researchers revealed that through the act of baby massage, the activity of the Vagus Nervus affects the mechanism of food absorption in massaged babies so that an increase in the tone of the vagus nerve will increase gastrin and insulin absorption enzymes so that food absorption becomes better which will help increase baby weight. The activity of the Nervus Vagus will automatically increase the volume of breast milk through good food absorption in the baby's body so that the baby is hungry quickly and will suckle more often on the mother. Researchers revealed that massage on the baby can stimulate the baby's suction reflex to be stronger so as to increase the production and intake of breast milk in the baby. In addition, baby massage also has an impact on the fulfilment of nutrients for optimal baby growth and development. The process of breast milk formation is influenced by the prolactin hormone produced by the anterior pituitary gland, which is after the decrease in estrogen and progesterone hormone levels due to the detachment of the placenta. With the formation of milk, the globulin, fat, and protein molecules will push the acini cells in the breasts so that they swell. The most prolactin hormone production is at night. This is because at night the body is resting, so that the metabolism in the body can work perfectly. To drain milk into the milk ducts (papilla mamme), there are two factors that play an important role, namely globuli pressure and baby suction. When the baby is breastfed, the suction

on the nipple stimulates the nerves in the posterior pituitary gland to secrete oxytocin. One of the benefits of infant massage mentioned above is that it increases appetite. This increase in appetite is coupled with increased activity of the nervus vagus / wandering nerve (the brain nerve system that works for the neck area down to the chest and cavity, abdomen) in moving peristaltic cells (cells in the digestive tract that move in the digestive tract). Thus, babies are hungry or want to eat quickly because their digestion is getting smoother (Subakti, 2021). Baby massage is easy to learn with a few practices, besides being cheap because it only requires oil/baby oil, it also has many benefits. The positive impacts of infant massage include: reducing stress hormone levels, increasing levels of immune substances (immunoglobulin), improving blood circulation, stimulating digestive and disposal functions, increasing appetite, changing brain waves that can make babies sleep soundly, increasing the flow of oxygen and nutrients to cells, increasing weight gain and tightening the inner bond between babies and parents (bonding), increasing breast milk volume (Fitriani, 2020). Happy Marthalena Simanungkalit, 2019) examined infant massage on increasing the frequency and duration of infant feeding. Based on the results of the study in the control group, the average duration of breastfeeding on day 10 was 5.44 minutes and the duration of breastfeeding on day 20 was 5.52 minutes, and the results of the t test $p = 0.802 > 0.05$ means that there is no effect on the control group. The average value of breastfeeding duration in the experimental group on day 10 was 5.40 and the duration of breastfeeding on day 20 was 7.36 minutes, the t test results obtained $p = 0.00 < 0.05$, meaning that statistically there was an effect of increasing breastfeeding duration in the experimental group. Firsia Sastra Putri, 2019) examined the effect of infant massage therapy on the duration of suckling of neonates treated in the perinatology room. In this study, the mean value of neonate suckling frequency before baby massage therapy was 6.40 with a standard deviation of 1.673. The mean value of suckling frequency of neonates after the baby massage therapy was increased to 11.13 with the standard deviation of 2.240. The statistical test result of W ilcoxon Signedranktest resulted in a significance (p) of 0.000, where the value ($p < 0.05$) then Hadit accepted.

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

1. The results showed that the mean value of breastfeeding duration in infants aged 3-6 months before baby massage was 12.30 and the mean value of breastfeeding frequency in infants aged 3-6 months before baby massage was 5.50.
2. The mean value of breastfeeding duration in infants aged 3-6 months after baby massage is 17.40 and the mean value of breastfeeding frequency in infants aged 3-6 months after baby massage is 7.60.
3. The statistical test results obtained the value \square value of breastfeeding duration 0.000, means $\leq \square$ 0.05 and the value \square value of breastfeeding frequency 0.002, so it can be concluded that there is an effect of baby massage on the duration and frequency of breastfeeding in infants aged 3-6 months at Al Farid Lubuklinggau Clinic.

Recomendation

For Al Farid Lubuklinggau Clinic, to be able to carry out routine baby massage SOP to breastfeeding mothers and to be able to provide information to breastfeeding mothers regarding the duration and frequency of breastfeeding in accordance with the age of the baby and can provide counselling and counseling on breastfeeding duration and frequency of breastfeeding to all mothers who breastfeed and assist mothers directly by practicing the correct way of breastfeeding to mothers. For mothers of infants, increase knowledge about infant massage with optimal breastfeeding duration and frequency and can carry out massage at home independently. and cat environment as an effort to prevent chronic toxoplasmosis infections for cat's trading organizations in Surabaya.

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