

# The Effect of Oxytocin Massage and Banana Blossom (*Musa balbisiana* Colla) Consumption on Prolactin Levels in Breastfeeding Mothers

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Consumption on Prolactin Levels in Breastfeeding Mothers

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Abstract

Objective: to determine the effect of oxytocin massage banana blossom consumption and on prolactin levels in breastfeeding mothers.

Methods: the research design used a true experimental control group design. Groups will be divided into 3, namely: Group 1 is given an intervention of oxytocin massage, Group 2 is given an intervention of banana blossom vegetables and Group 3 is given an intervention of oxytocin massage and banana blossom vegetables. The oxytocin massage intervention was carried out every day in the morning, while the banana blossom vegetable is given every day as much as 150 grams per day. The levels of prolactin in early (pre) and late (post) was measured using Chemiluminescent Microparticle Immunoassay (CMIA) method. Independent t-test was used to analyze the data

Results: the average difference in prolactin levels before and after intervention in group 1 was 61.75 ng/mL. There was a decrease in prolactin levels, but there was no significant difference in prolactin levels between pretest and posttest. The average difference between prolactin levels before and after intervention in group 2 was 103.61 ng/mL. There was an increase in prolactin levels, but there was no significant difference in prolactin levels between pretest and posttest. The average difference between prolactin levels before and after intervention in group 3 was 110.22 ng/mL. There was an increase in prolactin levels, there was a significant difference in prolactin levels between pretest and posttest. There was an increase in prolactin levels, there was a significant difference in prolactin levels between pretest and posttest.

Conclusion: Giving banana flower combined with oxytocin massage increases prolactin levels in nursing mothers.

Keywords: Keywords: prolactin, oxytocin massage, banana blossom.

Topic: Maternal, neonatal, and child health

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PAGE 1

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