

Literature Review: Effect Of Breast Care And Classical Music Therapy On Breast Milk Production

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Abstract

Breast care has the function of keeping the breasts clean and detecting abnormalities in the breasts that might be harmful, breast care is also able to increase milk production, because massages that are directly given to the breasts can stimulate the release of hormones. responsible for the production of breast milk. Apart from doing breast care, breast milk production can also be increased through listening to music. Based on several studies, it was found that listening to soothing music or sounds can make a person relax, when relaxing is very beneficial for breastfeeding mothers because the inhibition of stress hormones will facilitate the release of breast milk. The low rate of breastfeeding is a threat to the growth and development of children. Therefore, action is needed to stimulate the production of breast milk. The purpose of this study was to determine the effect of breast care and classical music therapy on the production of breast milk. Search articles using Google Search and Google Scholar to find suitable articles and then review them. Based on the action in the form of breast care and classical music therapy, it has a good impact in the form of smooth milk production after these actions are carried out. Breast care stimulates the release of the hormone oxytocin and the hormone prolactin, these two hormones play a role in the production and expenditure of breast milk. In addition, classical music therapy can suppress the release of stress hormones so that people who hear it relax, when nursing mothers relax, the production of the hormones oxytocin and prolactin is not inhibited, which in turn makes milk production and expenditure smooth. Breast care (breast care) and classical music therapy can help in facilitating the production of breast milk, in addition to actions that are easy to do, do not require a lot of money, can be done independently, this action also does not have side effects that can be detrimental.

Keywords: Breast Care, Classical Music Therapy, Breast Milk Production

Introduction

There are various ways to increase breast milk production, including physically for example doing breast care. Breast care is doing light actions such as cleaning, compressing and massaging the breast area, with the aim of maintaining health and maintaining cleanliness in the breast area. This action should be carried out from pregnant women until breastfeeding with the aim of facilitating and increasing milk production, maintaining breast hygiene and overcoming breasts that go into or flat breasts. Breast care can be done alone or by following the midwife's advice, or with the help of other people such as midwives and family

(Aisya et al., 2020). When breast care is carried out, it will stimulate the anterior pituitary to secrete prolactin and the posterior pituitary to secrete oxytocin, thereby stimulating the myoepithelial cells to contract, causing the milk in the alveoli to be squeezed out and into the ductulus system and the production of breast milk occurs. (Rina et al. 2020; Indah et al. 2018; Siti et al. 2019; Muslimah et al. 2020; Sihite et al., 2021).

In addition to breast care to facilitate breastfeeding, it can also be done through music therapy. Classical music therapy can be used as a form of maternal psychic therapy because of its benefits as relaxation therapy, this is because music can affect the limbic system in the mother to suppress the function of the hypothalamic axis which suppresses the anterior pituitary to produce the hormone prolactin and the posterior pituitary to produce the hormone oxytocin, based on several research is believed to inhibit the release of stress hormones. This results in increased production of the hormone oxytocin and prolactin. Classical music therapy can function to calm the mind so that it can reduce emotions, this is because classical music therapy produces alpha and beta waves in the eardrum which have the effect of giving calm so that the mother will feel relaxed and calm. In addition, music also produces vibrational waves that function to stimulate the eardrum. Which is then forwarded to the central nervous system (limbic system) in the central brain. Furthermore, the hypothalamus will elicit a certain response that causes milk production to increase (Dewi, 2016; Mardjun et al. 2019; Nurul, 2014; Ananti et al. 2018).

The use of theory and literature study conducted directly on respondents with the use of breast care (breast care) and classical music therapy on the production of breast milk causes the authors to be interested in discussing more deeply about the effect of breast care (breast care) and classical music therapy on the production of breast milk. The aim is to fully understand the effect of breast care and classical music therapy on breast milk production.

Materials and Methods

The research in this literature review mostly uses a quasi-experimental design. The average research related to breast care using quantitative methods and for classical music therapy research using the Cross-sectional method. The types of studies reviewed were all types that used breast care and classical music therapy for milk production and types that supported these variables.

The interventions included in the inclusion criteria were all literature that discussed breast care and classical music therapy with the type of outcome, namely the effect of breast care and classical music therapy on breast milk production. This literature review was compiled using theories obtained through searching published research articles. The sample population consists of mothers who are pregnant until breastfeeding. Search articles using Google Search and Google scholars, then the articles are read thoroughly to assess their conformity with the specified criteria, then serve as a literature review. The year limit for literature read in the last 10 years.

Table 1. Livelihood Steps in the Database

Stepstosearchforarticlesthrough data based	
1.	Breastcare
2.	Classical Music
3.	Expenditure of breastmilkproduction
4.	1-3, 2-3, 1&2-3

Articles that meet the inclusion criteria are then analyzed, extracted, and seen the results to determine their impact. From these results, it is hoped that there will be findings that can be used as the basis of science related to the production and production of breast milk.

The essence of the article taken from the search results is: the name of the publisher, the source of the article, the year of research, the title of the article, the population, the sample, the method used, and the results of the study

Results and Discussion

Table 2. Extraction of Research Results Data List

No	Name of Publisher/Journal/Year	Research Title	
1	Rina Setyaningsih, HeryErnawati, YayukDwiRahayu/ HealthSciencesJournal/2020	Effects of BreastCareforBreastMilkProduction in Post PartumMothersbyCesareanSection	Thepopulation of
2	Cho, Jeongsug, et al/ Korean J WomenHealthNurses/2012	Effects of OketaniBreastMassage on BreastPain, theBreastMilkpH of Mothers, andtheSuckingSpeed of Neonates	Postpartum
3	Soleha, EdiSucipto, Nilatullzah / ScientificJournal of Midwifery/2019	TheEffect of BreastCare on BreastMilkProductionforPostpartumMothers	thisstudywerea TegalRegency
4	Santhosh Kumar Kraleti, et al/ Indian J Child Health/2018	Tostudytheimpact of unilateralbreastmassage on milkvolumeamongpostnatalmothers - A quasi-experimentalstudy	A total

5	Septiyani, et al/International Journal of Research and Review/2019	The Effect of Breast Treatment Towards Mother's Breast Milk Volume on Post Partum in Midwifery Practice at Primary Health Care of Andalas, Padang West Sumatra Province Indonesia	The populations in weeks until the pregnancy 24
6	Anderson, et al/ Joanna Briggs Institute / 2019	Effectiveness Of Breast Massage For The Treatment Of Women With Breastfeeding Problems: A Systematic Review	St and Jap
7	Ann M. Witt, et al/ Journal of Human Lactation/2016	Therapeutic Breast Massage in Lactation for the Management of Engorgement, Plugged Ducts, and Mastitis	Breastfeeding women
8	Ann M. Witt, et al/ Breastfeeding Medicine/2016	Mothers Value and Utilize Early Outpatient Education on Breast Massage and Hand Expression in Their Self-Management of Engorgement	Population: Subject
9	Ahn Sook-hee, et al / Journal Korean Acad Nurs/ 2011	Effects of Breast Massage on Breast Pain, Breast-milk Sodium, and Newborn Suckling in Early Postpartum Mothers	Sixty postpartum had problems

10	M. S. Fewtrell, et al/ British Medical Journal/2016	Predictors of expressed breast milk volume in mother expressing milk for their preterm infant	
11	Ramezani, et al/ International Journal of Health Studies/2018	The Effect of Breast Massage Training to Mothers on the Exclusive Breastfeeding Rate and Its Problems in Mothers during the Neonatal Period	
12	Arip Rahman, Bedjo Santoso, Sudirman/ Belitung Nursing Journal/2018	Effect of Kabayan Instrumental Music Therapy on Anxiety Level and On Pain in Patients With Acute Myocardial Infarction	perform
13	Jayamala AK, et al/ Journal of Clinical and Diagnostic Research/2015.	Impact of Music Therapy on Breast Milk Secretion in Mothers of Premature Newborns	
14	Ratna Dewi/ Al Muslim Health Journal/2016	The Effectiveness of Giving Classical Music Therapy (Mozart) to the Production of ASI	selected

15	Düzgün & Ozer/ Journal of Advanced Nursing/ 2020	The effects of music intervention on breastmilk production in breastfeeding mothers: A systematic review and meta-analysis of randomized controlled trials	This study was carried out in 34 weeks. The sample size was 160.
16	Keith, et al/ Advances in Neonatal Care •/ 2012	The Effect of Music-Based Listening Interventions on the Volume, Fat Content, and Caloric Content of Breast Milk—Produced by Mothers of Premature and Critically Ill Infants	The population of the study was 160 mothers in the city of Chicago in 2015. The sample size was 160.
17	Sagayraj & Sharma (2021)/ European Journal of Molecular & Clinical Medicine/ 2020	Effect of Flute Music on Human Milk Production and Depression Among Lactating Mothers	We performed a literature search in MEDLINE, Cochrane, Theses & Dissertations, and There were 160 studies.
18	Wijastutik & Handayani/ Obsgin Scientific Journal/ 2020	The Effect of Self-Selected Individual Music Therapy on Increasing Breast Milk Production in Working Mothers in the Work Area of the Bangkalan Health Center	Mothers of 160 infants.
19	Varişoğlu & Güngör Satılmış, (2020)/ Breastfeeding Medicine/ 2020	The Effects of Listening to Music on Breast Milk Production by Mothers of Premature Newborns in the Neonatal Intensive Care Unit: A Randomized Controlled Study	60 lactating mothers. Among these participants, 30 were in the control group and 30 were in the intervention group.

20	NurulKamariyah/ HealthScientificJournal/ 2014	TheInfluence of PsychologicalConditions on Breastfeeding	thisstudywasprimi a babyag namelytl

DISCUSSION

The results of the study generally stated that breast care and music therapy had a significant impact on breast milk production. Expenditure and production of breast milk is caused by the baby's sucking (let down reflex) but it is also due to the cooperation between the hormone oxytocin and the hormone prolactin. The hormone oxytocin functions to secrete breast milk so that it can be consumed by the baby, and the hormone prolactin functions to produce milk in the mother's breast. Some of the factors that cause smooth breastfeeding are nutritionally balanced foods that the mother consumes, the psychology of the mother, the drugs that the mother is taking and breast care during pregnancy and during the puerperium or during breastfeeding(Siti, et al. 2019; Veronika, 2020; Pranajaya, 2013; Rosita. 2017).

Breast care carried out once a day will launch blood flow in the breast and then stimulate sensory nerve endings around the nipple, the stimulation is also carried to the hypothalamus and forwarded to the anterior pituitary which causes the release of the hormone prolactin in addition to the anterior pituitary, the stimulation is also forwarded to the anterior pituitary. the posterior pituitary which causes the release of the hormone, oxytocin, by sharing the task of prolactin which will produce milk in the mother's breast oxytocin will serve to influence the myoepithelial cells to contract so that milk is squeezed out of the alveoli and then into the ductal system and then there is an expenditure of milk production with additional stimulation from baby sucking (Lestri, 2019; Subekti, 2019; Lilis, 2019; Juliastuti&Sulastri, 2018).

In addition, listening to classical music for 20 minutes a day causes the rhythm, tone, and sound that is heard to enter the auditory canal, then it is carried down to the thalamus to the memory in the active limbic system so that it affects the autonomic nerves to release endorphins in the pituitary gland, a feedback response appears to the adrenal glands. causes suppression of the release of stress hormones (epinephrine, norepinephrine dopa and corticosteroids) so that the mother relaxes, when the mother relaxes and the suppression of stress hormones causes the production of the hormones oxytocin and prolactin to increase, so that both hormones can work optimally (Ratna, 2016; Ananti et al. 2018; Maryatun et al., 2019; Nurul. 2014).

The let-down reflex is a process that affects the release of breast milk, because the action in the form of suction on the nipple area stimulates the brain to produce the hormone oxytocin which is in charge of

stimulating the milk ducts to contract to cause the milk in the milk ducts to be squeezed out to flow smoothly, in other words the oxytocin produced by the posterior pituitary it will go to the alveoli through the mother's bloodstream to stimulate muscle cells to contract so that the milk that has collected in these alveoli is squeezed out and into the ductus system so that it can be consumed by the baby (Asih&Risneni, 2016; Najmawati, 2014; Khasanah, 2011).

There are not many published articles on breast care and classical music therapy for breast milk production, especially classical music on breast milk production, but the evidence obtained from the article can be used as a basis for future research because the articles obtained are articles that published which has official literature, and has been reviewed before publication. For the variable test, the sample has used respondents from pregnant women to breastfeeding mothers whose results can be directly seen from the effect of the research conducted. Breast care and music therapy are easy to practice alone, breast care can be done by nursing mothers themselves, if you don't know, sometimes midwives teach breastfeeding mothers, but it was also found that midwives will introduce breast care if the mother has problems with breastfeeding, if the mother doesn't have problems. It is possible that mothers will not be taught about breast care, as well as music therapy, because many do not know the benefits of listening to classical music on the production of breast milk, causing many who do not know the benefits of this therapy and may not use it on a daily basis. By doing this research will introduce to many people, especially health workers and breastfeeding mothers about the benefits. So that in dealing with the non-smoothness of breast milk, do not directly consume breast milk smoothing drugs but use this simple method first.

Conclusion

The results show that the literature review on breast care and classical music therapy has an effect on breast milk production, breast care will stimulate or stimulate the mother's body to secrete oxytocin and prolactin hormones. While music therapy will make the mother relax and comfortable in breastfeeding, because listening to music can affect the brain in the mother to suppress the hypothalamus to suppress the anterior pituitary and posterior pituitary to produce the hormone oxytocin and the hormone prolactin. and in addition to stress hormones in the form of epinephrine, norepinephrine, dopa, and corticosteroids. Can be suppressed expenditure so that the expenditure of oxytocin and prolactin is increased. With positive research results, further research is expected to be of better quality so that it can increase the development of knowledge about the effects of breast care and classical music therapy to be practiced directly for mothers who are in the process of breastfeeding throughout Indonesia. If the latest facts are found with newer research quality, this literature review can be upgraded as a guide in providing knowledge in the form of breast care and classical music therapy for breast milk production.

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