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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

Steps to search for articles through data based	
1.	*Breast care*
2.	Classical Music
3.	Expenditure of breast milk production
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**	**Population/Sample**	**Methods**	**Results**

1	Rina Setyaningsih, Hery Ernawati, Yayuk Dwi Rahayu/ Health Sciences Journal/2020	Effects of Breast Care for Breast Milk Production in Post Partum Mothers by Cesarean Section	The population of this study amounted to 66 post partum mothers. The sample is 17 post partum mothers	This study uses a one group pre test post test design, with purposive sampling technique and the statistical test used is the Wilcoxon signed statistical test.	After doing breast care, most of the respondents expressed their breast milk smoothly as many as 17 mothers (100%). Wilcoxon statistical test shows that the value of p = 0,000 < a (0.05) so that H1 is accepted
2	Cho, Jeongsug, et al/ Korean J Women Health Nurses/2012	Effects of Oketani Breast Massage on Breast Pain, the Breast Milk pH of Mothers, and the Sucking Speed of Neonates	Postpartum mothers complaining of breast pain were recruited at a postpartum care center	A nonequivalent control group and a pretest-posttest design was Used. The collected data were analyzed using a x2-test and a test with the SPSS WIN 12.0 program.	Breast pain (t=8.384, p<.001) was significantly relieved, and breast milk pH (t=4.793, p<.001) was significantly increased in the experimental group compared to the control group.
3	Soleha, Edi Sucipto, Nilatul Izah / Scientific Journal of Midwifery/2019	The Effect of Breast Care on Breast Milk Production for Postpartum Mothers	The population in this study were all postpartum mothers who visited the Bojong Health Center, Tegal Regency in February 2019. The number of samples used were 30 postpartum mothers.	The design and type of this research used an analytical survey with a cross sectional approach. The sampling technique used is accidental sampling. Bivariate data analysis used is by using the chi square test	To find out the relationship between breast care and production and level of significant (α) = 0.05, X^2 table = 0.455 which means x^2 count > x^2 table, and we get p value = 0.002/ <0.05).

					This shows that the deep hypothesis is proven, which means that breast care has an effect on milk production in postpartum mothers.
4	Santhosh Kumar Kraleti, et al/ Indian J Child Health/2018	To study the impact of unilateral breast massage on milk volume among postnatal mothers - A quasi-experimental study	A total of 42 postnatal mothers were enrolled in the study	This quasi-experimental study was conducted in a tertiary health-care hospital.	The median volume of breast milk expressed from the left breast after breast massage was 22.5 ml (10,30) and the median volume of breast milk expressed from the right breast without breast massage was 15 ml (10,25). The volume of breast milk produced from the side of breast massage was significantly higher when compared to unmassaged side with $p<0.001$
5	Septiyani, et al/International Journal of Research and Review/2019	The Effect of Breast Treatment Towards Mother's Breast Milk Volume on	The populations in this study were all pregnant women with gestational aged 30-34 weeks until the pregnant women undergo	The study was conducted using an experimental study with post test and control only group design, Sampling technique was done with simple random	The results of the study known the average breast milk volume was higher in the

		Post Partum in Midwifery Practice at Primary Health Care of Andalas, Padang West Sumatra Province Indonesia	childbirth and post partum, sample size 24 respondents in intervention and control group.	sampling. Hypothesis test used mann-whitney test.	intervention group than in the control group were 56.91 ± 10.90 ml and 14.16 ± 3.19 ml. There was an effect of breast treatment towards mother's breast milk volume on post partum ($p<0.05$).
6	Anderson, et al/ Joanna Briggs Institute / 2019	Effectiveness Of Breast Massage For The Treatment Of Women With Breastfeeding Problems: A Systematic Review	Studies published from 1980 to 2017 in English and Japanese were considered for inclusion in this review.	There were six studies included in this review: three randomized controlled trials and three quasi experimental studies.	Overall, different types of breast massage were reported as effective in reducing immediate pain for the participants.
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 presenting with engorgement, plugged ducts, or mastitis. Sample 42 postpartum.	Once collected, the data were exported from REDCap to SPSS software (SPSS, Inc, Chicago, Illinois, USA) and analyzed under the supervision of the project investigator. Descriptive statistical analyses were performed to examine the distribution and normality of data.	Following TBML, there was significant improvement in both breast (6.4 vs 2.8, $P < .001$) and nipple pain (4.6 vs 2.8, $P = .013$). All women reported immediate improvement in their pain level. At the 12-week survey, 65% found the massage

					treatment very helpful.
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:Subjects received engagement-specific postpartum, surveys at 1, 2, and 12 weeks postpartum	This was a prospective descriptive cohort study	Significantly more mothers utilized massage toward the axillae (25% versus 1%, p £ 0.001), reverse pressure softening (18% versus 3%, p = 0.001), and feeding more frequently (32% versus 16%, p = 0.04).
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 mothers who were admitted to a postpartum care center and had problems with breastfeeding were recruited. Of these mothers, 44 were assigned to the intervention group	The design was a non-synchronized nonequivalent control group pretest-posttest design.	women in the intervention group reported significant decreases in breast pain (p<.001), increases in number of times newborns suckled after the first and second massage (p<.001), and a decrease in breast-milk sodium after the first massage (p=.034).

10	M. S. Fewtrell, et al/ British Medical Journal/2016	Predictors of expressed breast milk volume in mothers expressing milk for their preterm infant	62 mothers with preterm infants <34 weeks	Descriptive statistics are presented as mean (SD) or median (25th, 75th centile) for normally or non-normally distributed, using correlations and non-parametrical group comparisons (Mann–Whitney and Kruskal–Wallis tests).	Significant predictors of 10-day milk weight inmultivariate models were the number of episodes of'breast feeding' (17 g (95% CI 8 to 26, p=0.001) increase per episode), the use of double versus single pumping (109 (31–186, p=0.007) g/day more) and the number of complete daily records (17 (1–33, p=0.04) gincrease/day).
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	who participated in a randomized	This was a randomized clinical trial, The participants were randomly divided into breast massage and control groups. We analyzed the data using descriptive statistics tests, the chi-square test, and ANOVA with the help of SPSS software. The significance level was set at or less than 5%.	The rate of exclusive breastfeeding in the intervention and control groups was measured as 54.5% and 45.5%, respectively. These values were not found to be statistically significant (P<0.05).

12	Arip Rahman, Bedjo Santoso, Sudirman/ Belitung Nursing Journal/2018	Effect Kabayan Instrumental Music Therapy Anxiety Level and On Pain In Patients With Acute Myocardial Infarction	performed on 132 nulliparous women after childbirth.	This was a quasi-experimental study with pretest-posttest control group design. Numerical Pain Rating Scale (NPRS) was used to measure pain and Numerical Rating Scale Anxiety (NRS-A) was used to measure anxiety. Data were analyzed using Paired t-test and Independent t-test	Hariring Kabayan instrumental music therapy given for 30 minutes gave a significant change on pain in the respondents (p = 0.005), but it did not give a significant change on anxiety (p = 0.053), with significant value of 0.05.
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	There were 32 participants	Paired t-test was employed to test for the differences in the amount of milk expressed and other quantitative parameters with and without intervention. ANOVA was employed to test for association between the quantities of breast milk secreted among the subjects during 4 sessions of music therapy	Music therapy was associated with a significant reduction in stress level as shown by improved PSS score and reduced salivary cortisol. Subjects who received music therapy had significant increase (p-value- 0.033) in breast milk expression when compared to mothers who didn't.

14	Ratna Dewi/ Almuslim Health Journal/2016	The Effectiveness of Giving Classical Music Therapy (Mozart) to the Production of ASI	selected using consecutive sampling, which 16 assigned in an experiment group and a control group	This research is a quasi-experimental type of research, with an After only with control design approach. Sampling is done by purposive sampling with inclusion criteria.	The effectiveness of classical music therapy (Mozart) on breast milk production showed that there were 3 (20.0%) mothers who were not given music therapy who had a lot of milk production. The group of mothers who were given music therapy during pregnancy, there were 6 (40.0%) with a lot of milk production.
15	Düzgün & 0zer/ Journal of Advanced Nursing/ 2020	The effects of music Intervention on breast milk production in breastfeeding mothers: A systematic review and meta-analysis of randomized controlled trials	This study was carried out on mothers of premature babies (gestation less than 34wk) requiring hospitalization to NICU in the MS Ramaiah Medical College and Teaching Hospitals,	Two independent researchers screened the literature using specific keywords and selected randomized controlled trials based on the inclusion and exclusion criteria according to the PICOS criteria	A systematic review and meta-analysis conducted on five trials showed that music can be an effective way to increase breast milk production

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 this study were third trimester pregnant women in Bengkulu City in 2015. The sample of this study was third trimester pregnant women. The sample size for each group is 15 people, so the total sample is 45 people.	The control group received standard nursing care, whereas mothers in the 3 experimental groups additionally listened to a recording of 1 of 3 music-based listening interventions while using the pump	Mothers in the experimental groups produced significantly more milk (P < .0012). Mothers in these groups also produced milk with significantly higher fat content during the first 6 days of the study
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 Web of Science, Science Direct, PubMed, MEDLINE, Cochrane Library, CINAHL, the Networked Digital Library of Theses & Dissertations, Ovid and ProQuest without year limitation. The review period covered January 1978–March 2020.	The present prospective study was conducted in a private tertiary care hospital.This study is a case-control study involving sixty lactating motherswho had antenatal care and delivery at our hospital.After getting approval from the Institutional Research Board (SMC/IEC/2020/03/501)and getting written informed consent from the participants in local language, the study was initiated.	The control group showed an average milk of 31.30/22.60 ml (mean/SD). Case group showed an average milk of 60.50/25.30 ml (mean/SD), which was significantly higher than control group (p<0.0001). Standard validated Edinburgh post partum depression questionnaire found that there was a significant effect of music on prevention of post partum depression.

18	Wijiastutik & 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 162 preterm infants were randomly assigned to 1 of 4 groups.	The design of this study was a quasi-experimental with non-equivalent control group design with the Wilcoxon Match Paired Test and the Mann Whitney U-Test.	The administration of SeLIMuT therapy has a tendency to increase the average milk production of working mothers. The results of this study provide scientific evidence that SeLIMuT therapy is effective in helping working mothers who are breastfeeding increase their milk production.
19	Varişoğlu& Güngör Satilmiş, (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 was performed in a tertiary hospital. Among these participants, 30 mothers were given relaxing music prior to mothers' own milkfeeding to the newborn	This was designed as a randomized controlled study todetermine the effect of listening to music on breast milk production. The study was carried out in two university hospitals, Istanbul University Medical Faculty Hospital and Bezmialem Vakıf University Medical Faculty Hospital	The mean age of participants was 28.5 – 5.3 years, the mean gestational week was 32.21 – 2.26, and the mean birth weight of the newborns was 1748 – 533.4 g. The state and total anxiety scores of the MG were statistically low ($p < 0.05$). There was no difference between the MG and control

					group in the amount of breast milk produced; however, the final test cortisol levels of the MG group were significantly lower compared with the pretest measurements ($p < 0.05$).
20	Nurul Kamariyah/ Health Scientific Journal/ 2014	The Influence of Psychological Conditions on Breastfeeding	The population in this study was primiparous mothers who returned to work after maternity leave with a baby age of 4 months. The sample was divided into 2 groups, namely the SeLIMuT group and the control group which was not given any treatment.	Desain analitik korelasi dengan pendekatan cross sectional teknik sampling adalah sampel random sampling, dan Data dianalisis menggunnakan uji statistik chi-square.	Hasil penelitian menunjukan sebagian besar (61,1%) ibu mengalami gangguan psikologis dan sebagian besar (72,2%) ketidaklancaran pada ASI. Hasil =0,001 artinya <α =0,05 maka H0 ditolak

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 lumbic 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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