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The Influence of The SPEOS Method (Stimulation Of Endorphin Massage, Oxytocin And Sugestion) on Breast Milk Production in Breastfeeding Mothers 0 – 6 Months

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ABSTRACT

According to the Ministry of Health 2020 Nationally, the coverage of exclusive breastfeeding in infants 0-6 months in Indonesia is 66.1%, the rate of exclusive breastfeeding in Indonesia is higher than the global rate, thus the achievement of exclusive breastfeeding has not yet reached the target. The purpose of this study was to determine the effect of the SPEOS method (Endorphin, Oxytocin & Suggestive Massage Stimulation) on Breast Milk Production in Breastfeeding Mothers 0-6 months in Bantarjaya Village, Bekasi Regency in 2022. The research method was carried out using a quantitative research method with an approach Quasi Experimentsby using a statistical testWilcoxon (Not Normal Distribution). The population in this study were all breastfeeding mothers 0-6 months in Bantarjaya Village, namely 40 people. The sample in this study were breastfeeding mothers 0-6 months in Bantarjaya Village using the total sampling technique, the number of samples was 40 people. The results of the study showed that of the 40 breastfeeding mothers, based on their milk production during the pretest, the most were breastfeeding mothers whose milk production was less, namely 57.5% compared to breastfeeding mothers who produced a lot of milk. After doing the SPEOS method (endorphin, oxytocin & suggestive massage stimulation)(post test), breastfeeding mothers whose milk production experienced an increase to 30 people (75%). Meanwhile, breastfeeding mothers whose milk production was less reduced to 10 people (25%). Statistical test results are knownasymp. Sig has a value of 0.000 (P <0.05), so it can be concluded that the hypothesis is accepted. This means that there is a difference between the results Pretest and Posttest, so it can also be concluded that there is an effect of the SPEOS method (Stimulation of endorphin, oxytocin & suggestive massage) with an increase in milk production in breastfeeding mothers 0-6 months in Bantarjaya Village, Pebayuran District, Bekasi Regency in 2022..

Keywords: Breast milk production, Breatfeeding, Stimulation

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INTRODUCTION

Post partum which is about 6 weeks after the mother gave birth. This stage begins with the detachment of the placenta and continues until the uterus recovers to its pre-pregnancy state. During healing, there are many psychological and physical changes in pregnant women. Most of these changes are physiological changes, one of which is the process of lactation. [1]

Breast milk is natural nutrition that contains nutrients for the growth and development of babies, including the intelligence of babies. Therefore, breastfeeding will be given for 6 months according to WHO. Indonesia issued Government Regulation No. 33 of 2013 concerning Exclusive Breastfeeding to protect, support and promote exclusive breastfeeding. Infants who are not breastfed are 17 times more likely to have diarrhea than those who are breastfed, and 3 to 4 times more likely to have ARI. In addition, early breastfeeding and exclusive breastfeeding can also prevent high infant mortality rates. The coverage of exclusive breastfeeding in the world reaches 66%. [2]

In Southeast Asia, exclusive breastfeeding results show a number that does not differ much. In comparison, the coverage of exclusive breastfeeding in India has reached 46%, in the Philippines 34%, in Vietnam 27% and in Myanmar 24%. Nationally, the coverage of exclusive breastfeeding in infants 0-6 months in Indonesia is 66.1%, the rate of exclusive breastfeeding in Indonesia is higher than the global rate.[3]

Based on the achievement data for Exclusive Breastfeeding in West Java Province in 2020 it was 68.09% and experienced an increase of 4.74% compared to 2019 which was 63.35%. (West, 2020). Meanwhile, the achievement of exclusive breastfeeding in Bekasi Regency was 65.5% and has increased compared to 2019, which was 58.3%. So that the target coverage for exclusive breastfeeding for 0 -6 months is 50%, thus the achievement of exclusive breastfeeding in Bekasi Regency has reached the target. [4]

Factors that hinder exclusive breastfeeding are less milk production (32%), working mothers (16%), wanting to be considered modern 4%), nipple problems (28%), influence of formula milk advertisements (16%), family influences (4%), therefore the support of family, community and health workers is needed for breastfeeding so as to create a healthy and quality generation. [5]

Problems with breastfeeding on the first day after the baby is born are due to maternal factors, namely the lack of stimulation of the hormone oxytocin which affects the lactation process. In addition, the factor most influenced by mothers is the factor of peace of mind. The facts show that psychological conditions affect how the hormone oxytocin works. Non-drug treatment to increase breast milk is the use of endorphin massage, which is another option to increase milk production, so the comfort and relaxation of postpartum mothers is very much needed. [6]

Endorphin massage is a massager with a light touch that can be massaged around the neck, back and arms to give a feeling of comfort and calm. Data obtained from research shows that back, neck and

spinal massage in women can stimulate endorphins and oxytocin hormones. These two hormones play a role in stimulating the release of breast milk so that they can help milk production. To do this therapy, it is recommended that the husband do it, but anyone can do it. [7]

According to Diah Eka. N, 2017 conducted research using the SPEOS method, namely stimulation to stimulate the release of the hormone oxytocin through oxytocin massage, providing a sense of comfort and growing confidence in mothers that breast milk will definitely come out and mothers can exclusively breastfeed with massage.endorphin and suggestive, the results of the study that the speos method is an alternative way to overcome the problem of removing breast milk in the first days of a baby's life. [8]

Based on the results of a preliminary study conducted by researchers at Hamlet 1, Bantarjaya Village, Pebayuran District, Bekasi Regency, there were 64% of breastfeeding mothers who still failed to provide exclusive breastfeeding with several kinds of causative factors and had no or never had health workers apply the SPEOS method (Endorphin Massage Stimulation, Oxytocin and Suggestion) when providing midwifery care to motherspost partum. Efforts to overcome breastfeeding problems and increase milk production in postpartum mothers with therapybreast care, Oxytocin massage and pharmacological therapy such as intramuscular oxytocin. So that the application of SPEOS has never been applied simultaneously to increase milk production in nursing mothers.

The purpose of this study was to analyze the effect of the SPEOS method (Stimulation of Endorphin Massage, Oxytocin and Suggestion) on Breast Milk Production in Breastfeeding Mothers 0-6 months in Bantarjaya Pebayuran Village, Bekasi in 2022.

Based on the background above, the researcher is interested in conducting research "Effect of SPEOS Method (Massage Stimulationendorphin, Oxytocin Massage and Suggestion) on Increasing Breast Milk Production in Mothers Breastfeeding Babies 0-6 Months in Bantarjaya Village, Pebayuran District, Bekasi Regency in 2022"**.**

METHOD

This research design useslike an experimentwith no control group using the approachone group pretest-postest design. The measurement design was carried out before and after carrying out the SPEOS method intervention, namely doing a combination of massagesendorphin, oxytocin massage and suggestion. The population in this study is all mothers who breastfeed babies 0-6 months in Bantarjaya Village, Pebayuran District, Bekasi Regency in July 2022, totaling 40 breastfeeding mothers. The sample of this study was all mothers who breastfed babies aged 0-6 months in Bantarjaya Village, Pebayuran District, Bekasi Regency, totaling 40 breastfeeding mothers. The sampling technique used in this study, namely total sampling. The independent variable in this study was the SPEOS Method (Stimulation of Endorphin, Oxytocin and Suggested Massage) and the dependent variable was Milk Production in Mothers Breastfeeding Babies 0-6 Months. [9]

What was carried out by the researchers was starting with conducting enumerator training, determining respondents according to inclusion and exclusion criteria, research contracts with respondents, officers (enumerators) who conducted research 1 person for 1 breastfeeding mother to completion, interventions carried out by researchers and enumerators who have been trained using the SPEOS method protap.

Collecting data in this study namely before the SPEOS (Stimulation of Endorphin Massage, Oxytocin and Suggestion) was carried out, the researchers distributed questionnaires to mothers who were breastfeeding babies aged 0-6 months who were samples in the study. After the questionnaire was filled in, the researcher then checked the completeness of the answers from the questionnaire given to the respondents and then collected and corrected by the researcher.

After completion, the researcher gave the application of the SPEOS method (Stimulation of Endorphin Massage, Oxytocin and Suggestion) which was carried out 2 times. Phase I was carried out on 20 breastfeeding mothers on 28 October 2022 and Phase II on 20 breastfeeding mothers 0-6 months on 4 November 2022. Assessment of breast milk production was carried out by pumping breast milk before and after combined massage with the SPEOS method (Endorphin, Oxytocin Massage Stimulation) and Suggestion). Then the researcher gave a questionnaire after implementing the SPEOS method. After everything was finished, the answers in the questionnaire were processed using the SPSS program.

Processing and analysis of data usingsample test non parametric wilcoxon test,Meanwhile, to control for confounding factors, an analysis was carried outt- test dependent and followed by a multivariate testancova analysis.

RESULTS

1. Analysis Results

Table 1. Average Distribution of Breast Milk Before Given the SPEOS Method Intervention

Characteristics	n	%
Mother's Age:		
- <20 dan >35 years	28	70
- 20-35 years	12	30
Mother's Occupation:		
- Work	12	30
- Doesn't work	28	70
Parity :		
- Primiparas & Grandemultiparas	24	60
- Mutipara	16	40
Total	**40**	**100**

Based on table 1 above, it shows that the percentage of 40 mothers breastfeeding 0-6 months based on the mother's age is the most at the age of <20 years & > 35 years, namely 28 people (70%),

the mother's work is mostly in mothers who do not work, namely 28 people (70%). Most parity in primipara & grandemultipara as many as 24 people (60%).

Table 2. Percentage of Breast Milk Production Before(Pretest) and After(Posttest) Implementation of the SPEOS Method

Milk production	Pretest		Posttest	
	f	%	f	%
Less Milk Production	23	57,5	10	25
Lots of Milk Production	17	42,5	30	75
Total	**40**	**100 %**	**40**	**100 %**

Based on table 2 above, it shows that the production of breast milk during the pretest or before the SPEOS method was carried out was mostly due to the lack of milk production in breastfeeding mothers 0-6 months, namely 23 breastfeeding mothers or 57.5% compared to the amount of milk production. After the SPEOS method was used, the amount of milk production in breastfeeding mothers increased to 30 people (70%). Meanwhile, milk production that is less or slightly decreased or reduced to 10 people (25%).

2. Bivariate Results

Table 3. Statistical Test Results Wilcoxon test Effect of the SPEOS method on breast milk production

Milk production	Asymp. Sig	Negative Rank	Positive Rank			Ties
			N	Mean Rank	Sum of Rank	
Pretest Posttest	0,000	0[a]	40	7,00	91,00	27[o]

Based on table 3 above, it shows that the statistical test results are known to be Asymp. Sig has a value of 0.000 (P <0.05), so it can be concluded that the hypothesis is accepted. This means that there is a difference between the results of the Pretest and Posttest, so it can also be concluded that there is an effect of the SPEOS method on increasing milk production in breastfeeding mothers 0-6 months in Bantarjaya Village, Pebayuran District, Bekasi Regency in 2022.

Negative Rank or the difference indicates that there is no deductible value frompretest to valueposttest. Positive Ranks or difference (Positive) indicates that there are 13 positive data (N) which means that all 13 breastfeeding mothers experienced an increase in milk production from the pretest and posttest values. The Mean Ranks or the average increase is 7.00, which is a lot of milk production, while the number of positive rankings orSum of Ranks is 91.00.

Ties are value similarities pretest and posttest, here value Ties equal to 27, so it can be said that there is no equal value between values pretest and posttest.

Table 4. Correlation between Mother's Age and Milk Production

Mother's Age	Milk Production				Amount		P. Value	OR (CI 95%)
	Less much		lots					
	f	%	f	%	n	%		
<20 & >35 years	20	71,4	8	47,1	28	100	0,018	7,500 (1,604-35.075)
20 – 35 years	3	25,0	9	75,0	12	100		
Total	**23**	**57,5**	**17**	**42,5**	**40**	**100**		

Based on table 4 above, of the 23 breastfeeding mothers whose milk production was lacking, there were 20 (71.4%) aged <20 years & >35 years, while 3 (25%) were aged 20-35 years .

From the statistical test, the value of P = 0.018 (p <0.05), which means that there is a significant relationship between the age of breastfeeding mothers and milk production. The OR calculation results show OR = 7,500 (95% CI: 1,604-35,075) meaning that it can be concluded that breastfeeding mothers aged <20 years & >35 years have a 7,500 times greater risk of experiencing a lack of milk production compared to mothers aged 20-35 years.

Table 5. Occupational Relationship to Breast Milk Production

Work	Milk Production				Amount		P. Value	OR (CI 95%)
	Less much		Less much					
	f	%	f	%	n	%		
Work	11	91,7	1	8,3	12	100	0,012	14,667 (1.659-129,701)
Doesn't work	12	42,9	16	57,1	28	100		
Total	**23**	**57,5**	**17**	**42,5**	**40**	**100**		

Based on table 5 above, of the 23 breastfeeding mothers whose milk production was lacking, there were 11 working mothers (91.7%), while 12 (42.9%) breastfeeding mothers who did not work.

From the statistical test, the value of P = 0.012 (p <0.05), which means that there is a significant relationship between work and milk production. The results of the OR calculation show the result of OR = 14.667 (95% CI: 1.659-129.701) meaning that it can be concluded that breastfeeding mothers who work have a 14.667 times greater risk of experiencing a lack of milk production compared to mothers who do not work.

Table 6.Parity Relationship to Milk Production

Parity	Milk Production				Amount		P. Value	OR (CI 95%)
	Less much		Less much					
	f	%	f	%	n	%		
Primipara, Grandemultipara	20	83,3	4	16,7	24	100	0,000	21,667 (4,154-113,020)
Multipara	3	18,8	13	81,3	16	100		
Total	**23**	**60,0**	**17**	**40,0**	**40**	**100**		

Based on table 6 above, of the 23 breastfeeding mothers whose milk production was lacking, there were 20 (83.3%) nursing mothers who had primipara & grandemultipara parity, while 3 (18.8%) nursing mothers who had multipara parity).

From the statistical test, the value of P = 0.000 (p <0.05), which means that there is a significant relationship between parity and milk production. The OR calculation results show OR = 21.667 (95% CI: 4.154-113.02) meaning that it can be concluded that breastfeeding mothers who have parity primipara & grandemultipara have a 21.667 times greater risk of experiencing a lack of milk production compared to mothers who have parity multipara.

3. Bivariate Selection

The initial stage of multivariate analysis is the determination of potential independent variables (multivariate candidate variables) which will be included in the multivariate analysis stage. If the bivariate results produce a P value <0.25, then the variable immediately enters the multivariate stage. For independent variables whose bivariate results in a P value > 0.25 but are substantially important, these variables can be included in the multivariate model. The results of bivariate selection can be seen in the following table:

Table 7. Simple Logistic Regression Bivariate Selection Results between Independent Variables and Breast Milk Production

No	Independent Variable	Nilai P	Information
1.	Mother's Age	0,010	Continue to Multivariat
2.	Work	0,016	Continue to Multivariat
3.	Parity	0,000	Continue to Multivariat

Based on the results of the bivariate selection, the variables that go to the multivariate modeling stage are those that have a P value <0.25. The variables are mother's age, occupation and parity.

4. Multivariate Modeling

Multivariate analysis aims to obtain the dominant variable associated with milk production. In this analysis all variables that are multivariate candidates are entered together into the model. Then an evaluation of the results of the logistic regression was carried out where the variables that had a P value > 0.05 were excluded from the model one by one starting with the variable with the largest P value. Furthermore, a comparison of the changes in OR values for the variables in the model is carried out, before and after these variables are excluded. If the OR value changes by more than 10%, then the variable is included again in the model because it is a variableconfounding. This step is carried out until all variables whose P value > 0.05 are excluded.

Table 8. Results of multivariate logistic regression analysis between the variables of mother's age, occupation and parity and milk production

Variable	P Value	OR
Mother's Age	0.045	9.078
Work	0.154	5.969
Parity	0.005	16.457

Of the three variables that passed the selection for bivariate analysis, there were two (2) variables. namely maternal age and parity. Thus the work variable is excluded because the P value > 0.05 (P value = 0.154).

Table 9. Results of Logistic Regression Multivariate Analysis between mother's age and parity and milk production

No	Variable	B	P-Value	OR	95% CI
1.	Mother's Age	2.206	0,045	9.078	1.054-78.195
2.	Parity	2.801	0.005	16.457	2.316-116.951

After removing the occupational variable, the changes in the OR values for the variables mother's age and parity were observed.

Table 10 Results of analysis of changesOdd Ratio (OR) between variables Occupation was excluded from the modelling.

	Variable	Odd Ratio the Job Variable still exists	Odd Ratio the Job Variable are output	OR Change Presentation
1.	Mother's Age	9.078	8,905	1,906 %
3.	Paritity	`16.457	24,267	- 47,46 %

With resultOdd Ratio (OR) above, there is an OR value that changes not > 10%, so the work variable does not re-enter the modeling selection.

Table 11 Results of multivariate logistic regression analysis between characteristics of maternal age, occupation and parity

No	Variable	B	P-Value	OR	95% CI
1.	Mother's Age	2.206	0,045	9.078	1.054-78.195
2.	Paritity	2.801	0.005	16.457	2.316-116.951

The final model of multivariate analysis shows that maternal age and parity are variables related to breast milk production in Bantarjaya Village, Pebayuran District, Bekasi Regency in 2022.

Breastfeeding mothers aged <20 years & >35 years have a 9.078 times greater risk of experiencing less milk production compared to breastfeeding mothers aged 20-35 years, after controlling for the parity variable (95% CI: 1.054-78.195).

Parity of breastfeeding mothers who have primiparas and grandemultiparas have a 16,457 times greater risk of having less milk production compared to mothers who have parity multiparas, after controlling for the mother's age variable (95% CI: 2,316-116,951).

Parity is the most dominant variable related to milk production, after being controlled for by mother's age. OR parity value of 16,457. There is a confounding factor, namely the job variable (P Value 0.154).

DISCUSSION

The effect of the SPEOS method on Breast Milk Production for Breastfeeding Mothers 0-6 months in Bantarjaya Village, Pebayuran District, Bekasi Regency in 2022.

Based on table 3 above, it shows that the statistical test results are known to be Asymp. Sig has a value of 0.000 (P <0.05), so it can be concluded that the hypothesis is accepted. This means that there is a difference between the results of the Pretest and Posttest, so it can also be concluded that there is an effect of the SPEOS method on increasing milk production in breastfeeding mothers 0-6 months in Bantarjaya Village, Pebayuran District, Bekasi Regency in 2022.

Negative Rank or the difference indicates that there is no deductible value frompretest to valueposttest. Positive Ranks or difference (Positive) indicates that there are 13 positive data (N), which means that the 13 breastfeeding mothers experienced an increase in milk production from the pretest and posttest values. The Mean Ranks or the average increase is 7.00 while the number of positive rankings orSum of Ranks is 91.00. Ties are value similaritiespretest andposttest, here valueTies equal to 27, so it can be said that there is no equal value between values pretest and posttest

Based on the results of the study, the SPEOS method had an effect on breast milk production, on average the average increase in milk production was 135.17 ml withp 0.00. SPEOS Method (Massage Stimulation Endorphin, Oxytocin and Suggestive) This is done by combining endorphin massage, oxytocin massage and positive suggestions/affirmations which aim to help postpartum women (breastfeeding) expedite the release of milk production by stimulating to stimulate the release of the hormone oxytocin, a breastfeeding mother is not assisted from a physical aspect but Breastfeeding mothers are assisted to be able to adapt psychologically, where the hormone oxytocin is sensitive to the psychological condition of the mother, thus the mother can continue exclusive breastfeeding. [10]

The results showed that the production of breast milk for postpartum mothers after being given the SPEOS method intervention, all mothers were successful in breastfeeding because their milk production was sufficient and the mother could continue exclusive breastfeeding (p= 0.05) means that there is an effect of the SPEOS method on milk production and an increase in baby weight. The smoother the milk production, the more milk production by doing the massage, the mother feels relaxed,

more comfortable, the fatigue after giving birth is gone and the mother feels confident that she will be able to express breast milk exclusively for 6 months. [8]

The results of multivariate analysis were to control for confounding variables that could affect milk production in this study age, IMD and maternal nutrition with the result that age and maternal nutrition were not factors that influenced milk production, while IMD had an effect on milk production by 0.375 meaning that IMD provides opportunities affect milk production 37.5% while the rest is influenced by other factors such as fatigue, psychological factors (sobriety and others) which were not examined in this study. [5]

According to Diah Eka (2017), that IMD (Early Breastfeeding Initiation) is an action that is carried out by placing the baby immediately after birth with the aim that the baby can find the nipple, this nipple stimulation will stimulate the release of the hormone oxytocin which functions to contract the uterus for release and is the first step in nipple stimulation to secrete colostrum which can facilitate milk production in the first days of the baby's birth, IMD is a strong settler factor for successful breastfeeding. [8]

Melyansari's research (2018) shows that the SPEOS method can be a non-pharmacological alternative to increase milk production and overcome problems in breastfeeding, especially in the first days of birth. The results showed that postpartum mothers who were given the SPEOS method for 3 days in the first 24 hours (minimum 6 hours) had an average milk production higher than the group who were not given the SPEOS method. [11]

The SPEOS method works synergistically to reduce fatigue, anxiety and pain after delivery by providing a relaxing effect that facilitates milk production. The first mechanism is the stimulation of endorphins which produce endorphins which work as a natural anti-pain in the body and have a calming effect. The second mechanism is oxytocin stimulation which stimulates the hormone oxytocin which causes reflexeslet down so that increased breast milk will further stimulate the production of prolactin, a hormone that stimulates milk production. Oxytocin will provide a sense of comfort, reduce swelling and inhibition of milk, and relieve stress. The third mechanism is suggestive giving which gives the mother a positive mindset so as to create a sense of calm and confidence which will increase milk production. The SPEOS method is not only focused on physical conditions but also psychological conditions to increase milk production. [5]

Likewise, according to research by Lestari, et al (2019), which used a control group in postpartum mothers who were carried out by the SPEOS method for 4 weeks, it showed that the SPEOS method could be an intervention to increase milk production. In addition to increasing milk production, the SPEOS method has the advantage of being able to do it early on because it has a good impact on accelerating the time for milk release and provides confidence and comfort for postpartum mothers. [12]

Characteristics of Breast Milk Production in Breastfeeding Mothers 0-6 months according to Mother's Age.

Based on table 4 above, of the 23 breastfeeding mothers whose milk production was lacking, there were 20 (71.4%) aged <20 years & >35 years, while 3 (25%) were aged 20-35 years . These results are in accordance with the results of previous studies, namely the age of 20-35 years is a healthy production period, where the physical and mental state of the mother is in the best condition and is ready to breastfeed her baby. The reproductive organs are also perfect including the development of the breasts which have shown maturity and are ready to give exclusive breastfeeding. Breastfeeding mothers who are still 22 years old will produce more milk than those aged 35 years and over will decrease their milk production. [13]

According to previous researchers, the mother's age affects the smooth flow of breast milk, younger mothers produce more breast milk, because the age of more than 20 is the reproductive period which is very good and very supportive in breastfeeding. [14]

Characteristics of Breast Milk Production in Breastfeeding Mothers 0-6 months according to Mother's Occupation.

Based on table 5 above, of the 23 breastfeeding mothers whose milk production was lacking, there were 11 working mothers (91.7%), while 12 (42.9%) breastfeeding mothers who did not work.

These results are in accordance with the results of previous studies, namely that mothers who breastfeed their babies choose not to work, because they want to take care of their whole heart and provide exclusive breastfeeding for their babies. Based on the research results and some literature, the researcher can conclude that breastfeeding mothers choose not to work so they can wholeheartedly care for their babies and provide exclusive breastfeeding for their babies. [13]

According to previous researchers, working mothers are one of the obstacles that hinder exclusive breastfeeding. The production of breast milk for working mothers will indeed decrease, this is because without realizing it, the mother's milk production will decrease due to the stress caused by being away from the baby. [14]

Characteristics of Breast Milk Production in Breastfeeding Mothers 0-6 months according to Parity.

Based on table 6 above, of the 23 breastfeeding mothers whose milk production was lacking, there were 20 (83.3%) nursing mothers who had primipara & grandemultipara parity, while 3 (18.8%) nursing mothers who had multipara parity).

These results are in accordance with the results of the study, namely the success of exclusive breastfeeding is influenced by the experience of breastfeeding mothers before, because mothers who are

pregnant for the first time may not know things related to breastfeeding so that it can influence mothers in giving breast milk. [13]

CONCLUSIONS

Based on the results of the above study it can be concluded that the SPEOS method is effective in increasing milk production in nursing mothers 0-6 months. The SPEOS method helps increase the mother's self-confidence and independence by reducing anxiety, fatigue, pain and stress which will facilitate increased milk production. Health service providers, especially midwives, can use this intervention as an alternative choice in the management of increasing breast milk production, because the SPEOS method has been proven to be effective in increasing breast milk production, but the time and duration of administering the SPEOS method is necessary for future researchers to consider more closely related to the application of the SPEOS method.

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