

## THE POWER OF TOUCH: EXPLORING THE ROLE OF INFANT MASSAGE IN PROLONGING BREASTFEEDING

Harwin Holilah Desyanti<sup>1</sup>, Amilya Maika Fitriani<sup>2</sup>

<sup>1,2</sup>Program Studi DIII Kebidanan, Universitas Nurul Jadid  
Correspondence email: [harwin@unuja.ac.id](mailto:harwin@unuja.ac.id)

### ABSTRAK : SENTUHAN LEMBUT PIJAT BAYI YANG MEMBANTU IBU MENYUSUI LEBIH LAMA

Latar Belakang : Pijat bayi telah lama dikenal sebagai intervensi yang bermanfaat untuk meningkatkan kesehatan dan kesejahteraan bayi. Sentuhan lembut ini tidak hanya berdampak pada bayi, tetapi juga memberikan manfaat emosional dan fisiologis bagi ibu. Tujuan : Tinjauan literatur ini bertujuan untuk mengeksplorasi pengaruh pijat bayi terhadap durasi menyusui, dengan menyoroti manfaat fisiologis, emosional, dan psikologis bagi ibu dan bayi. Metode : Penelitian ini menggunakan metode tinjauan literatur terhadap berbagai studi yang dipublikasikan dalam sepuluh tahun terakhir, dengan fokus pada keterkaitan antara pijat bayi, peningkatan hormon oksitosin pada ibu, kenyamanan bayi, dan ikatan emosional. Hasil : Hasil kajian menunjukkan bahwa pijat bayi secara signifikan meningkatkan hasil menyusui melalui peningkatan relaksasi bayi, penurunan stres ibu, dan peningkatan interaksi saat menyusui. Pijat bayi juga efektif mendukung pertambahan berat badan, mengurangi kolik, memperbaiki kualitas tidur bayi, dan menurunkan gejala depresi pascamelahirkan pada ibu. Kesimpulan : Pijat bayi berpotensi besar sebagai bagian dari program dukungan menyusui karena manfaatnya yang menyeluruh bagi ibu dan bayi. Saran : Penelitian lanjutan diperlukan dengan desain lebih kuat dan durasi jangka panjang, serta pengembangan protokol standar yang mempertimbangkan variasi budaya.

Kata Kunci : Ikatan ibu-bayi, menyusui, pijat bayi, relaksasi, stress pascamelahirkan

### ABSTRACT

Background: Infant massage has been widely recognized as a beneficial intervention to support infant health and maternal well-being. Its physiological, emotional, and psychological benefits may influence breastfeeding outcomes, which remain a global public health concern due to the suboptimal rates of exclusive breastfeeding. Purpose: This literature review aims to investigate the effect of infant massage on breastfeeding duration by synthesizing recent evidence on its biological and psychosocial mechanisms in both infants and mothers. Methods: A systematic literature review was conducted by analyzing peer-reviewed articles published within the last decade from databases such as ScienceDirect and Google Scholar. Selected studies focused on infant massage interventions and their impact on breastfeeding duration, maternal oxytocin levels, infant behavior, and maternal-infant bonding. Results: The findings consistently show that infant massage contributes to prolonged breastfeeding by promoting infant relaxation, reducing maternal stress, and enhancing feeding interactions. Additionally, infant massage supports weight gain, improves sleep quality, and reduces symptoms of colic in infants. It also plays a role in reducing maternal postpartum depression. However, limitations such as small sample sizes and lack of longitudinal studies restrict the strength of the causal inference. Conclusion: Infant massage is a promising, low-cost intervention to support breastfeeding practices and maternal-infant health. Suggestions: Further high-quality, large-scale, and culturally diverse studies are needed to establish standardized protocols and explore the long-term impact of infant massage on breastfeeding duration and early childhood development.

Keywords: Breastfeeding, infant massage, maternal bonding, postpartum stress, relaxation

### INTRODUCTION

Breastfeeding plays a fundamental role in ensuring optimal infant growth and development, both physically and emotionally (Anissa & Dewi, 2021; Wati et al., 2024). The World Health Organization (WHO) recommends exclusive

breastfeeding for the first six months of life due to its unparalleled nutritional benefits (Haliza et al., 2022; Yusra, 2022). However, global adherence to this recommendation remains suboptimal, with only approximately 44% of infants receiving exclusive breastfeeding—far below the global target of 70%

Tunny, (2024) Several challenges hinder successful breastfeeding practices, particularly among new mothers. These include infant discomfort, maternal stress that affects milk production, and insufficient social support (Ginting et al., 2022; MP Sari & Muliarto, 2024), resulting in reduced breastfeeding initiation and duration rates.

To address these barriers, various interventions have been proposed, including breastfeeding education, lactation counseling, and psychosocial support. Recently, infant massage has gained increasing attention as a complementary strategy to support breastfeeding. Infant massage involves gentle, rhythmic stimulation of the infant's body and has been shown to enhance maternal oxytocin release, improve infant comfort, and foster emotional bonding (KDP Sari & Nazara, 2024; Fatimah Fatimah & Lia Dian Ayuningrum, 2021; Pamungkas et al., 2021). Oxytocin plays a crucial role in promoting milk ejection and maternal relaxation, which are key components of breastfeeding success (Perintisari et al., 2023).

In addition to maternal benefits, infant massage has demonstrated positive effects on infant behavior, such as improved sleep, appetite, and reduced irritability (Alhidayah et al., 2023; Cahyani & Prastuti, 2020; Lesmana et al., 2024). It also contributes to enhanced mother-infant attachment, which may increase breastfeeding frequency and duration (Nousia, 2023). Despite these known benefits, few studies have specifically explored the direct relationship between infant massage and breastfeeding duration. Most existing research has focused on general health outcomes such as weight gain or sleep quality (Carolyn et al., 2020; Ekowati & Herlina, 2023), leaving a significant gap in the literature regarding breastfeeding outcomes.

Given this gap, a deeper exploration of the potential of infant massage to influence breastfeeding duration is warranted. This literature review aims to synthesize current evidence on the physiological and psychosocial impacts of infant massage and assess its potential contribution to prolonged breastfeeding. The findings are expected to provide practical insights for health practitioners and policymakers seeking accessible, cost-effective interventions to improve breastfeeding practices, especially in low-resource settings.

## RESEARCH METHODS

This study adopted a literature review design to investigate the potential impact of infant massage on breastfeeding duration. The objective was to

systematically identify, assess, and synthesize relevant scientific evidence concerning the relationship between infant massage and breastfeeding outcomes (Judijanto et al., 2024). A comprehensive literature search was conducted using reputable academic databases, including ScienceDirect and Google Scholar. Search terms used included: *"infant massage"*, *"breastfeeding duration"*, *"baby massage"*, and *"exclusive breastfeeding"*. The literature search focused on articles published between 2014 and 2024, ensuring the inclusion of up-to-date and relevant data. The study was conducted from 20 September 2024 to 15 December 2024.

Inclusion criteria comprised peer-reviewed studies that investigated infant massage interventions with breastfeeding duration as a measurable outcome. Eligible studies included infants aged 0–12 months and utilized quantitative research designs such as randomized controlled trials (RCTs), cohort studies, and case-control studies. Articles were selected based on the clarity of their objectives, appropriateness of sample size, and robustness of statistical analysis. Studies were excluded if they lacked empirical data, used unclear methodologies, or did not directly address the research topic.

Data extraction and analysis were performed using a thematic analysis approach. Although the use of specific software or coding strategies was not reported, the analysis focused on identifying recurring themes related to the physiological, emotional, and behavioral impacts of infant massage particularly its effect on maternal oxytocin release, infant relaxation, and feeding interactions. Comparative analysis across the selected studies allowed for the identification of patterns, knowledge gaps, and inconsistencies within the existing literature.

The synthesized findings provide a comprehensive understanding of the role of infant massage in enhancing breastfeeding duration and inform future research directions. Recommendations are also proposed to support the integration of infant massage into breastfeeding support programs, particularly in resource-limited settings.

## RESEARCH RESULT

Infant massage is a traditional and widely practiced intervention aimed at promoting infant health and well-being (Rakhmawati et al., 2024;

Souza et al., 2024; Sulasdi, 2023). The reviewed literature consistently demonstrates that infant massage offers substantial physiological benefits, including improvements in breastfeeding quality and duration. Moreover, it plays a significant role in enhancing the psychological well-being of both mothers and infants, particularly by fostering a stronger emotional bond between them (Nugraheni et al., 2024).

Across the selected studies, infant massage was shown to influence a broad spectrum of outcomes. These include increased breastfeeding duration, improved infant weight gain, and reductions in stress and anxiety levels for both mothers and babies. The intervention also supports healthy infant development and has shown promise in addressing common neonatal conditions such as

colic, jaundice, and symptoms of postpartum depression.

Several studies further emphasized the dual benefits of infant massage: while the physical stimulation improves digestion and sleep quality in infants, the emotional interaction helps enhance maternal self-confidence and bonding. This evidence suggests that infant massage not only facilitates feeding interactions but also provides holistic support to the early mother-infant dyad.

A summary of key findings from the reviewed studies is presented in Table 1, offering a comprehensive overview of the benefits of infant massage from multiple perspectives and clinical contexts. These findings collectively reinforce the therapeutic value of infant massage in early childhood care and its potential integration into maternal-child health programs.

**Table 1**  
**Article Review Results**

Researcher	Research Title	Research Methods	Key Results	Suggestion
Cory Chorajon Situmorang, Ni Nyoman Sri Artina Dewi, Kristina	The Effectiveness of Baby Massage on Breastfeeding Duration in Babies Aged 0-6 Months	One-group pretest-posttest design; 30 samples of infants aged 0-6 months	Infant massage improves the quality of breastfeeding with significant results ( $p < 0.05$ ). Infant massage makes the baby feel comfortable and increases the duration of breastfeeding.	Not scheduling breastfeeding; giving breast milk whenever the baby wants it.
Aryunita, Ennysah Hasibuan	The Effect of Baby Massage on the Duration of Breastfeeding in Babies at the Midwife Practice of Novida Efriyani, SST	Quasi-experimental; Chi-square test; 20 samples of infants aged 0-5 months	Infants who received massage had a breastfeeding duration of more than 10 minutes ( $p = 0.001$ ). Infant massage increased breastfeeding duration better than without massage.	Improving education about infant massage for mothers to support breastfeeding.
The story of Dian Priharja Putri, Sukarni Setya Yuningsih	The Effect of Infant Massage on the Duration of Neonatal Breastfeeding in the Work Area of Kibin Health Center, Serang Regency	Pre-experiment with control group design; 50 neonates	Infant massage increased the duration of neonatal breastfeeding with a significant difference in the treatment group compared to the control group ( $p < 0.05$ ).	Support mothers to do regular baby massages to increase breastfeeding duration.
The story of the ...	Counseling on Infant Massage to Increase the Duration and	Counseling and demonstration; pretest-posttest	The increase in maternal knowledge regarding infant massage techniques	Providing ongoing education on infant massage techniques to

	Frequency of Breastfeeding in Infants			can be seen from the average pretest (79) and posttest (91) scores. Infant massage increases the duration and frequency of infant breastfeeding.	breastfeeding mothers.
Rebecca Mrljak, Ann Arnsteg Danielsson, Gerth Hedov, Pernilla Garmy	Effects of Infant Massage: A Systematic Review	Systematic reviews; 16 RCTs/CCTs; 1416 babies		Infant massage is effective in reducing pain, improving bilirubin levels, and increasing infant weight without side effects.	Further research is needed to support the implementation of infant massage in child health services.
Orla Geary, Annmarie Grealish, Ann-Marie Bright	The Effectiveness of Mother-Led Infant Massage on Symptoms of Maternal Postnatal Depression: A Systematic Review	Systematic review; 8 studies; 521 mothers		Mother-led infant massage reduces symptoms of postnatal depression, improves mother-infant interaction, and increases maternal self-confidence.	Supporting the use of infant massage as an intervention in the care of mothers with postnatal depression.
Dana McCarty, Rachel Silver, Lauren Quinn, Stacey Dusing, Thomas Michael O'Shea	Infant Massage as a Stress Management Technique for Parents of Hospitalized Extremely Preterm Infants	Experiment; 22 mothers and premature babies		Infant massage decreased cortisol levels in mothers, indicating a significant decrease in physiological stress after infant massage ( $p < 0.05$ ).	Incorporating infant massage into NICU clinical practice to support maternal mental health.
Zübeyde Ezgi Erçelik, Hatice Bal Yılmaz	Effectiveness of Infant Massage on Babies' Growth, Mother-Baby Attachment, and Mothers' Self-Confidence: A RCT	RCT; 60 mothers and infants		Infant massage significantly improves infant growth, mother-infant attachment, and maternal self-confidence at week 4.	Providing infant massage training to mothers as part of routine postpartum care.

## DISCUSSION

The findings of this literature review reveal a consistent body of evidence supporting the physiological benefits of infant massage, particularly in relation to improved weight gain, enhanced sleep quality, and reduced stress levels in infants. Studies focusing on premature infants suggest that infant massage may accelerate weight gain through stimulation of the parasympathetic nervous system, which is known to facilitate digestion and metabolism (DP Putri & Yuningsih, 2023). These physiological effects highlight the relevance of incorporating infant massage in neonatal care units. However, discrepancies in study designs—such as the use of quasi-experimental versus randomized

controlled trials—raise concerns regarding the external validity and generalizability of the findings (Hasibuan, 2024).

In addition to physiological outcomes, multiple studies highlight the psychological and emotional benefits of infant massage for both mother and child. Mothers engaging in regular infant massage report decreased postpartum anxiety and improved emotional bonding, suggesting that massage may serve as a valuable non-verbal communication tool (Erçelik & Yılmaz, 2023; Geary et al., 2023; Utami et al., 2023). Despite these promising outcomes, several studies suffer from methodological limitations, including small sample sizes and inadequate control of confounding

variables such as maternal education and access to training programs. Future research should include these mediating factors to better understand how socio-economic and contextual elements influence the efficacy of infant massage interventions.

Cultural differences also play a significant role in how infant massage is practiced and perceived. In South Asian contexts, infant massage is deeply embedded in traditional child-rearing practices, while in Western countries it is often introduced through formal health education programs (Febriani et al., 2022; Hasibuan, 2024; DP Putri & Yuningsih, 2023; Situmorang & Dewi, 2022). These cultural variations may impact the frequency, technique, and adherence to massage routines, thereby influencing outcomes. As such, culturally sensitive research is required to assess how localized beliefs and practices shape the effectiveness of this intervention and to develop context-specific implementation strategies.

Another critical issue identified in the reviewed studies is the lack of longitudinal data. Most existing research evaluates the short-term benefits of infant massage without investigating its potential long-term effects on developmental outcomes. This limits the ability to draw causal inferences regarding the sustained impact of infant massage on breastfeeding and child health. Future studies employing longitudinal and mixed-method designs would provide a more comprehensive understanding of these dynamics.

Moreover, the effectiveness of infant massage is closely tied to the quality of training provided to caregivers. Evidence suggests that structured training programs delivered by healthcare professionals improve parental competence and confidence in administering massage techniques (Geary et al., 2023; Nugraheni et al., 2024). However, barriers such as limited access to training—particularly in underserved communities—pose challenges to widespread implementation. To address this, community-based interventions and digital training platforms should be explored to increase reach and accessibility.

In clinical contexts, infant massage has also demonstrated potential as a supportive therapy for conditions such as colic, neonatal jaundice, and maternal postpartum depression

(McCarty et al., 2024). These therapeutic effects are believed to be mediated by stimulation of the nervous system and oxytocin release. Nevertheless, variability in outcomes across studies suggests a need for standardized massage protocols regarding technique, frequency, and

duration to ensure consistency and reproducibility of results.

From a public health perspective, integrating infant massage into maternal and child health services could offer a cost-effective strategy to enhance early childhood development and maternal well-being. Policy efforts should focus on capacity-building initiatives through training of midwives and community health workers, especially in low-resource settings. However, successful implementation will depend heavily on political commitment, community engagement, and sustainable funding mechanisms.

In light of these findings, three key recommendations emerge for future research: (1) conduct longitudinal studies to evaluate the long-term developmental effects of infant massage; (2) pursue inclusive, cross-cultural research to ensure generalizability and relevance; and (3) explore digital innovations, such as mobile applications, to support training and parental engagement. Addressing these research gaps will contribute to the evidence base needed to establish infant massage as a reliable component of holistic infant care.

## CONCLUSION

This review concludes that infant massage offers substantial physiological, psychological, and social benefits, supporting its potential integration into diverse healthcare settings. Physiologically, infant massage promotes weight gain, enhances sleep quality, and reduces stress, making it particularly valuable for premature infants and those with specific health conditions such as colic and jaundice. Psychologically, it fosters maternal-infant bonding and decreases maternal anxiety, indicating its function as an effective form of nonverbal communication.

Despite these promising outcomes, variability in massage techniques, duration, frequency, and cultural practices contributes to inconsistent research findings. These inconsistencies underscore the need for standardized protocols and culturally adapted implementation strategies.

From a policy perspective, the findings highlight the importance of expanding access to infant massage training through community-based programs and digital platforms, particularly in low-resource settings. To strengthen the evidence base, future studies should employ rigorous methodologies, including larger sample sizes, randomized controlled trials, and longitudinal designs. Further research should also examine the

long-term effects of infant massage on child development, encompassing physical, emotional, and cognitive domains.

With adequate policy support and continued scientific inquiry, infant massage holds significant potential as a low-cost, holistic intervention to promote maternal-infant well-being and optimize early childhood development.

## SUGGESTION

Based on the findings of this review, several recommendations are proposed to advance the application and study of infant massage in the context of breastfeeding and infant development:

1. Develop Standardized Protocols: There is a critical need to establish standardized guidelines regarding massage techniques, duration, frequency, and caregiver training to ensure consistency and replicability across clinical and community settings.
2. Conduct Longitudinal and Multicenter Studies: Future research should include large-scale, longitudinal studies with diverse populations to assess the long-term impact of infant massage on breastfeeding duration and overall child development, including cognitive, emotional, and physical domains.
3. Incorporate Cultural Contexts: Research should explore cultural beliefs, practices, and acceptance of infant massage to design culturally sensitive interventions that are more likely to be adopted and sustained.
4. Enhance Accessibility Through Technology: Digital tools, such as mobile applications and online training modules, should be developed to increase parental access to accurate and evidence-based infant massage training, particularly in underserved or remote areas.
5. Integrate into Public Health Programs: Policymakers and healthcare providers should consider incorporating infant massage into maternal and child health initiatives as a low-cost, high-impact intervention, especially in settings with limited healthcare resources.
6. Evaluate Impact on Maternal Mental Health: Given the positive psychological effects observed, future studies should assess the role of infant massage in reducing postpartum depression and anxiety, using validated psychological measures.

## REFERENCES

Alhidayah, A., Muzayyana, M., Saleh, SNH, Agustin, A., & Sibua, S. (2023). Education on the Benefits of Massage for Babies Aged 6-12

Months to Increase Appetite in the Bilalang Health Center Work Area. *Nusantara Community Service Journal*, 4(3), 2999-3005.

Anissa, DD, & Dewi, RK (2021). The role of protein: breast milk in increasing children's intelligence to welcome the golden generation of Indonesia 2045 and relevance to the Qur'an. *Jurnal Tadris IPA Indonesia*, 1(3), 427-435.  
<https://doi.org/10.21154/jtii.v1i3.393>

Cahyani, M., & Prastuti, B. (2020). The effect of massage on the sleep quality of babies aged 3-6 months at the Cahaya Bunda clinic. *JOMIS (Journal of Midwifery Science)*, 4(2), 107-113.  
<https://doi.org/10.36341/jomis.v4i2.1358>

Carolin, BT, Suprihatin, S., & Agustin, C. (2020). Baby massage can stimulate weight gain in babies. *Indonesian Midwifery Scientific Journal*, 10(02), 28-33.  
<https://doi.org/10.33221/jiki.v10i02.478>

Ekowati, E., & Herlina, N. (2023). Baby Massage Video as an Effort to Improve Knowledge and Behavior of Baby Care in Mothers at the Bhineka Mekarsari Integrated Health Post, Cimanggis, Depok City. *Dharma Jnana Journal*, 3(2), 140-149.

Ercelik, Z.E., & Yilmaz, H.B. (2023). Effectiveness of infant massage on babies growth, mother-baby attachment, and mothers' self-confidence: A randomized controlled trial. *Infant Behavior and Development*, 73, 101897.  
<https://doi.org/10.1016/j.infbeh.2023.101897>

Fatimah Fatimah, FF, & Lia Dian Ayuningrum, LDA (2021). The effect of oxytocin massage during postpartum on baby weight. *Indonesian Journal of Nursing & Midwifery*, 9(2), 147-154.  
[https://doi.org/10.21927/jnki.2021.9\(2\).147-154](https://doi.org/10.21927/jnki.2021.9(2).147-154)

Febriani, US, Widyaningsih, A., & Laela, N. (2022). Counseling on Infant Massage to Increase the Duration and Frequency of Breastfeeding in Infants. *Proceedings of the National Seminar and CFP Midwifery, Ngudi Waluyo University*, 1(2), 708-714.

Geary, O., Grealish, A., & Bright, A.-M. (2023). The effectiveness of mother-led infant massage on symptoms of maternal postnatal depression: A systematic review. *Plos One*, 18(12), e0294156.  
<https://doi.org/10.1371/journal.pone.0294156>

Ginting, DY, Tarigan, L., Handayani, D., & Sitio, LH (2022). The Relationship of Psychological



- Stress With Breast Milk Production to Breastfeeding Mothers Post Delivery in the Clinic Wulandari Medan in 2021. *Journal Of Midwifery Kestra (Jkk)*, 4(2), 31-36. <https://doi.org/10.35451/jkk.v4i2.821>
- Haliza, WN, Rosyida, WS, Wahyuni, SY, & Hasbi, M. (2022). Analysis of Direct Risk Factors of Nutritional Intake in Children with Stunting in Keliling Benteng Ulu Village, Banjar Regency, South Kalimantan. *Lambung Mangkurat Medical Seminar*, 3(1), 212-221.
- Hasibuan, E. (2024). The Effect of Baby Massage on Breastfeeding Duration in Infants in The Midwife Practice of Novida Efriyanti, Sst. *Darmais Midwifery Journal (JKD)*, 2(1), 128-132.
- Judijanto, L., Wibowo, GA, Hakpantria, H., Nuryanneti, I., Apriyanto, A., Firdaus, A., Haryanti, T., Zafar, TS, Jumiono, A., & Jati, P. (2024). Scientific Writing: A Practical Guide to Writing Scientific Writing. *PT. Sonpedia Publishing Indonesia*.
- Lesmana, HA, Devi, K., & Nazara, L. (2024). Effectiveness of Infant Massage in Increasing Infant Weight and Growth at Payung Community Health Center. *Arta Midwifery Journal*, 4(2).
- McCarty, D., Silver, R., Quinn, L., Dusing, S., & O'Shea, T. M. (2024). Infant massage as a stress management technique for parents of hospitalized extremely preterm infants. *Infant Mental Health Journal*, 45(1), 11-21. <https://doi.org/10.1002/imhj.22095>
- Mrljak, R., Arnsteg Danielsson, A., Hedov, G., & Garmy, P. (2022). Effects of infant massage: a systematic review. *International Journal of Environmental Research and Public Health*, 19(11), 6378. <https://doi.org/10.3390/ijerph19116378>
- Nousia, A. (2023). Healthy Touch and Infant Massage: Two Main Factors in Infants Daily Care and Healthy Development. *European Journal of Educational Studies*, 10(6). <https://doi.org/10.46827/ejes.v10i6.4854>
- Nugraheni, A., Sukamto, IS, Kusmawati, II, Putri, NR, & Argaheni, NB (2024). The Impact of Infant Massage on Mother-Infant Bonding and Attachment in Jenawi, Karanganyar. *Journal of Vocational Health*, 9(4). <https://doi.org/10.22146/jkesvo.99678>
- Pamungkas, CE, Rofita, D., WD, SM, Maharani, AB, Gustiana, Y., & Annisa, A. (2021). Education on the Benefits of Baby Massage, Efforts to Improve Infant Health During the Covid-19 Pandemic in Telagawaru Village, West Lombok. *Selaparang*, 5(1), 376-381. <https://doi.org/10.31764/jpmb.v5i1.6250>
- Perintisari, DH, Pramono, JS, & Suryani, H. (2023). The effect of a combination of oxytocin massage and carrot juice on increasing breast milk production in primiparous postpartum mothers. *JIDAN Scientific Journal of Midwives*, 11(1), 38-48. <https://doi.org/10.53713/htechj.v1i3.60>
- Putri, DP, & Yuningsih, SS (2023). The effect of infant massage on the duration of neonatal breastfeeding in the Kibin Health Center work area, Serang Regency. *Indonesia Berdaya*, 4(4), 1701-1704.
- Putri, MK, Sutanto, AV, Fitriana, Y., & Rosita, ME (2023). Literature Review: Combination of Aromatherapy and Massage as a Trigger for Breast Milk Production. *Journal of Midwifery Science*, 11(2), 65-82.
- Rakhmawati, W., Mediani, HS, Dhamayanti, M., Maryati, I., Setiawan, AS, Hendrawati, S., Maryam, NNA, Hasanah, A., Mulyana, AM, & Mariani, D. (2024). Potential of Massage Therapy for Improved Growth and Development Among Infants Under 9 Months: A Systematic Scoping Review of Intervention Type, Technique, and Outcome. *Journal of Multidisciplinary Healthcare*, 3931-3943. <https://doi.org/10.2147/JMDH.S475731>
- Sari, KDP, & Nazara, L. (2024). The Effect of Baby Spa Therapy on Increasing Relaxation and Reducing Stress in Infants at Barusjahe Community Health Center. *Arta Midwifery Journal*, 4(2).
- Sari, MP, & Mulianto, B. (2024). Analysis of Livelihood Street Children in Overcoming Street Children in Pekanbaru City. *Journal of Student Government*, 656-663.
- Situmorang, CC, & Dewi, NNSA (2022). Effectiveness of Baby Massage on Breastfeeding Duration in Infants Aged 0-6 Months. *Journal of Public Health Pearls*, 7(2), 94-100. <https://doi.org/10.51544/jmkm.v7i2.3469>
- Souza, D.M. de, Sangali, L., Ferreira, F.M., Ghandour, S.A., Silva, ICN da, & Rossato, L.M. (2024). Giving new meaning to the impact of touch in Shantala massage: mothers' perceptions of maternal and child well-being. *Revista Brasileira de Enfermagem*, 77, e20240012. <https://doi.org/10.1590/0034-7167-2024-0012>
- Sulasdi, NAD (2023). The Effectiveness of Baby Massage on Sleep Duration for Infants Aged

- 1-12 Months. *Journal of Science Education Research*, 9(8), 444-450.  
<https://doi.org/10.29303/jppipa.v9i8.4797>
- Tunny, R. (2024). The Relationship between Mother's Knowledge and Exclusive Breastfeeding (ASI) for Infants Aged 6-12 Months in the Namrole Health Center Work Area, South Buru Regency. *Medical Vitality: Journal of Health and Medicine*, 1(4), 250-260.  
<https://doi.org/10.55606/jikg.v1i2.983>
- Utami, R., Sari, SA, Afriyani, L., & Setianto, R. (2023). Family Support for Improving Mothers' Skills in Performing Infant Massage. *Sang Pencerah: Scientific Journal of Muhammadiyah University of Buton*, 9(4), 824-830.  
<https://doi.org/10.35326/pencerah.v9i4.3272>
- Yusra, Y. (2022). Contingency Analysis of Exclusive Breastfeeding With The Incidence of Malnutrition (Study at the Peusangan Siblah Krueng Health Center, Bireuen Regency). *Variation: Scientific Journal of Almuslim University*, 14(3).  
<https://doi.org/10.51179/vrs.v14i3.1509>