

## ABSTRACT

**Fahsyaidyta, 2024. Effect of Breast Care on Breast Milk Dams and Uterine Involution Process at TPMB Tri Widiyawati S.Keb in Lawang District, Malang Regency. Bachelor of Applied Midwifery Study Program Malang, Health Polytechnic Kemenkes Malang, Main Supervisor: I Dewa Nyoman Supariasa, MPS. Supervisor: Ni Wayan D R, A.Per.Pen., M.Kes**

**Breast milk dam** is a condition of breast swelling caused by an increase in venous and lymph flow, causing breast milk dam and pain accompanied by an increase in the mother's body temperature. Meanwhile, **uterine involution** is the process of returning the uterus to its pre-pregnancy state. One of the factors that support the occurrence of uterine involution is breast care, especially oxytocin massage, in oxytocin massage the shoulder blades are rubbed in the spine area the effect of this activity is caused by contractions of the smooth muscles of the uterus that can occur after childbirth so as to accelerate the process of uterine involution. **The purpose** of this study was to determine the effect of breast care on breast milk dam and the process of uterine involution in postpartum mothers at TPMB Tri Widiyawati S.Keb in Lawang District, Malang Regency. **Type of quantitative research** with preexperiment method. **The research design** used was non randomized random group pretest posttest design using the T test **static technique**. **The population** was 30 postpartum women, the **sampling technique** used was accidental sampling. **The research instrument** used observation sheets and SOP. **The results** of the research from the bivariate and univariate analysis using the T test 0.000 ( $<0.05$ ). **The conclusion** of this study is that there is an effect of breast care on breast milk dam and uterine involution process in postpartum women. So that breast care that has been done is very effective to do during the postpartum period and breastfeeding.

**Keywords: Breast Care, Breast Milk Dams, Uterine Involution.**