THE EFFECT OF PURE HONEY ADMINISTRATION ON INCREASING BREAST MILK PRODUCTION IN BREASTFEEDING MOTHERS OF INFANTS AGED 0–6 MONTHS IN THE SAMBI DISTRICT AREA

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ABSTRACT

Background: *Low breast milk production may lead to failure of exclusive breastfeeding in infants aged 0–6 months. One effort to improve it is consuming pure honey, which contains nutrients that support lactation.* ***Objective:*** *To determine the effect of pure honey consumption on breast milk production among breastfeeding mothers of infants aged 0–6 months in Sambi District, Boyolali Regency, Central Java.* ***Methods:*** *This study used a pre-experimental one-group pretest–posttest design. A total of 20 respondents were selected using consecutive sampling. The intervention was 2 tablespoons of pure honey for 7 days. Breast milk production was measured before and after the intervention using a questionnaire and analyzed using the Wilcoxon Signed Rank Test.* ***Results:*** *Before the intervention, breast milk production was mainly sufficient and low. After the intervention, it improved to good (and sufficient). A significant difference was found (p = 0.000; Z = -4.000).* ***Conclusion:*** *Pure honey consumption significantly increases breast milk production.*

Keywords: *pure honey, breast milk production, breastfeeding mothers, exclusive breastfeeding.*