

EFFECTIVENESS OF OXYTOCIN MASSAGE OF BREAST MILK PRODUCTION IN POST PARTUM MOTHERS 0-7 DAYS AT TPMB N EAST JAKARTA, 2023

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Abstract

Unsmooth milk production is often a problem for post partum mothers. So that by doing this oxytocin massage technique, the mother will feel relaxed, and will stimulate the release of the oxytocin hormone so that milk production can run smoothly. Objective from study This namely to determine the effect of oxytocin massage on the smooth production of post partum mothers. Method study This that is descriptive analytic with cross sectional method . This research was conducted at PMB N Duren Sawit, East Jakarta. 30 samples were taken, namely 15 samples for the intervention group and 15 samples for the control group. Research results: The results of statistical tests using chi-square , obtained p- value (0.000) <0.05 , which means that there is a significant effect between oxytocin massage on the smooth production of breast milk , the value of t count is 9.693 > t table 2.0484, so it was concluded that there was a difference in the average milk production in mothers who were massaged and who were not massaged . In the intervention group before treatment had an average milk production of 402.66 cc and after treatment it increased to 518.00 cc. It was identified that the fluency of breastfeeding in post partum mothers in the pre-treatment group had an average milk production of 423.33 cc and after treatment it became 424.00 cc. Conclusion: There are differences in the proportion of breastfeeding fluency in the intervention group and the control group. Suggestion: It is hoped that it can be recommended to health workers to provide knowledge and teach families about how to increase milk production in nursing mothers through oxytocin massage.

Keywords : _Massage Oxytocin , Breast Milk Production , Post-Partum

Introduction

Water Milk Mother (ASI) Is Food Best For Baby And The only one Food Healthy Which Needed Baby In A number of Month First his life. However, No All Mother Can Give ASI Exclusive To The baby. ASI Exclusive Is ASI Which Given To Child Since Born During Six Month, No Plus Or Replaced With Food And Drink Other (Except Drugs, Vitamin And Mineral)

Process Growth And Development Child going on Very Fast, So that Wholeness Mark nutrition Child Must Enough Guaranteed With supply Water Milk Mother (ASI). gift Baby Which Most Valuable Is ASI. ASI Besides Capable Increase Health And Intelligence kindly Optimal, Also Help Candidate Child Own Stability Emotion, Maturity mentally, And Development Social Which Good 2

Impact To Baby Which No Get ASI Between Other Can Increase Incident Diarrhea, Infection Channel breathing, Otitis Media, meningitis, Infection Channel urinary, Infection Intestines And Baby. More Prone to To Allergy. Child Which No Get ASI Have Possibility 14,2 Time More Big For Die Because Various Disease, Like Diarrhea. Besides That, Baby Which given Milk Formulas More Prone to To Disease Like Infection Channel Respiration, Allergy, Attack Asthma, Decline Intelligence, obesity, Disease cardiovascular, Disease cardiovascular, And Diabetes. Stop Giving Milk Formulas Since Early Increase Risk Pain, stunt, And Death Baby. 2 According to Data Survey Health Demographics National In Indonesia, 54.3% Baby In Lower Age 6 Month Get ASI Exclusive On Year 2019 (SDKI 2019). Data Which Obtained From Notes Health Province DKI Jakarta Show That Number Giving ASI Exclusive On Year 2019 as big as 48.1%, Decrease Become 46.60% On Year 2020. Area With Number Giving ASI Exclusive Which Tall Number Giving ASI Exclusive Highest Is City Jakarta Center With Number 41.7% Temporary Area Other Own Number Giving ASI Exclusive as big as 41.7%. Already Reach Number In On 50%. 1

Wrong One Reason ASI No Go out Is Because ASI No Go out Or More A little. Factor Which Relate With Giving ASI Covers Pattern Eat Mother, Pattern Giving Eat Baby, Frequency Breast-feed, History Health, Factor Psychological, Heavy Body Born, Maintenance Breast, And Form Breast, Labor, Age Pregnancy Moment Born, Smoke, Consumption Alcohol, Giving ASI Which No Appropriate, treat stay, And Use ASI. Contraception. 3 Success Giving ASI Exclusive Very Affected By Production ASI Which Good Since Giving ASI Started. Production ASI Which No Regular On Beginning Breast-feed Is Wrong One Problems Which role Important In motivating Mother giver Milk Formulas For Breast- feed The baby Since Early. 1

Uncover Reason Main Baby No Once Get ASI Is Because ASI No Go out Or Flow No Equally Moment Suckling 65.7%, Child Age 0 Until 5 Month 33.3% given Food Before Breast-feed With Food The most 84.5% That is Milk Formulas, No There is Reason. Achievement ASI Exclusive In Indonesia Affected By A number of Factor, Wrong The only one Is No even Production ASI On A number of Day First After Give birth to Consequence Lack of Stimulation Hormone. Oxytocin And prolactin role In Production Fluid In Body. ASI Should Replaced Or Given In Form Massage Oxytocin. Massage Oxytocin Very Effective Help Stimulate Lactation. 4

Based on survey prenatal in PMB N with 10 person Mother childbirth obtained that: 5 person breast-feed on day the 3rd, 3 person breast-feed on day 2nd, 2 person breast-feed on day First And 5 person breast-feed the baby on day First. a number of person own A little milk, 5 person own Lots milk. ASI Which No regular on beginning lactation is Wrong One factor main Which motivating Mother For breast-feed the baby since age early. By Because That researcher want to know is there influence massage oxytocin to production ASI on Mother 0-7 day childbirth in PMB N durian palm Jakarta East year 2023.

Methods

This Study use method is analytic with cross-sectional approach . The research design used was a two-group design approach , where in this study the authors compared the results of observations in the treatment group to a control group that was similar but not necessarily the same group . The sample of this study was postpartum in TPMB N as many as 30 respondents.

This study used a sampling technique that is aimed at sampling . The type of data used in this study used primary and secondary data. The study was conducted at TPMB N. The data were analyzed using the Paired T- Test .

Results

Table 1

The average distribution of respondents based on the fluency of breastfeeding in breastfeeding mothers before and after oxytocin massage was carried out in the intervention group at the Independent Midwife Practice N, East Jakarta 2023 (n=30)

Control Group	Before	After
Average value	423,333	424,000
Min Value	380,000	370,000
Maximum Value	460,000	460,000
Difference before - after		0.67
Intervention Group	Before	After
Average value	402.6667	518,0000
Min Value	350.00	460.00
Maximum Value	450.00	560.00
Difference before - after		120.67
Number of Respondents	15	15

Source: Primary Data 2023

Based on Table 1 shows the average smoothness of breastfeeding before and after in the control group those who did the oxytocin massage , an average before 423,333cc and after with an average of 424,000 cc . The average value of the fluency of breastfeeding before and after the intervention group who performed oxytocin massage , where the average before was 402,667 cc and after with an average of 518,000 cc . Based on the table above, it is known that the amount of data on the results of breast milk production for the group that did massage and did not do massage was 15 people. The average milk production or Mean for the massage group was 120.67 while the milk production that was not massaged was 0.67. Thus, statistically descriptive, it can be concluded that there is an average difference in the amount of breast milk production between mothers who receive massage and those who do not.

Table 2
Independent Bivariate Analysis Test Table

Breastfeeding	Average value		Difference	P-value
	Before	After		
control group	423,333	424,000	0,6667	0,000
intervention group	402,6667	518,0000	120,667	

From table 2 it is known that the value of Sig. (2-tailed) of 0.000 < 0.05, then as a basis for decision making in the independent sample t-test it can be concluded that H₀ is rejected and H_a is accepted. Thus it can be concluded that there was a significant difference between the average milk production I in mothers who were massaged (intervention group and mothers who were not massaged (control group) .

Furthermore, from the output table above , it is known that the Mean Difference value is 120,000. this value shows the difference between the average milk production of mothers who were massaged and mothers who were not massaged $120.67 - 0.67 = 120,000$ and the difference between the two was 94,640-145,360 (95% Confidence Interval of the Difference Lower Upper).

From the table above, it is known that the t count value is $9.693 > t$ table 2.0484, so based on the basis of decision making through a comparison of the t count value with t table it can be concluded that H₀ is rejected and H_a is accepted, which means there is a difference in the average milk production in mothers who are massaged or who are not massaged.

Discussion

From the results study This can be seen that the effect of oxytocin massage on the smooth breastfeeding of breastfeeding mothers in the control group and the intervention group , the results obtained from the study were that of 30 respondents, the smoothness of breastfeeding before treatment was obtained. The average range of breastfeeding in the control group was 0.6667cc with a standard deviation of 8.837 and a standard error 2,28. While the average in the intervention group ranged ASI with an average value of 120 , 667cc with a standard deviation of 47 , 126 with a standard error of 12 , 1 6. Based on statistical tests, the p value was obtained < 0.05 (0.000), which means that there is a significant difference significant difference between the smoothness of breastfeeding in the intervention group and the control group after the oxytocin massage treatment.

Research results This in accordance with Roesli (2019) , which states that the smoothness of breastfeeding in the control group and the intervention group can be seen that in the control group, which was only observed and did not do oxytocin massage, most of the respondents' milk production was not smooth, while in the intervention group, most of the oxytocin massages were Respondents expressed smooth breastfeeding so that it can be concluded that there was an effect of oxytocin massage on the smoothness of breastfeeding in primiparous mothers at the Balita Posyandu in Jatinegara, Cakung District, East Jakarta.

According to researchers, fluency can be caused by several factors thought to be the cause of babies not getting breast milk properly, one of which is the mother's knowledge factor. Mother's reluctance to breastfeed Mother's concern

about breast changes after breastfeeding, pain during breastfeeding, fatigue during breastfeeding, and feeling that her milk is not enough causes a decrease in milk production. Breast milk expenditure can be influenced by two factors, namely production and expenditure. Milk production is influenced by the hormone prolactin while expenditure is influenced by the hormone oxytocin. The oxytocin hormone will come out through stimulation of the nipples through sucking the baby's mouth or through massage on the baby's mother's spine, by doing massage on the spine the mother will feel calm, relaxed, increase the pain threshold and love her baby, so that the oxytocin hormone comes out and Breast milk comes out quickly.

Oxytocin massage is one solution to overcome the uneven production of breast milk. Massage is massage along the spine (vertebrae) to the fifth-sixth costal bones and is an attempt to stimulate the hormones prolactin and oxytocin after childbirth. ² This massage functions to increase the hormone oxytocin which can calm the mother, so that breast milk comes out automatically. With massage in the spinal area it will also relax tension and relieve stress and so the oxytocin hormone will come out and will help expel breast milk, assisted by sucking the baby on the nipples immediately after the baby is born with normal baby conditions, dripping colostrum or discharge is a sign of active oxytocin reflex .

This is in accordance with research conducted by Eko (20 2 1), showing that a combination of guinea pig techniques and oxytocin massage can increase milk production. Oxytocin massage can be done whenever the mother wants with a duration of 3-5 minutes, it is more advisable to do it before breastfeeding or expressing milk. So to get the optimal and good amount of breast milk, oxytocin massage should be done every day with a duration of 3- 5 minutes.

The results of Endah's research (20 2 1), showed that colostrum excretion in the treatment group averaged 5.8 hours, while the length of time for the control group was an average of 5.89 hours. The amount of colostrum secreted by the treatment group was an average of 5.333 cc, while the control group was an average of 0.0289 cc. Oxytocin massage has an effect on the amount of colostrum production with a P value of 0.009, and oxytocin massage has no effect on the length of time expelling colostrum in post-partum mothers .

Conclusion

Statistical test results using chi-square , obtained p- value (0.000) <0.05, which means that there is a significant effect between oxytocin massage on the smooth production of breast milk, the t value is 9.693 > t table 2.0484, so it was concluded that there was a difference in the average milk production in mothers who were massaged and who were not massaged . In the intervention group before treatment had an average milk production of 402.66 cc and after treatment it increased to 518.00 cc. It was identified that the fluency of breastfeeding in post-partum mothers in the pre-treatment group had an average milk production of 423.33 cc and after the treatment it became 424.00 cc .

Acknowledgments

To Midwives Working at TPMB N

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