

THE EFFECT OF OXYTOCIN MASSAGE ON MOTHER'S MILK PRODUCTION ON POSTPARTUM MOTHER AT PRATAMA RIYYAN CLINIC KABANJAHE DISTRICT IN 2024

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Abstract.

Oxytocin massage is one solution to overcome irregularities in breast milk production. The breast milk massage that is often done in order to increase the smoothness of breast milk production is oxytocin massage. This study aims to determine the effect of oxytocin massage on breast milk production in postpartum mothers at the Pratama Riyyan Clinic, Kabanjahe Regency. This type of research is Quasi Experimental with a One Group Pre-test Post-test research design. The population in this study were all postpartum mothers and the sample consisted of 15 people. Sampling was taken using accidental sampling technique. Bivariate analysis with t-dependent test. The results of univariate research showed that the average amount of breast milk production in postpartum mothers before oxytocin massage was 3.80 cc, the median was 4 cc with a standard deviation of 1.146 cc. The lowest amount of breast milk production is 2 cc and the highest is 6 cc. The average amount of breast milk production in postpartum mothers after oxytocin massage was 4.87 cc, the median was 5 cc with a standard deviation of 1.125 cc. The lowest amount of breast milk production is 3 cc and the highest is 7 cc. The statistical test results obtained a p value (0.000), it can be concluded that the effect of oxytocin massage on breast milk production in postpartum mothers at the Pratama Riyyan Clinic, Kabanjahe Regency. It is hoped that midwives can increase the role of midwives in providing midwifery care to postpartum mothers, especially regarding oxytocin massage.

Keywords: Postpartum Mothers, Oxytocin Massage, Breast Milk Production

I. INTRODUCTION

WHO has set a global target of achieving 50% exclusive breastfeeding by 2025. However, there are still many countries that have not been able to achieve this target. There are many factors that cause mothers to not be able to breastfeed their children optimally, apart from physical problems and the health of the mother and baby, another factor that can become an obstacle to the breastfeeding process is the situation of socio-

Archives are records of activities or cultural beliefs that exist in society (Nurbaya, 2021).

Factors associated with successful breastfeeding are the correct position when breastfeeding, a flexible approach to feeding management, realistic expectations about breastfeeding and consistent advice between health professionals (Wulandari, 2020).

About 80-90% of breastfeeding problems are generally reported in high-income populations. Breastfeeding problems can become a barrier to continuing breastfeeding so that breastfeeding women stop earlier than planned. Recent work by (Scelza, 2009), a pre-industrial pastoralist population from Namibia, shows that while 63% of women report some breastfeeding difficulties namely insufficient breast milk, pain and difficulty latching they still have a high level of breastfeeding difficulties (Wulandari, 2020).

Some of the reasons why breastfeeding problems are related to physical factors such as perceived insufficient breast milk supply, sore and cracked nipples, as well as self-confidence, satisfaction with breastfeeding, knowledge of breastfeeding mothers, breast problems, mother's occupation, role of health workers, mother's health history, the child's health history, and existing myths (Lajuna et al 2020 in Aprilina et al 2022).

Oxytocin massage is an alternative breastfeeding technique and makes the mother feel comfortable so it can stimulate the let down reflex, thereby helping to express breast milk. The let down reflex occurs when the baby sucks on the mother's breast, it will trigger the nerves in the nipple, these nerves cause the hormone prolactin to be released into the bloodstream and work on the milk-making tissue and the hormone oxytocin causes the breast to release milk into the alveoli cells so that milk is released. (Mufdillah et al, 2022).

II. LITERATURE REVIEW

From the results of research conducted by Sulaeman et al (2019), there is a significant influence between oxytocin massage on breast milk production in

Primiparous post partum mothers in the working area of community health centers throughout Mataram City. Data obtained from January to December 2022 included 152 postpartum mothers at the Pratama Riyyan Clinic, Kabanjahe Regency.

Based on a preliminary survey conducted on January 25 2024, researchers conducted interviews with 9 post partum mothers. Interview results obtained from 8 postpartum mothers (89%) said that breast milk did not come out smoothly and made mothers feel panicked because they could not breastfeed their babies straight away and mothers did not know that oxytocin massage could help increase breast milk production.

Based on this background, researchers are interested in researching "The Effect of Oxytocin Massage on Breast Milk Production in Postpartum Mothers at the Pratama Riyyan Clinic, Kabanjahe Regency".

III. RESEARCH METHODS

This type of research is Quasi Experimental with a One Group Pre-test Post-test research design. The population in this study was all postpartum mothers and the sample consisted of

15 people. Sampling was taken using accidental sampling technique. Bivariate analysis with t-dependent test.

IV. RESEARCH RESULTS AND DISCUSSION

Table 4.1. Frequency Distribution of Respondents According to Age at Pratama Riyyan Clinic, Kabanjahe Regency

No	Age	F	%
1	< 20 & 35 years	4	26.7
2	20-35 years	11	73.3
Amount		15	100

Source: Primary Data, 2024

Based on table 1, it shows that of the 15 postpartum mothers, the majority were aged 20-35 years, amounting to 73.3%.

Table 2. Frequency Distribution of Respondents According to Education at Pratama Riyyan Clinic, Kabanjahe Regency.

No	Education	f	%
1	elementary school	3	20
2	JUNIOR HIGH SCHOOL	3	20
3	SCHOOL	7	46.7
4	SENIOR HIGH SCHOOL	2	13.3
PT			
Amount		15	100

Source: Primary Data, 2024

Based on table 2, it shows that of the 15 postpartum mothers, the majority had a high school education, 46.7%.

Table 3. Frequency Distribution of Respondents According to Occupation at Pratama Riyyan Clinic, Kabanjahe Regency.

No	Work	F	%
1	Doesn't work	10	66.7
2	Work	5	33.3
Amount		15	100

Source: Primary Data, 2024

Based on table 3, it shows that of the 15 postpartum mothers, the majority did not work, 66.7%.

Table 4. Frequency Distribution of Respondents According to Number of Children in Klink Pratama Riyyan, Kabanjahe Regency

No	Work	f	%
1	1 child	4	26.7
2	2-3Child	9	60
3	>3 children	2	13.3
Amount		15	100

Source: Primary Data, 2024

Based on table 4, it shows that of the 15 postpartum mothers, the majority have 2-3 children, 60%.

Table 5. Amount of breast milk production before oxytocin massage at Pratama Riyyan Clinic, Kabanjahe Regency

Variable	Before					
	Mean	elementary school	Median	Min	Max	95 %CI
Amount of breast milk production	3.80	1,146	4	2	6	3.17-4.43

Source: Primary Data, 2024

Based on table 5 of the analysis results, it was found that the average amount of breast milk production in postpartum mothers before

oxytocin massage was 3.80 cc, the median was 4 cc with a standard deviation of 1.146 cc. The lowest amount of breast milk production is 2 cc and the highest is 6 cc.

DISCUSSION

From the results of the dependent t-test, the value of $p = 0.000$ is obtained, where the value of $p \leq 0.05$ means that H_1 is accepted, meaning that there is an effect of oxytocin massage on breast milk production in postpartum mothers at the Pratama Riyyan Clinic, Kabanjahe Regency.

This is also in accordance with the theory of Mintaningtyas., & Yuni (2022) that oxytocin massage is massaging both sides of the spine (vertebrae) forming a circular movement from the neck towards the shoulder blades and is an attempt to stimulate the hormone oxytocin which functions to stimulate uterine contractions and breast milk secretion.

Oxytocin massage also provides benefits for mothers, including helping mothers psychologically, providing calm, reducing stress and increasing self-confidence and positive thinking about one's ability to provide breast milk, facilitating the release of breast milk, helping the uterine involution process. With oxytocin massage, the posterior pituitary will increase the production of the hormone oxytocin.

This is also supported by the theory of Zubaida et al (2021) which states that through massage of the spine, neurotransmitters will stimulate the medulla oblongata directly sending messages to the hypothalamus to release oxytocin. With this oxytocin massage it will also relax tension and relieve stress and increase feelings of comfort. These results are also strengthened by research conducted by Tuasikal & Triana (2022) at BPM "TRS" Cangkringan Yogyakarta, it was found that there was a significant effect of oxytocin massage on breast milk production with a value of $p = 0.000$.

According to researchers' assumptions, the expenditure on breast milk production is also influenced by the psychology of postpartum mothers. The feelings experienced by postpartum mothers who have just gone through the birthing process which cause the mother to experience fatigue and stress can inhibit the release of the hormone oxytocin. Oxytocin massage is one solution to help the process of expressing breast milk in postpartum mothers. When the back massage is carried out, the mother feels calm, comfortable and relaxed so that the body releases the hormone oxytocin which is really needed during breastfeeding so that breast milk production becomes more than before the massage.

V. CONCLUSIONS AND RECOMMENDATIONS

There is an effect of oxytocin massage on breast milk production in postpartum mothers in Kinik Pratama Riyyan, Kabanjahe Regency with a value of $p = 0.000 \leq 0.05$.

Respondents should seek and add information and insight about oxytocin massage so that respondents can know how to increase breast milk production.

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