

UNIVERSITAS MUHAMMADIYAH TANGERANG
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**“Efektivitas Pijat Oksitoksin Terhadap Produksi ASI Pada Ibu Postpartum Di
PMB Dewi Triani”**

ABSTRAK

Latar Belakang : Cakupan ASI Eksklusif bayi usia 0-6 bulan diseluruh dunia masih kurang dengan rata-rata 44% sedangkan menurut *World Health Organization* (WHO) sebesar 50%. Kementerian Kesehatan RI menargetkan untuk meningkatkan target pemberian ASI eksklusif hingga 80%. Namun pemberian ASI eksklusif di Indonesia sebenarnya masih rendah. Pijat oksitosin dapat dikatakan sebagai solusi untuk mengatasi tidak lancarnya pada ASI, pijatan dilakukan disepanjang tulang belakang (vertebrae) sampai tulang costae kelima-keenam. Pijatan ini sebagai usaha untuk merangsang hormon prolaktin dan oksitosin setelah melahirkan sehingga ASI pun otomatis keluar. **Tujuan penelitian :** Untuk mengetahui efektifitas pijat oksitoksin terhadap produksi ASI pada ibu postpartum 2-3 hari di PMB Dewi Triani. **Metodologi penelitian :** Desain penelitian ini menggunakan *Cross Sectional*. Teknik pengambilan sampel ini menggunakan Total Sampling dengan jumlah responden 27 ibu postpartum 2–3 hari. Analisis data yang digunakan yaitu Wilcoxon test. **Hasil penelitian :** Menunjukkan bahwa produksi ASI sebelum dilakukan pijat oksitosin (Pre-test) pada ibu postpartum yang produksi ASI nya tidak cukup sebanyak 20 responden (74.1%) dan cukup sebanyak 7 responden (25.9%). Dan produksi ASI sesudah dilakukan pijat oksitosin (Post-test) pada ibu postpartum yang produksi ASI nya tidak cukup sebanyak 6 responden (22.2%) dan cukup sebanyak 21 responden (77.8%). Berdasarkan hasil uji statistik Wilcoxon diperoleh nilai signifikan atau p-value sebesar 0.002 dengan nilai p-value >0.005 yang berarti Ho ditolak dan Ha diterima. **Kesimpulan penelitian :** Dapat diartikan bahwa ada hubungan antara pijat oksitosin dengan pengeluaran produksi ASI pada ibu postpartum 2-3 hari di PMB Dewi Triani.

Kata Kunci: ASI, Produksi ASI, Pijat Oksitosin

MUHAMMADIYAH UNIVERSITY OF TANGERANG
FACULTY OF HEALTH SCIENCE MIDWIFERY DEGREE

"Effectiveness of Oxytocin Massage on Breast Milk Production in Postpartum Mothers at PMB Dewi Triani"

ABSTRACT

Background: Coverage of exclusive breastfeeding for infants aged 0–6 months worldwide is still lacking, with an average of 44%, while according to the World Health Organization (WHO), it is 50%. The Indonesian Ministry of Health aims to increase the target of exclusive breastfeeding by up to 80%. However, exclusive breastfeeding in Indonesia is actually still low. Oxytocin massage can be said to be a solution to overcome the difficulty of breastfeeding. Massage is carried out along the spine (vertebrae) to the fifth-sixth costa. This massage is an attempt to stimulate the hormones prolactin and oxytocin after giving birth so that breast milk comes out automatically. **Research objective :** To determine the effectiveness of oxytocin massage on milk production in postpartum mothers for 2-3 days at PMB Dewi Triani. **Research methodology :** This research design uses cross-sectional This sampling technique used Total Sampling with a total of 27 respondents (2–3 days postpartum mothers). The data analysis used was the Wilcoxon test. **The results of the study :** Showed that 20 respondents (74.1%) had insufficient milk production before the oxytocin massage (Pre-test), and 7 respondents (25.9%) sufficed. And milk production after oxytocin massage (Post-test) for postpartum mothers whose milk production was insufficient was 6 respondents (22.2%) and 21 respondents (77.8%) sufficient. Based on the results of the Wilcoxon statistical test, a significant value, or p-value, was obtained of 0.002 with a p-value > 0.005, which means that H_0 is rejected and H_a is accepted. **The conclusion of the study :** It can be interpreted that there is a relationship between oxytocin massage and the expenditure of milk production in postpartum mothers for 2-3 days at PMB. Dewi Triani.

Keywords: ASI, ASI Production, Oxytocin Massage