

ABSTRACT

THE EFFECT OF OXYTOCIN MASSAGE USING LAVENDER ESSENTIAL OIL ON BREAST MILK PRODUCTION IN POSTPARTUM MOTHERS IN THE WALISONGO WARD OF RSI SAKINAH MOJOKERTO

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Breast milk production in postpartum mothers often experiences obstacles in early labor. This condition is caused by postoperative pain, hormonal changes, anxiety, fatigue, and stress that inhibit the milk ejection reflex. The importance of breastfeeding for babies, efforts to increase breast milk production, one of which is through oxytocin massage using lavender essential oil which can stimulate the release of the oxytocin hormone and provide a relaxing effect on the mother. This study aims to determine the effect of oxytocin massage using lavender essential oil on breast milk production in post-cesarean section mothers at RSI Sakinah Mojokerto. This study used a Pre-Experimental design with the One Group Pretest-Posttest Design approach. The study population was 11-17 May 2026 with a sample of 30 respondents selected using a purposive sampling technique. Data collection used a breast milk production observation sheet. Data analysis was performed using the Wilcoxon Signed Rank Test with a significance level of $\alpha = 0.05$. The results showed that before the intervention all respondents (100%) experienced irregular breast milk production. After receiving an oxytocin massage using lavender essential oil, 29 respondents (96.7%) experienced an increase in breast milk production, while 1 respondent (3.3%) still experienced an irregular breast milk production. The Wilcoxon Signed Rank Test yielded a p-value of 0.000 (<0.05), indicating a significant effect of oxytocin massage using lavender essential oil on breast milk production in post-cesarean section mothers. The effectiveness of this intervention occurs through stimulation of the oxytocin hormone, which facilitates the milk ejection reflex, and the relaxing effect of lavender, which helps reduce postpartum maternal stress and anxiety.

Keywords: post-cesarean section mothers, breast milk production, oxytocin massage, lavender essential oil

ABSTRAK

PENGARUH PIJAT OKSITOSIN MENGGUNAKAN *LAVENDER ESSENTIAL OIL* TERHADAP PRODUKSI ASI IBU POSTPARTUM DI RUANG WALISONGO RSI SAKINAH MOJOKERTO

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Produksi ASI pada ibu postpartum, sering mengalami hambatan pada awal persalinan. Kondisi ini disebabkan oleh nyeri pascaoperasi, perubahan hormonal, kecemasan, kelelahan, dan stres yang menghambat refleks pengeluaran ASI. Pentingnya pemberian ASI bagi bayi, upaya untuk meningkatkan produksi ASI, salah satunya melalui pijat oksitosin menggunakan lavender essential oil yang dapat merangsang pelepasan hormon oksitosin dan memberikan efek relaksasi pada ibu. Penelitian ini bertujuan untuk mengetahui pengaruh pijat oksitosin menggunakan lavender essential oil terhadap produksi ASI pada ibu post sectio caesarea di RSI Sakinah Mojokerto. Penelitian ini menggunakan desain Pre-Experimental dengan pendekatan The One Group Pretest-Posttest Design. Populasi penelitian 11-17 mei 2026 dengan sampel sebanyak 29 responden yang dipilih menggunakan teknik purposive sampling. Pengumpulan data menggunakan lembar observasi produksi ASI. Analisis data dilakukan menggunakan uji Wilcoxon Signed Rank Test dengan tingkat signifikansi $\alpha = 0,05$. Hasil penelitian menunjukkan bahwa sebelum diberikan intervensi seluruh responden (100%) mengalami produksi ASI yang tidak lancar. Setelah diberikan pijat oksitosin menggunakan lavender essential oil, sebanyak 29 responden (96,7%) mengalami peningkatan produksi ASI menjadi lancar dan 1 responden (3,3%) masih mengalami produksi ASI tidak lancar. Hasil uji Wilcoxon Signed Rank Test diperoleh nilai p-value = 0,000 ($<0,05$), yang menunjukkan adanya pengaruh signifikan pijat oksitosin menggunakan lavender essential oil terhadap produksi ASI pada ibu post sectio caesarea. Efektivitas intervensi ini terjadi melalui stimulasi hormon oksitosin yang memperlancar refleks pengeluaran ASI serta efek relaksasi lavender yang membantu menurunkan stres dan kecemasan ibu postpartum

Kata kunci: ibu post sectio caesarea, produksi ASI, pijat oksitosin, lavender essential oil