

ABSTRAK

PENGARUH PIJAT OKSITOSIN SEBAGAI TERAPI KOMPLEMENTER TERHADAP KELANCARAN PRODUKSI ASI PADA IBU NIFAS DI PUSKESMAS KWANYAR KABUPATEN BANGKALAN

Oleh : Fara Windya Ningtyas

Air Susu Ibu (ASI) merupakan sumber nutrisi penting bagi bayi, namun pada masa awal nifas sebagian ibu mengalami produksi ASI yang kurang lancar. Salah satu upaya komplementer yang dapat dilakukan untuk membantu kelancaran produksi ASI adalah pijat oksitosin.

Metode penelitian ini menggunakan desain *pre-experimental* dengan pendekatan *one group pretest-posttest*. Populasi penelitian sebanyak 30 ibu nifas di Puskesmas Kwanyar Kabupaten Bangkalan. Teknik menggunakan *total sampling* sehingga sampel 30 responden ibu nifas. Pengumpulan data dilakukan melalui observasi. Analisis data melalui proses *editing, coding, tabulating, entry data* dan *cleaning* serta *Paired Sample t-test*.

Hasil penelitian bahwa sebelum pijat oksitosin diberikan, sebanyak 28 dari 30 (93,3%) memiliki produksi ASI kategori lancar dan 2 (6,7%) pada kategori cukup. Sesudah pemberian pijat oksitosin, 30 responden (100,0%) memiliki produksi ASI kategori lancar. Pijat oksitosin berpengaruh signifikan terhadap peningkatan produksi ASI pada ibu nifas. Rata-rata volume ASI meningkat 20,7 cc, dari 22,6 cc menjadi 43,3 cc. Hasil *paired sample t-test* memperoleh t hitung 25,486 dan nilai $p=0,000$ ($<0,05$), sehingga H_1 diterima. Kesimpulan bahwa pijat oksitosin sebagai terapi komplementer terbukti meningkatkan kelancaran produksi ASI pada ibu nifas di Puskesmas Kwanyar Kabupaten Bangkalan.

Kata kunci: Pijat Oksitosin, Terapi Komplementer, Produksi ASI, Ibu Nifas.

ABSTRACT
THE EFFECT OF OXYTOCIN MASSAGE AS A COMPLEMENTARY THERAPY
ON BREAST MILK PRODUCTION AMONG POSTPARTUM MOTHERS AT
KWANYAR PUBLIC HEALTH CENTER,
BANGKALAN REGENCY

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Breast milk is an important source of nutrition for babies. However, during the early postpartum period, some mothers experience problems with insufficient or slow breast milk production. One complementary method that may help improve breast milk production is oxytocin massage.

This study used a pre-experimental design with a one-group pretest-posttest approach. The population consisted of 30 postpartum mothers at Kwanyar Public Health Center, Bangkalan Regency. Total sampling was used, so all 30 postpartum mothers were included as respondents. Data were collected through observation and analyzed through editing, coding, tabulating, data entry, cleaning, and the Paired Sample t-test.

The results showed that before receiving oxytocin massage, 28 of 30 respondents (93.3%) had smooth breast milk production, while 2 respondents (6.7%) had adequate breast milk production. After receiving oxytocin massage, all 30 respondents (100.0%) had smooth breast milk production. Oxytocin massage had a significant effect on increasing breast milk production in postpartum mothers. The average breast milk volume increased by 20.7 cc, from 22.6 cc before the intervention to 43.3 cc after the intervention. The Paired Sample t-test showed a t-value of 25.486 and a p-value of 0.000 ($p < 0.05$), so H_1 was accepted. In conclusion, oxytocin massage as a complementary therapy was proven to improve breast milk production in postpartum mothers at Kwanyar Public Health Center, Bangkalan Regency.

Keywords: *Oxytocin Massage, Complementary Therapy, Breast Milk Production, Postpartum Mothers.*