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Pengaruh Kombinasi Pijat Oksitosin, Pijat Laktasi dan Akupresur terhadap Produksi Asi Ibu Postpartum 0-3 Hari

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ABSTRAK

Menurut (Dinas Kesehatan Provinsi DKI Jakarta, 2023) cakupan pemberian ASI eksklusif di provinsi DKI Jakarta tahun 2022 sebesar 50,11% dan angka cakupan pemberian ASI eksklusif di Jakarta Selatan tahun 2022 sebesar 50,32%, meskipun cakupannya besar, namun cukup banyak ibu yang belum memberikan ASI eksklusif kepada anaknya. Salah satu faktor penyebab kegagalan pelaksanaan pemberian ASI eksklusif adalah karena pada 3 hari pertama atau pada masa awal setelah melahirkan, ASI belum keluar sehingga menjadi alasan ibu dan keluarga untuk memberikan susu formula (Aprilianti, 2019). Penelitian ini bertujuan untuk mengetahui pengaruh kombinasi pijat oksitosin, pijat laktasi dan akupresur terhadap produksi ASI pada ibu nifas usia 0-3 hari di TPMB Yevi Yesevi, AMd. Keb Jakarta Selatan tahun 2023. Manfaat penelitian ini dapat memberikan pengetahuan dan wawasan kepada masyarakat dalam melakukan pijat yang berkaitan dengan produksi ASI. Penelitian ini menggunakan metode penelitian kuantitatif, dengan desain pra-eksperimen dan teknik pre-tes dan post-tes satu kelompok. Populasi dalam penelitian ini adalah ibu nifas usia 0-3 hari di TPMB Yevi Yesevi, AMd.Keb. Penelitian ini menggunakan prosedur non-probability sampling dengan teknik purposive sampling dengan jumlah sampel 30 responden. Analisis data menggunakan analisis univariat dan bivariat dengan menggunakan Uji Wilcoxon. Hasil penelitian produksi ASI ibu postpartum 0-3 hari sebelum kombinasi pijat oksitosin, pijat laktasi dan akupresur rerata 0,61, median 0,35, dan simpangan baku 0,6502. Produksi ASI ibu postpartum 0-3 hari setelah kombinasi pijat oksitosin, pijat laktasi dan akupresur rerata 2,6, median 2,60 dan simpangan baku 1,3564. Analisis uji Wilcoxon diperoleh nilai Z sebesar -4,579 dan asymp sig. (2-tailed) sebesar 0,000 lebih kecil dari taraf alpha 5% (0,05) maka Ha diterima dan H0 ditolak, sehingga dapat disimpulkan bahwa ada pengaruh kombinasi pijat oksitosin, pijat laktasi dan akupresur terhadap produksi ASI pada ibu nifas 0-3 hari.
Kata Kunci: Produksi ASI; Pijat Laktasi; Pijat Oksitosin

ABSTRACT

According to (Jakarta Provincial Health Office, 2023) the coverage of exclusive breastfeeding in DKI Jakarta province in 2022 was 50.11% and the coverage rate of exclusive breastfeeding in South Jakarta in 2022 was 50.32%, although the coverage is large, there are quite a lot of mothers who have not given exclusive breastfeeding to their children. One of the factors that causes the failure of the implementation of exclusive breastfeeding is because in the first 3 days or in the early period after delivery, breast milk has not come out so that it becomes a reason for mothers and families to give formula milk (Aprilianti, 2019). This study aims to determine the effect of a combination of oxytocin massage, lactation massage and acupressure on breast milk production in postpartum mothers aged 0-3 days at TPMB Yevi Yesevi, AMd. Keb South Jakarta in 2023. The benefits of this study can provide knowledge and insight to the community in performing massage related to breast milk production. This study uses a quantitative research method, with a pre-experimental design and one group pretest and post-test technique. The population in this study were postpartum mothers aged 0-3 days at TPMB Yevi Yesevi, AMd.Keb. This study used a non-probability sampling procedure with a purposive sampling technique with a sample size of 30 respondents. Data analysis used univariate and bivariate analysis using the Wilcoxon Test. The results of the study on postpartum maternal breast milk production 0-3 days before the combination of oxytocin massage, lactation massage and acupressure mean 0.61, median 0.35, and standard deviation 0.6502. Postpartum maternal breast milk production 0-3 days after the combination of oxytocin massage, lactation massage and acupressure mean 2.6, median 2.60 and standard deviation 1.3564. The Wilcoxon test analysis obtained a Z value of -4.579 and an asymp sig. (2-tailed) value of 0.000 smaller than the alpha level of 5% (0.05) so Ha is accepted and H0 is rejected, so it can be concluded that there is an effect of the combination of oxytocin massage, lactation massage and acupressure on breast milk production in postpartum mothers 0-3 days.
Keywords: Breast Milk Production; Lactation Massage; Oxytocin Massage

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INTRODUCTION

Based on Government Regulation Number 33 of 2012 concerning the Provision of Exclusive Breast Milk, Breast Milk, hereinafter abbreviated as ASI, is a fluid resulting from the secretion of the mother's mammary glands. And exclusive breastfeeding is breast milk given to babies from birth for six months, without adding and/or replacing it with other foods or drinks except for medicines, vitamins, and minerals. (Republik Indonesia, 2012)

Breast milk contains colostrum which is rich in antibodies because it contains high levels of protein for immunity and germ killers so that exclusive breastfeeding can reduce the risk of death in infants. Yellowish colostrum is produced on the first to third day. On the fourth to tenth day, breast milk contains less immunoglobulin, protein, and lactose than colostrum but higher in fat and calories with a whiter milk color. In addition to containing nutrients, breast milk also contains absorbent substances in the form of its own enzymes that will not interfere with enzymes in the intestines (West Java Provincial Health Office, 2021).

Breast milk (ASI) is a source of nutritional intake for newborns, which is exclusive because it is given to babies aged 0 months to 6 months. (Ministry of Health of the Republic of Indonesia, 2022). Based on the Indonesian Health Profile in 2021, the coverage of babies who received exclusive breastfeeding in Indonesia in 2021 was 56.9%, which has exceeded the program target in 2021, which was 40%. The highest percentage of exclusive breastfeeding coverage was in West Nusa Tenggara Province (82.4%), while the lowest percentage was in Maluku Province (13.0) (Ministry of Health of the Republic of Indonesia, 2022) In addition, based on (Jakarta Provincial Health Office, 2023) the coverage of exclusive breastfeeding in DKI Jakarta province in 2022 was 50.11% and the coverage rate of exclusive breastfeeding in South Jakarta in 2022 was 50.32%.

And according to the Maternal and Child Health Profile, the data trend in the 2020-2022 period showed an increase in the percentage of children aged 0-23 months who had been and were still being breastfed in Indonesia, in 2020 the percentage was 75.68%, in 2021 (77.01%) and in 2022 (77.41%). In addition, the percentage of children aged 0-5 months who received exclusive breastfeeding from 2020-2022 also increased, namely in 2020 the percentage was 69.62%, in 2021 (71.58%), and in 2022 it increased to 72.04% (Central Statistics Agency, 2022).

Although the indicator trend has continued to increase in the last three years, the achievement of indicators related to exclusive breastfeeding still needs to be improved, therefore we must have knowledge related to breastfeeding to maintain and improve these indicators, one way is that we must know several factors that influence breastfeeding/lactation.

Lactation is the production and release of breast milk, where the prospective mother must be ready both psychologically and physically. If lactation is good, the baby is healthy enough to breastfeed.

Lactation is the entire breastfeeding process from when breast milk is produced to when the baby sucks and swallows breast milk. Breast milk production is adjusted to the baby's needs, the volume of breast milk is 500 - 800 ml / day (Lubis & Angraeni, 2021).

According to research conducted by (Rey & Sufriani, 2017) there are several factors related to the adequacy of breast milk, namely: maternal food intake, use, contraception, breast anatomy, rest, baby sucking, medication, breast care, and peace of mind. One way to make mothers feel calm is to do a massage, because massaging certain parts of the body will have a positive impact on the mother's mind and body, providing a calming effect, normalizing blood circulation and increasing breast milk supply, and massage can also be done when the breasts are swollen or not smooth (Dewi, 2018).

In addition, massage for postpartum mothers can accelerate one set of lactation. The onset of lactation is the initial period to increase breast milk until the first milk comes out which is marked by the breasts feeling hard, heavy, swollen until the milk or colostrum comes out. It is said that the onset of lactation is fast if breast milk comes out ≤72 hours. Generally, breast milk comes out on the 2nd or 3rd day after delivery. Late onset of lactation has a smaller chance of being able to provide exclusive breastfeeding for 6 months. This can be one of the factors in the failure of the implementation of exclusive breastfeeding, which often occurs in the early period after delivery because breast milk has not come out, which is the reason for the mother to give formula milk. Prelacteal feeding or drinking is giving food or drink to a newborn before breast milk comes out (in other words preceding breastfeeding), usually done in the first 3 days (Aprilianti, 2019).

There are several types of massage to facilitate breast milk production, including oxytocin massage and lactation massage. Oxytocin massage is useful for helping mothers psychologically, providing calm, reducing stress and increasing self-confidence and positive thinking about their ability to provide breast milk, facilitating the release of breast milk massage, and helping the uterine involution process (Lubis & Angraeni, 2021).

According to research conducted by (Hidayah & Anggraini, 2023) there is an effect of oxytocin massage on breast milk production in mothers BPM Noranita Kurniawati, Amd.Keb Tugu Sumberejo Village, Jombang Regency, namely 93.8% of postpartum mothers who underwent oxytocin massage mostly had sufficient breast milk production, 56.2% of postpartum mothers who did not undergo oxytocin massage, there were 9 people who had sufficient breast milk production. The results of further statistical analysis concluded that there was a significant effect between oxytocin massage on breast milk production in postpartum mothers with a p-value of 0.037.

Meanwhile, lactation massage calms the mind, relaxes the body, normalizes blood flow, overcomes engorgement, increases breast milk supply, is performed on mothers who want to relactate and prevents blockages in the breast milk ducts (Herlina et al., 2020, p. 45)

According to research conducted by (Nisa, 2021), there is an effect of lactation massage on breast milk production in postpartum mothers which is carried out for 7 days, where the pretest was carried out on day 1 and the posttest on day 7. In this study, the population covered was postpartum mothers at BPM Meilisa Afty, totaling 120 people. With samples obtained from 35 respondents related to breast milk production, data before lactation massage was carried out showed that all of them had insufficient breast milk production (<250 ml) as many as 35 people (100%) and after lactation massage it was found that most of them had sufficient breast milk production (250-400 ml) as many as 25 people (71.4%). The average (mean) breast milk production before the intervention, namely lactation massage, was 45.29 ml and after being given lactation massage, the average breast milk production was 246.57 ml. These results indicate an increase in breast milk production of 201.28 ml. Standard deviation (SD) is the distribution of sample values in statistical analysis. The greater the SD value, the better it is from the previous data. The Standard Deviation before the intervention was 19.439 and increased to 60.583 after the intervention, meaning that there was an increase in the amount of breast milk production in postpartum mothers after being given lactation massage.

In addition, to facilitate breast milk production, acupressure methods can also be applied. Acupressure is a non-invasive action to reduce or treat various types of diseases, tension pain, and fatigue, this action is done by pressing or massaging several acupoints, which function to provide stimulation to the nerves of the mammary glands to increase breast milk production (Setyowati, 2018).

And based on the results of research conducted by (Ramadani et al., 2019) on 30 respondents with 15 intervention groups and 15 control groups, after being studied, it was found that the average breast milk production in the intervention group experienced a significant increase compared to the control group with an average breast milk production on day III of 11 out of 15 postpartum mothers had experienced an increase in breast milk production, while in the control group, 6 out of 15 postpartum mothers experienced an increase in breast milk production. From the results of the statistical test between the intervention group and the control group with the Man Whitney test, it was found that the significance value was 0.004 ($p < 0.05$) so it is concluded that there is a significant difference in breast milk production between the intervention group and the control group. This proves that there is a significant effect of acupressure on increasing breast milk production in postpartum mothers at the Trismaliah Maternity Clinic, Laut Dendang Village, Medan Tembung District in 2019.

Based on the data above, the researcher wants to analyze the effect of the combination of oxytocin massage, lactation massage and acupressure on breast milk production in postpartum mothers 0-3 days.

METHOD

This study used a pre-experimental research design with a one-group pretest-posttest design by examining the Effect of Combination of Oxytocin Massage, Lactation Massage and Acupressure on Breast Milk Production of Postpartum Mothers 0-3 Days. The Independent Variable in this study is the Combination of Oxytocin Massage, Lactation Massage, and Acupressure and the dependent variable in this study is breast milk production. The population used was postpartum mothers 0-3 days at TPMB Yevi Yesevi, AMd.Keb South Jakarta in December 2023.

This study uses a non-probability sampling procedure with a purposive sampling technique of 30 respondents who meet the criteria. Data analysis in this study uses univariate analysis and bivariate analysis using the Wilcoxon Test.

RESULTS DAN DISCUSSION

Results

1. Univariate Analysis

The following are the results of the study on the Effect of Combination of Oxytocin Massage, Lactation Massage, and Acupressure on Breast Milk Production in Postpartum Mothers 0-3 Days at TPMB Yevi Yesevi, AMd.Keb South Jakarta in 2023.

Table 1. Frequency Distribution of Age, Education, Occupation, Parity and Postpartum Time of Postpartum Mothers 0-3 Days, TPMB Yevi Yesevi Patients Who Underwent a Combination of Oxytocin Massage, Lactation and Acupressure in December 2023

Variabel	Amount	Percentage
Age		
<20 Year	0	0
20-35 Year	29	96.7
>35 Year	1	3.3
Total	30	100
Education		
SD/MI	0	0
SMP/MTS	0	0
SMA/SMK/MA	8	26.7
College	22	73.3
Total	30	100
Work		
IRT	14	46.7
Private sector employee	11	36.7
PNS	3	10
Self-employed	2	6.7
Total	30	100
Parity		

Primipara	19	63.3
Multiparous	11	36.7
Total	30	100
Postpartum Time		
0 Day	7	23.3
1 Day	1	3.3
2 Day	4	13.3
3 Day	18	60
Total	30	100

Based on table 1., it is known that out of 30 respondents, it can be concluded that the majority were respondents aged 20-35 years, namely 29 people (96.7%).

The largest number of respondents with the last education in College, namely 22 people (73.3%), Respondents with jobs as Housewives (IRT) are 14 people (46.7%), private employees 11 people (36.7%), Civil Servants (PNS) people (10%) and respondents with jobs as self-employed are 2 people (6.7%). Primiparous respondents are 19 people (63.3%), while multiparous respondents are 11 people (36.7%). The largest number of respondents were postpartum mothers on day 3, namely 18 people (73.3%),

Table 2. Distribution of Breast Milk Production of Postpartum Mothers Pre and Post Test of Combination of Oxytocin Massage, Lactation and Acupressure

Breast milk production	Mean	Median	Mode	Standard Deviation
Pretest	0.617	0.350	0	0.6502
Posttest	2.643	2.600	2.5	1.3564

Based on table 1.2, it shows that breast milk production before massage showed an average value or mean (0.61) with a median (0.35), mode 0 and standard deviation (0.65). While after massage, the average result or mean (2.64) with a median (2.60), mode (2.5) and standard deviation (1.35) was obtained.

2. Bivariate Analysis

Table 3. Wilcoxon Test Combination of Oxytocin Massage, Lactation and Acupressure on Breast Milk Production

Breast Milk Production	Z	Asymp. Sig. (2-tailed)
Pretest-Posttest	-4.784[b]	0.000

Based on table 1.3 from the results of the Wilcoxon signed test, the Z value is -4.579 and the asymp sig. (2-tailed) value is 0.000, which is smaller than the alpha level of 5% (0.05), thus rejecting H0. The conclusion is that there is an effect before and after being given a combination of oxytocin massage, lactation massage and acupressure on breast milk production.

Discussion

The results of the study showed that respondents in this study were in the age range of 20-35 years, namely 29 people (96.7%). Age 20-35 years is a healthy production period, where the mother's physical and mental condition is at its best and ready to breastfeed her baby, the development of reproductive organs is perfect and mature so that they are ready to provide exclusive breastfeeding.

Breastfeeding mothers aged 22 years will produce more breast milk compared to those aged 35 years and over (Apreliasari & Risnawati, 2020). Because mothers aged 35 years and over are considered dangerous, this is because their reproductive organs and other organs have decreased so that the risk of complications in pregnancy, childbirth and breastfeeding is very high. (Sarowno Prawirohardjo, 2014 in Leiwakabessy & Azriani, 2020).

In addition, from this study it is known that out of 30 respondents, the parity of respondents with primiparous respondents was 19 people (63.3%) and multiparous respondents were 11 people (36.7%). Parity affects breast milk production, in multiparous women there are more prolactin receptors when compared to primiparas. The amount of breast milk production in multiparous women tends to be more when compared to primiparas although prolactin levels in multiparous and primipara women tend to be the same on the fourth day postpartum. (Azizah & Rosyidah, 2019).

This is because they have more knowledge and experience about the breastfeeding process so that lactation management will be carried out properly. According to Soejtiningsih (1997) the psychological readiness between primipara and multipara is very different. A primipara is more easily anxious and has an unstable psychological condition, this will affect the release of hormones that play a role in breast milk production. (Pranajaya et al., 2013 in Leiwakabessy & Azriani, 2020).

Based on the results of the study from 30 respondents, the largest number of postpartum mothers was on day 3, namely 18 people (60%), postpartum mothers who were undergoing lactogenesis phase 2. The lactogenesis phase 2 begins when a mother gives birth, this is because the placenta comes out which causes a sudden decrease in the levels of the hormones progesterone, estrogen, and human placental lactogen (HPL), but the prolactin hormone remains high, causing breast milk production. Biochemical markers indicate that the lactogenesis II process begins around 30-40 hours after giving birth, but usually mothers only feel full breasts around 50-73 hours (2-3 days) after giving birth. There are several ways to increase breast milk production, one of which is by stimulating the breasts. If the breasts are stimulated, prolactin levels in the blood will increase, peaking within a 45 minute period and then returning to pre-stimulation levels 3 hours later (Wiwin, 2014 in Armini et al., 2019).

In this study, the method used to stimulate increased breast milk production was by performing a combination of oxytocin massage, lactation massage and acupressure.

The results of breast milk production from the combination of oxytocin massage, lactation massage and acupressure in this study can be seen by looking at the average value of breast milk production before massage or pretest, which is 0.61 and after massage, which is 2.64. This breast milk production was taken by expressing breast milk using hands for 5 minutes.

Based on the test results with the Wilcoxon test, the Z value was obtained at -4.579 and the asymp sig. (2-tailed) value of 0.000 was smaller than the alpha level of 5% (0.05), so Ha was accepted and H0

was rejected, so there was an effect before and after being given a combination of oxytocin massage, lactation massage and acupressure on breast milk production in postpartum mothers 0-3 days.

This is in line with the results of research conducted by (Apreliasari & Risnawati, 2020), namely breast milk production before and after oxytocin massage that the results of further statistical tests using the Wilcoxon Signed Ranks Test obtained a p value = 0.035 (p <0.05) which means that there is an effect of oxytocin massage on breast milk production. Oxytocin massage is a breast milk massage that is often done in order to increase the smoothness of breast milk production.

Oxytocin massage, can be assisted by the massage by the father or the baby's family. This oxytocin massage is done to stimulate the oxytocin reflex or let down reflex. In addition to being useful for stimulating the let down reflex, other benefits of oxytocin massage are reducing swelling (engorgement), stimulating the release of the hormone oxytocin, providing comfort to the mother, reducing breast milk blockages, maintaining breast milk production when the mother and baby are sick. Oxytocin massage is a movement carried out by the husband on a breastfeeding mother in the form of a back massage on the mother's back to increase the release of the hormone oxytocin. Oxytocin massage performed by the husband can provide comfort to the breastfeeding mother and provide comfort to the breastfed baby. (Rahayu, 2016 in Lestari et al., 2021).

In addition, the results of this study are also in line with research conducted by (G. A. M. A. Lestari et al., 2022) which states that there is a significant effect of lactation massage on increasing breast milk production in breastfeeding mothers of babies aged 0-6 months. Lactation massage is a massage performed on several parts of the body, namely the head, neck, shoulders, back, and breasts. In principle, this lactation massage is to create a relaxation effect to increase the hormone oxytocin which acts as a hormone that secretes breast milk. Services regarding massage for postpartum mothers to improve the lactation process by accelerating the onset of lactation and oxytocin (Aprilianti, 2018; Dewi & Aprilianti, 2018; Indrayani & Anggita, 2019 in N. Rahmawati & Karana, 2023).

Dan hasil penelitian ini juga sejalan juga penelitian yang dilakukan And the results of this study are also in line with the research conducted (Ramadani et al., 2019) acupressure was carried out on the points of breast milk production in the hands (Si 1, Li 4, Pc 6) and on the feet (ST 36). And it was found that there was an increase in breast milk production after acupressure was performed on postpartum mothers at the Trismaliah Maternity Clinic, Laut Dendang Village, Medan Tembung District in 2019. Acupressure massage is a natural holistic technique to overcome blockages that may cause additional health problems. Acupressure is a form of touch therapy that utilizes the principles of acupuncture and Chinese medicine. In acupressure, the same points on the body are allowed as in acupuncture, but are stimulated with finger pressure, not by inserting needles. Acupressure is used to relieve various symptoms and pain. Acupressure is a special type of massage that relies primarily on the use of the thumbs, fingers and palms to press

various points on the body. Therapists can use rhythm, pressure and pressure and exercise techniques. (Hidayat, 2020)

In this study, Acupressure points for lactation were used which can help reduce discomfort, increase endorphin levels in the blood and systemically which will give a pleasant and comfortable feeling which means psychologically it has a positive impact on a sense of calm, comfort, relaxation and decreased stress so that it further increases the let down reflex and increases the amount of prolactin and oxytocin hormones which can facilitate breast milk production. (Rahayu et al., 2015).

CONCLUSION

Based on the results of the study, the respondents who were given a combination of oxytocin massage, lactation massage and acupressure experienced an increase in breast milk production and from the results of the Wilcoxon test analysis, a Z value of -4.579 and an asymp sig. (2-tailed) value of 0.000 was obtained, which is smaller than the alpha level of 5% (0.05), so it can be concluded that there is an effect of a combination of oxytocin massage, lactation massage and acupressure on breast milk production in postpartum mothers 0-3 days.

For health workers, hopefully they can apply a combination of oxytocin massage, lactation and acupressure to postpartum mothers, especially during the first postpartum visit (KF1) and socialize it to the community as an effort to increase the achievement of exclusive breastfeeding and one of the preventions of prelacteal in newborns.

For educational institutions, hopefully it can be used as a source of reading for further research to improve the quality of midwifery education, especially regarding massage techniques to increase breast milk production.

And for future researchers, hopefully they can conduct further research by adding other factors or variables, with different research methods and larger population objects.

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