

IMPROVING POST PARTUM MOTHER'S SKILLS IN PERFORMING OXYTOCIN MASSAGE TO PREVENT LACTATION PROBLEMS

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Abstract

Improving human quality must start as early as possible, namely since infancy, one of the factors that plays an important role in improving human quality is the provision of breast milk. Breast milk is very good food for babies, where based on the low percentage of exclusive breastfeeding, it has an impact on the nutritional status of infants. The success of exclusive breastfeeding in Indonesia was recorded at 66.1%. Riau Province recorded 78% success of exclusive breastfeeding. This service is carried out in order to improve the skills of postpartum mothers in carrying out breast massage to prevent lactation problems. Community service activities are supported by counseling methods, questions and answers, and discussions and demonstrations of lactation massage. The result was that postpartum mothers were enthusiastic about participating in community service activities which were carried out with demonstrations and understood the steps or ways to do lactation massage so that it could be concluded that this community service activity ran smoothly.

Keywords: Postpartum Mother, Oxytocin Massage

INTRODUCTION

Improving human quality must start as early as possible, namely from infancy, one factor that plays an important role in improving human quality is the provision of breast milk (ASI). Providing breast milk as much as possible is an important activity in caring for children and preparing the next generation in the future (Atameha, 2016).

Exclusive breastfeeding aims to guarantee the fulfillment of the baby's right to receive exclusive breastfeeding from birth to 6 months of age by paying attention to growth and development. Some mothers may have difficulty expressing breast milk because more mothers are influenced by myths so that mothers are not sure they can give breast milk to their babies (Sampara et al., 2019).

Various efforts can be made to facilitate and increase breast milk production which can be used to help mothers after giving birth, including breast exercise methods, lactation massage, oxytocin massage, breast care, pressure points, marmet techniques and many other massage efforts. First 1000 days of life program (HPK) educates about the importance of nutrition for babies from the conception period and infant and young child feeding (IYCF) for newborns up to two years. IYCF standards are early initiation of breastfeeding immediately after birth, exclusive breastfeeding from 0-6 months, provision of local food-based MP-ASI from the age

of six months, and continued breastfeeding until the baby is two years old. This standard has been proven by various studies to be the best standard for baby health. It is hoped that this education can reduce the rate of malnutrition which is still relatively high in Indonesia. Therefore, children's nutrition during the golden age must be given great attention (Lubis & Angraeni, 2021).

The success of exclusive breastfeeding in Indonesia was recorded at 66.1%. Riau Province recorded 78% success in exclusive breastfeeding. These data show that nationally and in the province of Riau itself, the exclusive breastfeeding target has been exceeded by 40% (RI Ministry of Health, 2021). This shows that although nationally exclusive breastfeeding exceeds the target, there are still problems related to nutrition, so it is necessary to analyze the causes. the success of exclusive breastfeeding.

Lactation massage is a massage technique to help breast milk come out, which is very important to help mothers feel relaxed before breastfeeding. This lactation massage can be done when post-partum mothers are 6-8 hours old. Massage movements are carried out on certain body parts such as the head, neck, shoulders, back and breasts to facilitate the breastfeeding process. Lactation massage can be done when the breasts are swollen, or breast milk is not flowing smoothly, and for mothers who want to relax. Lactation massage can be done to stimulate breast milk production and help the breastfeeding induction process (Lubis & Angraeni, 2021).

Lactation massage is a massage technique to help breast milk flow, which is very important to help mothers feel relaxed before breastfeeding (Rahmawati, 2022). The results of study showed there were from the average time spending there was colostrum on experimental group was 5 hours and 42 minutes, while the control group was 10 hours and 40 minutes. Average Period spending there colostrum on 5,775 cc experimental group while the control group was 3,413 cc. Statistical test results at longer spending there colostrum (p -value = 0.002). While the findings of the statistical test on period spending there colostrum (p -value = 0.011) (Rahmi, 2019).

The benefits of lactation massage include calming the mind, relaxing the body, normalizing blood flow, overcoming engorgement, increasing breast milk supply, performed on mothers who want to relax and prevent blockages in the breast milk ducts (Helina, Siska and Harahap, Juraida Raito and Sari, 2020)

Failure of the breastfeeding process is often caused by several factors, one of the main maternal factors is the lack of breast milk production which is strongly influenced by psychological factors. Mothers who have problems with their psychological condition with various forms of emotional tension will reduce the volume or even stop breast milk production (Ningsih et al., 2022)

Lactation massage has the effect of increasing breast milk production by increasing the hormone prolactin, providing stimulation to the breast muscles will help stimulate the hormone prolactin to help produce milk. Lactation massage will also make the breasts cleaner, softer and more elastic so that it will increase the baby's ability to breastfeed (Nani jahriani, 2019)

The aim of lactation massage is to obtain breast milk production, where in general, women who have given birth do not have sufficient breast milk production. This is because the production of breast milk in pregnant women's breasts is still unstable, making breastfeeding

mothers relax, where after giving birth of course a woman will experience fatigue which is completely incomparable (Rahmawati, 2022)

Considering the importance of breast milk production in breastfeeding babies on the success of the breastfeeding process, and based on initial surveys conducted by researchers, breastfeeding mothers had complaints about low milk production, so the baby became fussy and the mother felt that the baby's needs would not be met, so the mother provided breast milk companion. in the form of formula milk for children aged <6 months, and no longer giving breast milk to children aged ≥ 1 year.

Based on the background described above, the problem formulation in this community service is entitled "Improving the Skills of Postpartum Mothers in Carrying out Breast Massage to Prevent Lactation Problems." The aim of this community service is to determine the improvement in the skills of postpartum mothers in carrying out lactation massage so that can increase breast milk production in postpartum mothers.

IMPLEMENTATION METHOD

The activities carried out are as follows:

1. Field study
At this stage, preparations are made to identify partner needs when carrying out service involving partners.
2. Collection of tools and materials
At this stage, a follow-up survey is carried out and the necessary tools and materials are collected.
3. Method Design
This stage identifies the mechanism for implementing community service activities with partners, including determining the time for implementing activities and confirming partner readiness.
4. Provide assistance in the form of education about lactation massage to prevent lactation problems in the form of understanding lactation massage, the purpose of lactation massage, the benefits of lactation massage, and taking steps to implement lactation massage.

RESULTS AND DISCUSSION

Community Service was carried out on Wednesday 7 June 2023 at the Independent Practice of Midwife Rosita, Pekanbaru City. The implementation of this service is carried out by an implementing team consisting of 3 (three) lecturers, 3 (three) students, and 1 (one) midwife. The participants who attended were 11 (eleven) postpartum mothers who came to PMB to provide BCG immunization to their babies.

The implementation of this community service activity is to provide education and train people to do oxytocin massage. This activity went well, as seen from the enthusiasm of the mothers participating in a series of activities and asking questions regarding oxytocin massage to increase breast milk production.



Figure 1. Opening of Activities

The activity began with an opening which was attended by the midwife in charge of the location where the service activities were carried out. Next, do a pretest on the mothers' skills in doing oxytocin massage. During the pretest, the results showed that all mothers were unable to carry out oxytocin massage.



Figure 2. Oxytocin massage education



Figure 3. Oxytocin massage demonstration



Figure 4. Discussion

The next activity provides education about oxytocin massage, including its meaning, uses, how it works, as well as conducting an oxytocin massage demonstration. Next, hold discussions with mothers regarding oxytocin massage. The mothers were enthusiastic in the discussion activity. This is proven by the feedback given to the implementation team. After the education was provided, the mothers were asked to do an oxytocin massage as an evaluation (posttest) of the success of this service activity. The results obtained were Very Good skills for 5 (45.4%) mothers, Good for 4 (36.4%), Fairly Good for 2 (18.2%) mothers, and none had Poor skills. A comparison of skills before and after the demonstration can be seen in the following table.

Table 1. Oxytocin Massage Skills Before and After Demonstration

No	Very Good	Good	Fairly Good	Not Good
Pretest	0 (0%)	0 (0%)	0 (0%)	11 (100%)
Posttest	5 (45,4%)	4 (36,4%)	2 (18,2%)	0 (0%)

Based on the results above, there was a significant increase in oxytocin massage skills before and after the demonstration. The results of this service are in line with the service carried out by Saudia that providing demonstrations has a positive effect on breastfeeding mothers' skills regarding endorphin massage and lactation massage (Putri Saudia, 2019). The demonstration method is one of the techniques for improving one's skills. Thus, the demonstration method has a very good effect on improving postpartum mothers' skills in carrying out oxytocin massage. For this reason, this method is recommended for providing health promotion by health workers, especially regarding oxytocin massage skills to prevent lactation problems.



Figure 5. Group photo after the activity

Breastfeeding is a process that occurs naturally, but breastfeeding needs to be learned, especially by mothers who have babies for the first time, so they know how to breastfeed correctly and can overcome problems with breastfeeding. Breast milk (mother's milk) is something special. No mother in this world produces the same milk. Milk is produced by our bodies to meet the specific needs of our babies. Breast milk is amazingly biologically specific,

meaning that each mammal can formulate unique and different milk for babies of that species (Puspita RM, 2013)

Breastfeeding is the most important process in providing the best nutritional intake in the early stages of a baby's growth and development. Every mother certainly wants an optimal breastfeeding process so that it can benefit both her little one and herself. However, unfortunately not all mothers are able to optimize the process to maintain the quantity and quality of breast milk so they can breastfeed exclusively (Imroatu Zulaikha et al., 2022).

Breastfeeding mothers who give breast milk from the time the baby is born until six months, where the mother does not give any food or drink such as masu, sugar water, formula milk, starch water, bananas, soft rice are said to give breast milk exclusively. This breastfeeding can be done directly where the mother breastfeeds her baby directly or indirectly by expressing breast milk and giving it via spoon or glass to the baby (Kurniawati, D., Hardiani, R.S. and Rahmawati, 2020)

Breast milk is the best food for babies, breast milk has many benefits, namely; nutritional, physiological and psychological benefits for babies. The earlier the preparation for breastfeeding, the better and ready to breastfeed. It is best to prepare for breastfeeding from the antenatal period. Successful breastfeeding is supported by physical, psychological preparation and lactation management (Helina, Siska and Harahap, Juraida Raito and Sari, 2020).

Lactation is a series of postpartum phases. This phase is very important in relation to the recovery of the postpartum period and the provision of adequate nutrition for the baby being born. Breastfeeding is one of the gifts and privileges of women during the reproductive period. This process is a form of providing complete and best nutrition for the baby (Lestari et al., 2021)

Lack of stimulation of the hormones prolactin and oxytocin causes a decrease in the production and release of breast milk in the first days after giving birth, which affects the smoothness and production of breast milk. Poor breastfeeding can be caused by various factors, one of which is the emergence of excessive feelings of anxiety and stress, which has an impact on breast milk production. There are various other obstacles faced in being able to breastfeed optimally, one of the biggest being the lack of support for parents in the workplace (Lubis & Angraeni, 2021)

Based on the results of the service carrie (Aprilianti, 2020) which was attended by 10 registered pregnant women who lived in the Jekan Raya Community Health Center area. This activity was well responded to by midwives, cadres, pregnant women and their families. It is hoped that outreach activities regarding lactation massage for pregnant women can become a routine program for community health centers and health workers, so that they can accompany and prepare pregnant women with knowledge about exclusive breastfeeding before giving birth.

CONCLUSION

There is an increase in mothers' skills after receiving a demonstration on how to do lactation massage and it is necessary to spread the word widely. Information is needed to the public about lactation massage so that the target for exclusive breastfeeding is achieved.

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