

**THE APPLICATION OF OXYTOCIN MASSAGE IN POST PARTUM
MOTHER CARE TO OVERCOME BREASTFEEDING PROBLEMS IS NOT
EFFECTIVE IN THE WORK AREA OF PUTRI AYU COMMUNITY
HEALTH CENTER JAMBI CITY**

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Abstract

Newborns need to receive optimal care from birth, one of which is ideal food. Mother's Milk (ASI) is the most recommended food for babies at least in the first 6 months of life. But in reality, exclusive breastfeeding is not as easy as imagined. Various obstacles can arise in efforts to provide exclusive breastfeeding for the first six months of a baby's life. The purpose of this study is to provide the application of Oxytocin Massage in the care of post partum mothers to overcome the problem of ineffective breastfeeding in the working area of the Putri Ayu Public Health Center, Jambi City. The method used is a case study with data collection techniques through observation, interviews, and physical examination with superior interventions, namely oxytocin massage to overcome ineffective breastfeeding problems. Result: the analysis showed that there was a diagnosis of Ineffective Breastfeeding by giving Oxytocin Massage for 5 days, it was found that after the intervention there was an increase in milk production in post partum mothers on the first day there were no visible drops of milk coming out but after the intervention on the fourth and fifth days there were drops/milk emissions that came out during oxytocin massage. It can be concluded that oxytocin massage can increase milk production in post partum mothers.

Keywords: *Oxytocin Massage, Ineffective Breastfeeding, breast milk*

Introduction

Newborns need to get optimal care since birth, one of which is ideal food. Breast milk (ASI) is the most recommended food for babies at least in the first 6 months of life. Newborn babies do not need any other intake other than breast milk from their mothers. However, in reality, providing exclusive breastfeeding is not as easy as imagined. Various obstacles can arise in efforts to provide exclusive breastfeeding during the first six months of a baby's life. ¹

Breast milk (ASI) is the main food for newborns up to 6 months of age because it has many benefits for the growth and development of babies and contains

immune substances that can reduce the risk of babies getting sick. ² Babies who are not given breast milk and are only given formula milk between the ages of 0-6 are more susceptible to disease because their capacity to absorb less than ideal nutrients is disrupted. When compared to newborns who are exclusively breastfed, babies who are given formula milk have a 4.14% higher incidence of diarrhea and a 4.3% higher risk of obesity. ³

Based on the health profile data of Jambi Province in 2020, it explains that the prevalence of postpartum mothers in 2020 in Jambi Province was 94.66% and for data in Jambi City, postpartum mothers were 98.71%. According to the health profile of Jambi Province in 2020, the neonatal mortality rate in Jambi Province in 2020 was 4.86% and in Jambi City the number of neonatal deaths was 10 neonatal deaths. And the maternal mortality rate in 2020 in Jambi Province was 62 cases of maternal death (pregnancy, childbirth, postpartum), and the number of maternal deaths in Jambi City was 3 cases of maternal death. Data from the Jambi City Health Service in 2020, the number of postpartum mothers at the Putri Ayu Health Center was 3,500 people. ⁴

According to data from *the World Health Organization* (WHO) in 2018, the average exclusive breastfeeding rate in the world is still around 38 percent. Data from the Indonesian Ministry of Health (2020) states that the coverage of babies receiving exclusive breastfeeding was 67.74% in 2019 and 66.02% in 2020. According to data from the Basic Health Research (RISKESDAS) 2021, 52.5% or only half of the 2.3 million babies under six months old received exclusive breastfeeding in Indonesia. ⁵ The coverage of exclusive breastfeeding in Jambi Province in 2020 was 65.48%. And the percentage data for babies under 6 months old who received exclusive breastfeeding in Jambi Province in 2022 was 72.68%. Based on data on the coverage of exclusive breastfeeding at the Putri Ayu Health Center, there were 799 babies out of 1,199 babies (66.64%). ⁶⁻⁸

Exclusive early breastfeeding is very important for the survival of a baby, and to protect them from various diseases that they are susceptible to and can be fatal, such as diarrhea and pneumonia. In addition, babies who are exclusively breastfed

have higher intelligence and are less likely to be obese or overweight. Babies who are not exclusively breastfed are also at risk of malnutrition. In addition, increasing breastfeeding can prevent an increase in the incidence of breast cancer in mothers by up to 20,000 cases each year (UNICEFF, 2022).

Insufficient breast milk is a problem faced by some postpartum mothers due to lack of breast milk production. Insufficient breast milk production will have an impact on nutritional status and low coverage of exclusive breastfeeding because mothers will provide formula milk to meet the baby's nutritional needs and will ultimately affect breast milk production.⁹

Exclusive breastfeeding is influenced by various factors including lack of breast milk after the baby is born or insufficient breast milk production, the mother is not confident, the condition of the mother's nipples is not supportive, the mother works and the influence of breast milk substitute promotions.¹⁰ The prolactin hormone affects breast milk production, while the oxytocin hormone affects breast milk release. Through stimulation of the nipples such as sucking the baby's mouth or massaging the mother's spine, the oxytocin hormone can be produced. Spinal massage relaxes the mother, increases her pain threshold, and makes her love her baby and breast milk flows faster.

Oxytocin massage technique is one of the complementary therapies that can overcome the problem of ineffective breastfeeding. Oxytocin massage is performed on the spine at costae 5 and 6 to the scapula which will stimulate the release of oxytocin and is given for 3 days.^{11,12}

Oxytocin massage has good benefits for smooth lactation, including helping mothers psychologically, such as providing a sense of calm, increasing self-confidence, helping mothers to have good thoughts and feelings about their babies, increasing breast milk, facilitating breast milk and relieving fatigue.¹³

Based on the results of Yetty's (2022) research on "Application of Oxytocin Massage in Increasing Breast Milk Production", it was found that there was an effect of oxytocin massage on increasing breast milk production with data on the difference in the average value of breast milk production before being given

oxytocin massage of 5.59 cc and after being given oxytocin massage, namely 16.75 cc with a *p-value* $< \alpha$ ($0.000 < 0.05$).¹⁴ Muayah's (2022) research also stated that there was an increase in breast milk production after being given oxytocin massage, as evidenced by data on breast milk production before oxytocin massage, it was found that all had insufficient breast milk production, as many as 35 people (100%) and after oxytocin massage, it was found that most had sufficient breast milk production, as many as 25 people (71.4%). The results of the *Wilcoxon test* showed an effect before and after oxytocin massage on breast milk production in postpartum mothers (*p value* = $0.000 < 0.05$).^{15,16}

From the results of the interview conducted with the patient, it was found that Mrs. A said that after giving birth, her breast milk only came out a little and was not smooth, Mrs. A said she did not know why her breast milk was not smooth so that her baby was often fussy because he was thirsty, Mrs. A said she was anxious because she could not breastfeed her baby because her breast milk did not come out. Mrs. A also said she was tired of breastfeeding her baby.

Therefore, based on the background and interview results above, the author is interested in conducting a case study research related to breastfeeding mothers with the title "Implementation of Oxytocin Massage in Postpartum Mother Care to Overcome Ineffective Breastfeeding Problems in the Work Area of Putri Ayu Health Center, Jambi City"

The general objective of writing this scientific paper is to provide the Application of Oxytocin Massage in Postpartum Mother Care to Overcome the Problem of Ineffective Breastfeeding in the Working Area of Putri Ayu Health Center, Jambi City.

Method

The study used a case study method, the respondent selection technique used was *purposive sampling*. The selected respondent was a postpartum mother who had problems with ineffective breastfeeding. Data collection in this study was by using unstructured interview methods, observation and documentation. The data collection

tool was in the form of SOP (Standard Operating Procedure) of olive oil used to perform oxytocin massage. Data analysis was carried out after the creation of Nursing Care containing data, then the data was analyzed with the analysis domain.

Results

The results of the assessment obtained by researchers through interviews, observations, and documentation studies, on behalf of Mrs. A, a 27-year-old female. The assessment was conducted on June 10, 2023 with the main complaint that the client said that her breast milk was not flowing smoothly. The client's current health history is that the client said that she had just given birth on June 9, 2023, on Friday, at 05.00 WIB normally, the client said that her breast milk was only coming out a little and was not flowing smoothly, the client said that her breasts were swollen and painful. The client said that she did not know how to breastfeed her baby because her breast milk was not flowing smoothly, the client said that her baby was often fussy, the client said that she felt tired of breastfeeding. The client said that her baby was fussy. The client's previous health history said that she had never had the same disease and there were no hereditary diseases.

History states that she first menstruated at the age of 12, and the client's LMP before pregnancy was on September 29, 2022. The client said there were no problems during her pregnancy. The client said this was her first delivery, the client gave birth at 36 weeks of pregnancy, the client said her delivery was normal at Bhayangkara Hospital at 05.00 WIB, the client said. The baby's weight at birth was 2,660 grams, and length 48 cm.

During the physical examination, it was found that the current weight is 75.8 kg, TB 168 cm, BP: 140/80 mmHg, N: 83x / i, RR: 20x / i, S: 36.7 ° C and a *head to toe physical examination* found on the breasts: the client's breasts appear swollen, and the nipples appear slightly sore, and other examinations show no problems or abnormalities. The client said that her current complaint is that her breast milk is not

flowing smoothly so that the client cannot breastfeed her baby properly, the client said she was tired and anxious because her breast milk production was not smooth.

Based on the results of Mrs. A's assessment, the author raised a nursing diagnosis in the case of ineffective breastfeeding related to inadequate breast milk supply. Ineffective breastfeeding is a condition in which the mother and baby experience dissatisfaction or difficulty in the breastfeeding process.¹⁷

This nursing diagnosis of ineffective breastfeeding is proven by the signs and symptoms that appear in the client, namely the client said that her breast milk was not flowing smoothly, the client said she did not know how to make her breast milk flow smoothly, the client said she was anxious about not being able to breastfeed, the client said her baby was often fussy. While the objective data is that breast milk does not drip, the baby looks fussy, the nipples look sore.¹⁴

Planning or intervention designed by the author based on the Indonesian Nursing Intervention Standards (SIKI) where the intervention given is breastfeeding education with evidence-based practice, namely oxytocin massage, where oxytocin massage is one of the breast treatments that is injured by massaging the spine to stimulate the oxytocin hormone which plays a role in facilitating breast milk.¹⁸

The implementation of oxytocin massage was carried out for 5 days starting from June 11, 2023 to June 15, 2023. In this case study, the author carried out oxytocin massage at the client's home in the working area of the Putri Ayu Health Center, Jambi City. Implementation on the first day After the oxytocin massage was carried out, the results showed that the client understood how to perform the oxytocin massage and would practice it, and no drops of breast milk came out during the first oxytocin massage.

Implementation of the second day the client said her breast milk was not smooth, the client said her baby was fussy, and the client still felt anxious. After the oxytocin massage was done, the results showed that the mother was calmer, there was

breast milk that dripped a little when the massage was done, the client was happy because there was breast milk dripping and the client will do the oxytocin massage herself at home assisted by her husband and will be evaluated at the next meeting.

Implementation on the third day After the oxytocin massage was carried out, the results showed that the mother was calm and relaxed, there were drops of breast milk coming out when the oxytocin massage was carried out, the mother said she was more confident in breastfeeding.

Implementation on the fourth day After the oxytocin massage was carried out, the results showed that the mother was calm and relaxed, there were drops of breast milk coming out when the oxytocin massage was carried out, the mother said she was more confident in breastfeeding and the mother felt happy because her breast milk was starting to flow smoothly and the mother would do the oxytocin massage herself at home assisted by her husband and would be evaluated at the next meeting.

Implementation on the fifth day After the oxytocin massage was carried out, the results showed that the client relaxed after the oxytocin massage, drops of breast milk appeared to come out when the oxytocin massage was carried out, the mother said she was more confident in breastfeeding and the client felt happy because her breast milk started to flow smoothly.

Nursing evaluation in patients with ineffective breastfeeding problems related to inadequate breast milk supply where after being given oxytocin massage intervention for 5 days, the results showed that there was a slow increase in breast milk production. On the first day of intervention, there was no visible breast milk production when oxytocin massage was performed, but on the third day of intervention to the fifth day of intervention, an increase in breast milk production was seen where every time the massage was performed, breast milk continued to drip.

Discussion

The implementation carried out by the author in the case did not find any significant obstacles or constraints, the client was able to work well together, the client was cooperative, and understood what was explained by the researcher. There was an increase in breast milk production so that the client's breast milk production began to increase slowly after being given complementary therapy, namely oxytocin massage to increase breast milk production and make the client more relaxed in breastfeeding. The client's family also helped accompany and provide support to the client in order to get good results. In addition, the author also taught the family how to do oxytocin massage independently in order to help the client to increase breast milk optimally.

Oxytocin massage is one of the good and right solutions to accelerate or smooth the production of breast milk, namely massage along the spine (*vertebrae*) to the fifth or sixth costae bone ^{19,20} . This oxytocin massage can also provide a sense of comfort and relaxation to the mother after experiencing the labor process so as not to inhibit the secretion of prolactin and oxytocin hormones in the mother ²²⁻²⁵ .

Oxytocin massage has benefits, namely helping mothers psychologically such as providing a sense of calm, increasing self-confidence, increasing maternal comfort after giving birth, reducing pain in the spine after giving birth, stimulating the release of the hormone oxytocin, facilitating breast milk production. In addition to having many benefits, oxytocin massage can be done easily and whenever the mother wants with a duration of 3-5 minutes before breastfeeding or expressing breast milk ²⁶⁻²⁸ .

Based on the research results of Ika Nur Saputri (2019), the results of *the Wilcoxon Signed Rank Test showed that* the average breast milk production of postpartum mothers before oxytocin massage was 9.90, while the average breast milk production of postpartum mothers after oxytocin massage was 13.50. There is a significant effect of oxytocin massage on breast milk production with *a p-value* = 0.008 ($p \leq 0.05$). ²⁹ This is in line with the research of Hidayah (2023) which states that the effect of oxytocin massage on the adequacy of breast milk production in postpartum

mothers is known that out of 16 respondents who underwent oxytocin massage, 15 people had sufficient breast milk production, while out of 15 respondents who did not undergo oxytocin massage, 9 people had sufficient breast milk production. The results of the statistical test using *Chi Square* (χ^2) obtained a *p-value* = 0.037 (*p-value* \leq 0.05) which means that there is a significant effect between oxytocin massage and breast milk production in BPM Noranita Kurniawati, Amd.Keb Tugu Village, Sumberejo Regency, Jombang Regency.³⁰

Conclusion

Based on the results of a case study of nursing care for Mrs. A with a nursing diagnosis of ineffective breastfeeding related to inadequate breast milk supply in the working area of the Putri Ayu Health Center in Jambi City, the author can draw the following conclusions:

The assessment conducted on the client obtained objective data in the client's case was that there was no breast milk dripping/gushing, the baby looked fussy, the nipples looked sore. From these data, it shows that the nursing problem that emerged was ineffective breastfeeding and is reinforced by subjective data from the client saying that breast milk was not flowing smoothly, the client said she did not know how to make breast milk flow smoothly, the client said she was anxious about not being able to breastfeed her baby.

Nursing care planning for postpartum mothers with ineffective breastfeeding problems related to inadequate breast milk supply with the objectives and outcome criteria, namely increased baby attachment to the mother's breast, increased breast milk drops/flow, increased adequate breast milk supply, increased maternal confidence, decreased nipple abrasions, decreased maternal fatigue, decreased fussy babies.¹⁷

The implementation of nursing care is carried out in accordance with the nursing plan that has been prepared. The implementation of nursing care carried out on Mrs. A is breastfeeding education with the application of oxytocin massage. Implementation

actions on patients were carried out for 5 days and during the action process the author did not find any significant obstacles or constraints, patients and families were able to cooperate and support this oxytocin massage action well.

The evaluation obtained in the case of Mrs. A with the application of oxytocin massage to overcome the problem of ineffective breastfeeding showed a gradual increase in breast milk production, and also increased the mother's confidence in breastfeeding, as well as an increase in attachment between mother and baby. In addition, the application of oxytocin massage also provides a relaxing effect on the mother so that the mother is more comfortable and not anxious when breastfeeding.

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