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Pengaruh Pijat Oksitosin Oleh Suami Terhadap Produksi ASI ibu Primipara Post Partum Normal di Rumah sakit Roemani Muhammadiyah Semarang

xiv+57 lembar+13 Tabel+17 Lampiran+3 Skema

ABSTRAK

Pendahuluan : Dukungan orang terdekat khususnya suami sangat dibutuhkan dalam mendukung ibu selama memberikan ASI-nya (*support system* suami) kepada ibu. Jika ibu merasa didukung, dicintai, dan diperhatikan maka akan muncul emosi positif yang akan meningkatkan produksi hormon oksitosin sehingga produksi ASI pun lancar. Tujuan dalam penelitian ini adalah membuktikan pengaruh pijat oksitosin oleh suami terhadap produksi ASI pada ibu post partum normal di Rumah Sakit Roemani Muhammadiyah Semarang. **Metode :** Jenis penelitian ini adalah *quasi experiment* dengan rancangan *pretest-posttest with control group*. Jumlah sampel 26 ibu post partum normal yang menyusui. Dilakukan pengukuran produksi ASI menggunakan lembar observasi dengan parameter BB bayi, frekuensi BAK bayi, Frekuensi BAB bayi, frekuensi menyusui bayi. Analisis data menggunakan *uji wilcoxon*. **Hasil :** Ada pengaruh pijat oksitosin oleh suami terhadap Produksi ASI dibuktikan dengan meningkatnya frekuensi BAK, Frekuensi BAB, Frekuensi menyusui pada responden. **Analisis :** Pemberian pijat oksitosin oleh suami berpengaruh terhadap produksi ASI dengan parameter frekuensi BAK bayi ($p<0,05$), frekuensi BAB bayi ($p<0,05$), frekuensi menyusui bayi ($p<0,05$). Diskusi : salah satu penilaian produksi ASI adalah dengan menilai frekuensi BAK bayi. Bayi yang normal akan BAK 6-8 kali sehari, hasil penelitian ini sesuai dengan penelitian yang dilakukan Budiarti (2009) dan Mardianingsih (2010) yang menyebutkan bahwa produksi ASI dapat dinilai dari frekuensi miksi bayi sebanyak 6-8 kali sehari. **Simpulan :** Pemberian pijat oksitosin oleh suami dapat meningkatkan produksi ASI pada ibu yang dilihat dari frekuensi BAK bayi, frekuensi BAB bayi dan frekuensi menyusui bayi. **Saran :** Pijat oksitosin oleh suami sebaiknya dilakukan untuk memperlancar ASI.

Kata kunci: Pijat oksitosin oleh suami, Produksi ASI

Pustaka : 33 (2002-2019)

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The Effect of Oxytocin Massage by Husband in Producing Breast Milk of Primipara Postpartum Normal in Roemani Muhammadiyah Hospital Semarang

Xiv + 57 Pages +13 Tables + 17 Appendices + 3 Schemes

ABSTRACT

Background: The support of the closest person, especially the husband, is needed in supporting the mother while giving her breast milk (husband support system) to the mother. If the mother feels supported, loved, and cared for, the positive emotions will appear, and the production of the hormone oxytocin will increase so that the production of milk is also smooth. The objective was to prove the effect of oxytocin massage by the husband in producing breast milk of normal postpartum at Roemani Muhammadiyah Hospital Semarang. **Method:** This research used a quasi-experiment with a pretest-posttest with control group design. The sample was 26 normal postpartum mothers who breastfeed. Breastmilk production was measured using an observation sheet with parameters for baby's defecation, baby's urination frequency, baby's defecation frequency, and baby's breastfeeding frequency. The data analysis using the Wilcoxon-test. **Result:** There was the influence of oxytocin massage by the husband in producing breast milk as evidenced by the increasing frequency of urinating, frequency of bowel movements, frequency of breastfeeding in respondents. **Analysis:** In giving oxytocin massage by the husband influence the production of breast milk with the parameters of baby's urination frequency ($p < 0.05$), baby's defecation frequency ($p < 0.05$), baby's breastfeeding frequency ($p < 0.05$). Discussion: one of the evaluations of ASI production was by evaluating the baby's urination frequency. Normal baby will urinate 6-8 times a day, the results of this study were by research conducted by Budiarti (2009) and Mardianingsih (2010) which stated that the production of breast milk could be assessed from the infant's urinary frequency of 6-8 times a day. **Conclusion:** The Oxytocin massage by the husband can increase breast milk production in the mother as seen from baby's urination frequency, baby's defecation frequency, and the baby's breastfeeding frequency. **Suggestion:** The oxytocin massage by husband should be done to facilitate breast milk.

Keywords: Oxytocin massage by husband, Breast milk production

Reference: 33 (2002-2019)