

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN
UNIVERSITAS MUHAMMADIYAH SEMARANG**

Skripsi, Maret 2017

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Praktik Pijat Marmet Oleh Suami Terhadap Produksi Asi Ibu Post *Sectio Caesaria* Di Ruang Nifas Rsi Sultan Agung Semarang

Xiii + 63 Halaman + 7 Tabel + 3 Skema + 8 Lampiran

ABSTRAK

Pasien dengan post operasi *caesaria* sering mengalami kendala dalam memberikan ASI secara dini maupun selanjutnya. Terhambatnya produksi ASI dikarenakan efek pembiusan dan obat-obatan anti nyeri. Produksi ASI dapat meningkat jika dibantu dengan pijatan, sehingga dapat meningkatkan produksi hormon prolaktin dan oksitosin. Penelitian ini bertujuan mengetahui pengaruh praktik pijat marmet oleh suami terhadap produksi ASI ibu *post sectio caesaria* di ruang nifas RSI Sultan Agung Semarang.

Jenis penelitian adalah *Quasi Experimental* dengan rancangan penelitian yang digunakan yaitu *Posttest Only Control Group Design*. Pengambilan sampel secara *consecutive sampling* sebanyak 17 orang. Analisa data statistik menggunakan analisa Mann-Whitney dan *T-Test Independent*. Pengumpulan data dilakukan setiap intervensi selesai diberikan dengan cara mengobservasi pada lembar pengukuran frekuensi buang air besar, buang air kecil bayi dan frekuensi menyusui bayi.

Hasil analisa statistik dapat disimpulkan bahwa teknik pijat marmet terbukti efektivitasnya dapat meningkatkan produktivitas asi ibu *pasca sectio caesaria* di Rumah Sakit Islam Sultan Agung Semarang dengan nilai signifikansi 0,000 dan dari hasil uji *Mann Whitney* terbukti menyatakan bahwa ada pengaruh praktik pijat marmet oleh suami terhadap produksi ASI ibu *post sectio caesaria* sebelum dan sesudah diberikan teknik marmet oleh suami.

Kata Kunci : pijat marmet, produksi ASI, *sectio caesarea*
Pustaka : 36 (2004-2016)

**UNDERGRADUATE NURSING STUDY PROGRAM
FACULTY OF NURSING AND HEALTH SCIENCES
UNIVERSITY OF MUHAMMADIYAH SEMARANG**

Minithesis

Sri Waningsih, March 2017

Xiii + 63 Pages + 7 Tables + 3 Chart + 8 Appendix

The practice of marble massage by husband to mother's milk production Post sectio caesaria in Islamic Hospital of Sultan Agung Semarang

ABSTRACT

Patients with post-operative caesaria often experience constraints in breastfeeding early and later. Inhibition of milk production due to the effects of anesthesia and anti-pain medication. Breast milk production can increase if assisted by massage, so as to increase production of prolactin and oxytocin hormones. This study aims to determine the effect of marble massage practices by husbands on the production of mother's milk post sectio caesaria in the space of RSI Sultan Agung Semarang. The type of research is Quasi Experimental with the research design used is Posttest Only Control Group Design. Consecutive sampling is 17 people. Statistical analysis using Mann-Whitney and T-Test Independent analysis. Data collection was performed after each intervention was completed by observing on the measurement of the frequency of defecation, baby's urination and the baby's feeding frequency. The results of statistical analysis can be concluded that the technique of massage marmet proved its effectiveness can improve the productivity of post-sectio cesesaria mother in Islamic Hospital Sultan Agung Semarang with a significance value of 0.000 and Mann Whitney test results proved that there is influence of the practice of marble massage by husband to mother's milk production Post sectio caesaria before and after being given marble technique by husband.

Keywords : massage marmet, milk production, sectio caesarea

Reference : 36 (2004-2016)