

THE COMBINATION OF MARMET TECHNIQUE AND OXYTOCIN MASSAGE FOR SMOOTH PRODUCTION OF BREAST MILK FOR POSTPARTUM MOTHER

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ABSTRAK : KOMBINASI TEKNIK MARMET DAN PIJAT OXYTOCIN UNTUK MELANJUTKAN PRODUKSI ASI PADA IBU PASCA PERSALINAN

Latar belakang Berdasarkan data Dinas Kesehatan Kabupaten Lampung Selatan. Persentase bayi yang mendapat ASI eksklusif di Lampung Selatan pada tahun 2017 sebesar 59,7% (5.645 bayi) menurun dari tahun sebelumnya yang mencapai 74,9% (6.494 bayi). Artinya capaian ASI eksklusif belum melampaui target 100%. Capaian ASI eksklusif tertinggi terdapat di Puskesmas RI Penengahan yaitu sebesar 81% sedangkan capaian puskesmas yang masih di bawah target yaitu Puskesmas Bakauheni (23%). Di wilayah Tanjung Bintang capaian bayi yang menyusui kurang dari 6 bulan atau mendapat ASI eksklusif pada tahun 2017 sebesar 66%.

Tujuan : Diketahui efektivitas kombinasi pemberian teknik marmet dan pijat oksitosin untuk kelancaran proses produksi ASI di Wilayah Desa Jatibaru, Tanjung Bintang Lampung Selatan.

Metodologi Penelitian : Jenis penelitian kuantitatif, rancangan penelitian *quasi eksperimen* dengan pendekatan *Posttest Only Control Group Design*. Populasi adalah seluruh ibu nifas di Wilayah Desa Jati Baru Tanjung Bintang Lampung Selatan yang datang saat dilakukan penelitian sebanyak 45 orang dan sampel sebanyak 36 orang pada saat bulan Mei-Juni 2021. teknik sampling menggunakan consecutive sampling, analisa data univariat dan bivariat menggunakan *t-tes independen*.

Hasil : Hasil uji statistik menggunakan *tes-independen* didapat nilai *p-value* 0.000 ($\alpha < 0.05$) yang artinya terdapat pengaruh kelancaran produksi ASI pada kelompok yang diberi kombinasi teknik marmet dan pijat oksitosin.

Kesimpulan: Kelancaran produksi ASI dilihat dari berat badan bayi pada kelompok ibu yang diberikan kombinasi teknik marmet dan pijat oksitosin dengan rerata 3886,67 Kg pada hari ke 8.

Saran : Penelitian dapat memanfaatkan bagi ibu nifas menyusui di Wilayah Desa Jatibaru, Tanjung Bintang, Lampung Selatan untuk mengetahui cara menambah kelancaran Produksi ASI.

Kata Kunci : Teknik Marmet, Pijat Oksitosin, Kelancaran Produksi ASI

ABSTRACT

Purpose : To know the effectiveness the combination of giving marmet technique and oxytocin massage for smooth the process of breast milk production in Jatibaru Village, Tanjung Bintang, South Lampung.

Research Methodology : This study is using quantitative type when the design of the study is quasi experiment with posttest only control group design. The population is all postpartum mothers in Jati Baru Village, Tanjung Bintang, Lampung Selatan who came during a study that were 45 people and the sample is 36 people during May until June 2021. The sampling techniques is using consecutive sampling for this study, when univariate and bivariate data analysis using independent t-tests.

Result : The results of statistical tests using independent tests get a p-value is 0.000 ($\alpha < 0.05$) which means that there is an effect of smooth milk production in the group given a combination of marmet techniques and oxytocin massage.

Conclusion The smooth production of breast milk seen from the baby's weight in the group of mothers who were given a combination of marmet technique and oxytocin massage with a mean of 3886.67 Kg on the 8th day

Contribution : The study can be used for breastfeeding mothers in the Jatibaru Village, Tanjung Bintang, South Lampung to find out how to increase the smoothness of breast milk production.

Keywords : Marmet Technique, Oxytocin Massage, Smooth Production of Breast Milk

INTRODUCTION

Breastfeeding is a natural occurrence. However, to be able for successful breastfeeding optimally, a mother must know about what is the breast milk and the breastfeeding management as well. Failure of the breastfeeding is normally caused by psychological factors of the mother on the beginning of the breastfeeding process. Mothers sometimes feel afraid because the milk produced is not enough for their baby (Utami, 2009; Widiastuti, 2015).

Breast milk is one of the perfect and best foods for babies because it contains of nutritional elements who needed by babies for their optimal growth and development. Breastfeeding needs to be given exclusively during first 6 (six) months babies age and can be continued until the child comes 2 (two) years old (Jateng, 2011; Akbar,N, 2019)

One of the national development goals is to build a quality human resources (HR) so that they can continue the struggle for national development to lead a prosperous, just and prosperous family. In order to prepare reliable human resources, the Indonesian government carries out various programs including the fulfillment of nutrition for newborns with a breastfeeding program until 2 years age and exclusively for 6 months. In normally, a mother produces milk, which we can call breast milk as a natural food provided for the babies (Roesli, U, 2012; Sari,Y.R, 2020).

In 2018, the national percentage of infant who received exclusive breast milk in 2018 was 68.74%. This figure has exceeded the 2018 Renstra target of 47%. The highest percentage of exclusive breastfeeding coverage is in West Java Province (90.79%), while the lowest percentage is in Gorontalo Province (30.71%). A total of six provinces have not reached the Renstra target in 2018. For breast milk coverage in Lampung Province is still far from the target of Renstra Indonesia, with a target of 68.74%, while Lampung Province is still in the 12th position with a coverage target below the percentage of 61.63% (Kemenkes RI, 2019).

Based on data from the South Lampung District Health Office. The percentage of babies who received exclusive breast milk in South Lampung in 2017 is 59.7% (5,645 babies) it decreased from the previous year which reached 74.9% (6,494 babies). This means that the achievement of exclusive breast milk has not exceeded the target of 100%. The highest exclusive breast milk achievement is in puskesmas RI Penengahan it was 81% while the puskesmas achievement is still below form the target is Bakauheni (23%). In Tanjung Bintang region, the achievement of babies who breastfeed less than 6

months or get exclusive breast milk in 2017 is 66% (Dinkes Kab. Lampung Selatan, 2017).

Colin and Scott (2002; Widyawati, 2020) in their study conducted in Australia explained that 29% of post partum mothers stop breastfeeding because the smooth production of breast milk is reduced. While the study conducted by Ahluwia, Morrow, and Hasia (2005; Widyawati, 2020) found that the mothers stopped breastfeeding for their babies in the first month of post partum due to nipple blisters, difficulty in doing the correct attachment and their perception of insufficient production of breast milk so that it could not satisfy the baby. The Reality on the ground it shows that the production and ejection of breast milk is one of the problem at the first days after childbirth that becomes an obstacle in providing breast milk early.

The impact of not giving breast milk is contributing to the infant mortality rate due to poor nutritional status that affects the health of the baby and the survival of the baby. If the baby is not get the exclusively breastfed then this will increase formula feeding to the baby. This statement is supported by the results of Siregar's research (2004; Muslimah, 2020) who showed that exclusive breastfeeding is influenced by various factors, among others, because breast milk does not immediately come out after childbirth / less breast milk production, the difficulty of the baby in sucking, the state of the mother's unsustainable nipples, working mothers and the influence of promotion of breast milk substitutes (Lestari, 2018).

The mother's perception of less breast milk and unable to meet the needs of the baby actually requires further observation by health workers to ensure the sufficiency of breast milk, but the reality in the field is that most mothers directly provide formula without any consultation to health workers. That has a cases of breast milk is not enough it can actually be handled in various ways even both by pharmacologically and nonpharmacologically. Currently Non-Pharmacological treatment is in demand by the public in overcoming various health problems by using the potential of SDA in Indonesia, such as herbs and human resources potential that inherit the knowledge from ancestors about therapy massage including the therapy massage to increase the volume of breast milk.

The Various massage therapies that are quite effective in increasing the volume of breast milk according to various research results and also existing literature include is oxytocin massage, woolwich massage, oketani relaxation massage, endorphin massage, marmet technique and back massage (Amin, 2011; Special, 2021). Marmet

technique is the development of massage and stimulation methods to help lock reflexes out of breast milk. This technique is a combination of massage and milking methods. Back massage with a twisting technique is done on the back of the neck up to five-six costa, massage will make the mother feel relaxed so that the flow of nerves in both breasts will be smoother (Mardiyarningsih Eko, 2010; Special, 2021).

RESEARCH METHODS

Type of the study is quantitative research, the research design is *quasi experimental with posttest only control group design* that is, simple experimental design there are two groups selected by random. One group acts as a control group and one group acts as an experiment group.

The population is all postpartum mothers in the Jati Baru Village Area of Tanjung Bintang Lampung Selatan on May until June 2021 as many as 45 people. In this study, there were 36 mothers who met the sample criteria, the sample was divided into two groups, 18 people as an intervention group and 18 people as a control group. The inclusion criteria in the study were 14-day age postpartum mothers, Exclusive breast milk, and willing to be respodened. While the exclusion criteria in this study are mothers with dead babies, mothers with

drowning milk, low birth weight babies , babies who's given complementary food.

Data collected by directly observed. Inform consent is performed if the respondent meets the criteria. The intervention was administered using SOP and measured using baby's weight indicators which were then recorded on the observation sheet. In the group given a combination of marmet technique and oxytocin massage began by weighing the baby's weight and then massaged marmet and oxytocin, for 7 days and after that the last baby weight measurement on the 8th day after being treated for 7 days. And for the control group only measured weight for 8 days without being given any treatment. The instruments used in this study are in the form of observation sheets with indicators of baby weight. The techniques used in this study are consecutive sampling techniques, univariate and bivariate data analysis using *t-test independent*.

RESULT AND DISCUSSION

The Result of Study

From table 1 it can be known that the smooth production of breast milk seen from the weight of babies in the group of mothers who were given a combination of marmet techniques and oxytocin massage in the Jati Baru Village Area of Tanjung Bintang Lampung Selatan in 2021 with a *mean* of 3886.67 Kg on the measurement of day 8.

Tabel 1

Smooth Production of Breast Milk Seen From Baby's Weight on The Group of Postpartum Mothers Who Were Treated With a Combination of Marmet Techniques and Oxytocin Massage In The Jati Baru Village of Tanjung Bintang Lampung Selatan in 2021

Kelancaran ASI	n	Mean	SD	SE	Min-Max
Weight Posttest Intervention Group	18	3886,67	140,461	33,107	3700-4200

Tabel 2

Smooth Production of Breast Milk Seen From Baby's Weight on The Group of Mothers Who Are Not Given a Combination of Marmet Techniques and Oxytocin Massage In The Jati Baru Village of Tanjung Bintang Lampung Selatan in 2021

Kelancaran ASI	N	Mean	SD	SE	Min-Max
Weight Posttest Control Group	18	3645,00	78,008	18,387	3500-3800

From table 2 above it can be known that the smooth production of breast milk can seen from the weight of babies in the group of mothers who were not given a combination of marmet techniques and

oxytocin massage in the Jati Baru Village Area of Tanjung Bintang Lampung Selatan in 2021 with a *mean* of 3645.00 Kg on the measurement of day 8.

Tabel 3

The Effect of Combination Marmet Technique and Oxytocin Massage For The Smooth Production of Breast Milk in The Jati Baru Village of Tanjung Bintang Lampung Selatan in 2021

Variabel	N	Mean	Std. Dev	SE	P-Value
Postest Intervention	18	3886,67	140,461	33,107	0.000
Control	18	3645,00	78,008	18,387	

From the table 3 it is seen that the difference in the smooth production of breast milk is seen from the weight of infants in the group of mothers who were given a combination of marmet and oxytocin massage get a *mean* of 3886.67 Kg while in the group that was not given marmet technique and oxytocin massage get a *mean* of 3645.00 Kg.

The results of the statistical test using *independent tests obtained a p-value of 0.000* ($\alpha < 0.05$) which means that there is an influence on infant weight in the group who's given a combination of marmet techniques and oxytocin massage in the Jati Baru Village of Tanjung Bintang Lampung Selatan in 2021.

DISCUSSION

Smooth Production of Breast Milk Seen From Baby's Weight In The Group of Postpartum Mothers Who Were Treated With a Combination of Marmet Techniques and Oxytocin Massage In The Jati Baru Village of Tanjung Bintang Lampung Selatan in 2021

The smooth production of breast milk seen from the baby's weight in the 14-day postpartum mother group was treated with a combination of marmet techniques and oxytocin massage for 7 days in the Jati Baru Village Area of Tanjung Bintang Lampung Selatan in 2021 with a *mean* of 3886.67 Kg.

Where this study has similarities with research who conducted by Muslimah (2020) The Effect of Giving a Combination of Breast Care and Oxytocin Massage On Breast Milk Production in Postpartum Mothers. Wilcoxon's statistical test results showed an *p-value of 0.000* or *p value < a(0.05)*. The results of the analysis showed that there was a significant influence before and after the combination of breast care and oxytocin massage for increase breast milk production in postpartum mothers in the mrican health center working area in 2020.

According to the theory put forward by Fikawati (2015) breast milk is the best food for babies in the first 6 months of life. All nutritional needs, like protein, kabohydrate, fat, vitamins, and minerals have been fulfilled from breast milk. Early breast milk contains an immune substances from the mother that

can protect the baby from a diseases that cause infant death around the world such as diarrhea, upper respiratory tract infection and pneumonia. In adulthood it is proven that babies who get breastfed have a lower risk of developing degenerative diseases, such as high blood pressure, type 2 diabetes, and obesity. Actually WHO give a recommendation that babies should get exclusive breast milk until the age of 6 months since 2011.

The success of breastfeeding mothers is determined by a comfortable environment as well as the support of her husband or family during the breastfeeding process. While the inability of the mother to give breast milk to the baby is influenced by several things such as mental and psychological factors of breastfeeding mothers are very large influence on the process of breastfeeding and smooth production of breast milk. Stress and discomfort experienced by mother can block the amount of breast milk that comes out.

According to researchers, the production of breast milk seen from the baby's weight is the stage of success of the mother to providing nutrition to her child, the baby's weight seen from the increase is used to pursue growth in the first 3 months of life. Where, after 6 months, the baby will get complementary food which will be the end of exclusive breastfeeding. All of this can be seen from the average of increase in the weight of babies who reached 150-200 grams per week (Nurhasanah, 2016). When the mother has problems with the smoothness of breast milk that can cause the breast milk is not smooth, so we can said the mother is unsuccessful in providing adequate nutrition for her baby. Therefore, there needs to do the marmet techniques and oxytocin massage to maximize the smooth production of breast milk to pursue the growth of the baby in the first 3 months. In this study, the average smoothness of breast milk from 18 respondents with infant weight on the intervention group get a *mean* of 3886.67 Kg.

Smooth Production of Breast Milk Seen From Baby's Weight In The Group of Postpartum Mothers Who Are Not Given a Combination of Marmet Techniques and Oxytocin Massage In The Jati Baru Village of Tanjung Bintang Lampung Selatan in 2021

The smooth production of breast milk seen from the baby's weight in the 14-day group of mothers who were not given a combination of marmet techniques and oxytocin massage for 7 days in the Jati Baru Village Area of Tanjung Bintang Lampung Selatan in 2021 with a *mean* of 3645.00 Kg.

Where this study has similarities with research conducted by Khasanah (2021) The Effectiveness of Back Massage Against The Volume of Breastfeeding Mothers In The City of Yogyakarta with Results: Most of the maternal age falls into the category of reproductive age which is 22 mothers (73.3%), the majority of maternal labor is the normal labor type which is 16 mothers (53.3%) and maternal rest time mostly admitted to rest in less time, it was 19 mothers (63.3%). $p_Value\ 0.002 < \alpha\ (0.05)$ means H_a is accepted and H_0 is rejected, while the Gain Score value is 0.003.

According to the theory put forward by Bahriyah et al (2017; Nurbaiti, 2018) Breast milk has an important role in maintaining the health and survival of the babies, because babies who are exclusively breastfed have better endurance than babies who are not exclusively breastfed. So that babies rarely suffer from diseases and avoid nutritional problems compared to babies who do not. Less breast milk intake results in the baby's nutritional needs becoming unbalanced. Imbalance of nutritional fulfillment in infants will have a bad impact on the quality of human resources that can be seen from the inhibition of optimal baby growth and development.

In the group that was not given marmet techniques and oxytocin massage, the baby's weight also increased although is not significant, this is because breastfeeding mothers are supported by adequate nutrient intake during breastfeeding which can also have an impact on the smooth production of breast milk.

In 14 days postpartum breast milk mother has entered the stage of matur breast milk which means that the milk that comes out has been relatively constant and stable. In addition, the baby's weight has also returned likely as newborn and that will increase. At this time the baby has begun to have a regular pattern in breastfeeding. Many babies finish breastfeeding within 5-10 minutes, but there are have a long ones up to half an hour. This is not a problem

because the need to breastfeed for each baby is different. To maintain the balance of the size of the breast then you should breastfeed with both breasts every time.

The Effect of Combination of Marmet Technique and Oxytocin Massage on The Smooth Production of Breast Milk in The Jati Baru Village of Tanjung Bintang Lampung Selatan in 2021

The results of statistical tests using independent tests obtained a *p-value* of 0.000 ($\alpha < 0.05$) which means that there is an influence on the smooth production of breast milk seen from the baby's weight in the group given a combination of marmet techniques and oxytocin massage in the Jati Baru Village of Tanjung Bintang Lampung Selatan in 2021.

This study is not in line with research conducted by Novita (2018) The Effect of Marmet Technique on The Smoothness of Breast Milk In Mother Post Sectio Caesarea At Grandmed Lubuk Pakam Hospital. The average difference between measurements before and after 0.900 with a standard deviation of 1.101. Statistical test results obtained $pValue = 0.029$ where $pValue$ is smaller than the value of $\alpha = 0.05$ then it can be concluded the hypothesis is accepted that there is an effect of marmet technique on the smoothness of breast milk in post Sectio Caesarea patients at Grandmed Lubuk Pakam Hospital.

This accordance with the theory put forward by Widiastutik (2015) Marmet technique is a combination of how to express breast milk and massage the breast so the breast milk reflex can be optimal. The technique of milking by way of marmet aims to empty breast milk from the lactiveerus sinus located under the areola so that emptying the breast milk in the lactiveerus sinus will stimulate the production of prolactin. The production of the hormone prolactin is expected to stimulate mammary alveoli to produce breast milk. The more breast milk is removed or emptied from the breast the better the production of breast milk in the breast. Oxytocin massage is one solution to overcome the lack of breast milk production. Oxytocin massage is a massage along the spine (vertebrae) to the fifth costae bone and is an attempt to stimulate the hormones prolactin and oxytocin after childbirth (Yohmi Roesli, 2009).

A baby's growth is influenced by genetics, general health, and nutrition. To assess the growth of the baby well or not, we need to take measurements of the baby's weight, length/ height, and head circumference compared to the WHO growth curve as a reference for ideal baby growth. Bringing the

baby periodically every month either to posyandu / midwife or doctor / pediatrician to be measured will make us know whether or not the growth of the baby so that we can immediately find a solution if the baby's weight gain does not follow the reference curve (Fitra, 2017).

In this study there was a difference on the smooth production of breast milk seen from the weight of infants in the group of mothers who were given a combination of marmet and oxytocin massage with a *mean* of 3886.67 Kg while in the group that was not given marmet technique and oxytocin massage with a *mean* of 3645.00 Kg.

In the opinion of researchers, the difference in the weight of the baby whose mother was given the technique marmet oxytocin massage will affect the smooth production of breast milk, which has an impact on the baby's weight, although the increase is not significant this is because in the first week the baby is born will experience a reduction in fluids that cause the baby's weight to decrease when weighed. So in the first week the baby must get nutrient intake through breast milk that can be stimulated through marmet techniques and oxytocin massage.

Weight is the result of an increase or decrease in all tissues of the body, including bones, muscles, fat, body fluids and others. Weight is used as the best indicator at this time to find out the nutritional state and growth of the baby.

The baby's weight increases irregularly, especially if the baby is breastfed. When on average, weight gain ranges from 150-200 grams per week, and usually slows down after 3 months of age, then becomes even slower after 6 months. Of course, there is a time for babies to experience rapid growth spurt and weight gain, or grow more than usual, because a child's growth is greatly influenced by several factors consisting of genetics, hormones, and the environment (Khasanah, 2013).

According to the assumption of the authors of the results of the study above there are still babies who do not experience weight gain due to exclusive breastfeeding that is wrong, because a child gets optimal growth and development if his physical gain (weight and height) increases followed by good thinking and creativity skills. Babies usually lose weight in the first days after birth about 10 percent of newborn weight is still considered no problem. This is caused by loss of feces (meconium) through pup and urine which is a natural thing. And the time it takes to regain his birth weight is around the 10th day. Many healthy babies take longer.

CONCLUSION

The smooth production of breast milk seen from the baby's weight in the group of mothers who were given a combination of marmet technique and oxytocin massage with a mean of 3886.67 Kg on the 8th day. The smooth production of breast milk seen from the baby's weight in the group of mothers who were not given a combination of marmet technique and oxytocin massage with a mean of 3645.00 Kg on the 8th day. The results of the statistical test using independent tests obtained a p-value of 0.000 ($\alpha < 0.05$) which means that there is an influence on infant weight in the group given a combination of marmet techniques and oxytocin massage in the Jati Baru Village of Tanjung Bintang Lampung Selatan in 2021.

SUGGESTION

It is expected that the class group of mothers or cadres in jatibaru village area can apply oxytocin massage and marmet technique as a non-pharmacological alternative to facilitate breast milk production in the group of postpartum and breastfeeding mothers, The recommendation for health workers at The Independent Midwife Practice to provide health education to mothers who have newborns, in accordance with the government's program in supporting the Exclusive Breast Milk program by providing counseling and training for families / husbands to perform oxitorin massage and marmet techniques in new mothers of maternity to stimulate breast milk expenditure. It is expected that for further researchers to be used as references and as additional references related to research with the theme of non-pharmacological alternativ to launch breast milk production, in addition researchers are expected to conduct research with models comparing more than groups and conducting food control in mothers.

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