

FACTORS RELATED TO KNOWLEDGE OF POST PARTUM MOTHERS ABOUT OXYTOCIN MASSAGE

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ABSTRAK

Latar Belakang: Pijat oksitosin adalah pijatan relaksasi pada punggung ibu untuk merangsang hormon oksitosin. Menurut Profil Kesehatan Indonesia tahun 2015 jumlah presentasi bayi yang mendapatkan ASI eksklusif sebanyak 55,7% sedangkan cakupan ASI Eksklusif targetnya adalah 80%. Pijat oksitosin yang dilakukan sepanjang *vertebrae* sampai tulang *costae* kelima atau keenam. Pijat oksitosin merupakan salah satu solusi untuk mengatasi ketidاكلancaran ASI.

Tujuan: Penelitian ini untuk mengetahui hubungan antara faktor-faktor yang berhubungan dengan pengetahuan ibu nifas tentang pijat oksitosin di wilayah RT 002 dan RT 003 RW 02 Desa Pusaka Rakyat Kecamatan Tarumajaya tahun 2021

Metode: Penelitian ini menggunakan desain *total sampling* dengan teknik pengambilan data total sampling, jumlah sampel sebanyak 30 responden. Analisa data yang digunakan adalah univariat, bivariate dan multivariate dengan uji *chi square* seluruh analisa data diolah dengan bantuan perangkat lunak SPSS. Cara pengumpulan data menggunakan data primer variabel X yaitu usia, pendidikan, pekerjaan, paritas dan sumber informasi dengan variabel Y yaitu Pengetahuan ibu nifas

Hasil: Berdasarkan analisa data didapatkan hasil bahwa variabel yang berhubungan dengan pengetahuan ibu tentang pijat oksitosin adalah : pengetahuan ibu terhadap usia (p value =0,01), pengetahuan terhadap pendidikan (p value =0,02), pengetahuan terhadap paritas (p value =0,03), pengetahuan terhadap pekerjaan (p value =0,01), pengetahuan terhadap sumber informasi (p=0,04).

Kesimpulan: Peneliti berasumsi bahwa pentingnya pengetahuan ibu nifas tentang Pijat Oksitosin untuk meningkat produksi ASI dan mendukung program pemberian ASI Eksklusif sehingga dapat mengatasi masalah ASI yang tidak lancar.

Saran: Disarankan kepada ibu untuk meningkatkan pengetahuan tentang pijat oksitosin serta meningkatkan program komunikasi, informasi dan edukasi kepada ibu nifas khususnya tentang pijat oksitosin.

Kata Kunci : Pengetahuan, Pijat Oksitosin

ABSTRACT

Background: Oxytocin massage is a relaxing massage on the mother's back to stimulate the oxytocin hormone. According to the 2015 Indonesian Health Profile, the percentage of infants receiving exclusive breastfeeding was 55.7%, while the target for exclusive breastfeeding was 80%. Oxytocin massage is carried out along the vertebrae to the fifth or sixth rib. Oxytocin massage is one solution to overcome breast milk insufficiency.

Objective: This study was to determine the relationship between factors related to postpartum mother's knowledge about oxytocin massage in the area of RT 002 and RT 003 RW 02 Pusaka Rakyat Village, Tarumajaya District in 2021.

Methods: This study uses a total sampling design with a total sampling technique of data collection, the number of samples is 30 respondents. Analysis of the data used is univariate, bivariate and multivariate with chi square test all data analysis is processed with the help of SPSS software. How to collect data using primary data variable X namely age, education, occupation, parity and sources of information with variable Y namely Knowledge of postpartum mothers

Results: Based on data analysis, it was found that the variables related to mother's knowledge about oxytocin massage were: mother's knowledge of age (p value = 0.01), knowledge of education (p value = 0.02), knowledge of parity (p value = 0.03), knowledge of work (p value = 0.01), knowledge of information sources (p = 0.04).

Conclusion: Researchers assume that the importance of postpartum mother's knowledge about Oxytocin Massage to increase breast milk production and support exclusive breastfeeding programs so that they can

overcome the problem of breastfeeding that is not smooth.

Suggestion: It is recommended for mothers to increase knowledge about oxytocin massage and improve communication, information and education programs for postpartum mothers, especially about oxytocin massage.

Keywords: Knowledge, Oxytocin Massage

INTRODUCTION

According to the World Health Organization (WHO), the World Health Organization recommends that every newborn get exclusive breastfeeding for 6 months, but some mothers do not give exclusive breastfeeding because the reason is that the milk does not come out or only comes out a little so that it does not meet the needs of the baby. Based on the results of the Riskesdas, exclusive breastfeeding for infants for 6 months is only 40.6%, far from the national target of 80%. Lack of milk production is one of the reasons why mothers decide to give formula milk to their babies. UNICEF (United Nations International Children's Emergency Fund). Has a chance of dying in the first month of birth, and a baby who is formula-fed is 25 times more likely to die than a baby who is exclusively breastfed. Formula milk does not have a complete content like breast milk, and does not contain antibodies as contained in breast milk. This causes babies who are not exclusively breastfed to get sick easily. (Nora & Nisa, 2018 dan Rukiyah, 2011)

According to the 2015 Indonesian health profile, the number of exclusive breastfeeding in Indonesia is more than three million babies, there are 34 provisions in Indonesia, there are only one million babies who are exclusively breastfed with a percentage of 55.7%. This figure proves that the target of 80% exclusive breastfeeding coverage is still very far from reality. (Seri & Sudarto, 2019)

Breast milk is a type of food that meets all the elements of a baby's physical, psychological, social and spiritual needs. Breast milk contains nutrients, hormones, elements of growth immunity, anti-allergy, and anti-inflammatory. Nutrients in breast milk include nearly 200 elements of food substances (Hubertin, 2007). The government has stipulated Government Regulation no. 33 of 2012 concerning Exclusive Breastfeeding, states that every baby must receive exclusive breastfeeding which is given to babies from birth for 6 (six) months, without adding and/or replacing with other foods or drinks. (Kementerian Kesehatan Republik Indonesia, 2012)

Efforts to overcome breast milk insufficiency can be done pharmacologically and non-pharmacologically. Non-pharmacological efforts are easier to do, simple and do not require costs and do not cause side effects. One of the non-pharmacological methods that can be used to

overcome breast milk insufficiency is acupressure and oxytocin massage. (Lestariningsih & Lestari, 2021, Hartono, 2012 dan Hariadi, 2017). Oxytocin massage is a massage along the spine (vertebrae) to the fifth-sixth costal bone and is an attempt to stimulate the hormones prolactin and oxytocin after childbirth (Riyanti & Mulyani, 2019)

Oxytocin massage is an action taken by husbands or health workers for breastfeeding mothers in the form of back massage on the mother's back to increase the release of the hormone oxytocin (Suherni, 2007).

Expenditure of breast milk is influenced by two factors, namely production and expenditure. Breast milk production is influenced by the hormone prolactin, while the output is influenced by the hormone oxytocin. Oxytocin massage is a solution to overcome the lack of smooth milk production by doing massage along the spine (vertebrae) to stimulate the oxytocin hormone after giving birth. (Mardiyaningsih et al., 2011) and (Lowdermilk & Perry, 2000)

Oxytocin massage is done to stimulate the oxytocin reflex or let down reflex. By doing this massage the mother will feel relaxed, fatigue after giving birth will disappear, so that the oxytocin hormone comes out and breast milk comes out quickly. (Mardiyaningsih et al., 2011) (Sugih, 2018). According to (Widuri, 2013) and (Rini, 2016), this oxytocin massage method is more recommended if it is done before breastfeeding or expressing breast milk in steps, namely (1) the mother sits by placing her hands on a chair or backrest placed in front of her, (2) frees her mother's back from her clothes, (3) the massager's thumbs are dipped in baby oil, then do the movement on the back precisely next to the spine, (4) do circular motions on both thumbs up and down, do it several times until the mother feels relaxed, (5) lastly check the milk output by pressing the mother's breast.

RESEARCH METHODS

This research uses quantitative research. Quantitative research is a systematic scientific study of the phenomena and causality of their relationships. (Unaradjan, 2019). The research design used is a cross-sectional study which is an observational study where data collection on the dependent and independent variables is only done once at the same time, so there is no further follow-

up. (Nurdin, Ismail, 2019). The type of data used is primary data derived from interviews or observations of certain objects. (Sugiyono, 2018). The method of collecting data was survey method which was carried out by giving questionnaires to postpartum mothers. The sampling technique used was total sampling with

30 postpartum mothers. Data analysis was conducted to determine the relationship between variable X, namely Age, Education, Occupation, Parity and Source of Information with variable Y, namely Knowledge by using the Chi Square test at the level of significance = 0.05 (Nursalam, 2017).

RESEARCH RESULT

Table 1
Frequency Distribution of Respondents Characteristics
in RT 02 and RT 03 RW 03 Pusaka Rakyat Village, Tarumajaya Bekasi in 2021

Characteristics	(f)	%
Knowledge		
lack of knowledge <50%	23	76,7
good knowledge >50%	7	23,3
Total	30	100
Age		
At risk < 20 years and > 35 years	5	16,7
No Risk 20-35 years	25	83,3
Total	30	100
Education		
Low (elementary school-junior high school)	23	76,7
College (High School-College)	7	23,3
Total	30	100
Work		
Doesn't work	20	66,7
Work	10	33,3
Total	30	100
Parity		
At risk (Multipara & Grandemultipara)	12	40
No Risk (Primiparous)	18	60
Total	30	100
Resources		
Mass media	16	53,3
Non-Media Mass	14	46,7

Based on table 1, it can be seen from the characteristics of the highest average respondents, namely lack of knowledge as many as 23 respondents (76.7%), age not at risk (20-35 years) as many as 25 respondents (83.3%), low education

as many as 23 respondents (76.7%), not working as many as 20 respondents (66.7%) Parity is not at risk as many as 18 respondents (60%) and sources of information through mass media as many as 16 respondents (53.3%).

Table 2.
Analysis of Multivariate Factors Affecting Postpartum Mothers About Oxytocin Massage

At RT 02 and RT 03 RW 03 People's Heritage Village, Tarumajaya Bekasi in 2021

Variabel X Variabel Y	Pengetahuan				N	P Value
	Kurang		Baik			
	n	%	n	%		
Age						
At risk < 20 years and > 35 years	4	13,3	1	3,3	5	
No Risk 20-35 years	19	63,3	6	20	25	0,02
Total	23	76,7	7	23,3	30	
Education						
Low (elementary school-junior high school)	19	63,3	4	13,3	23	
College (High School-College)	4	13,3	3	10	7	0,04
Total	23	76,7	7	23,3	30	
Work						
Doesn't work	16	53,3	4	13,3	20	
Work	7	23,3	3	10	10	0,03
Total	23	76,7	7	23,3	30	
Parity						
At risk (Multipara & Grandemultipara)	8	26,7	4	13,3	12	
No Risk (Primiparous)	15	50	3	10	18	0,01
Total	23	76,7	7	23,3	30	
Resources						
Mass media	13	43,3	3	10	16	
Non-Media Mass	10	33,3	4	13,3	14	0,02

Based on table 2, the results of the study show that from 30 respondents the statistical test of the relationship between knowledge and age shows the p value = $0.02 \leq 0.05$ so that it can be concluded that there is a significant relationship between knowledge and age of respondents. The relationship between knowledge and education shows that p value = $0.04 \leq 0.05$ so it can be concluded that there is a significant relationship between knowledge and respondents' education. The relationship between knowledge and parity shows that p value = $0.01 \leq 0.05$, so it can be concluded that there is a significant relationship between knowledge and parity of respondents. The relationship between knowledge and work shows the p value = $0.02 \leq 0.03$ so it can be concluded that there is a significant relationship between knowledge and the respondent's job status. The relationship between knowledge and sources of information shows p value = $0.02 \leq 0.05$ so it can be concluded that there is a significant relationship between knowledge and sources of information obtained by respondents.

DISCUSSION

Multivariate Analysis between Respondents' Characteristics and Knowledge of Postpartum Mothers in Pusaka Rakyat Village, Tarumajaya, Bekasi
Knowledge

Knowledge or knowledge is the result of human sensing or the result of someone knowing about an object through the human senses for sensing objects, namely sight, hearing, smell, taste and touch. At the time of sensing to produce to produce knowledge is influenced by the intensity of attention and perception of the object. A person's knowledge is mostly obtained from the five senses, hearing and sight. (Notoatmodjo, 2016)

From the results of research on postpartum mothers about Oxytocin Massage, 76.7 were included in the category of poor knowledge and 23.3% of the category of good knowledge.

Knowledge according to (Donsu, J,D, 2017), D, 2017 is a result of curiosity through processes, especially in the eyes and ears of certain objects. Knowledge is an important domain in the formation of open behavior

This condition can be influenced by various factors, both internal and external. The lack of knowledge level is due to the lack of exposure to health information from officers and information media such as the internet, books or television. In addition, an unsupportive environment will hinder access to health information from community leaders.

Age

Postpartum mother's age was divided into 2 categories with age not at risk (20-35 years) as much

as 83.3% and age at risk (<20 years and >35 years) as much as 16.7%.

Bivariate analysis of the relationship between knowledge and age shows the p value = $0.02 < = 0.05$ so it can be concluded that there is a significant relationship between knowledge and the age of the respondents.

Reproductive age that is healthy and safe to undergo pregnancy and childbirth is 21-35 years. Pregnancy at a young age and old age is more risky than a healthy reproductive age. (Sriyuningsih, 2019)

The results of this study are in line with Biancuzzo in (Delima & Arni, 2016) that mothers who are younger or aged less than 35 years produce more breast milk than older mothers. Mothers who are younger will produce more milk than mothers who are older. According to (Notoatmodjo, 2016) that age affects a person's perception and mindset. The older you get, the more your mindset and perception will develop. Based on the results of the chi square analysis of the H_a study, it can be concluded that there is a relationship between maternal age and oxytocin massage.

Based on the research results of (Wijayanti & Setyaningsih, 2011) the characteristics of post partum mothers who do oxytocin massage based on age are mostly aged 20-35 years as many as 21 respondents (70%) based on secondary education (SMA) as many as 18 respondents (60%) and based on occupation most of them working as many as 18 respondents (60%)

Postpartum mothers who are not at risk of physiological and psychological risks are ready to take care of themselves and are able to believe that oxytocin massage can help facilitate mother's milk production so that mothers can exclusively breastfeed their babies.

Education

The higher a person's education, the more knowledge he has. On the other hand, the less education, the less will hinder the development of one's attitude towards the newly introduced values (Nursalam, 2017)

The results of the study obtained respondents with low education as much as 76.7% and higher education as much as 23.3%. Analysis of the relationship between knowledge and education shows p value = $0.04 < = 0.05$ so it can be concluded that there is a significant relationship between knowledge and respondents' education

This research is in line with notoatmodjo's theory that the higher a person's education, the better his knowledge is compared to a low level of education. Low education results in a lack of

knowledge in dealing with and solving a problem. Therefore, the higher a person's education, the easier it is for that person to receive information.

This is in line (Tuti & Nurul, 2018) because the level of education is one of the factors that affect a person's knowledge. If someone has a low level of education then someone will find it difficult to receive new information.

Parity

Parity is the number of children born to the mother until the last delivery, both alive and dead (Fitriana, 2018)

From the results of the study, the highest results were 13 people (43.3%) parity mothers who were not at risk and had less knowledge, and the lowest number was 4 people (13.3%) mothers who were at risk and had good knowledge. And from the bivariate results found P Value = $0.03 < = 0.05$, so there is a relationship between parity and mother's knowledge about oxytocin massage.

This research is in line with (Roesli, 2019) that the more children born will affect the productivity of breast milk because it is related to maternal health status and fatigue. Mothers who give birth to a second child and so on will produce more breast milk than the birth of the first child. Based on the results of the chi-square analysis. H_0 is rejected and H_a is accepted so that it is concluded that there is a relationship between parity and mother's knowledge about oxytocin massage.

This is because postpartum mothers who have given birth for the first time (primiparas) tend to want to have knowledge about oxytocin massage because they want to give exclusive breastfeeding for 6 months.

Work

In general, work is an activity carried out by humans, both individually and in groups, both openly and closed, then from these activities they can generate money and be used as a livelihood. (Nursalam, 2017)

In the results of this study, the respondents who did not work were 66.7% and those who worked 33.3%. The relationship between knowledge and work shows the p value = $0.02 < = 0.03$ so it can be concluded that there is a significant relationship between knowledge and the respondent's job status.

This study is in line with the results of the research by (Yuvizka & Lathifah, 2022) that 52% of mothers do not work and 48% of working mothers. And (Nazirah, research, 2017 shows that most of the postpartum mothers work as housewives as much as 56.3%. And the results of the chi square analysis

concluded that there was a relationship between work and mother's knowledge about oxytocin massage. Jobs owned by respondents have different levels of workload and difficulty, due to their respective demands. However, it is not the type of work that affects breast milk production, but it is seen from how often mothers breastfeed and how long they work and have a lot of time to express breast milk so that milk production continues to increase according to the needs of the baby.

Resources

Sources of information are everything that becomes an intermediary in conveying information, information media for mass communication. Sources of information can be obtained through print media (magazines and newspapers) electronic media (television, radio, internet) and through health workers such as training held (Sriyuningsih, 2019)

The results of the study obtained that mothers who get sources of information through mass media as much as 53.3% and through non-mass media as much as 46.7%. The relationship between knowledge and sources of information shows that p value = $0.02 < = 0.05$ so it can be concluded that there is a significant relationship between knowledge and sources of information obtained by respondents. This is because mothers get more information from the internet and television because mothers do not believe in information from the surrounding environment about oxytocin massage.

CONCLUSION

Based on the results of the research from the characteristics of the respondents, the results of the analysis showed that there was a relationship between age, education, parity, occupation and sources of information with knowledge of postpartum mothers in Pusaka Rakyat Village, Tarumajaya, Bekasi Regency in 2021.

SUGGESTION

It is recommended for postpartum mothers to increase knowledge about oxytocin massage and improve information communication and education programs for postpartum mothers, especially about oxytocin massage that can be done by health workers.

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