



## The Effectiveness of Oxytocin Massage with Breast Care Against Breast Milk Production in Post Sc Mothers

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### ABSTRACT

**Background:** Conditions that affect milk production include the use of medications such as ideas that are used during surgery. Postoperative pain affects the mother to delay breastfeeding and interferes with the lactation reflex, so the mother needs time to recover. Breast milk production affecting by two hormones: the hormone prolactin and the hormone oxytocin. A message from the mother's spine can stimulate the hormone oxytocin. This study aims to clarify the effectiveness of oxytocin and breast care massage on maternal milk production after SC.

**Methods** This type of quasi-experimental study is only a post-experimental design with a control design. The population of this study were mothers who had SC during March and May 2021. 44 respondents were selected based on random sampling. This study was divided into two groups. Intervention group: mothers after SC received oxytocin massage while control.

**Results:** The results showed that the average weight gain of babies on day 3 of the oxytocin massage group was 85 grams and 256 grams on day 7 of the massage. While the mean weight gain of children on day 3 in the Maternal Care group was 52 grams, and on day 7, the mean weight gain of children was 155 grams. Based on bivariate test results shows that oxytocin massage has more effect significantly in breast milk production of post-SC mothers (p-value: 0.000).

**Conclusion** Therefore, in the case of mothers after SC Willing to receive oxytocin massage treatment to promote milk production.

Keyword : oxytocin massage; breast care; breast milk production

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**Background.** The difference of the variables in this study with other studies on oxytocin massage lies in the independent variable that only one variable performed oxytocin massage, while in this study not only oxytocin massage but also compared with the care control group. chest squirrel. The oxytocin massage study equation is similar to the one that measures breast milk production in postpartum mothers with CS.

The advantage is to use two variables and the oxytocin and Recharge massage intervention groups as controls and to use Test when the test is normal and if not normal, I Using the Mann Whitney test will achieve better

results in controlling the breast milk production of post SC mothers.

Decreased milk production in the first days after birthing may be caused by lack of breast feeding stimulation. Like Idopa erotic for surgery, it takes time for the mother to recover from the postoperative pain and her psychological / emotional state. Due to moderate to severe pain, the mother may postpone breastfeeding to prevent impaired reflexes (Astute, 2017). Breast milk is the best natural food for babies because it contains the energy and nutrients needed for the first six months of a baby's life.

Mothers often face problems with breastfeeding, one of the main obstacles being

milk production not going well. This would be a factor in the low percentage of infants exclusively breastfed (Yuventhia, 2018). The percentage of 6-month-old infants who were exclusively breastfed in Central Java in 2018 was 65.57% and only 40.2% in post-SC patients, while in Banjarnegara Regency it was 62.0 (Kepmenkes, 2018). In 2018, 62.0% of children benefited from exclusive breastfeeding in the Banjarnegara region. Rate of exclusive breast feeding have not achieve the target of exclusive breast feeding in Banjarnegara Regency by 80 % . (Kepmenkes,2018).

Based on research by Piliaria (2018) indicating that oxytocin massage has an effect on breast milk production in postpartum mothers. One alternative effort to achieve mother's role during post caesarean section mother is by breast massage or stimulating breast ti reduce breast tender (Piliaria, Sopiatur and Kunci, 2018)

Based on the above description, it is known that oxytocin and breast massage are related to breast milk softness, therefore the researchers wanted to conduct a study on the "effectiveness of massage with oxytocin in breast care compared with breast milk production in mothers after SC"

**Methods.** Method of this study is quasi-experimental study only post-experimental design with control design. The population of this study of mothers after SC was from March to May 2021 44 respondents were selected based on random sampling. This study was divided into two groups. Intervention group: mothers after SC received oxytocin massage while control group: mothers after SC received breast care.

Randomized sampling if there were mothers after S on the same day, there were two mothers after SC, one who received oxytocin massage and one who cared for animals. By oxytocin massage and breast care on Mother post Sc 2 times daily in the morning and evening for 3 days. from day 1 to day 3 in 10 minutes. data retrieval process by survey machine. The measuring device is seen by

adding the body weight weighed on day 3 and day 7. Weighing time is the morning the baby arrives at the hospital. Based on the normal test (Shapiro walk) on the variables Oxytocin Massage significant values of body weight before and after oxytocin massage before (best) are p (0.235) and after the test p (0.205)). Based on the above information, it can be concluded that the data is normally distributed ( $p > 0.05$ ).

The conclusion of the normality test shows that this variable uses a test of paired samples. Based on test (Shapiro will) on two significant variables Oxytocin Massage Day 3 (0.203), Oxytocin Massage Day 7 (0.450), Breast care Day 3 (0.560), breast care Day 7 (0.914), Based on the above information, it can be concluded that the data is normally distributed ( $p > 0.05$ ). The conclusion of the normality test is that this variable uses a test of independent samples. This study received a certificate of ethics from the Medical Research Ethics Committee of the Semarang Medical Research Laboratory.

### Results and Discussion.

Differences in the effectiveness of breast milk production in mothers after oxytocin massage and SC after breast care

Differences in the effectiveness of milk production in mothers after SC after massage Oxytocin and Breast Care

Table 1.

Group	N	Mean	SD	Sig
Oxytocin massage day 3	22	85,00	47,88	0.04
Breast care day 3	22	52,50	16,23	
Oxytocin massage day 7	22	256,36	63,43	0.00
Breast care day 7	22	155,68	48,58	

Based on Table 1, it is shown that the mean difference in weight of infants in the oxytocin massage group on day 3 is 85.00 grams and the mean difference in the breast care group is 52.50 grams. The oxytocin and breast care massage groups had a p-value of

0.04 <0.05, while the oxytocin massage group had an average baby weight difference of 256.36 grams on day 7 and the breast care group had an average value on day 7. did. Day 7 weighs 155.68 grams. In the oxytocin massage and breast care group, the p-value was 0.00 + - . 0.05 was obtained.

The result for each variable is less than 0.05, which means that there is an average difference between the administration of the two interventions. Therefore, we can conclude that oxytocin massage is more effective than breast care in terms of the difference between the average baby. The weight was heavier in the oxytocin massage group than in the breast care group.

According to a study entitled "Effects of Back Massage on Postpartum Mother Breastfeeding" conducted by (Dr. Umesh Patel, DKK., 2013), the number of respondents was divided into two groups: experimental groups. He was a postpartum mother of 220 people. And control groups.

The purpose of this study was to evaluate the effectiveness of back massage in postpartum maternal nursing. The results showed that the study group significantly increased the weight of the baby after applying the back massage, increased the average amount of urine and defecations per day, and increased the sleep time of the baby after breastfeeding.

This is better than the control group. This study shows that back massage is effective in increasing breastfeeding. Recommended for all breastfeeding mothers, especially those who have problems starting and striving to breastfeed. According to a study by (Kadek Yuli Hesti, Noor Pramono, Sri Wahyuni, Melyana Nurul Widyawati, Bedjo Santoso, 2016), "The effect of a combination of breast care and oxytocin massage on the secrets of breast milk after delivery"

increased The purpose of this study was to determine the effect of a combination of breast care and oxytocin massage on postpartum maternal lactation. Protest-A quasi-experimental study method using non-

randomized control experiments using a protest control group.

The 44 mothers contained in this study were mothers. Of these, 22 were the experimental group and the control group. Data was analyzed by dependent testing and man-white test. The results showed that breast days secretion in experimental groups and control groups with value 0.000 (<0.05) (<0.05). In the experimental group, breast cyclic secretion of 17.09 to 220.91 cc increased, and the control group was also an increase of 17.09 to 72.00 cm. The average difference between the mother's administration between the pre-test test and the mail test in the experiment group was 203.82, and the control group was 54.90. P52 was 0.000 (<0.05). Compared with education and advice on breast care in the control group, in the experimental group, breast milk secretion was significantly increased after receiving a combination of breast milk massage and breast care in the experimental group. Thus, these results can be used as evidence to apply oxytocin massage and breast care. Breastfeeding is a very complex process pointing to breast milk, and hormones that affect mechanical stimulation, nervous and various hormone glands, oxytocin emissions, which are influenced by baby's suction reflection.

When the duct alcohol ligand channel expands or softens, the reflection releases pituitary oxytocin, which causes breast milk emission from the alveoli, which needs to support breast milk elimination. At the birth (Labor, 2013). An important thing that affects breast milk emissions process is breast milk production and elimination process. Breast milk production is affected by hormones.

Prolactin and hormone oxytocin play a role in newly excited milk that is affected by hormone oxytocin. Oxytocin is released after promoting baby stimulation or by stimulating the pressure on the spine of the mother, and the spinal suppression stimulation effect is comfortable, relaxing, pain, and all baby that increases the sensation Love in hormone oxytocin is released and milk appears as soon

as possible. Therefore, the method of stimulating dairy products is onto-thin massage (Soetjijingsih, 2010).

According to Nia (2015), the photo symptoms are a massage, rubbing, hitting, and tapping the breast chest, touching the muscle skin surface and touching the muscle to touch the muscles. Touching the hand, the mother relaxes and stimulates the printing of oxytocin, stimulates the stimulation behind, causing medulla-rectangular neurons, and then the milk is then autoclaved to produce oxytocin so that milk comes from the mother automatically. indicates the hypothalamus to the bottom rapidly.

The pressure in this back area is linked to alleviation, and relaxing reduces stress, and thus releases hormone oxytocin, which helps to stimulate milk.

Pressure and irritation on the back induces medulla oblongata neurons, which then quickly direct the hypothalamus of the posterior pituitary gland to produce oxytocin so that milk comes out of the mother automatically. When pressure is applied to this back area, relaxation occurs, which reduces stress and releases the hormone oxytocin. Oxytocin stimulates milk production, stimulates nipple suction, and helps squeeze milk immediately after giving birth to a healthy baby (Guyton, 2014).

In this case, oxytocin massage is effective in gaining weight for the baby, based on the results of the data obtained and comparison with the journal, research by others, and the researcher's assumptions from the theory of reference books. Oxytocin massage can stimulate the release of the hormone oxytocin, which helps stimulate the lactation reflex.

Oxytocin itself is produced by the posterior pituitary gland, which enters the mother's bloodstream and stimulates and contracts muscle cells around the alveoli. Spine massage also releases the hormone oxytocin, which relieves tension, relieves stress, and aids in milk production, and dripping or leaking of fast milk is a sign of an

active oxytocin reflex. As milk production increases, babies feed more often, and the amount of milk consumed affects the baby's weight.

### Conclusion and Suggestions.

From the results of the study, it can be concluded that the average weight gain baby on day 3 in massage group oxytocin is 85 grams and on day 7 average baby weight gain: 256 grams. While the average baby's weight gain on day 3 groups of breast care is 52 grams and on day 7 The average addition baby weight: 155 grams. Massage oxytocin has more effects 7 significant effect on breast milk production in mothers post SC (p value: 0.000). With Thus, oxytocin massage has a more significant effect on milk production in postpartum mothers' post Sc (p value: 0.000) It is hoped that the post mother will give oxytocin massage and education about oxytocin massage for milk production. more improved. Provide counseling to pregnant women about oxytocin massage since the third trimester of pregnancy or above 28 weeks of pregnancy, so That's when postpartum easy to accept and willing performed oxytocin massage at home. Director sick or the policy holder so that approve a standard procedure so that midwife or provider services for postpartum Mothers post SC oxytocin massage intervention in an effort to expedite production breast milk. For postpartum mothers' post Sc so that they want receive oxytocin massage care for facilitate the release of breast milk in mothers.

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