

PENGARUH PIJAT OKSITOSIN TERHADAP PENGELUARAN ASI PADA IBU NIFAS DI KLINIK PRATAMA DELIMA

Ravicka Rahmawati¹, Dwi Yulinda²

RINGKASAN

Latar Belakang: Masa nifas merupakan fase penting untuk keberhasilan menyusui, namun masih banyak ibu mengalami pengeluaran ASI yang sedikit akibat faktor usia, psikologis, paritas, dan kurangnya stimulasi hormonal. Meski cakupan ASI eksklusif di DIY tergolong tinggi (75,2%), termasuk Sleman (77,8%), keluhan pengeluaran ASI rendah tetap menjadi tantangan (Dinas Kesehatan DIY, 2022; Dinkes Sleman, 2022). Hal ini menunjukkan perlunya intervensi efektif seperti pijat oksitosin untuk mengatasi hambatan pengeluaran ASI.

Tujuan: Penelitian ini bertujuan untuk mengevaluasi penerapan pijat oksitosin terhadap pengeluaran ASI pada ibu nifas di Klinik Pratama Delima.

Metode Penelitian: Penelitian ini menggunakan pendekatan kualitatif dengan cara studi kasus. Subjek dalam penelitian ini adalah Ny. O grandemultipara berusia 36 tahun. Intervensi pijat oksitosin dilakukan dua kali sehari selama enam hari berturut-turut, dengan durasi setiap sesi sekitar 3–5 menit. Data dikumpulkan melalui observasi langsung, wawancara, dan pencatatan volume ASI yang diperah, frekuensi menyusui, keluhan ibu, serta ekspresi bayi setelah menyusui.

Hasil: Hasil penelitian menunjukkan bahwa faktor usia lanjut, pendidikan menengah, status sebagai ibu rumah tangga, dan paritas tinggi (grandemultipara) berkontribusi terhadap hambatan awal dalam pengeluaran ASI. Namun, setelah dilakukan intervensi pijat oksitosin secara rutin, terjadi peningkatan frekuensi menyusui dan peningkatan volume ASI perah dari 15 mL menjadi 90 mL per sesi serta bayi juga menunjukkan tanda kecukupan ASI.

Kesimpulan: Pijat oksitosin secara konsisten memberikan pengaruh positif terhadap peningkatan pengeluaran ASI pada ibu nifas.

Kata Kunci: Ibu Nifas, Pengeluaran ASI, Pijat Oksitosin

¹ Mahasiswa Profesi Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

THE EFFECT OF OXYTOCIN MASSAGE ON BREAST MILK SECRETION IN POSTPARTUM MOTHERS AT KLINIK PRATAMA DELIMA

Ravicka Rahmawati¹, Dwi Yulinda²

ABSTRACT

Background: The postpartum period is a critical phase for successful breastfeeding; however, many mothers still experience insufficient breast milk output due to factors such as maternal age, psychological condition, parity, and inadequate hormonal stimulation. Although the exclusive breastfeeding coverage in the Special Region of Yogyakarta (DIY) is relatively high (75.2%), including Sleman (77.8%), complaints regarding low milk production remain a persistent challenge (Dinas Kesehatan DIY, 2022; Dinkes Sleman, 2022). This highlights the need for effective interventions, such as oxytocin massage, to address barriers to breast milk ejection.

Objective: This study aims to evaluate the effect of oxytocin massage on breast milk secretion in postpartum mothers at Klinik Pratama Delima.

Method: This study employed a qualitative case study approach. The subject was Mrs. O, a 36-year-old grandmultiparous mother. The oxytocin massage intervention was performed twice daily for six consecutive days, with each session lasting approximately 3–5 minutes. Data were collected through direct observation, interviews, and documentation of expressed breast milk volume, breastfeeding frequency, maternal complaints, and infant responses post-feeding..

Results: The results of this study indicate that advanced maternal age, moderate educational background, status as a housewife, and high parity (grand multiparity) contributed to initial challenges in breast milk expression. However, following regular oxytocin massage interventions, there was an increase in breastfeeding frequency and a marked improvement in expressed breast milk volume, from 15 mL to 90 mL per session. The infant also demonstrated adequate signs of breast milk intake.

Conclusion: Oxytocin massage consistently has a positive effect on enhancing breast milk secretion in postpartum mothers.

Keywords: Postpartum Mother, Breast Milk Secretion, Oxytocin Massage

¹ Student of Profession Midwifery University Jenderal Achmad Yani Yogyakarta

² Lecturer of Midwifery University Jenderal Achmad Yani Yogyakarta