

The Description Of Postpartum Mother's Knowledge About The Benefit Of Oxytocin Massage In Regards To Multiply The Breast Milk Productivity At Romana Clinic 2022

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ABSTRACT

Oxytocin massage is a massage along the spine (*vertebrae*) to the fifth or sixth rib. Knowledge of postpartum mothers about the benefits of oxytocin massage will affect breastfeeding to babies, breast milk that does not come out will cause the baby's weight to decrease because the baby's daily needs are not fulfilled properly. This study aims to describe of postpartum mother's knowledge about the benefit of oxytocin massage in regards to multiply the breast milk productivity at Romana Clinic 2022. This study used a descriptive method. The sample in this study was postpartum mothers 0-42 days who made postpartum visits at the Romana Clinic in 2022 with a total of 32 respondents. Researchers used primary data. The results of the study are as follows: from 32 respondents, the majority have sufficient knowledge as many as 17 people (53.125%), lack of knowledge as many as 11 people (34.375%), and the minority with good knowledge as many as 4 people (12.50%). Conclusion: Based on the results of the study, it shows that the higher the education of the mother, the higher the knowledge about the benefits of oxytocin massage.

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1. Introduction

Breastfeeding is very important for a mother for her baby, because breast milk has many nutrients that are useful for the intelligence of the baby. All substances contained in breast milk such as white matter, fat, carbohydrates, vitamins, minerals, immune substances, hormones, enzymes and white blood cells are needed by babies to grow and develop. In addition, breast milk is also useful to help protect babies from diseases such as diarrhea, fever, sudden death and protect against food allergies (Khasanah,2017).

Several factors need to be considered so that mothers can exclusively breastfeed, namely Health, Support, Rest and Comfort. Maternal health plays an important role in breast milk production. Sick mothers will affect food intake or lack of blood to carry *nutrients* which will be processed by breast acini cells, causing breast milk production to decrease (Bahiyatun, 2019).

Family support, especially husbands, can affect exclusive breastfeeding to babies. Families provide support to mothers to provide exclusive breastfeeding for 6 months. This is supported by the results of Wahyuni's research on the description of husband's support in the success of exclusive breastfeeding at the Turi Sleman Health Center in 2017, concluding that mothers who receive support from their husbands have a tendency to give exclusive breastfeeding twice as much as mothers who lack support from their husbands.

The next factor that influences exclusive breastfeeding is comfort. After the mother gives birth, the mother will experience discomfort throughout the body, stress and worry that she will not be able to meet the needs of breast milk for her baby. This will inhibit the secretion of the hormone

oxytocin. Basically, after giving birth not all mothers are able to directly express breast milk because breast milk is produced through a complex mechanism between nervous, mechanical and hormonal stimuli including oxytocin (Nora, et al 2018).

Oxytocin is a hormone that plays a role in the production of breast milk. If the secretion of the hormone oxytocin is inhibited, it can cause milk production to be not smooth. Breastfeeding that is not smooth can cause swelling of the breast, if not treated immediately it will have a further impact, which can cause mastitis and infection. Several things can be done to induce the hormones oxytocin and prolactin, namely by expressing breast milk, carrying out breast care, Early Initiation of Breastfeeding (IMD), the frequency and duration of the breastfeeding phase and finally by doing oxytocin massage (Ummah,2014).

Oxytocin massage is a massage along the spine (*vertebrae*) to the fifth or sixth rib. This massage serves to increase the hormone oxytocin which can relax the mother's body so that breast milk comes out by itself. This massage is an effective therapy to reduce physical discomfort and improve mood. Through massage on the spine will stimulate *the medulla oblongata* directly send a message to the *hypothalamus* to release the hormone oxytocin. This hormone will cause the smooth muscles of the breast glands to contract so that milk will come out (Roesli,2012).

With this oxytocin massage will also relax tension and relieve stress. Oxytocin massage is effectively done 2 times a day on the first and second postpartum days because on those two days there has not been enough milk produced. This is supported by research conducted by Setiowati (2017), regarding the relationship between oxytocin massage and smooth milk production in physiological postpartum mothers on the second and third days, stating that postpartum mothers after being given oxytocin massage have smooth milk production. In addition to launching breast milk production, this massage can also reduce swelling, reduce milk blockage and can maintain milk production when the mother and baby are sick (Mardiyaningsih,2012).

Based on the results of interviews on February 5, 2022 to Midwives at the Romana Clinic, where from the results of interviews for patients who give birth every month as many as 9 to 15 people and it is known that oxytocin massage has never been done by midwives at every postpartum visit. Indeed, counseling has been carried out on the benefits of oxytocin massage, but no demonstration or direct demonstration has been given to the mother, husband or family. For data for February, there are 7 out of 9 postpartum mothers who do not understand what the benefits of oxytocin massage are and there are 2 postpartum mothers who know about oxytocin massage but have never practiced it during the puerperium. Based on the above background, the researcher is very interested in compiling a scientific paper with the title " The Description of Postpartum Mother's Knowledge About The Benefit of Oxytocin Massage in Regards To Multiply The Breast Milk Productivity at Romana Clinic 2022"

2. Method

This research was conducted in May 2022. The study was conducted in the working area of the Romana Clinic in 2022. The sample in this study was postpartum mothers 0-42 days who made postpartum visits to the Romana Clinic as many as 32 people.

3. Results and Discussion

Based on the characteristics of the respondents related to the Knowledge Description of Postpartum Mothers about the Benefits of Oxytocin Massage in Increasing Breast Milk Production at the Romana Clinic in 2022. In this study, there are several characteristics described in the table below.

Table 1

Frequency Distribution of Respondents' Characteristics regarding the Description of Postpartum Mother's Knowledge about the Benefits of Oxytocin Massage in regards to multiply the breast milk productivity by Age at Romana Clinic in 2022

Age	<i>f</i>	%
20 Year	7	21.875
21-35 Years	25	78.125
Total	32	100.0

Table 2

Frequency Distribution of Respondents' Characteristics regarding the Description of Postpartum Mother's Knowledge about the Benefits of Oxytocin Massage in regards to multiply the breast milk productivity by Education at Romana Clinic in 2022

Education	<i>f</i>	%
No School	0	0.0
Elementary School	0	0.0
Junior High School	9	28.125
Senior High School	19	59.375
College	4	12.50
Total	32	100.0

Table 3

Frequency Distribution of Respondents' Characteristics regarding the Description of Postpartum Mother's Knowledge about the Benefits of Oxytocin Massage in regards to multiply the breast milk productivity by Occupation at the Romana Clinic in 2022.

Occupation	<i>f</i>	%
Unemployment	18	56.25
Farmers/Traders	8	25
Laborer	2	6.25
Private employees	0	0.0
Civils Servant/Police	4	12.50
Total	32	100.0

Table 4

Frequency Distribution of Respondents' Characteristics regarding the Description of Postpartum Mother's Knowledge about the Benefits of Oxytocin Massage in regards to multiply the breast milk productivity by Parity at Romana Clinic in 2022

parity	<i>f</i>	%
Primipara	15	46.875
Multipara	17	53.125
Grandemultipara	0	0.0
Total	32	100.0

Table .5
Frequency Distribution of Knowledge of Postpartum Mothers about the Benefits of Oxytocin Massage in regards to multiply the breast milk productivity at the Romana Clinic in 2022.

Knowledge	f	%
Good	4	12.50
Enough	17	53,125
Less	11	34,375
Total	32	100.0

3.2 Discussion

a. Description of the characteristics of postpartum mothers regarding the benefits of oxytocin massage in regards to multiply the breast milk productivity by age at the Romana Clinic 2022.

Based on research conducted by researchers , the characteristics of the frequency distribution of respondents are based on age where the majority of respondents are aged 21 -35 years as many as 25 people (78.125 %), and those aged 20 Year as many as 7 people (21.875 %). This study is in line with research conducted by (Susanti and Yulia, 2019) it is known that most of the majority of respondents are aged between 20-35 years as many as 25 respondents (83.3%). The highest level of knowledge is owned by respondents with an age range of 20-35 years as many as 10 people (33.3%) with sufficient level of knowledge. As people get older, their grasping power and mindset will also develop so that the knowledge gained will also improve and increase. Increasing a person's age will be a change in physical and psychological aspects (mental), growth in humans occurs due to the maturation of organ functions. In the psychological or mental aspect, a person's level of thinking is getting more mature and mature.

This theory is the same according to Budiman (2013), that age can affect a person's perception and mindset. With increasing age a person causes the development of his grasp and mindset so that the knowledge gained is increasing also. The results of this study are in accordance with previous research conducted by Sari et al (204) who said that the age of 20-35 years is a healthy production period, where the mother's physical and mental state is in the best condition and ready to breastfeed her baby, the development of reproductive organs It is also perfect, including the development of breasts that have shown maturity and are ready to give exclusive breastfeeding. Breastfeeding mothers who are still 22 years old will produce more milk than those aged 35 years and over, their milk production will decrease even more. According to the researcher's assumption that increasing age does not guarantee a person's level of knowledge will be better, so it can be concluded that age is not a determinant of a person's level of knowledge. This happens because even though at that age they are late teens, full of creativity and enthusiasm in finding out something, maturity and creativity depend on individual interests and abilities. each.

b. Description of the characteristics of postpartum mothers about the benefits of deep oxytocin massage in regards to multiply the breast milk productivity by education at the Romana Clinic 2022.

Based on research conducted by researchers, the characteristics of the frequency distribution of respondents based on education, the majority of respondents have high school education as many as 19 people (59.375 %), junior high school education as many as 9 people (28.125 %) and college as many as 4 people (12.50 %).

This study is in line with research conducted (Susanti and Yulia, 2019) with the title level of knowledge of breastfeeding mothers about the benefits of oxytocin massage Where the results of research regarding the education level of the majority of respondents have high school education as many as 16 people (53.3%). Based on education, there were 5 people with good knowledge level (16,7%), 7 people with sufficient knowledge (23.3%), and 4 people with less knowledge (13,3%) .

According to Notoadmojo (2012) the level of knowledge of a person's perception or more receptive to ideas and technology. Education includes an important role in determining human quality. The higher the education, the more quality human life will be because higher education will produce good education and which makes life quality. Education can affect a person, including a person's behavior on the pattern of life, especially in the level of knowledge. In general the more The higher a person's education, the easier it is to receive information.

It can be concluded that with higher education, it will be easier to multiply information,

knowledge and improve quality of life. According to Eva and Elvika (2016) in their research on the description of the level of knowledge of postpartum mothers about the method of facilitating the expenditure of Mother's Milk which says that the high school education level is the level of education that is sufficient to receive information, the higher the education, the easier it is for a person to receive information.

According to the researcher's assumption, that the knowledge of respondents based on high school education has less knowledge due to the limited knowledge gained compared to higher education, because the higher a person's education, the knowledge will also be wider and easier to receive information, ideas from others, and vice versa if respondents who have a low educational background generally have difficulty receiving information. However, it should be emphasized that a person with low education does not mean absolutely low knowledge. Increased knowledge is not absolutely obtained in formal education, but can also be obtained in non-formal education. Information obtained from both formal and non-formal education can have a short-term impact (*immediate impact*) resulting in changes or improvements knowledge.

c. Description of the characteristics of postpartum mothers about the benefits of deep oxytocin massage in regards to multiply the breast milk productivity by occupation at the Romana Clinic 2022.

Based on research conducted by researchers, the characteristics of the frequency distribution of respondents based on occupation are the majority of respondents who do not have a job as many as 18 people (56.25 %), traders as many as 8 people (25.0 %), civil servants as many as 4 people (12.50%), and workers as many as 2 people (6.25 %)

Based on the results of the study (Susanti and Yulia,2019) showed that most of the respondents as mothers did not work as many as 20 respondents (66.7%). Based on jobs that have a good level of knowledge as many as 7 people (23.3%), with sufficient knowledge as many as 7 people (23.3%), and less knowledgeable as many as 6 people (20%). In line with Husnaria's research (2012) entitled the level of knowledge of breastfeeding mothers about the benefits of oxytocin massage which says that the profession of a mother who does not work greatly affects a person's knowledge, someone who works will have more opportunities to obtain information or knowledge compared to someone who does not work and more at home.

The results of this study are in line with the results of Susanti and Yulia 's (2019) research with the title level of knowledge of breastfeeding mothers about the benefits of oxytocin massage which explains that work is a profession that is carried out every day for a certain time or more to meet the needs of life. Most postpartum mothers who breastfeed their babies choose not to work. This right is because mothers want to care for their babies wholeheartedly and provide exclusive breastfeeding for their babies.

According to the researcher's assumption, even though the respondent as a mother does not work on the other hand, it does not mean that the respondent has lost the opportunity to improve his knowledge, especially about oxytocin massage. Respondents who are more at home can increase their knowledge through various media, such as from cellphones, reading newspapers about health problems, or visiting health workers to obtain information about oxytocin massage.

d. Description of the characteristics of postpartum mothers about the benefits of deep oxytocin massage in regards to multiply the breast milk productivity by on parity at the Romana Clinic 2022.

Based on research conducted by researchers, the characteristics of the frequency distribution of respondents are based on parity where the majority of respondents are mostly primiparas as many as 17 people (53.125 %), and multiparas as many as 15 people (46.875 %).

Based on the results of research conducted (Susanti and Yulia,2019) with the title the level of knowledge of breastfeeding mothers about the benefits of oxytocin massage, the majority of multiparous mothers are 17 people (50%). Based on parity or the number of children who have a good level of knowledge 5 people (16.6%). 8 people with sufficient knowledge (26.6%), and 4 people with less knowledge (13,3%). According to Suherni (2012) states that the prevalence of exclusive breastfeeding increases with the increase in the number of children, where the prevalence of a third or More exclusively breastfed than the second and first children, so there is a significant relationship between parity and the level of knowledge of breastfeeding mothers, parity has a significant relationship with the continuity of exclusive breastfeeding. Parity is also thought to

affect milk production. Multiparous mothers have a higher proportion of breast milk production than primiparous mothers. This is because multiparous mothers already have experience and confidence in breastfeeding before. If the mother is successful when breastfeeding her first child, she will be more confident when breastfeeding her second child. Workers will have more opportunities to obtain information or knowledge compared to someone who does not work and is more at home (Husnaria,2012).

According to the researcher's assumption that parity can affect milk production, multiparous mothers have a higher proportion of breast milk production than primiparous mothers. This is because multiparous mothers already have experience and confidence in breastfeeding before. If the mother is successful at breastfeeding the first child, then when breastfeeding the second child, she will be more confident that she can succeed in breastfeeding. This mother's belief can stimulate the release of the hormone oxytocin so that breast milk can come out smoothly.

e. The Description of Postpartum Mother's Knowledge About The Benefit of Oxytocin Massage in Regards To Multiply The Breast Milk Productivity at Romana Clinic 2022

Based on research conducted by researchers who have knowledge of postpartum mothers about the benefits of oxytocin massage in increasing breast milk production, it is known that the majority have sufficient knowledge, namely 17 people (53.125%), with less knowledge as many as 11 people (34.375%), and 4 people with good knowledge (12.50%)

Knowledge is the result of knowing that occurs after humans do something (sensing) to a certain object. Sensing can occur with the five human senses, namely the senses of sight, hearing, smell, taste and touch. Most of human knowledge is obtained through the senses of sight and hearing. Knowledge is the most important aspect for the formation of one's actions, therefore behavior based on knowledge and awareness will last for a long period of time compared to behavior that is not based on knowledge and awareness (Notoatmojo,2012).

This study is in line with the results of research conducted (Susanti and Yulia,2019) with the title Breastfeeding Mother's Knowledge Level About the Benefits of Oxytocin Massage that it is known that respondents who have good knowledge are 9 respondents (30%), knowledgeable enough as many as 13 respondents (43.3%) and less knowledgeable as many as 8 respondents (26.7%).

Based on the assumption of the researcher, the respondents' lack of knowledge is reflected in the number of respondents who do not understand and understand the benefits of oxytocin massage. This is inseparable from several characteristics that can affect the mother's level of knowledge.

This is related to the characteristics of mothers based on education, the majority of respondents have high school education as many as 19 people (59.375%) and a minority of respondents with college education as many as 4 people (12.50%), respondents who have less knowledge due to limited knowledge gained compared to higher education, This is because the higher a person's education, the wider and easier it will be to receive information, as well as ideas from others, and vice versa if respondents who have low educational backgrounds generally have difficulty receiving information.

If it is associated with knowledge of characteristics based on work, the majority of respondents do not 18 respondents (56.25%) work and respondents who do not work have sufficient knowledge about the benefits of oxytocin massage. I think mothers who have jobs will be able to influence the knowledge gained compared to mothers who do not have jobs. This is influenced by several things, including more sources of information, and wider socialization with peers. Therefore, in order to help the results of mother's knowledge are good, it is necessary to conduct training to midwives and health workers about oxytocin massage so that they can provide counseling about the benefits of oxytocin massage to married couples starting from 28 weeks of pregnancy and up until the puerperium, so that the information received can be carried out comprehensively. continuously so that it affects the knowledge of postpartum mothers about the benefits of oxytocin massage.

4 Conclusion

respondents regarding the Description of Postpartum Mother's Knowledge about the Benefits of Oxytocin Massage in Increasing Breast Milk Production at the Romana Clinic in 2022, it can be

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concluded that: Based on the results of the study, it can be concluded that the characteristics of respondents based on age were found to be the majority at the age of 21-35 years as many as 25 respondents (78.125%). Based on the results of the study, it can be concluded that the characteristics of respondents based on education are the majority of high school education as many as 19 respondents (59.375%).

Based on the results of the study, it can be concluded that the characteristics of the respondents based on the work of the majority of postpartum mothers do not work as many as 18 respondents (56.25%). Based on the results of the study, it can be concluded that the characteristics of respondents based on parity are the majority of births 2-5 times as many as 17 respondents (53.125%). Based on the knowledge of postpartum mothers about the benefits of oxytocin massage in increasing breast milk production at the Romana Clinic in 2022, the majority of respondents had sufficient knowledge as many as 17 respondents (53.125%).

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