

The Relationship between Mother's Attitudes about Oxytocin Massage and the Smoothness of Exclusive Breastfeeding at PMB Ernita Pekanbaru

Rika Andriyani¹, Risa Pitriani²

^{1,2}DIII Midwifery Study Program, Stikes Hang Tuah, Jl. Mustafa Sari No 05, Pekanbaru

ARTICLE INFO

Keywords:

Attitude, Oxytocin Massage, Smooth Breastfeeding, Exclusive Breastfeeding

ABSTRACT

Breast milk production is stimulated by breast emptying and the principle of supply and demand applies, so that the more milk is released, the more milk is released. Oxytocin massage is one way to increase and increase milk production. The research objective was to determine the relationship between mother's attitude about oxytocin massage to the smoothness of exclusive breastfeeding at PMB Ernita Pekanbaru. This research has a type of quantitative analytic research using a cross sectional research design, the study was conducted on 15 November - 15 December 2020, the sample of this study were some breastfeeding mothers whose babies were exclusively breastfed who visited PMB Ernita, the sampling technique was in this study. is a consecutive random sample, the number of samples in this study was 38 people. The results of the research from the chi square test results obtained p value 0.011 which means that there is a significant relationship between attitudes towards oxytocin massage and the smoothness of exclusive breastfeeding. The conclusion from the results of the research that has been conducted shows that from 38 respondents, of which 16 respondents have a positive attitude towards oxytocin massage, there are 22 respondents who smoothly provide exclusive breastfeeding. This shows that respondents who have a positive attitude towards oxytocin massage have a 5.8 times chance of fluently providing exclusive breastfeeding, which means that there is a significant relationship between attitudes towards oxytocin massage and the smoothness of exclusive breastfeeding carried out at PMB Ernita Pekanbaru in 2020.

E-mail:

rika.andriyani1985@gmail.com

Copyright © 2021 Science Midwifery.

1. Introduction

Exclusive breastfeeding is breast milk that must be given or fed to a newborn baby until the baby is 6 months old, without being given anything additional to the baby. During the first 6 months of a baby, really only get breast milk. Breast milk that is given exclusively is very beneficial for babies because it contains colostrum (Widuri, 2013). Most of the growth and development of babies is determined by exclusive breastfeeding. Breast milk contains nutrients that are not found in formula milk, including 88.1% water, 3.8% fat, 0.9% protein, 7% lactose, and 0.2% other substances in the form of DHA, DAA, sphynogelin, and other nutrients.[1]

An analysis explains that breastfeeding for 6 months can save 1.3 million lives worldwide. According to UNICEF, exclusive breastfeeding can reduce infant mortality in Indonesia. UNICEF states that 30,000 infant deaths in Indonesia and 10 million deaths of children under five in the world each year can be prevented through exclusive breastfeeding for 6 months from the first hour after birth without providing additional food and drink to the baby[1]

According to the results of the 2018 RISKESDES, the proportion for exclusive breastfeeding was 37.3%, partial breastfeeding was 9.3%, and predominant breast milk was 3.3%. Meanwhile, in Riau Province, exclusive breastfeeding was 38.0%, partial breastfeeding was 13.0%, and predominant breastfeeding was 5.0%. From these data, exclusive breastfeeding is still low[2].

There are several factors that can cause the failure of the exclusive breastfeeding process, according to Foo LL, et al, namely internal factors and external factors. Internal factors greatly affect the smoothness of breastfeeding, namely the mother's lack of knowledge regarding breastfeeding, both about how to breastfeed, how to increase milk production, the benefits of breastfeeding and also the impact that is encountered if the mother does not breastfeed her baby.[3]. Mother's knowledge of how to increase breastmilk production greatly affects the smoothness of breastfeeding. Based on the results of the study, it is known that 98 thousand out of 100 mothers stated that their breastmilk production was insufficient, actually had enough milk.

Breast milk production is stimulated by breast emptying, and the principle of supply and demand applies, so that the more milk is released, the more milk is released. Oxytocin massage is one way to increase and increase milk production. According to research results from Endah SN and Imas

Science Midwifery

journal homepage: www.midwifery.iocspublisher.org

M, using the experimental method states that by doing this oxytocin massage can increase breast milk production. Oxytocin is a hormone that plays a major role in the production of breast milk. Oxytocin massage, also known as rolling massage, is a relaxation therapy that aims to stimulate the central nervous system in the hypophisocosterior and anterior areas so that it can increase milk production, especially in post-partum mothers and provide comfort and relaxation after childbirth.[4]

According to Alport, Attitude is a process that takes place within a person in which there is an individual experience that will direct and determine responses to various objects and situations.[5] The mother's attitude towards oxytocin massage will determine breastfeeding mothers to want to do oxytocin massage, according to the knowledge that breastfeeding mothers have about the benefits obtained from doing oxytocin massage

Based on the Preliminary Study at PMB Ernita, data were obtained from the registration book in the last 3 months of the number of breastfeeding mothers (infants <6 months), which amounted to 55 people. Of the 55 people, 30 of them are not exclusively breastfed. The results of interviews with several breastfeeding mothers who were not exclusively breastfed said that because breast milk was not enough and did not know about Oxytocin Massage, it could accelerate milk production. Based on the description above, the researcher was interested in conducting research on "The Relationship of Mother's Attitudes About Oxytocin Massage to the Smoothness of Exclusive Breastfeeding at PMB Pekanbaru".

2. Method

This research uses quantitative analytical research using cross sectional research design, the study was conducted on November 15 - December 15 2020, the sample of this study were some breastfeeding mothers whose babies were exclusively breastfed who visited PMB Ernita, the sampling technique was in this study. is a consecutive random sample, the number of samples in this study was 38 people.

3. Research Results and Discussion

3.1 Research result

a. Univariate Analysis

Table 1

Frequency Distribution of Respondents Based on the Smoothness of Exclusive Breastfeeding at PMB Ernita Pekanbaru in 2020

Smooth exclusive breastfeeding	total	Percentage
Not smooth	16	42.1
Smooth	22	57.9
Total	38	100

Based on table 1 above, it can be seen that the majority of respondents are fluent in giving exclusive breastfeeding, namely as many as 22 respondents (57.9%).

Table 2

Distribution of Respondent Frequency Based on Attitudes Toward Oxytocin Massage at PMB Ernita Pekanbaru in 2020

Attitude	total	Percentage
Negative	17	44.7
Positive	21	55.3
Total	38	100

Based on table 2 above, it can be seen that the majority of respondents have a positive attitude towards oxytocin massage, namely as many as 21 respondents (55.3%).

b. Bivariate Analysis**Table 3**

The Relationship of Attitudes Toward Oxytocin Massage with the Smoothness of Exclusive Breastfeeding at PMB Ernita Pekanbaru in 2020

Attitude	Smooth Asi exclusive				Total		P Value	OR 95% CI
	Not smooth		Smooth		N	%		
	N	%	N	%				
Negative	11	64.7%	5	23.8%	16	42.1%	0.011	5.8 (1,427-24,113)
Positive	6	23,2,7%	16	76.1%	22	57.9%		
Total	17	100%	21	100%	38	100%		

Based on table 3 above, it can be seen that of the 38 respondents, of which 16 respondents had a positive attitude towards oxytocin massage, there were 21 respondents who smoothly gave exclusive breastfeeding, namely (76.1%).

From the chi square test results obtained p value 0.011 which means there is a significant relationship between attitudes towards oxytocin massage and the smoothness of exclusive breastfeeding at PMB Ernita, Pekanbaru in 2020.

The closeness analysis of the effect of the two variables can be OR (odds ratio) = 5.8, this shows that respondents who have a positive attitude towards oxytocin massage have a 5.8 times chance of being successful in giving exclusive breastfeeding

3.2 Discussion

Based on the results of the study, the results showed that from 38 respondents, of which 16 respondents had a positive attitude towards oxytocin massage, there were 22 respondents who smoothly gave exclusive breastfeeding, namely (76.1%). From the chi square test results obtained p value 0.011 which means there is a significant relationship between attitudes towards oxytocin massage and the smoothness of exclusive breastfeeding at PMB Ernita, Pekanbaru in 2020. The closeness analysis of the effect of the two variables is obtained OR (odds ratio) = 5.8, This shows that respondents who have a positive attitude towards oxytocin massage have a 5.8 times chance of being successful in giving exclusive breastfeeding.

Exclusive breastfeeding is breastfeeding only for babies until the baby is 6 months old. Effective breastfeeding is carried out directly from the breast to babies and children who can meet nutritional needs with symptoms of the mother feeling confident during the breastfeeding process (PSD PPNi, 2016). In the process of exclusive breastfeeding, there are factors that affect the success of the breastfeeding process. Menurut Ratnasari, 2018, one of these factors is a strong mother's confidence or self-confidence. Mother's strong belief or self-confidence encourages mothers to learn new things, in this case about oxytocin massage.[6]

Oxytocin massage is a spinal massage on the 5-6th Costa to the scapula which will accelerate the work of the sympathetic nerves in stimulating the posterior pituitary to release oxytocin. [7]. Oxytocin massage can affect psychological factors thereby increasing relaxation and comfort levels in the mother, thus triggering the production of the hormone oxytocin and affecting milk production. This is supported by the results of research by Julia H and Wasis Pujiati, 2015 that Oxytocin Massage is more effective in smooth breastfeeding with the Wilcoxon Test obtained ρ Value 0.000 < 0.05 (ρ value $< \alpha$ 0.05). This is because Oxytocin Massage is a massage along both sides of the back. This massage is done to stimulate the hormone oxytocin or the reflex to release breast milk. Mothers who receive oxytocin massage will feel more relaxed[8].

The mother's attitude towards oxytocin massage provides an overview of the mother's behavior in doing oxytocin massage. The theory of attitudes and behavior (Theory of Attitudes and Behavior) developed by Triandis (1980) in Azwar states that a person's behavior is determined by attitudes related to what people want to do and consists of beliefs about the consequences of doing behavior, rules social related to what they think of them, and habits related to what they used to do[9]. Behavior is not possible if the site is not possible. Mothers who have a positive attitude towards oxytocin massage will want to do this oxytocin massage which in turn will provide benefits to the smoothness of the exclusive breastfeeding process.

Science Midwifery

journal homepage: www.midwifery.iocspublisher.org

4. Conclusion

There was a significant relationship between attitudes towards oxytocin massage and the smoothness of exclusive breastfeeding (P value 0.01) at PMB Ernita Pekanbaru in 2020. Respondents who have a positive attitude towards oxytocin massage has 5.8 times the opportunity to smoothly provide exclusive breastfeeding at PMB Ernita Pekanbaru in 2020.

5. References

- [1] Prasetyo DS, "Buku pintar Asi Eksklusif." Yogyakarta, diva pres, 2012.
- [2] Kementerian Kesehatan RI Badan Penelitian dan Pengembangan, "Hasil Utama Riset Kesehatan Dasar," *Kemntrian Kesehat. Republik Indones.*, pp. 1-100, 2018, [Online]. Available: <http://www.depkes.go.id/resources/download/info-terkini/hasil-risikesdas-2018.pdf>.
- [3] I. Hikmawati, "Faktor - Faktor Risiko Kegagalan Pemberian Asi Selama Dua Bulan," *Progr. Pascasarj. Univ. Diponegoro Semarang*, no. September, 2008.
- [4] S. N. Endah and I. Masinarsah, "Pengaruh pijat oksitosin terhadap pengeluaran kolostrum pada ibu post partum di ruang kebidanan rumah sakit muhammadiyah bandung tahun 2011," *J. Kesehat. Kartika*, pp. 1-9, 2011.
- [5] Sarwono, *Psikologi Remaja*. Jakarta: PT Grafindo, 2009.
- [6] Ratnasari, D.R., "Kepercayaan diri ibu pada pemberian ASI eksklusif di wilayah desa sentolo kulonprogo yogyakarta," *Skripsi Univ. 'Aisyiyah'*, pp. 1-13, 2018, [Online]. Available: http://digilib.unisayogya.ac.id/4514/1/NASKAH_PUBLIKASI.pdf.
- [7] E. Suryani and K. E. W. Astuti, "Pengaruh Pijat Oksitosin terhadap Produksi ASI Ibu Postpartum di BPM Wilayah Kabupaten Klaten," *J. Terpadu Ilmu Kesehat.*, vol. 2, no. 2, pp. 41-155, 2013, [Online]. Available: <http://jurnal.poltekkes-solo.ac.id/index.php/Int/article/view/69/59>.
- [8] P. Julia, "Pijat Oksitosin dan Perawatan Payudara Terhadap Kelancaran Pengeluaran ASI Pada Ibu nifas," *Ilmu Kesehat.*, vol. XIII, no. 1, pp. 1-12, 2015.
- [9] Azwar, *Sikap manusia Teori dan Pengukurannya*, 2nd ed. Yogyakarta: Pustaka Belajar, 2015.