

Counseling On Oxytocin Massage in Promoting Breast Milk For Breastfeeding Mothers in Bintuju Sub-District

Dewi Aminasty Siregar

STIKES Darmais Padangsidempuan

ABSTRACT

Insufficient breast milk is the main reason for a mother to stop breastfeeding early, mother feel that he does not have sufficient milk production to meet the needs of the baby and support increase heavy body baby which adequate because breast milk no out or production not enough fluent. Care that effective for multiply production breast milk Among other with To do care breast or *breast care* with guard cleanliness and (massage) breasts, and massage oxytocin. Massage oxytocin have some very helpful benefits for mothers after childbirth and also can reduce physical discomfort and improve *mood*. Massages done in along bone behind this could relax tension on back and relieve stress so that it can facilitate the release of breast milk. Meanwhile, according to Department of health RI massage oxytocin could reduce swollen, reduce blockage breast milk, and maintain milk production when mother and baby are sick. Type of research used is quantitative, is research which done with the aim of making description or description something state objectively. Results data collection individual and family where amount mother breast-feed as much 30 person, held with counseling and use tool in the form of questionnaire for measure how mother's knowledge, and it was obtained that knowledge mom about the benefits of oxytocin massage in increase production breast milk majority knowledgeable not enough that is 29 person (96.7%), the minority with sufficient knowledge is 1 person (3.3%) and has good knowledge no there is (0%).

Keywords: Mother Breast-feed, Massage oxytocin, breast milk

Received:	Revised:	Accepted:	Available online:
11.04.2022	04.05.2022	21.05.2022	30.06.2022

Suggested citations:

Siregar, DA. (2022). Counseling On Oxytocin Massage in Promoting Breast Milk For Breastfeeding Mothers in Bintuju Sub-District, Batang Angkola District, Selatan Tapanuli Regency Year 2022. *International Journal of Community Service*, 01 (01), 72-76. DOI: 10.55299/ijcs

Open Access | URLs:

<https://ejournal.ipinternasional.com/index.php/ijcs/OpenAccessPolicy>

INTRODUCTION

During pregnancy, the mother must take care of the condition of the fetus. One way is by consuming healthy food with high nutritional content because in addition to the mother, these nutrients are also for the baby branch. just like when the child is in the womb, it is also necessary when a child breathes the world's air for the first time. Nutritional needs of infants up to 6 months of age could fulfilled only with give water milk mother (breast milk) just or which known as "exclusive breastfeeding". exclusive breastfeeding is breastfeeding without other complementary foods in infants aged 0-6 months. Babies are not given anything, except direct food produced by the mother because the baby gets best nutrition through breast milk. Even though the efficacy Breast milk is so big, but not many mothers are willing or willing to give breast milk exclusive During 6 month like suggested organization health world (Yuliarti, 2010).

Failure in the breastfeeding process is often caused by the emergence of several problems, problems for both mother and baby. Problems that often arise in mothers during breastfeeding can be started from before childbirth (Antenatal Period), in the postpartum period early labor, and the late postpartum period. Anxiety caused by (no able to produce breast milk) and not having enough breast milk are reasons that most often expressed by mothers who begin to fail to breastfeed, stop breastfeeding too much fast, or start gift food addition before that food needed. Psychological support will help strengthen the mother's belief that she can successful breastfeeding Grace (Ningsi, 2020).

World Health Organization (WHO) recommends mandatory breastfeeding for six months for baby new born. But, Thing the no always fulfilled because breast milk which generated a little. WHO has set a goal by 2025 that at least less than 50% baby Newborn up to six months who are breastfed Exclusive (WHO, 2013).

Insufficiency breast milk is reason main a mother for stop early breastfeeding, the mother feels that she does not have sufficient milk production to meet the baby's needs and support adequate infant weight gain because breast milk no go out or production not enough fluent. Care that effective for increase milk production, among others, by doing *breast care care* by maintaining cleanliness and *massaging the* breast, and massage oxytocin (Ningsi, 2020).

Oxytocin massage has several benefit which very help for mother after oxytocin massage can reduce physical discomfort and improve *mood*. Massage which conducted in along bone behind this can also relax tension on the back and remove stress so that could expedite milk production. Whereas according to Department of health RI massage oxytocin could reduce swollen, reduce blockage of breast milk, and maintain milk production when the mother and baby are sick (Pusparina, et al, 2022).

Based on Profile Service Health City Padangsidimpuan Year 2017, from 9 fruit Public health center which there is in the city Padangsidimpuan, Public health center Labuhan Rasoki City Padangsidimpuan is a health center that has the lowest coverage of 2.3%. Thing it's still far from target national as big as 80%.

Based on Survey Beginning which conducted study on month January 2022 In There are 7 people in the Bintuju Village, Batang Angkola District, South Tapanuli Regency mother postpartum among them 2 mother postpartum once hear but no

know benefit about massage oxytocin and 5 postpartum mothers who don't know about oxytocin massage and their milk production a little, because of mother don't know what that oxytocin massage and not once hear about oxytocin massage, mother gives milk formula on baby his.

METODE

Implementation planning This activity starts in December 2021 and can be held in January 2022. Activities are carried out to get With this data, the team collaborated with village midwives in the Bintuju Village area, Batang Angkola District, South Tapanuli Regency and Education students Diploma Program Midwife Stikes Darmais Padangsidimpuan. From the data collection carried out, obtained data, then carried out data analysis, data presentation, formulating discussion and conclusions to address the problem of focusing on breastfeeding mothers for next could conducted counseling about Massage Oxytocin In Launch breast milk on mother breast-feed.

The form of activity carried out is to provide counseling implemented directly and using a questionnaire as a measuring tool for mother's knowledge by permanent set protocol health.

RESULTS AND DISCUSSION

Implementation activity devotion to Public this conducted with :

1. Results individual data and family where amount mother breast-feed as much 30 people who are in the Bintuju Village area, Batang Angkola District, Regency Tapanuli South.
2. History of breastfeeding mothers and the participation of husbands, families and communities and mother's complaint about the lack of gift breast milk to baby. Counseling related aspect which involved important about Massage Oxytocin for prevention increase milk production which by direct. Counseling this implemented less over 60 minutes.
3. It was found that the mother's knowledge about the benefits of oxytocin massage in increasing production breast milk knowledgeable majority not enough that is 29 person (96.7%), minority knowledgeable enough that is 1 person (3.3%) and well knowledgeable no there is (0%).
4. Implementation of direct counseling to mothers and families regarding how to the efforts that will be carried out by the mother after knowing what oxytocin massage is and its benefits for breast milk.



Figure 1. Extension Process

CONCLUSION

1. Activity devotion to Public which conducted to mothers which breastfeeding is carried out well with the support provided by various party.
2. Active community participation (breastfeeding mothers) as an effort to increase knowledge in creating society especially mothers who are breastfeeding about breastfeeding to her baby.
3. There is an increase in knowledge and effort mother and family related to how Oxytocin Massage for smooth breast milk given to baby.

Thank-you note

I thank all parties, especially the Village Head of Bintuju Village and my institution STIKES Darmas Padangsidimpuan.

REFERENCES

- Handayani, S. & Wulandari, SR (2011) *Midwifery Care for Ibu Masa Postpartum*. Yogyakarta : Goshen Publishing.
- Hidayat, AA (2007). *Method study midwifery & technique Analysis data*. Salambe medicine.
- Machfoedz, I. (2009). *Methodology Study Field Health, Nursing nursing, medical*. Yogyakarta: Fitramaya.
- Mochtar, R (1998). *Synopsis Obstetrics : Obstetrics Physiology and Obstetrisocial*. Jakarta : EGC.
- Mubarok, WI (2012). *Methodology Health For midwifery*. Jakarta : Salambemedicine.
- notoatmodjo, S. (2017). *Health society science and Art*. Jakarta : Rineka Create.
- Pusparina, SST, MMKes., M.Kes. & et al, (2022) *Care Nursing breath*.

Yogyakarta.

Son, SR (2012). *Care Neonates Baby And Toddler For Nursing and Midwifery*. Yogyakarta : D-Medical.

Rahayuningsi, S.Kep.,Ns., MPH. (2020) *Treatment Breast & Massage Oxytocin*. Yogyakarta : Goshen Publishing.

Saleha, S. (2009). *Care Midwifery At the time breath*. Jakarta : Greetings Medika. Sugiyono, (2009). *Educational Research Methodology* . Bandung : Alfabeta.

Yuliarti, N. (2010). *Wonder breast milk : Food best for health, Intelligence, and Agility poppet*. Yogyakarta : C. V Andi Offset. Dinas Profil Kesehatan <http://journal.ipts.ac.id/index.php/ED/article/view/1350/580>

Copyright and License



This is an open access article distributed under the terms of the Creative Commons Attribution 4.0 International License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

© 2022 Dewi Aminasty Siregar

Published by IPI Global Press in collaboration with the Inovasi Pratama Internasional Ltd