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The Effect of The Combination of Woolwich Massage and Selected Prayers Using Roll-On Saum Oil on Self-Efficacy and the Breastfeeding Process of Primiparous

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ABSTRACT

Constraints in breastfeeding are one of the reasons mothers can provide breast milk maximum. Doubt is generally experienced by mothers new to giving birth and breastfeeding for the first time. If the problem is not handled well, it will add to the amount of number failures in exclusive breastfeeding, which has an impact on the bad No, not only on the mother but also on the father and baby. Research This knowledge influence combination of Woolwich massage combined with prayer choice use roll-on Saum Oil connected with efficacy self and breastfeeding process. Research methods use quasi-experiments with use design. Two tests only designed. Variable X consists of massage, Wolwich, and prayer choice, as well as efficacy self, and variable Y, namely the breastfeeding process, using the Kolmogorov-Smirnov normality test with the Monte Carlo approach with control and intervention groups. Research results This shows that the number is 0.000 (<0.05), so there is influence in a way that is simultaneous or together between frequency massage, Wolwich, and self-efficacy towards the breastfeeding process. So that intervention massage, Wolwich, and prayer choice very much affect the breastfeeding process. The hope is to support positive, comprehensive, and related parties still done as much as possible. Possible for exclusive breastfeeding continuity.

Keywords:

Woolwich Massage, Selected Prayer, Roll Saum Oil, Self-Efficacy, Breastfeeding Process

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1. INTRODUCTION

In addition to consuming food, a baby sucking at its or mother's breast participates in a dynamic, two-way biological conversation. To provide much-needed nutrients and create a strong psychosocial link between mother and child, it is a process of physical, biochemical, hormonal, and psychological exchange. Mammals have breastfed for millions of years because it is the best way to address the child's biological and psychological needs, enhance their well-being and chances of survival, and support the mother's function as a caregiver. Therefore, both the mother and the child gained from this special and dynamic process. It is important to view breastfeeding as an extension of the voyage that starts during pregnancy and is facilitated by the placenta and umbilical cord between the mother and her fetus [1]. During the breastfeeding phase, women mentioned the hope of being understood and supported by their family and social network members and emphasized the intention to maintain relationships as a positive aspect for later overcoming difficulties and successes in breastfeeding. Women who breastfeed are unique individuals who have ontological demands when breastfeeding, such as the need to be understood, to establish relationships with other individuals, and to establish face-to-face relationships between mother and baby [2]. The midwife plays an

important role in providing comprehensive education related to the breastfeeding process and efficacy self; for this purpose, the mother believes self in maximize breastfeeding [3].

Self-efficacy in breastfeeding has been found to be a protective factor against early weaning. The idea includes nursing mothers' confidence and capacity to effectively breastfeed, which is closely tied to their abilities and knowledge and can be altered by medical interventions. Breastfeeding self-efficacy has been found to be protective against early weaning as well as for the establishment and long-term maintenance of exclusive breastfeeding [2]. According to the notion of breastfeeding self-efficacy, a woman's emotional reaction, verbal persuasion from those near her who have an impact on her, her own experience, and her observation of other women's experiences all have a direct impact on her decision to become a nurse. One benefit of continuing exclusive breastfeeding in this instance was her self-confidence in her status as a nursing mother. Even though exclusive breastfeeding has many benefits, there are a number of reasons Mother Possible stops before the recommended duration or gives liquid that is not needed and gives additional food. Recognition of exclusive breastfeeding as a standard nutrition baby is influenced by many factors [4]. One of them is the problem of breastfeeding and its efficacy. Understand influences This is very valuable for devising a strategy for preventing termination of early exclusive breastfeeding [5].

The World Health Organization (WHO) and the United Nations International Children's Emergency Fund (UNICEF) advise that infants should only be fed breast milk for at least six months and should continue to be breastfed until they are two years old to lower the morbidity and mortality rates of infants. Since children without a mother are three to ten times more likely to die, saving a mother's life also benefits other children. The WHO advises early initiation of breastfeeding (IMD) within the first hour of life, ensuring that babies only receive breast milk (ASI) and no other food or drink, including water, and breastfeeding as often as the baby requests to sustain exclusive breastfeeding for six months, and it is not recommended to use aids in bottle feeding or pacifiers (Nugraheni et al., 2018). Goals for Sustainable Development The 2030 Agenda for Sustainable Development aims to lower newborn mortality rates to 12 per 1,000 live births and deaths in children under 525 per 1,000 live births by 2030. Among other things, this can be accomplished by appropriately implementing exclusive breastfeeding [6]. Neonatal mortality decreased by 52%, from 37 per 1000 live births in 1990 to 17 per 1000 live births in 2019 (90% UI 17 to 19), according to WHO 2021 [7]. However, only 44% of children worldwide are nursed during the first hour of their birth, and even fewer babies younger than six months are fed entirely breast milk. 46% of women in developing nations breastfeed exclusively. Less than half of infants less than six months are exclusively breastfed [8]. This is not in line with the WHO's goal of at least 50% more exclusive breastfeeding during the first six months. By 2025, this was the sixth WHO goal. Up to six months of age, 29.5% of infants in Indonesia have been exclusively breastfed [9]. The goal of the Ministry of Health's 2015–2019 Strategic Plan is to exclusively breastfeed 50% of infants under six months of age. However, this does not meet this goal. According to the global nutrition objective for 2025, the best breastfeeding practices are essential for a child's healthy growth and development. Early initiation and exclusive breastfeeding for 6 months provide protection against gastrointestinal infections, which can cause stunting [10]. According to the Situbondo Regency profile, the coverage of Exclusive Breastfeeding in Situbondo Regency in 2020 based on monthly reports was 74.2%, that is, 758 babies out of 1022 babies examined. The coverage of babies aged six months receiving Exclusive Breastfeeding in 2020 exceeded 50% of the target set by the province [11]. Four cases of infant mortality were reported at the Arjasa Health Center in 2021, there were 4 cases of infant mortality. The number of neonatal deaths aged 0-6 days was 2, and the number of neonatal deaths aged 7-28 days was 2 cases [12].

Hypnobreastfeeding, music therapy, deep breathing, Benson techniques, and other methods are among the many ways to calm one's body and mind. One of the relaxation strategies is the use of Saum Oil. In the hope of increasing breast milk production, the use of saum oil can help mothers feel more at ease and relax. One type of oil created by combining essential oils, such as olive oil and spearmint, is called saum oil. Linalool and linalyl acetate are the primary active components of saum oil that contribute to its anxiolytic (relaxant) effects. The scent of the spearmint is mildly pleasant and grassy. Children, the elderly, and those with sensitive skin can safely use spearmint [13]. Listening to the holy verses of the Qur'an, a Muslim, whether they speak Arabic or not, can experience large physiological changes. In general, they felt a decrease in depression, sadness, and peace of mind.[14]. There is a significant influence of administering the murottal Al Quran on reducing stress levels. This proves that therapy listening to the Al Quran can calm people, so that stress decreases due to the feeling of relaxation that arises when listening to the Al Quran. The combination of Woolwich Massage And Prayer Choice Using Roll On Saum Oil is a combination of techniques that can stimulate oxytocin in breastfeeding mothers, but it is not widely known, done, and socialized to breastfeeding mothers. Additional relaxation from Saum Oil and murottal Al-Qur'an have many benefits, but they have not been optimally applied by breastfeeding mothers. Based on the results of a preliminary study conducted by researchers on 12 breastfeeding mothers. Nine of them had never heard and knew about Woolwich Massage, and three said they had heard but forgot how to apply it. In addition, respondents also reported experiencing difficulty breast-feeding on Sunday first, and the third woman mentioned difficulty breast-feeding as a reason for stopping breast-feeding. General difficulties reported by respondents included pain, perception of lack of breast milk, and adhesion problems. Difficulty breast-feeding is the main contributor to experiencing trouble after giving birth to a woman who reported feeling guilty and ashamed of failure, anxiety, no belief in self, and

frustration. Based on this phenomenon, researchers want to know, " The Influence of Combination Woolwich Massage And Prayer Choice Using Roll On Saum Oil Against Self- Efficacy and Breastfeeding Process in Primiparous Mothers in the Work Area health center Arjasa ?"

2. METHOD

This was *quasi experiment* with a use design and Two *test only design.* This study was conducted at the Arjasa Health Center Working Area, Situbondo Regency. The study was conducted between March and May 2024. The amount group control as many as 35 respondents and the number group intervention as many as 38 people. The inclusion criteria were as follows: postpartum mothers with spontaneous delivery, practicing Islam and liking the recitation of the Qur'an, not having hearing problems, postpartum mother being treated 2 (two) days at TPMB, Arjasa Health Center work area, Mrs. post partum Which willing for done *Wolwich Massage,* Mother with baby born Enough month, heavy body normal 2500-4000 grams, healthy physical and spontaneous birth as well as suction standard, and ma'am with baby take care join (*Rooming in and* Mother with nipple milk stands out).

Interventions, questionnaires, and/or observation sheets were first tested, and the subject chosen for the test trial was 3 (three) Mother post postpartum. A test was conducted on a group of respondents outside the respondents who will be studied, namely 3 (three) postpartum mothers who are still being treated at the TPMB Sumberejo Region. Reason election place: This is because it is the health center closest to campus. This study was conducted at the Arjasa Health Center Working Area, Situbondo Regency. The study was conducted between March and May 2024. The questionnaire passed Validity test stages . A reliability assessment was not carried out because the researcher directly intervened with Alone. The researcher explained the objective study, benefit study, and process implementation intervention to the Woolwich massage with selected prayers using *Saum Oil* and then directed the Alone intervention, whereas the results were rated together with the officer which service moment that. For enumerators, the researcher requested assistance from alumni of the D3 Midwifery Study Program, who have the same views as researchers in this research. They were given an explanation about assessing self-efficacy and the breastfeeding process, then the researcher gave an example to the first respondent, and to the the second respondent is assessed by the first collector/evaluator observed by the researcher And collector /evaluator second, furthermore Respondent to three rated by collector/evaluator second observed by researchers and collectors First.

Technical procedures, namely, researchers first socialize to enumerators and health workers who accompany childbirth, carry out work contracts, and provide explanations about the assessment results to health workers who practice as *evaluator,* All subject studies that fulfil criteria inclusion included recording general data; after the researcher obtains respondents according to the inclusion criteria, then what is done first; this time is to introduce yourself to the candidate respondents, explain Meaning, Objective, and Intervention, which will be done as well as rights respondents. When the candidate respondent agreed to participate in the research, they were required to sign a consent form that had been read or read aloud if the prospective respondent could not read; researchers and enumerators have the same perception regarding the technical implementation of Areola and Rolling massage accompanied by Al-Quran recitation. If the respondents after giving birth are observed by the researchers and enumerators by filling out the general data questionnaire sheet for the respondents, if they sign vital normal respondents, and can sit, then the respondent requested Sit down in chair For done *Wolwich massage.* Accompanied by the respondent's family. Massage was then performed in accordance with the stages. In the end section, saum oil was applied to the affected area back to the mother. The letter used in this study is Surah Al-Baqarah verse 60. This was done for 10-15 minutes. Researchers and enumerators also taught the mother how to massage Wolwich independently, and researchers and enumerators asked mothers and families to download the Al-Quran recitation mp3 so that they could listen to it while having the massage. Subsequently, there was a question-and-answer session. answer for 5-10 minutes. After that, respondents were given one *leaflet* about procedure or steps *Massage Wolwich* with prayer choice using *Saum Oil* as guide do intervention the Good by Respondent alone, after doing *Massage Wolwich* so *evaluator* And researcher do evaluation efficacy self and the breastfeeding process carried out by respondents, researchers and enumerators carried out interventions until the 35th day of the postpartum period door to door to observe efficacy self and the breastfeeding process carried out by respondents after done massage Wolwich with *Saum Oil.* Evaluation Stages Conducted; The researcher recapitulated the observation sheet. The researcher gives *souvenirs* to the respondents as a token of gratitude. Researchers checked the completeness of the data and then processed the data using a computer program.

Variable X consists of massage wolwich and prayer choice as well as efficacy self and variable Y, namely the breastfeeding process using the Kolmogorov Smirnov normality test using the Monte Carlo approach. A t-test was performed to determine the extent to which both variables were influenced. Research received a fit test ethics from Banyuwangi Health College (number: 325/04/KEPK-STIKESBWI/III/2024).

3. RESULTS AND DISCUSSION

Kolmogorov-Smirnov Normality Test

1. If the sig. value < 0.05, then the data are stated as not normally distributed
2. If the sig. value > 0.05; then, the data are stated as normally distributed.

One-Sample Kolmogorov-Smirnov Test

			Unstandardized Residual
N			73
Normal Parameters [a,b]	Mean		.0000000
	Std. Deviation		.93786823
Most Extreme Differences	Absolute		.112
	Positive		.069
	Negative		-.112
Test Statistic			.112
Asymp. Sig. (2-tailed)			.024[c]
Monte Carlo Sig. (2-tailed)	Sig.		.299[d]
	99% Confidence Interval	Lower Bound	.287
		Upper Bound	.310

a. Test distribution is Normal.
b. Calculated from data.
c. Lilliefors Significance Correction.
d. Based on 10000 sampled tables with starting seed 624387341.

The normality Test uses the Monte Carlo approach because of the large data size; therefore, the exact calculation cannot be used, whereas the asymptotic calculation is not reliable. Results of the Monte Carlo Sig. (2-tailed) value shows the number 0.299 (>0.05), which means that the data are normally distributed.

T-test

1. If the sig value is < 0.05, then the Massage Wolwich and Self-Efficacy on Breastfeeding Process Variables
2. If the sig value > 0.05, then there is no influence of Massage Wolwich and Self-Efficacy on Breastfeeding Process Variables

Coefficients [a]

Model		Unstandardized Coefficients B	Unstandardized Coefficients Std. Error	Standardized Coefficients Beta	t	Sig.
1	(Constant)	-.500	.786		-.636	.527
	Massage	.208	.055	.209	3,752	.000
	Efficacy	.095	.007	.788	14,172	.000

a. Dependent Variable: Breastfeeding

The results of the sig value for each independent variable can be seen as 0.000 (<0.05), so that both variables affect the breastfeeding process.

F Test

1. If the sig value is < 0.05, then in a way simultaneous there is influence Massage Wolwich and Self-Efficacy towards 116ariable Breastfeeding Process.
2. If the sig value > 0.05, then in a way simultaneous No there is influence Massage Wolwich and Self-Efficacy towards 116ariable Breastfeeding Process.

ANOVA [a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1555.299	2	777,650	859,539	.000 [b]
	Residual	63,331	70	.905		
	Total	1618.630	72			

a. Dependent Variable: Breastfeeding
b. Predictors: (Constant), Efficacy , Massage

The sig value results can be seen as 0.000 (<0.05), so that there is influence in a way simultaneous or together between frequency Massage Wolwich and Self-Efficacy towards the breastfeeding process.

Coefficient Determination

Coefficient determination can be seen in the value-adjusted R square, which shows the influence of independent variables on the dependent variable.

Model Summary [b]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.980 [a]	.961	.960	.951

a. Predictors: (Constant), Self- Efficacy , Frequency Massage Wolwich
b. Dependent Variable: Breastfeeding Process

It can be seen from the SPSS results that the mark coefficient determination was 0.960 or can be interpreted as the donation influence variable free to variable bound in a way simultaneously by 96%. This indicates that the breastfeeding process is influenced by the efficacy of self-mother breastfeeding and frequency of massage Wolwich. thus, exclusive breastfeeding can be maximized.

DISCUSSION

Exclusive breastfeeding, namely exclusive breastfeeding to the child for 6 months First his life, gives profit important psychological and immunological for mother and baby [15]. One way to help mothers feel relaxed after giving birth is to massage her with wool. This stimulates the breast's cell nerves, which then send a signal to the hypothalamus. The anterior pituitary responds by releasing the hormone prolactin, which is transported by blood to the breast myoepithelial cells to produce breast milk. However, oxytocin from action massage can affect oxytocin, a hormone that stimulates women to produce breast milk during nursing. The mother's nerves and milk ducts in both breasts may also relax because of this action. Based on these observation, the effects of woolwich massage given to the mother postpartum are one of the most important factors that significantly increase breast milk production. Thus, when intervention Woolwich massage is performed routinely by the mother postpartum, the mother does not need to worry about breast milk production and adequate nutrition received by the baby, because the breast milk produced automatically will be abundant. Researchers assume that the Already Lots mother knows about age-safe reproduction for pregnancy and childbirth, so that the Mother chooses pregnancy at the age of safe reproduction. Age also affects Mother's psychological readiness, if psychological not yet who, then breast milk production is also lacking smoothly, because his worries Mother For look after her child. If the mother feels calm and not stressed, oxytocin is more easily produced. The hormone prolactin also easily emits breast milk. Causes of low breast milk fluency Because Mother feels tired and worried and not yet ready breast-feed because of her breast milk not yet out. Therefore, the mother will breast-feed the baby in a calm, relaxed, and comfortable condition. Therefore, sufficient breast milk production was achieved. Therefore, the mother *postpartum* given massage to Wolwich postparfum to feel calm and comfortable, so that the hormone oxytocin increases and maintains breast milk production. smooth breast milk production

The researcher assumes that smooth breast milk flow is also supported by the belief Mother for giving breast milk to the baby because If Mother No feels Certain For giving breast milk to the baby, factor anxiety also inhibits breast milk production, so that the breast milk obtained baby only slightly. In addition, there are also factors supporting power health, and support family members for giving breast milk to babies so that exclusive breastfeeding can be implemented. In addition Respondent study This is all over people muslim who likes listen murottal Al-Qur'an [16]. Therefore, the relaxation murotal Al-Quran can be heard by massaging Wolwich for smooth breast milk. This is in line with Ningsih's research that interventions provided to Mother breastfeeding that is heard chant related verses of the Qur'an significant to good result [17]. Parents who breastfeed generally worry about sufficient breast milk production For give nutrition for the baby, and the assumption that inadequate breast milk supply sufficient is reason main non- exclusive breastfeeding for 6 months First life and cessation early breastfeeding. This happens before he did study this, after given intervention in a way comprehensive of participating mothers in study, which explicitly shows deep commitment to the matter mentioned. For example, they keep going to massage Wolwich and listen to the lash verses of the Qur'an with Good, although they face the challenge of significant breastfeeding. Although all over Respondent is Mother young and first-time breastfeeding, they are very enthusiastic about giving breast milk to her baby. That thing differs from the results of Nilsson's research, which states that young women's self-efficacy self is more breastfeeding low compared to more mothers old and have experience previously as well as tend lower Spirit in face problem lactation [18].

Emily de jager's research results et al [19]. Breastfeeding is a complicated process. The onset and persistence of physical, mental, cultural, and social variables have an impact on this. Additional elements that affect nursing include mother's psychological traits, including their price, self-efficacy, and emotional stability. One of the key determinants of breastfeeding continuation for six months after giving birth is efficacy self-breathing (BSE), which is defined as the mother's conviction in her own competence to breastfeed her child. fficacy self is one of the constructs of cognitive Bandura's social theory, which includes belieThe ef and confidence in ability somebody in do behavior healthy, including exclusive and successful breastfeeding. Improving self-efficacy of the mother can result in an improvement in the duration of exclusive breastfeeding. physical, mental, and social conditions are

factors that affect self-efficacy in self-mother breastfeeding. Intention to breast-feed is another variable that predicts self-efficacy in this study, which means seld-efficacy self is higher in mothers who intend to breast-feed.

Moafi et al. showed that there is a significant relationship between decisions about breastfeeding duration and self-efficacy, and mothers who choose exclusive breastfeeding before pregnancy are more likely to continue exclusive breastfeeding in the third month after giving birth. Reported that breastfeeding exclusive will increase If Already more than six months since the woman decides to breastfeed. Findings: This shows that when a mother has a desire for breastfeeding, he will be more motivated to reach the objective said and feel more believe in self with his ability to breast-feed. Research results have also shown that depression in mothers' breast-feeding is negatively related to self-efficacy. found that height level symptom depression during pregnancy was associated with inadequate breastfeeding exclusive at three month First after giving birth. In addition, three months after giving birth, levels of anxiety and depression negatively impact breastfeeding [20].

Self-trust in breast-feed is one of the important factors that contribute to the sustainability of breast-feed [21]. Women with level efficacy self-taller can overcome obstacles to breast-feed with ease compared to women with low self-efficacy. The size efficacy self-owned by women influences perseverance, trust, and his abilities to face challenge breast-feed [22]. Physical, mental, and social conditions are factors that influence self-efficacyin breast-feed [23]

Likewise, other studies have found that prenatal depression in the week 36th of pregnancy is associated with delayed initiation of breastfeeding, and postpartum depression is associated with duration of exclusive breastfeeding or type of breast-feed anything more short. In a study conducted, women with prenatal depression were less likely to start breastfeeding and had a smaller possibility of breast-feeding after 6 weeks of giving birth. In a study, 30.4% of mothers who did not breast-feed experienced symptom depression, indicating the importance of screening for depression during breastfeeding. Findings This shows that the suffering mother's symptom depression is not enough to believe self to ability they for breastfeeding, and that prenatal depression is an important factor in termination breast-feed early. Early detection of maternal mental health during pregnancy is very important, as proactive effort prevents breastfeeding problems. Therefore, interventions that increase breastfeeding should cover the evaluation of maternal mental health and respond to depression before and after giving birth to the mother; for push, they start breast-feeding early, and breastfeeding for a longer time [24].

4. CONCLUSION

Influence Combination Woolwich Massage and Prayer Choice Using Roll on Saum Oil Against Self-Efficacy and Breastfeeding Process of Primiparous Mothers in the Work Area Health Center Arjasa. The SPSS results showed a marked coefficient determination of 0.960 or interpreted that the breastfeeding process had a maximum of 96% by self-efficacy self and massage. Support extended lactation is required for ful-need moments, so that power health can increase education and mentoring mothers on breastfeeding in order to help reduce obstacles in breastfeeding and more objectively support breast-feeding.

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