

THE EFFECT OF BACK MASSAGE WITH SMOOTH DELIVERY OF PUERPERIAL BREAST MILK IN THE WORK AREA OF MEDAN GLUGUR HEALTH CENTER 2019

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Abstract

Back massage / oxytocin is a massage of the cervical spine, back or along the vertebrae (vertebrae) to the fifth to sixth rib. Oxytocin massage is an action taken by the husband to breastfeeding mothers in the form of back massage on the mother's back to help release the hormone oxytocin. Purpose: research to determine whether there is an effect of back massage with the smoothness of breast milk. Research method: Using Quasi-Experiment, Population: This research is the post-partum mothers in the working area of Puskesmas Glugur Darat Medan with a total of 88 people, and the sample is 32 people with purposive sampling technique. Dependent variable is Pungung massage, Independent variable is smoothness of breastfeeding. Data collection: observation sheets which were then processed using editing, coding scoring, tabulating and using the Wilcoxon Signed Rank Test statistical test. The results of this study indicate that there was a change in the number of respondents before doing and after back massage in the intervention group. Not smooth as many as 14 respondents (88%), after back massage was carried out smoothly as many as 14 respondents (88%). The results of this study were confirmed by the Wilcoxon test results obtained p value 0.000. P value = (0,000) $\alpha < 0.05$, which means there is an effect of back massage on the smoothness of breastfeeding.

Keywords: Back massage, Smoothness of breast milk

Premiliary

Breast milk is the main and most perfect food for babies. Where ASI contains almost all nutrients with a position according to the baby's needs to grow and develop optimally (Saymsul Alam, 2016). Exclusive Breastfeeding is the provision of breast milk to babies aged 0-6 months without being given additional food or drinks other than drugs for therapy (treatment of diseases). The percentage coverage of Exclusive Breastfeeding in North Sumatra Province in 2016 had a sharp decline compared to 2015 and did not reach the National target of <40%. District / City With the achievement of > 40%, namely Labuhan batu Utara (97.90%), Samosir (94.8%), Humbang sedition (84.0%), Simalungun (60.6%), Dairi (55.7%)) pak pak barat (50.5%), Deli Serdang (47.1%), Asahan (43.6%), Labuhan Batu (40.9%), Gunung sitoli (84.5%), Sibolga (46, 7%).

Areas with an achievement of <10% are Medan City (6.7%), high cliffs (7.4%) (District / City Health Profile, 2011-2016). Back massage is a back massage that starts from the lower part of the neck, Kostae 5-6 to the scapula along the side of the spine in a circular manner with pressure using both thumbs which can provide somatic sensory simulation through afferent pathways so as to stimulate the posterior pituitary to release the hormone oxytocin. which is a hormone that plays a role in breastfeeding (Dewi, 2017). According to the research (Mariatul Kiftia, 2014) with the title "The Effect of Oxytocin Massage on Breast Milk Production in Post Partum Mothers" states that the results of the Research Hypothesis P value 0.001 < 0.05 which indicates a significant difference in the average value before and after massage therapy. oxytocin, it can be concluded that oxytocin massage therapy is effective for postpartum mothers.

Method

The research design used in this study was the Quazi Experiment (Quasi-Experiment). Quasi-Experiment Research with pre-test and post-test control approaches. The design group aims to determine whether there is an effect of back massage on the smoothness of breastfeeding (Lestari, 2017).

In this study, there were 2 groups consisting of an intervention group that received back massage treatment and a control group that was not given treatment, still observing it. The subjects of this study were postpartum mothers who were taken from April-May 2019 in the working area of the Glugur Darat Medan Health Center, the sample that the researchers used was "purposive sampling" with a non-random method, namely the sampling technique by selecting samples among the population according to what the researcher wanted. (Inclusion criteria) then obtained a sample of 32 people. Data collection was carried out by researchers directly using observation sheets and Standard Operating Procedures (SOP). The data obtained were analyzed using the Chi Square test with the SPSS program.

Result

Table 4.1 Frequency Distribution Based on Characteristics of Respondents in the Work Area of Puskesmas Glugur Darat Medan

No	Characteristic	Group				Total
		Eksperimen		Control		
		F	(%)	F	(%)	
1	Age					
	a. <20 years	5	31%	1	6%	6
	b. 20-35 years	10	63%	13	81%	23
	c. >35 years	1	6%	2	13%	3
	Total	16	100%	16	100%	32
	2	Frekuensi Breastfeeding				
a. >8 kali		4	25%	3	18,75%	7
b. <8 kali		12	75%	13	81,25%	25
Total		16	100%	16	100%	32

From table 4.1 it can be seen that Of the 16 respondents in the experimental

group mostly aged 20-35 years, as many as 10 respondents (63%). Most of the control group were also aged 20-35 years, as many as 13 respondents (81%). 16 Respondents in the Experiment Group breastfeeding frequency <8 times as many as 12 respondents (75%), in the control group also showed the results of breastfeeding frequency <8 times a day as many as 13 respondents (81.25%).

Table 4.2 Smoothness of breastfeeding for postpartum mothers before back massage in the intervention group and control group in the Work Area of the Glugur Darat Health Center, Medan

No	Smoothness of Breastfeeding	Group Intervention		Group Control	
		F	(%)	F	(%)
1	Smooth	2	12%	5	31%
2	Not Smooth	14	88%	11	69%
Total		16	100%	16	100%

From the table it can be seen that Most of the respondents in the intervention group before being given oxytocin massage smooth breastfeeding were 13 respondents (81%), Most of the respondents in the control group before being given oxytocin massage the smoothness of non-current breastfeeding were 11 respondents (69%).

Table 4.3 Smoothness of breastfeeding for postpartum mothers after back massage in the intervention group and control group in the Work Area of the Glugur Darat Health Center, Medan

No	Smoothnes of Breastfeeding	Group Intervention		Group Control	
		F	(%)	F	(%)
1	Smooth	14	88%	6	37%
2	Not smooth	2	12%	10	63%
Total		16	100%	16	100%

From the table shows that most of the respondents in the intervention group after being given oxytocin massage to smooth breastfeeding were 14 respondents (88%). Most of the respondents in the control group after being given oxytocin massage the smoothness of breastfeeding were 10 respondents (63%).

Table 4.4 Normality of the distribution of treatment groups and control groups in the working area of the Glugur Darat Health Center, Medan

Tests of Normality		Shapiro-Wilk		
	Statistic	Df	Sig.	
Pengaruh pijat punggung	Pre Test Intervensi	.839	16	.009
	Post Test Intervensi	.819	16	.005
	Pre Test Kontrol	.842	16	.010
	Post Test Kontrol	.854	16	.016

From the table 4.4 The results of the Normality Test using the Shapiro Wilk Test obtained a significant value of the pre-test intervention group of 0.009 and 0.005 of the post test, while the control group obtained a significant value of 0.010 pretest post test 0.016. Because the significant value of the two groups <0.05 , it can be said that the Intervention group and the Control group were not normally distributed.

Computerized bivariate analysis was performed using the Wilcoxon Test to compare two groups from two different samples. In principle, we want to know whether there is a difference between 2 samples, by comparing the significance level of $\alpha = 0.05$. If the p value <0.05 means that there is a significant influence between the independent and dependent variables

Table 4.5 Differences in the fluency of breastfeeding in the intervention group and the control group in the working area of Puskesmas Glugur Darat Medan

No	Smooth of Breastfeeding Group	N	p Value
1	Intervension	16	0,000
2	Control	16	

From the table 4.5 It can be seen that the statistical test using the Wilcoxon test showed that the p value of the intervention

group was 0,000 where <0.05 means that there is an effect of Back Massage with the smoothness of breastfeeding. It can be concluded that the back massage that is carried out greatly affects the smoothness of breastfeeding for postpartum mothers in the working area of the Glugur Darat Health Center, Medan.

Discussion

The control group were 11 respondents (69%), supported by The results of the study before back massage were most of the respondents that the breast milk was not smooth and could not pass through the mother's nipples because the mother rarely breastfed her baby and the child's suction was reduced, thus reducing breastfeeding. Smoothness of breastfeeding in post-partum mothers after back massage in the intervention and control groups based on research conducted in the working area of the Glugur Darat Health Center in Medan, it was found that most of the respondents to the smoothness of current breastfeeding were 14 respondents (88%). Whereas in the Control group who did not do back massage there was no increase in fluency in breastfeeding where the respondents were breastfeeding fluently as much as 6% of respondents (37%). The result suport by Theory According to (Susilo, 2016) Oxytocin massage is one solution to overcome the inadequacy of breastfeeding. Back massage / oxytocin is a massage of the cervical spine, back or along the vertebrae (vertebrae) to the fifth to sixth rib rib. Oxytocin massage is an action taken by the husband to breastfeeding mothers in the form of back massage on the mother's back to help release the hormone oxytocin.

Based on Tables 4.2 and 4.3, it shows that there was a change in the number of respondents before it was done and after back massage was done in the intervention group. Not smooth as many as 14 respondents (88%), after back massage was done, there were 14 respondents (88%). The results of this study were confirmed by the Wilcoxon test results obtained p value

0.000. The p value <0.05 , which means there is an effect of back massage on the smoothness of breastfeeding. Based on the fluency of breastfeeding before and after back massage, it is known that prior to back massage, the excretion of breastmilk was not smooth, while after back massage, most of the respondents were expressing breastmilk smoothly. So it can be concluded that there is an effect of back massage on the smoothness of breastfeeding in the Work Area of the Glugur Darat Health Center in Medan, with these results supported by Research (Mariatul Kiftia, 2014) with the title "The Effect of Oxytocin Massage on Breast Milk Production in Post Partum Mothers" states that the results of the Research Hypothesis P value $0.001 < 0.05$ which indicates a significant difference in the average value before and after oxytocin massage therapy, it can be concluded that oxytocin massage therapy is effective for postpartum mothers.

Conclusion

1. Post-partum mothers in the work area of the Puskesmas Glugur Darat Medan, 14 respondents (88%) had more fluency in their breastmilk 2 respondents (12%).
2. Postpartum mothers in the work area of the Puskesmas Glugur Darat Medan have more fluency in breast milk is not fluent in the control group. Breastfeeding is not smooth as many as 11 respondents (69%) of the fluent 5 respondents (31%).
3. There is an effect of back massage on the fluency of mother's milk in the working area of Puskesmas Glugur Darat Medan, where the p value (0.001) value $\alpha < 0.05$. It is hoped that health workers can provide counseling or counseling in order to increase the knowledge of post-partum mothers about the importance of back massage so that it can improve the fluency of breastfeeding and provide a feeling of relaxation to the mother. It is hoped that further researchers can continue this research with different variables.

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