

Relationship of Knowledge with Breastfeeding Mother's Attitude About Oxytocin Massage On The Smoothness Of breast Milk Elisabet Purba New Midwife Clinic South Panyabungan District Year 2021

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ABSTRACT

Oxytocin massage is done to stimulate the oxytocin reflex or let me down reflex. Exclusive breastfeeding in Indonesia is still far from expectations. Nationally, the coverage of infants receiving exclusive breastfeeding in 2017 was 61.33%. However, this figure has not reached the target of exclusive breastfeeding coverage set by the government, which is 80%. The design of this research is analytic with cross sectional study approach. This type of research is descriptive correlational. The population in this study were all postpartum mothers at the Elisabeth Purba Baru Midwife Clinic. The sampling technique was a total sampling technique of 35 people. The results of the study, analysis of the chi-square test, obtained by the analysis of the Chi-Square test, it is known that the significant value of p value is 0.035. ($0.035 < 0.05$) then H_0 is rejected and H_a is accepted so that in this study there is a significant relationship between knowledge and attitudes of breastfeeding mothers about oxytocin massage on breastfeeding smoothness at the Elisabeth Purba Baru Midwife Clinic. It is hoped that research sites, institutions, respondents and further researchers are advised to apply oxytocin massage to nursing mothers and explain the benefits to mothers so that mothers' knowledge increases and their attitudes are positive towards oxytocin massage

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1. Introduction

The period after giving birth is a time when a mother will experience a period of transition to physical, psychological and sociocultural changes. Post partum mother with normal delivery, is an experience that triggers stress during labor and after delivery. Maternal health both physically and psychologically as well as the condition of the mother's breasts also affect the process of lactation which will affect the production and expenditure of breast milk (Sulaiman, 2019).

The Infant Mortality Rate (IMR) in Indonesia is still quite high compared to countries in Southeast Asia, namely 34/1000 live births, still quite high compared to countries in Southeast Asia, which is 34/1000 live births. quite high compared to Malaysia (16/1000) and Singapore (2/1000) live births (IDHS, 2007). This figure is also still far from the MDGs target of 24 per 1000 live births in 2015 (BPS, 2008). The most common causes of infant mortality are diarrhea and feeding problems (31.4%) and pneumonia (23.8%) (Risksdas, 2007). Thus, in 2009 Indonesia's Millennium Development Goals (MDGs) targeted a reduction of 23 for infant and under-five mortality in the 2009-2015 period. Therefore, Indonesia is committed to reducing the infant mortality rate from 68/1,000 live births to 23/1,000 live births and the under-five mortality rate from 97/1,000 live births to 32/1,000 live births. To achieve the target of the Millennium Development Goals (MDGs) in 2015 in order to reduce the IMR, one of them can be done by giving exclusive breastfeeding (Depkes, 2002).

Lack of breast milk production on the first day of the puerperium always triggers newborns to be given formula milk which ultimately results in not achieving exclusive breastfeeding, where exclusive breastfeeding is very important for the growth and development of babies (Pollard, 2017).

The benefits of exclusive breastfeeding for babies include complete nutrition, increase body power, increase mental and emotional intelligence that is stable and spiritually mature followed by good social development, easy to digest and absorb, has a composition of fat, carbohydrates, calories, protein, and vitamins, protection from infectious diseases, allergy protection because breast milk contains antibodies, provides intelligence and nerve stimulation, improves health and intelligence optimally (Mufdillah, Subijanto, Sutisna, & Akhyar, 2017)

Many efforts have been made to increase milk production, one of which is oxytocin massage, which is used to accelerate the parasympathetic nerves to convey signals to the back of the brain to stimulate the work of the oxytocin hormone after childbirth in draining breast milk out, this action can affect the prolactin hormone which functions as a stimulus for breast milk production in mothers during breastfeeding, besides that it can also increase the comfort of the mother (F. T. Wulandari, Aminin, & Dewi, 2014).

Oxytocin is done to stimulate the oxytocin reflex or let down reflex. By doing this massage the mother will feel relaxed, fatigue after giving birth will disappear, so that the oxytocin hormone comes out and breast milk comes out quickly (Mardiyaningsih, 2010). In addition to stimulating the let down reflex, the benefits of oxytocin massage are to provide comfort to the mother, reduce swelling (engorgement), reduce breast milk blockage, stimulate the release of the hormone oxytocin, maintain milk production when mother and baby are sick (Depkes RI, 2007). Research conducted by Purwoastuti and Walyani (2015) in Surakarta on the effect of oxytocin massage on postpartum mothers on breast milk production, it was found that there was an increase in breast milk production in the intervention group carried out with the result $P < 0.0005$

Research conducted by Rusdiarti (2014) who examined the effect of oxytocin massage on postpartum mothers on milk production in Jember Regency found that there was an effect of oxytocin massage on breastfeeding mothers in postpartum. The results showed that the average expulsion of breast milk in postpartum mothers who did not receive oxytocin massage was 4.61 minutes and the average milk output for postpartum mothers who received oxytocin massage was 11.78 minutes. This is also shown by the results of Endah & Masinarsah (2011) research with the title the effect of oxytocin massage on colostrum expenditure in postpartum mothers in the obstetrics room of Muhammadiyah Hospital Bandung. 5.89 hours.

Giving oxytocin massage is one of the roles of a midwife who provides support and comfort care through oxytocin massage to mothers after giving birth to make mothers feel confident and reduce worry so that milk production increases. In addition, midwives are also able to increase the knowledge of mothers and families about how to increase breast milk production. Midwives provide information and teach husbands or families how to massage oxytocin in accordance with standard operating procedures.

Based on the results of the initial survey at the Elisabet Purba Baru Midwife Clinic that of the number of breastfeeding mothers 7 out of 10 breastfeeding mothers said the amount of breast milk was small and caused their babies to cry often and the lack of information obtained by mothers about treatments to increase breast milk production (ASI) and foods that increase the production of breast milk (ASI) and they do not know that there is oxytocin massage to help increase milk production. From the description of the background above, the researcher is interested in conducting a study with the title "The Relationship of Knowledge with Breastfeeding Mothers' Attitudes about Oxytocin Massage on the smoothness of breastfeeding at the Elisabet Purba Baru Midwife Clinic, South Panyabungan District in 2021".

2. Methods

This research was conducted using quantitative methods, using a cross sectional approach. This research was conducted at the Elisabeth Purba Clinic, Panyabungan. The population in this study were postpartum mothers at the Elisabeth Purba Baru Midwife Clinic, Panyabungan Selatan District, Kab. Mandailing Natal. Research sample. Based on the method used, the overall sample required 35 respondents. Data analysis using the chi square test

3. Result and Discussion

This research started on April 11-14, 2021. The method of data collection was based on a questionnaire that had been prepared and then oxytocin massage was carried out according to the condition of the respondent at that time with their own awareness and without anyone's coercion. The number of research samples is 35 respondents. The study was conducted for 4 days where respondents coded 1-35. Researchers made home visits for 3 consecutive days to do oxytocin massage and on day 4 the researchers asked again about the mother's milk production after oxytocin massage and the researchers took notes in the questionnaire provided. The beginning of this research process is that before breastfeeding mothers do oxytocin massage, mothers are invited to sit down which has been prepared by the researcher, then the mother's vital signs are measured first, namely blood pressure, pulse, and respiration, if the mother's vital signs are normal,

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then oxytocin massage is done. If the mother's blood pressure, pulse and breathing are not normal, then the oxytocin massage cannot be started, we wait until the vital signs are normal by resting the mother first. The results of these studies can be seen in the table below

TABLE 1
CHARACTERISTICS OF RESPONDENTS AT ELISABETH PURBA BARU MIDWIFE CLINIC, SOUTH PANYABUNGAN DISTRICT, MANDAILING NATAL REGENCY IN 2021

No	Characteristics of Respondents	N	%
1	Age		
	< 25 tahun	8	22,9
	26 - 35 tahun	21	60,0
	>35 tahun	6	17,1
2	Education		
	SD	1	2,9
	junior high school	13	37,1
	senior High School	16	45,7
	College	5	14,3
3	Occupation		
	IRT	17	48,6
	Entrepreneur	3	8,6
	Laborer	11	31,4
	Civil servant	4	11,4
4	Delivery to		
	1	13	37,1
	2	12	34,3
	3	6	17,1
	4	4	11,4
5	Sources of information		
	Midwife	20	57,1
	Doctor	15	42,9

Based on Table 1 above, it can be seen that the majority of respondents are aged 26-35 years, namely 21 people (60.0%), high school education as many as 16 people (45.7%), household work as many as 17 people (48.6). The first delivery was 13 people (37.1), the source of information was 20 midwives ((57.1).

To test the relationship of independent variables which include knowledge, attitude, oxytocin massage with the dependent variable, namely the smoothness of breastfeeding, bivariate analysis was carried out using the chi square test with $\alpha = 0.05$ which is described as follows.

TABLE 2
FREQUENCY DISTRIBUTION OF THE RELATIONSHIP OF MOTHER'S KNOWLEDGE ABOUT OXYTOCIN MASSAGE TO BREAST MILK SMOOTHNESS AT THE ELISABETH PURBA BARU MIDWIFE CLINIC, SOUTH PANYABUNGAN DISTRICT, MANDAILING NATAL REGENCY IN 2021

No	Knowledge of breastfeeding mothers	N	%
1	Good	4	11,4
2	Enough	21	60,0
3	Less	10	28,6

Based on table 2, knowledge of breastfeeding mothers is sufficient as many as 21 people (60.0%), less as many as 10 people (28.6%), good as many as 4 people (11.4%).

The results showed that most of the respondents' knowledge was sufficient as many as 21 respondents (60.0%). Sufficient knowledge obtained from the results of this study was caused by respondents having received information from midwives about oxytocin massage, namely massage to stimulate breast milk. Midwives provide counseling to respondents during childbirth and after delivery. The results of the study of knowledge about oxytocin massage were good as many as 4 respondents (11.4%). According to Notoatmodjo (2014) 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.

The results of this study are in accordance with previous research conducted by Abu and Ahmad (2010) which 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 also already 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.

Research conducted by Albertina (2015) with the title The relationship between oxytocin massage and the smooth production of breast milk in postpartum mothers for caesarean sections on days 2 – 3. Based on the results of research from 48 respondents, most of them were massaged according to procedures as many as 35 respondents (72.9%) 24 respondents (50%) had smooth milk production and 11 respondents (22.9) had non-smooth milk production. Meanwhile, 13 respondents (27.1%) who did not receive massage according to the procedure were 2 respondents (4.2%) who produced smooth breast milk and 11 respondents (22.9%) did not.

The results of this study are in line with the results of Nasution, Liputo, & Mahdawaty (2016) 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, the mother's knowledge which is still relatively sufficient about oxytocin massage on breast milk smoothness is caused by the lack of mothers getting good information about oxytocin massage and its benefits for the smooth running of mother's milk. This is influenced by various things such as the age of the mother who is still relatively young, education and sources of information and the experience of mothers who are still lacking about oxytocin massage.

TABLE 3

FREQUENCY DISTRIBUTION OF THE RELATIONSHIP OF MOTHER'S ATTITUDES ABOUT OXYTOCIN MASSAGE TO BREASTFEEDING SMOOTHNESS AT THE ELISABETH PURBA BARU MIDWIFE CLINIC, SOUTH PANYABUNGAN DISTRICT, MANDAILING NATAL REGENCY IN 2021

No	Mother's Attitude	N	%
1	Positif	19	54,3
2	Negatif	16	45,7

Based on table 3 positive mother attitude as many as 19 people (54,3%), negative 16 people (45,7%) The results showed that most of the respondents had a positive attitude about oxytocin massage as many as 19 respondents (61.9%). The positive attitude is because the mother has sufficient and good knowledge so that she considers oxytocin massage to be good for her health. Attitudes about oxytocin massage in this study were mostly positive, also because mothers knew the benefits of oxytocin massage because midwives provided counseling about oxytocin massage and how to do oxytocin massage. Oxytocin massage can also be done with family and husband at home.

Positive attitude seen from the tabulation of data that the respondents were 19 people (54.0%) who said they agreed if oxytocin massage was done at least 2 times a day. This is in line with the results of Hamranani's research (2015) which says that oxytocin massage is effective if it is

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done twice a day on the first and second days of the postpartum period, because on those two days, enough breast milk has not been produced so it is necessary to take action to stimulate the oxytocin reflex.

In this study, there were 16 respondents who had a negative attitude, namely 45.7% because the respondents already had more than one child and the milk was issued smoothly without oxytocin massage. Mother's experience and beliefs during previous breastfeeding will affect the mother's attitude in the next breastfeeding process, if the mother is successful in breastfeeding at the time of the first child, then when breastfeeding the second child, she will be more confident that she can succeed in breastfeeding the next child. This mother's belief can stimulate the release of the hormone oxytocin so that breast milk can come out smoothly (Mardiyarningsih, 2010). This is also in line with research conducted by Soetjningsih and Gde Ranuh (2013) which states that mothers who give birth to their second child and so on produce more breast milk than the birth of their first child.

TABLE 4.

RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDE OF BREASTFEEDING MOTHERS ABOUT OXYTOCIN MASSAGE ON BREAST MILK SMOOTHNESS AT THE ELISABETH PURBA BARU MIDWIFE CLINIC, PANYABUNGAN SELATAN DISTRICT, MANDAILING NATAL REGENCY IN 2021

No	Mother's Knowledge	Mother's attitude about oxytocin massage						P - value
		Positif		Negative		Total		
		F	%	F	%	f	%	
1	Good	3	8,6	1	2,9	4	11,4	0,035
2	Enough	14	40,0	7	20,0	21	60,0	
3	Less	2	5,7	8	22,9	10	28,6	
	Total	19	54,3	16	45,7	35	100,0	

Based on these results, it can be seen that the results of the chi square test are then based on a significant value (p-value) of 0.035, smaller than 0.05. This means that there is a relationship between knowledge and attitudes of breastfeeding mothers about oxytocin massage on the smoothness of breast milk .

Based on the calculation of the Chi-Square test analysis, it is known that the significant p value is 0.035. Because the p value is smaller than 0.05 ($0.035 < 0.05$) then H_0 is rejected and H_a is accepted so that in this study there was a significant relationship between knowledge and attitudes of breastfeeding mothers about oxytocin massage on breastfeeding at the Elisabeth Purba Baru Midwife Clinic, Panyabungan District. South of Mandailing Natal Regency in 2021.

The results of this study are in line with research By Novita (2016) which Shows That Respondents Who are sufficiently knowledgeable mostly have a positive attitude to doing oxytocin massage, while respondents who are well informed mostly have a positive attitude to doing oxytocin massage. Likewise, respondents with less knowledge all have a negative attitude to do oxytocin massage.

The existence of a relationship between knowledge of postpartum mothers with the attitude of doing oxytocin massage is due to the knowledge of the respondents who are mostly sufficient about oxytocin massage. Knowledge is related to attitudes in order to obtain good behavior in oxytocin massage because oxytocin massage has many uses for the smooth running of mother's milk. less action, namely 3 people (8.3%) due to lack of motivation from husband or family. Whereas husbands are very influential in the

psychological health of postpartum mothers so that the lactation process in postpartum mothers becomes smooth and husbands have a very large influence in motivating mothers to start breastfeeding (S. Wulandari, Triharini, & Wahyuni, 2020). Another thing is also because at the time of carrying out the action the husband or family did not do it in accordance with the procedures that had been previously taught by health workers (nurses or midwives).

4. Conclusion

Based on the results of the study, it can be concluded as follows:

1. Knowledge of breastfeeding mothers about oxytocin massage on breastfeeding smoothness at the Elisabeth Purba Baru Midwife Clinic, South Panyabungan District, Mandailing Natal Regency in 2021, the majority had sufficient knowledge of 21 people (60.0%).
2. Attitudes of breastfeeding mothers about oxytocin massage on smooth breastfeeding at the Elisabeth Purba Baru Midwife Clinic, South Panyabungan District, Mandailing Natal Regency in 2021, the majority had a positive attitude as many as 19 people (54.3%).
3. There is a significant relationship between knowledge and attitudes of breastfeeding mothers about oxytocin massage on breastfeeding at the Elisabeth Purba Baru Midwife Clinic, Panyabungan Selatan District, Mandailing Natal Regency in 2021, with p value = 0.035 ($p < 0.05$). This means, indicating that the better the level of knowledge of breastfeeding mothers about oxytocin massage, the better the mother's attitude about oxytocin massage towards breastfeeding smoothness will be.

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