ABSTRAK

DIAN A. TONTIK. Studi Literatur : Pengaruh Pijat Oksitosin terhadap Peningkatan Produksi ASI. Dibimbing oleh HARISMAYANTI sebagai ketua dan ANI RETNI sebagai anggota

Menyusui menjadi proses yang terjadi secara alami. Namun biasanya seorang ibu mengalami masalah seperti produksi ASI yang kurang. Penelitian ini bertujuan untuk mengetahui pengaruh pijat oksitosin terhadap peningkatan produksi ASI. Penelitian berjenis studi literatur, data base pencarian *google cendekia, Indonesia One Search (IOS)* dan Garuda menggunakan akta kunci "pijat oksitosin; produksi ASI". Kriteria yang digunakan terbitan tahun 2016-2020, berbahasa Indonesia, subjek ibu menyusui, full text, dan relevan dengan tujuan penelitian. Hasil penelitian didapatkan 10 literatur yang menyatakan bahwa ada pengaruh pengaruh pijat oksitosin terhadap peningkatan produksi ASI. Disimpulkan pijat oksitosin merangsang pengeluaran hormon oksitosin yang mengakibatkan kontraksi pada otot polos di dinding alveolus dan dinding saluran kelenjar payudara sehingga ASI dipompa keluar terus menerus dan jumlahnya menjadi meningkat. Peningkatan volume ASI yang didapatkan setelah intervensi pijat oksitosin berkisar 3,6-19,2 ml bergantung dari lamanya sesi intervensi pijat oksitosin dilakukan. Sementara itu, waktu pengeluaran ASI setelah melahirkan rata-rata 5,15 jam, lebih cepat dibandingkan ibu yang tidak dilakukan pijat oksitosin yaitu rata-rata 8,30 jam. Disarankan kepada tenaga kesehatan hendaknya mengaplikasi pijat oksitosin kepada ibu post partum agar ibu dapat memberikan ASI pada bayinya dalam jumlah yang cukup.

Kata Kunci: pijat oksitosin, produksi ASI.

ABSTRACT

DIAN A. TONTIK. Effect of Oxytocin Massage on Increasing Milk Production. Supervised by HARISMAYANTI as chairman and ANI RETNI as a member

Breastfeeding becomes a process that occurs naturally. However, usually a mother experiences problems such as insufficient milk production. This research aims to determine the effect of oxytocin massage on increased milk production. The research consisted of literature studies, google scholar search data base, Indonesia One Search (IOS) and Garuda using oxytocin massage key deeds; milk production. The criteria used in the 2016-2020 publication, in Indonesian, the subject of breastfeeding mothers, full text, and relevant to the research objectives. The results of the study obtained 10 literature which states that there is an effect of oxytocin massage on increased milk production. It is concluded that oxytocin massage stimulates the release of the hormone oxytocin which causes contraction of smooth muscle in the alveolar walls and duct walls of the breast glands so that the milk is pumped out continuously and the amount increases. The increase in breast milk volume obtained after the oxytocin massage intervention ranged from 3.6 to 19.2 ml depending on the length of the oxytocin massage intervention session performed. Meanwhile, the time for expressing breastmilk after delivery was 5.15 hours on average, faster than mothers who did not receive oxytocin massage, which was an average of 8.30 hours. It is suggested that health workers should apply oxytocin massage to post-partum mothers so that mothers can provide breast milk to their babies in sufficient quantities.

Keywords: Oxytocin Massage, Breast Milk Production.