

# **PENERAPAN PIJAT *OKSITOSIN* DALAM MEMPERCEPAT PENGELUARAN ASI PADA IBU MENYUSUI DI BPM NOWO HASTUTI KARANGANYAR**

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## **ABSTRAK**

**Latar Belakang;** Masalah dalam pemberian ASI awal yaitu ibu merasa bahwa ASI tidak cukup, bayi rewel, perubahan psikologis ibu dan berkurangnya rangsangan hormon *oksitosin*. Persiapan ibu secara psikologis sebelum menyusui merupakan faktor penting yang mempengaruhi keberhasilan menyusui. Stress, rasa takut yang berlebihan, ketidak bahagiaan pada ibu sangat berperan dalam menyukkseskan pemberian ASI awal. **Tujuan;** Mendeskripsikan hasil implementasi pijat *oksitosin* terhadap pengeluaran ASI pada ibu menyusui di BPM Nowo Hastuti **Metode;** Penelitian deskriptif dengan pendekatan studi kasus. Pengambilan responden menggunakan syarat kriteria inklusi, dengan jumlah responden sebanyak 2 orang, sedangkan instrumen penelitian menggunakan lembar observasi. **Hasil;** hasil penelitian menunjukkan pengeluaran ASI responden pertama terjadi pengeluaran kolostrum setelah 6.5 jam bayi lahir dan pada responden kedua terjadi setelah 7 jam setelah bayi lahir dan observasi eliminasi bayi yang meningkat dari hari pertama sampai dengan hari ketiga *post partum* sebagai acuan bayi cukup mendapatkan ASI. **Kesimpulan;** penerapan pijat *oksitosin* membantu mempercepat pengeluaran ASI di BPM Nowo Hastuti Karanganyar, sehingga dapat disimpulkan bahwa pijat *oksitosin* dapat mempercepat pengeluaran ASI.

**Kata Kunci :** *ibu pasca salin, pengeluaran ASI, pijat oksitosin*

# APPLICATION OF OXYTHOSINS MESSAGES IN SPEED UP SPENDING BREAST MILK IN BREASTFEEDING MOTHER IN BPM NOWO HASTUTI KARANGANYAR

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## ABSTRACT

**Background;** *The problem in early breastfeeding is that the mother feels that breast milk is insufficient, the baby is fussy, the psychological changes in the mother and the reduced stimulation of the hormone oxytocin. Psychological mother preparation before breastfeeding is an important factor influencing the success of breastfeeding. Stress, excessive fear, unhappiness in the mother is instrumental in the success of early breastfeeding.* **Objetives;** *Describe the results of the implementation of oxytocin massage on breast milk expenditure on post partum mothers in BPM Nowo Hastuti.* **Method;** *Descriptive research with case study approach. The respondent collected using the criteria of inclusion, with the number of respondents as much as 2 people, while the research instrument using the observation sheet.* **Results;** *the results of the study showed the first respondents expenditure of breastfeeding colostrum expenditure after 6.5 hours of the baby was born and the second respondent occurred after 7 hours after the baby was born and increased infant elimination observations from the first day until the third day of post partum as the reference of the infant is sufficient to obtain breast milk.* **Conclusion;** *there is the effect of oxytocin massage on breast milk exposure in normal post-salmon mothers in BPM Nowo Hastuti Karanganyar, so it can be concluded that oxytocin massage can accelerate the expenditure of breast milk.*

**Keywords:** *post partum mother, breast milk expenditure, oxytocin massage*