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## **LITERATURE REVIEW : PENGARUH PIJAT OKSITOSIN TERHADAP INVOLUSI UTERUS PADA IBU POSTPARTUM**

### **ABSTRAK**

**Latar belakang :** Kematian Ibu (AKI) secara langsung terjadi saat dan setelah melahirkan dengan berbagai penyebab salah satunya perdarahan postpartum (27,03%) diperingkat kedua hasil dari Survei Penduduk Antar Sensus (SUPAS), 2015. Upaya mencegah terjadinya perdarahan postpartum yaitu pemberian hormon oksitosin. Pijat oksitosin pada tulang belakang yaitu nervus ke 5-6 sampai scapula dapat merangsang pengeluaran hormon oksitosin yang menyebabkan kontraksi uterus menjadi kuat sehingga proses involusi uteri berjalan normal. Tujuan mengetahui pengaruh pijat oksitosin terhadap involusi uteri pada ibu postpartum.

**Metode :** Penelitian ini menggunakan metode pendekatan *literature riviw* atau tinjauan pustaka. Terdapat langkah dalam melakukan metode pendekatan *literature review* yaitu *select a topic, develop tools of argumen, search artikel, survey the literature, critique the literature, dan write the review*. Kemudian pada proses pemilihan artikel penelitian dilakukan dengan identifikasi, skrining, uji kelayakan, dan inklusi. Sehingga didapatkan 4 artikel penelitian nasional dan 1 artikel penelitian internasional melalui database Google Scholar, DOAJ, dan *Web Of Science*.

**Hasil :** Secara keseluruhan terdapat pengaruh pijat oksitosin terhadap involusi uteri pada ibu postpartum dinilai dari percepatan penurunan TFU kelompok yang diberikan pijat oksitosin berjalan normal dan menjadi sangat baik dibuktikan adanya penurunan TFU secara signifikan dan berangsur-angsur mengembalikan organ-organ reproduksi ke kondisi sebelum hamil. Pada kelompok yang belum atau tidak diberikan pijat oksitosin penurunan TFU berjalan lambat bahkan involusi uteri tidak normal sehingga dapat menyebabkan perdarahan postpartum.

**Simpulan :** Secara garis besar maka dapat disimpulkan bahwa terdapat pengaruh pijat oksitosin terhadap involusi uteri pada ibu postpartum.

**Kata kunci :** Pijat Oksitosin, Involusi Uterus, Ibu Postpartum

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## **LITERATURE REVIEW : THE EFFECT OF OXYTOCIN MASSAGE ON UTERINE INVOLUTION IN POSTPARTUM MOTHERS**

### **ABSTRACT**

**Background:** Maternal Death (AKI) directly occurs during and after childbirth with various causes, one of which is postpartum bleeding (27.03%) ranked second as a result of the Inter-Census Population Survey (SUPAS), 2015. Efforts to prevent the occurrence of postpartum bleeding is the administration of the hormone oxytocin. Oxytocin massage in the spine that is nervous to 5-6 until the scapula can stimulate the release of the hormone oxytocin which causes uterine contractions to be strong so that the uterine involution process runs normally. The purpose of knowing the influence of oxytocin massage on uteri involution in postpartum mothers.

**Methods:** This research uses the method of approaching literature riview or literature review. There are steps in doing literature review approach method, namely select a topic, develop tools of argument, search articles, survey the literature, critique the literature, and write the review. Then in the process of selecting research articles are carried out with identification, screening, due diligence, and inclusion. So it obtained 4 national research articles and 1 international research article through the database of Google Scholar, DOAJ, and Web Of Science.

**Results:** Overall there is an influence of oxytocin massage on uteri involution in postpartum mothers assessed from the acceleration of the decrease in TFU group given oxytocin massage goes normally and becomes very well proven the presence of a significant decrease in TFU and gradually restores the reproductive organs to the condition before pregnancy. In the group who have not been given oxytocin massage the decrease in TFU goes slowly even uteri involution is abnormal so it can cause postpartum bleeding.

**Conclusion:** In general, it can be concluded that there is an influence of oxytocin massage on uteri involution in postpartum mothers.

**Keywords :** Oxytocin Massage, Uterine Involution, Postpartum Mothers