

Universitas Ngudi Waluyo  
Program Studi Kebidanan, Fakultas Kesehatan  
Skripsi, Januari 2022  
Jenny Giovanna<sup>1</sup>, Puji Lestari, S.SiT.,M.Kes<sup>2</sup>

## Gambaran Pengetahuan Ibu Menyusui Tentang Pijat Oksitosin Di Puskesmas Ungaran

### **ABSTRAK**

**Latar Belakang:** Menurut Profil Puskesmas Ungaran pada tahun 2019 presentase pemberian ASI eksklusif pada bayi usia 0-6 bulan sebanyak 65,6% dari 189 bayi berusia 0-6 bulan. Oleh karena itu, permasalahan dapat diatasi dengan menerapkan teknik menyusui yang benar. Kompres hangat, *breast care* dan pijat oksitosin. Tujuan penelitian ini adalah untuk mengetahui pengetahuan ibu menyusui tentang pijat oksitosin di wilayah kerja Puskesmas Ungaran.

**Metode:** Jenis penelitian ini yaitu deskriptif kuantitatif dengan pendekatan *cross sectional*. Populasi dalam penelitian ini yaitu seluruh ibu menyusui bayi usia 0-6 bulan dan mengikuti Posyandu di wilayah kerja Puskesmas Ungaran dari tanggal 16 Desember 2021-15 Januari 2022 berjumlah 32 responden. Teknik sampel yang digunakan yaitu *accidental sampling* dengan instrumen pengambilan data berupa kuesioner.

**Hasil Penelitian:** Hasil penelitian diinterpretasikan sebagian besar pengetahuan ibu menyusui tentang pijat oksitosin cukup sebesar 14 responden (43,8%), pengetahuan ibu menyusui tentang pengertian pijat oksitosin kurang sebesar 15 responden (46,9%), pengetahuan ibu menyusui tentang manfaat pijat oksitosin kurang sebesar 13 responden (40,6%), pengetahuan ibu menyusui tentang hal-hal yang dapat mendorong produksi oksitosin kurang sebesar 16 responden (50,0%), pengetahuan ibu menyusui tentang hal-hal yang dapat menghambat produksi oksitosin kurang sebesar 16 responden (50,0%), pengetahuan ibu menyusui tentang cara pijat oksitosin kurang sebesar 23 responden (71,9%).

**Simpulan:** Hasil penelitian dapat disimpulkan bahwa sebagian besar ibu menyusui di wilayah kerja Puskesmas Ungaran tentang pijat oksitosin berpengetahuan cukup sebesar 14 responden (46,9%). Hasil penelitian ini bias menjadi bahan masukan untuk ibu menyusui agar dapat menambah pengetahuan dan kesediaan melakukan pijat oksitosin.

**Kata Kunci:** Pengetahuan, Ibu Menyusui, Pijat Oksitosin.

Ngudi Waluyo University  
Undergraduate Study Program Of Midwifery, Faculty Of Health Sciences  
Thesis, Januari 2022  
Jenny Giovanna<sup>1</sup>, Puji Lestari, S.SiT.,M.Kes<sup>2</sup>

## **OVERVIEW OF KNOWLEDGE OF BREASTFEEDING MOTHERS ABOUT OXYTOCIN MASSAGE AT UNGARAN HEALTH CENTER**

### **ABSTRACT**

**Background:** According to the Ungaran Health Center Profile in 2019, the percentage of exclusive breastfeeding for infants aged 0-6 months was 65.6% of 189 infants aged 0-6 months. Therefore, the problem can be overcome by applying the correct breastfeeding technique. Warm compresses, breast care and oxytocin massage. The purpose of this study was to determine the knowledge of breastfeeding mothers about oxytocin massage in the work area of the Ungaran Health Center.

**Methods:** This type of research is quantitative descriptive with a *cross sectional approach*. The population in this study were all mothers breastfeeding infants aged 0-6 months and attending Posyandu in the work area of the Ungaran Health Center from December 16, 2021 to January 15, 2022, totaling 32 respondents. The sampling technique used is *accidental sampling* with a data collection instrument in the form of a questionnaire.

**Research Results:** The results of the study interpreted that most of the knowledge of breastfeeding mothers about oxytocin massage was sufficient by 14 respondents (43.8%), knowledge of breastfeeding mothers about the meaning of oxytocin massage was less by 15 respondents (46.9%), knowledge of breastfeeding mothers about the benefits of oxytocin massage less by 13 respondents (40.6%), knowledge of breastfeeding mothers about things that can encourage oxytocin production is less by 16 respondents (50.0%), knowledge of breastfeeding mothers about things that can inhibit oxytocin production is less by 16 respondents (50.0%), knowledge of breastfeeding mothers about how to massage oxytocin is less by 23 respondents (71.9%).

**Conclusion:** The results of the study can be concluded that the majority of breastfeeding mothers in the work area of the Ungaran Health Center about oxytocin massage have sufficient knowledge of 14 respondents (46.9%). The results of this study can be used as input for breastfeeding mothers in order to increase their knowledge and willingness to do oxytocin massage.

**Keywords:** Knowledge, Breastfeeding Mother, Oxytocin Massage.