

# PENGARUH PIJAT LAKTASI TERHADAP PRODUKSI ASI PADA IBU POST PARTUM DI WILAYAH KERJA PUSKESMAS BERGAS KABUPATEN SEMARANG

## ABSTRAK

**Latar belakang :** Pijat laktasi merupakan teknik pemijatan yang dilakukan di daerah kepala, leher, bahu, punggung dan payudara yang bertujuan untuk merangsang hormon prolaktin dan oksitosin. Berdasarkan studi pendahuluan yang dilakukan pada bulan maret tahun 2023 di ruang nifas Puskesmas Bergas dan di kalangan masyarakat wilayah Puskesmas Bergas, sebanyak 5 ibu post partum dengan teknik wawancara dan hasil wawancara peneliti 5 ibu post partum mengatakan ASInya kurang lancar. Tujuan dari peneliti ini adalah untuk mengetahui Pengaruh Pijat Laktasi Terhadap Produksi ASI Pada Ibu Post Partum Diwilayah Kerja Puskesmas Bergas Kabupaten Semarang.

**Metode :** Penelitian ini adalah *pre experiment* dengan menggunakan *one groups pretest-post test design*, populasi penelitian ini diambil dari seluruh ibu post partum hari ke 1- 14 diwilayah kerja Puskesmas Bergas Kabupaten Semarang sejumlah 25 orang dengan teknik *total sampling* instrumen penelitian menggunakan lembar observasi. Analisis data menggunakan analisis univariat dan bivariat dan uji statistik *Wilcoxon Rank test*

**Hasil :** Volume produksi ASI sebelum dilakukan pemijatan nilai rata-ratanya adalah 44.60, Sedangkan nilai rata-rata produksi ASI sesudah diberikan dipijat laktasi pada ibu post partum dari 25 responden rata-rata produksi ASInya adalah 57.00. berdasarkan uji statistik *Wilcoxon Rank test* Terlihat bahwa p-value 0,000 atau kurang dari  $<0.05$  maka  $H_0$  ditolak dan  $H_a$  diterima, ada pengaruh produksi ASI sebelum dan sesudah diberikan pijat laktasi di wilayah Kerja Puskesmas Bergas.

**Kesimpulan :** Ada pengaruh produksi ASI sebelum dan sesudah diberikan pijat laktasi di wilayah Kerja Puskesmas Bergas.

**Kata kunci :** Ibu Menyusui, Produksi ASI, Pijat Laktasi

THE EFFECT OF LACTATION MASSAGE ON BREAST MILK PRODUCTION IN POST PARTUM MOTHERS IN THE WORKING AREA OF THE BERGAS HEALTH CENTER, SEMARANG REGENCY

**ABSTRACT**

**Background :** Lactation massage is a massage technique performed on the head, neck, shoulders, back and breasts which aims to stimulate the hormones prolactin and oxytocin. Based on a preliminary study conducted in March 2023 in the postpartum ward of the Bergas Health Center and among the community in the Bergas Health Center area, as many as 5 post partum mothers using interview techniques and the results of interviews with researchers 5 post partum mothers said their breastfeeding was not smooth. The purpose of this research was to determine the effect of lactation massage on breast milk production in post partum mothers in the working area of the Bergas Health Center, Semarang Regency.

**Methods:** This study was a pre-experimental study using a one-group pretest-post test design. The population for this study was taken from all post partum mothers on days 1-14 in the working area of the Bergas Health Center, Semarang Regency, with a total of 25 people using the total sampling technique as a research instrument using an observation sheet. Data analysis used univariate and bivariate analysis and Wilcoxon Rank test statistic.

**Results:** The average milk production volume before massage was 44.60, while the average milk production after lactation massage was given to postpartum mothers of the 25 respondents the average milk production was 57.00. based on the Wilcoxon Rank test statistic test. It can be seen that the p-value is 0.000 or less than  $<0.05$ , then  $H_0$  is rejected and  $H_a$  is accepted. There is an effect on milk production before and after being given lactation massage in the working area of the Bergas Health Center.

**Conclusion:** There is an effect on milk production before and after being given lactation massage in the Bergas Health Center Work Area.

Keywords: Breastfeeding Mother, Breast Milk Production, Lactation Massage