

Universitas Ngudi Wluyo
Program Studi Kebidanan Fakultas Kesehatan
Skripsi, Januari 2026
Komariyah
**PENGARUH PIJAT OKSITOSIN TERHADAP PRODUKSI ASI IBU
NIFAS DI PMB KOMARIYAH**

ABSTRAK

Latar Belakang: Masa nifas merupakan periode penting dalam keberhasilan pemberian Air Susu Ibu (ASI). Salah satu kendala yang sering dialami ibu nifas adalah produksi ASI yang tidak lancar, terutama pada hari-hari awal pascapersalinan. Produksi ASI sangat dipengaruhi oleh hormon oksitosin yang berperan dalam refleksi pengeluaran ASI. Pijat oksitosin metode nonfarmakologis yang dapat merangsang pelepasan hormon oksitosin sehingga berpotensi meningkatkan produksi ASI.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh pijat oksitosin terhadap produksi ASI pada ibu nifas di PMB Komariyah.

Metode: Penelitian ini menggunakan desain pra-eksperimental dengan pendekatan *One Group Pretest–Posttest Design*. Sampel penelitian berjumlah 15 ibu nifas yang diambil menggunakan teknik purposive sampling. Intervensi berupa pijat oksitosin dilakukan sesuai standar operasional prosedur. Produksi ASI diukur sebelum dan sesudah intervensi menggunakan lembar observasi. Analisis data dilakukan menggunakan *uji Wilcoxon*.

Hasil: Hasil penelitian menunjukkan bahwa sebelum dilakukan pijat oksitosin, median produksi ASI sebesar 3,00 (rentang 1–3) dengan mayoritas responden dalam kategori tidak lancar. Setelah dilakukan pijat oksitosin, median meningkat menjadi 4,00 (rentang 3–4) dengan 86,7% responden berada pada kategori lancar. Hasil uji statistik menunjukkan nilai $p\text{-value} = 0,000$ ($p < 0,05$), yang berarti terdapat pengaruh yang signifikan antara pijat oksitosin terhadap peningkatan produksi ASI ibu nifas.

Kesimpulan bahwa pijat oksitosin efektif meningkatkan produksi ASI pada ibu nifas dan dapat dijadikan sebagai intervensi nonfarmakologis dalam pelayanan kebidanan untuk mendukung keberhasilan menyusui.

Kata kunci: pijat oksitosin, produksi ASI, ibu nifas, laktasi

Ngudi Waluyo University
Midwifery Study Program, Faculty of Health Sciences
Undergraduate Thesis, January 2026
Komariyah

**THE EFFECT OF OXYTOCIN MASSAGE ON BREAST MILK PRODUCTION AMONG
POSTPARTUM MOTHERS AT PMB KOMARIYAH**

ABSTRACT

Background: The postpartum period is a crucial phase in ensuring successful breastfeeding. One of the common problems experienced by postpartum mothers is insufficient breast milk production, particularly during the early days after delivery. Breast milk production is strongly influenced by the hormone oxytocin, which plays an essential role in the milk ejection reflex. Oxytocin massage is a non-pharmacological method that can stimulate the release of oxytocin hormone and potentially increase breast milk production.

Objective: This study aimed to determine the effect of oxytocin massage on breast milk production among postpartum mothers at PMB Komariyah.

Methods: This study employed a pre-experimental design using a One Group Pretest–Posttest Design approach. The sample consisted of 15 postpartum mothers selected through purposive sampling. The intervention in the form of oxytocin massage was carried out according to standard operating procedures. Breast milk production was measured before and after the intervention using an observation checklist. Data were analyzed using the Wilcoxon test.

Results: The results showed that before the oxytocin massage intervention, the median breast milk production score was 3.00 (range 1–3), with the majority of respondents categorized as having inadequate milk production. After the intervention, the median score increased to 4.00 (range 3–4), with 86.7% of respondents categorized as having adequate milk production. The statistical analysis showed a p-value of 0.000 ($p < 0.05$), indicating a significant effect of oxytocin massage on increasing breast milk production among postpartum mothers.

Conclusion: Oxytocin massage is effective in increasing breast milk production among postpartum mothers and can be implemented as a non-pharmacological intervention in midwifery care to support successful breastfeeding.

Keywords: oxytocin massage, breast milk production, postpartum mothers, lactation