

# Oxytocin Massage and Breastcare Therapies to Accelerate Dispensing Breast Milk In Postpartum Mother

Christinawati BR Haloho<sup>a,1,\*</sup>, Dwi Hendriani<sup>a,2</sup>, Elisa Goreti Sinaga<sup>a,3</sup>, Dewi Rinda Astuti<sup>a,4</sup>

<sup>a</sup> Midwifery Department, Politeknik Kesehatan Kalimantan Timur, East Kalimantan  
cristinasihaloho68@gmail.com

**\*For correspondence:**  
cristinasihaloho68@gmail.com

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**Abstract:** One of high factor risk of stunting is exclusive breastfeeding failure. In Indonesia, 65.7% of children aged 0 – 23 months have not or never been breastfed by the mother because many reasons. In East Kalimantan, 77.9% children aged 0 – 23 months have not or never been breastfed (National Basic Health Research, 2018). The previous study said that breastfeeding failure caused by mothers are not able to breastfeed the baby because of the long time milk to come out (IMD failure). The purpose of this research to analysis effect of oxytocin massage and breastcare therapies on accelerating Dispensing Breastmilk. This is research used quasi experiment design with 56 mothers in RSUD A.Wahab Sjahrani in 2021. Analysis chi-square showed that p value  $0.000 < 0.05$ , there were Significantly value of acceletae of breastmilk. It because of the therapies stimulate the pituitary to release oxytocin hormone then the hormone stimulate muscles to squeeze out the milk that is in the alveoli, lobes, and ducts containing milk that is released through the nipples

**Keywords:** Oxytcin, Breastcare Accelerate Breast Milk Spending

## Introduction

Stunting is big issue in Indonesia. According data showed that stunting reach 24.4% (Pusdatin Kemenkes,2021). Exclusive breastfeeding is one of causes of stunting, the baby who have not or never been breastfed by the mother 5.17 times to be stunting (Giyawati, 2021).

Data in Indonesia showed that 65.7% of children aged 0-23 months have not/never been breastfed. In East Kalimantan Basic Health Research, 77.9 percent of children aged 0-23 months have not/never been breastfed (National Basic Health Research, 2018).

There are many reasons why breastfeeding failure happened in Indonesia there are lack information in society, lack of skill in health provider as concelor of exclusive breastfeeding, lack of breastcare treatment in antenatal care, early giving food, lack of family support and physiology of breast condition. The breastfeeding difficulties happen in first until third days postpartum (Safitri,2012).

Breastfeeding care is one of treatments which recommended by Fatmawati (2019), it reaches 70% to overcome breastfeeding difficulties. Meanwhile, oxytocin massage have been popular and many studies said that oxytocin massage effective to help mother in breastfeeding period (Sri Mukhodim, 2015). Combination of breastfeeding care and oxytocin massage recommend by Sulistyawati (2019) to accelerate breast milk spending with p value  $< 0.05$ .

This combination treatment will stimulate in gland of breast to produce milk and stimulate oxytocin hormone. The oxytocin hormone stimulate endorphine hormone which makes the mother's muscle relax so then oxytocin hormone released to alveoli, lobes and ducts in the breast easier (Sulistyawati, 2019).

## Method

This research used quasi experiment with two groups post-test only with control group design. Purpose of this research to analysis effect of oxytocin massage and breast care therapies on accelerating

dispensing Breastmilk. This research used Consecutive sampling as a technique, from there we got 56 mothers as sample divided by experiment group and control group. Experiment group given combination of breast care and oxytocin massage meanwhile control group given education only. The time of accelerating dispensing of Breastmilk divided by Slowly : more than 48 hours (> 48 hours); Normal: 6 to 48 hours; Fast : less than 6 hours (<6 hours). This research held on April until June 2021 in RSUD A. Wahab Sjahranie samarinda.

## Results and Discussion

Table 1: Distribution Frequency of Dispensing Breastmilk

No	Time of Dispensing Breastmilk	Control Group		Exp Group	
		n	%	n	%
1	Slow	16	57.1	5	17.9
2	Normal	7	25.0	15	5.36
3	Fast	5	17.9	8	28.6
Total Score		28	100	28	100

From table 3.1 showed that experiment group has 5 mothers slow to breastfeed (more than 48 hours) meanwhile in control group has more mothers (16) slow to breastfeed (more than 48 hours). The experiment group has 8 mothers fast to breastfeed (less than 6 hours) meanwhile in control group has 5 mothers fast to breastfeed their baby.

Back is the wide bodies part felt tension. The massage gives pressing the specific point and blotting out plug in blood circulation and energy inside body being better then stimulate hypofise to release progesterone, estrogen and oxytocin hormone so that the mother's body relax (Adenita, 2018; Mawwadah, 2015). Oxytocine massage is one of stimulating treatments to produce breastmilk the more frequently applied massages the more increased the hormone oxytocin and the production of breast milk (Purwandari, 2018). According Siregar (2018) showed that oxytocin massage increases breast milk in 30 mothers with p value 0.001 ( $p < 0.05$ ) (Siregar, 2018), in the same study said that oxytocin massage gives significantly value to accelerate dispensing of breastmilk (Desmawati, 2018; Muliani, 2019).

Meanwhile breast care is treatment to make sure if there is no plug so that the baby is able to suck breast milk more easily, because baby's sucking stimulate oxytocin hormone around breast then stimulate muscle around alveoli to lactiferus (Adenita, 2018). According to Rochaeti (2019) and Syamsinar (2019) said that mothers who do breast care more quickly produce the breastmilk and breast care one of significantly factors to accelerate dispensing Breast Milk In Postpartum Mother

Table 2: Effect of Breastcare and Oxytocin Massage and Breastcare on Spending Breastmilk

Group	Spending of Breastmilk				X value	P
	Slow	Normal	Fast	Total		
Cont.	16	7	5	28	9.363	0.009
Exp.	5	15	8	28		
Total	21	22	13	56		

From table 3.2 which measured by Chi-square showed that significant value reach 0.009 ( $p$ -value < 0.05) means there are significant effect of combination oxytocin and breast care for spending breastmilk.

According to previous study Nontji & Andriani (2016) said that about 87.7% postpartum mothers release the breastmilk faster after get the combination of oxytocin massage and breastcare and said that mothers who get those treatments have chance 5.146 times to accelerate dispensing of breastmilk less than 12 hours (Astutik, 2015). Releasing breastmilk affected by psychological's mother, when the mothers experience stress, worry, too much thought, fear, anxiety and such, thinking about the baby will delay production of the oxytocin hormone which helps production of breastmilk (Astutik, 2015). As we know breastmilk is the best food for baby aged 0-6 months. Exclusive breastfeeding is one factor to prevent the stunting case in children, so the oxytocin massage and breast care is one way to against stunting (Giyawati, 2021).

## Conclusion

This research recommend combination of oxytocin massage and breast care to accelerate breastmilk spending in postpartum mother because the combination of oxytocin massage and breast care stimulate pituitary's gland to produce oxytocin then release relaxing hormone so that the mother's muscle relax



and make lobe in breast active to fill full milk.

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