

**ANALISIS TEKNIK PIJAT OKSITOSIN TERHADAP
PENINGKATAN PRODUKSI AIR SUSU IBU (ASI) DALAM
ASUHAN KEPERAWATAN PADA NY. T P3A0 POSTPARTUM SPONTAN DI
RUANGAN NIFAS UPTD PUSKESMAS IBRAHIM ADJIE KOTA BANDUNG**

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ABSTRAK

Angka cakupan ASI eksklusif di Indonesia masih di bawah target nasional, salah satunya disebabkan keterbatasan pengetahuan ibu menyusui terkait teknik, perawatan payudara, dan manajemen laktasi. Penelitian ini bertujuan mendeskripsikan asuhan keperawatan pada ibu postpartum dengan diagnosa menyusui efektif dan kesiapan peningkatan pengetahuan melalui intervensi pijat oksitosin. Metode penelitian menggunakan desain studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, diagnosa, perencanaan, implementasi, dan evaluasi. Pengkajian pada Ny. T postpartum spontan ditemukan masalah menyusui berupa produksi ASI yang masih sangat sedikit, keterbatasan pemahaman teknik menyusui, serta belum optimalnya perawatan payudara. Intervensi pijat oksitosin dilakukan dua hari berturut-turut, masing-masing ± 15 menit, disertai edukasi promosi ASI eksklusif. Hasil implementasi menunjukkan peningkatan kenyamanan, kepercayaan diri, dan pengetahuan ibu mengenai manajemen laktasi. Produksi ASI yang awalnya hanya sedikit mulai meningkat bertahap, aliran lebih lancar, posisi menyusui membaik, perlekatan bayi optimal, dan tidak terjadi lecet pada puting. Temuan ini sejalan dengan penelitian sebelumnya yang menyatakan pijat oksitosin efektif memperlancar pengeluaran ASI dan mendukung keberhasilan menyusui. Kesimpulannya, kombinasi edukasi ASI eksklusif dan pijat oksitosin merupakan intervensi keperawatan holistik nonfarmakologis yang efektif meningkatkan pengetahuan, keterampilan, serta produksi ASI pada ibu postpartum untuk mencapai keberhasilan ASI eksklusif. Saran, pijat oksitosin diterapkan rutin pada ibu postpartum sebagai upaya mendukung kelancaran pemberian ASI eksklusif.

Kata kunci: ASI Eksklusif, Kesiapan Peningkatan Pengetahuan, Menyusui Efektif, Pijat Oksitosin, Postpartum.

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ANALYSIS OF OXYTOCIN MASSAGE TECHNIQUES ON INCREASING BREAST MILK PRODUCTION IN NURSING CARE MRS. T P3A0, A SPONTANEOUS POSTPARTUM CHILDBIRTH IN THE POSTPARTUM WARD OF THE UPTD IBRAHIM ADJIE COMMUNITY HEALTH CENTER BANDUNG CITY

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ABSTRACT

The exclusive breastfeeding coverage rate in Indonesia is still below the national target, partly due to the limited knowledge of breastfeeding mothers regarding techniques, breast care, and lactation management. This study aims to describe nursing care for postpartum mothers with a diagnosis of effective breastfeeding and readiness to increase knowledge through oxytocin massage intervention. The research method used a case study design with a nursing process approach including assessment, diagnosis, planning, implementation, and evaluation. The assessment of Mrs. T postpartum spontaneously found breastfeeding problems in the form of very low milk production, limited understanding of breastfeeding techniques, and suboptimal breast care. The oxytocin massage intervention was carried out on two consecutive days, each for approximately 15 minutes, accompanied by education on exclusive breastfeeding promotion. The implementation results showed an increase in comfort, confidence, and knowledge of mothers regarding lactation management. Breast milk production, which was initially low, began to increase gradually, flow was smoother, breastfeeding position improved, baby attachment was optimal, and there were no nipple abrasions. These findings are in line with previous research that stated oxytocin massage is effective in facilitating milk production and supporting successful breastfeeding. In conclusion, the combination of exclusive breastfeeding education and oxytocin massage is a holistic, non-pharmacological nursing intervention that effectively improves knowledge, skills, and milk production in postpartum mothers, leading to successful exclusive breastfeeding. It is recommended that oxytocin massage be routinely applied to postpartum mothers to support the smooth implementation of exclusive breastfeeding.

Keywords: *Exclusive Breastfeeding, Knowledge Enhancement Readiness, Effective Breastfeeding, Oxytocin Massage, Postpartum.*

References: *Article 3 (2020–2024)
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