

PENERAPAN PIJAT OKSITOSIN UNTUK MEMPERLANCAR PENGELUARAN  
ASI PADA IBU POST PARTUM PRIMIPARA DI PUSKESMAS  
BANGUNTAPAN II

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ABSTRAK

**Latar Belakang :** Riset Kesehatan Dasar (Riskesdas) tahun 2018 menjelaskan bahwa cakupan ASI eksklusif masih belum maksimal hanya mencapai 37,3 %. Salah satu faktor rendahnya pemberian ASI eksklusif karena ketidاكلancaran pengeluaran ASI. Pijat oksitosin merupakan salah satu upaya untuk memperlancar pengeluaran ASI. Pijat oksitosin dilakukan pada tulang belakang yang di mulai dari sepanjang tulang belakang (*vertebrae*) sampai tulang *costae* kelima atau keenam yang berfungsi merangsang hormon oksitosin untuk memperlancar pengeluaran ASI.

**Tujuan :** Mengetahui penerapan pijat oksitosin untuk memperlancar pengeluaran ASI pada ibu post partum primipara.

**Metode :** Metode deskriptif dengan desain studi kasus. Penelitian ini menerapkan pijat oksitosin pada satu ibu post partum primipara. Pijat oksitosin dilakukan setiap pagi hari selama tiga hari berturut-turut. Pengambilan data responden pada tanggal 23 Februari 2020 dan tindakan pijat oksitosin dilakukan sejak tanggal 24 Februari 2020 sampai 26 Februari 2020.

**Hasil :** Hasil studi kasus penerapan pijat oksitosin selama 3 hari berturut-turut didapatkan hasil hari pertama ASI keluar saat dipencet berwarna kuning keputihan sebanyak satu tetes sebesar biji kedelai, hari kedua ASI keluar saat dipencet berwarna kuning keputihan sebanyak dua tetes sebesar biji kedelai, hari ketiga didapatkan hasil ASI keluar tanpa dipencet/merembes berwarna putih keruh.

**Kesimpulan :** Penerapan pijat oksitosin mampu memperlancar pengeluaran ASI.

**Kata Kunci :** Post partum, menyusui, pijat oksitosin

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THE OXYTOCIN MASSAGE TREATMENT TO EXPEDITE THE BREAST MILK  
ON POST PARTUM PRIMIPAROUS MOTHERS IN PUSKESMAS

BANGUNTAPAN II

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ABSTRACT

**Background** : The Baseline Health Research in 2018 explains that exclusive breast milk coverage is still not optimal, only reach 37,3 %. One of the factors of the low exclusive breast milk is because of non-current breast milk expenditure. Oxytocin massage is one of the efforts to expedite breast milk expenditure. Oxytocin massage is conducted starting from vertebrae to the fifth or sixth costae bone which the function is to stimulate the hormone oxytocin to expedite the expenditure of milk.

**Purpose** : The purpose of this study is to find out the application of oxytocin massage to expedite the breast milk on post partum primiparous mothers.

**Method** : This study used a descriptive method with case study design. This study applied oxytocin massage to one respondent in post partum primiparous mothers. Oxytocin massage is carried out every morning for three consecutive days. Respondent data collection on February 23, 2020 and oxytocin massage performed from February 24, 2020 to February 26, 2020.

**Result** : The result of this case study of the application of oxytocin massage for three days in a row was on the first day of massaging, breast milk came out when the breasts are squeezed and the color of the breast milk was yellowish white. It expedited as much as one drop of soybean seeds. On the second day of massaging, breast milk came out when the breasts are squeezed and the color was yellowish white. It expedited as much as two drops of soybean seeds. On the third day, breast milk came out without being squeezed or leaked, the color was murky white.

**Conclusion** : The application of oxytocin massage may be able to expedite breast milk expenditure.

**Keywords** : Post Partum, breastfeeding, oxytocin massage.

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