



The Effect of Lactation Massage With Smooth Breast Milk on Postpartum Mothers in Desa Lawa-Lawa Ulu Idanotae, Kec. Ulu Idanotae, Kab. South Nias

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ABSTRACT

Objectives: Breast milk is the only food and drink a baby needs until he is 6 months old, which can help absorb nutrients. Exclusive breastfeeding for up to 6 months seems still difficult to implement so that the target of the community nutrition improvement program to increase exclusive breastfeeding is not achieved. One of the efforts to increase breastfeeding with smooth breast milk is through lactation massage, which is a massage technique to clean the ducts and stimulate milk production to be smoother. The purpose of this study was to identify the effect of lactation massage on breastfeeding in postpartum mothers in Lawa-Lawa Village, Luo Idanotae. Method: The type of research used is quantitative with an experimental research design (quasi quasi). The sample in this study were all mothers who breastfeed from 0-6 weeks of the postpartum period as many as 30 respondents using the Totaling Sampling method. The research instrument used was an observation sheet with closed observations. Data analysis used bivariate analysis through the Wilcoxon Rank Rest statistical test. Result: The results of the study showed that after the lactation massage test the p value was 15.00, so it could be seen that there was a difference in the smoothness of breast milk before and after lactation massage, besides the p value was 0.000 ($p < 0.05$), which means that there was an effect of lactation massage. with significant breast milk fluency between before and after massage. Conclusion: This study shows that there is a significant effect on the smoothness of breastfeeding after massage for postpartum mothers in Lawa-Lawa Luo Idanotae Village, Ulu Idanotae District, South Nias Regency in 2021

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1. INTRODUCTION

Breast milk is the only food and drink a baby needs until he is 6 months old. Breast milk is nutritious and high-energy food that is easy to digest. Breast milk has ingredients that can help absorb nutrients. Exclusive breastfeeding means that babies are only given breast milk without any additional fluids. Exclusive breastfeeding for up to 6 months seems difficult to implement so that the target of the community nutrition improvement program is to increase exclusive breastfeeding. Exclusive breastfeeding is breastfeeding as early as possible after delivery, given without a schedule and not given drinks and drinks. other foods (including orange juice, honey and sugar water until the baby is 6 months old (Jannah 2011).

The World Health Organization (WHO) and the United Child's Fund (UNICEF) recommend the following rules for breastfeeding; initiate breastfeeding within the first hour and continue breastfeeding for two years with complementary feeding starting in the sixth month. Based on statistical data obtained data on exclusive breastfeeding coverage in countries below 50% breastfeeding coverage, in Afghanistan 43.1%, Mexico 30.1%, Myanmar 50.1%, Nigeria 23.3%, Paraguay 29.6%. The World Health Organization (WHO) has reviewed more than 3,000 studies showing exclusive breastfeeding for 6 months is the most optimal period for exclusive breastfeeding. This is based on scientific evidence that exclusive breastfeeding covers the nutritional needs of infants and baby growth better. Breast milk is the most important meaning for children, so it is very important for the health of babies, but not all babies get breast milk from their mothers. According to UNICEF, the average coverage of exclusive breastfeeding in the world is around 38% (WHO, 2017).

Based on the Indonesian Health Profile in 2017, the coverage of infants receiving exclusive breastfeeding was 61.33%. This figure has exceeded the 2017 Strategic Plan target of 44%. The highest percentage of exclusive breastfeeding coverage is in West Nusa Tenggara (87.35%), while the lowest percentage is in Papua (15.32%). There are five provinces that have not yet reached the target (Renstra, 2017).

Based on the report of the Indonesian Ministry of Health, the achievement of exclusive breastfeeding is 37.3%. Meanwhile, in North Sumatra, the coverage of breastfeeding 0-6 months is 52%. Meanwhile, in South Nias Regency, the success rate for exclusive breastfeeding in 2015 was only 209 babies (11.9%) out of 1,759 targeted babies, including in Lawa-Lawa village, Luo Idanotae (Riskesdas, 2018).

As stated in the Decree of the Minister of Health of the Republic of Indonesia No. 450/Menkes/IV/2004, the government has stipulated Government Regulation No. 33 of 2012 concerning exclusive breastfeeding, namely breast milk that is given to babies from birth for 6 months, without adding or replacing with other drinks.

One of the causes of the low coverage of exclusive breastfeeding for infants under the age of six months is because the production of breast milk in postpartum mothers is hampered on the first days postpartum so that most babies get formula milk at the time of the newborn. One of the efforts made by mothers to support success is called lactation management which begins during pregnancy, after delivery and during lactation. For working mothers, the scope of lactation management in the postnatal period includes exclusive breastfeeding, how to breastfeed, expressing breast milk, storing express, and giving expressed breast milk. Factors that influence milk production in breastfeeding mothers include nutritional intake that supports milk production, lactation massage and psychological factors that are good for breastfeeding mothers. (Hartono 2016).

Breastfeeding is one of the best ways to provide ideal food for the healthy growth and development of babies. And it has unique biological and psychological effects on the health of mothers and babies. Anti-infective substances contained in breast milk help protect the baby

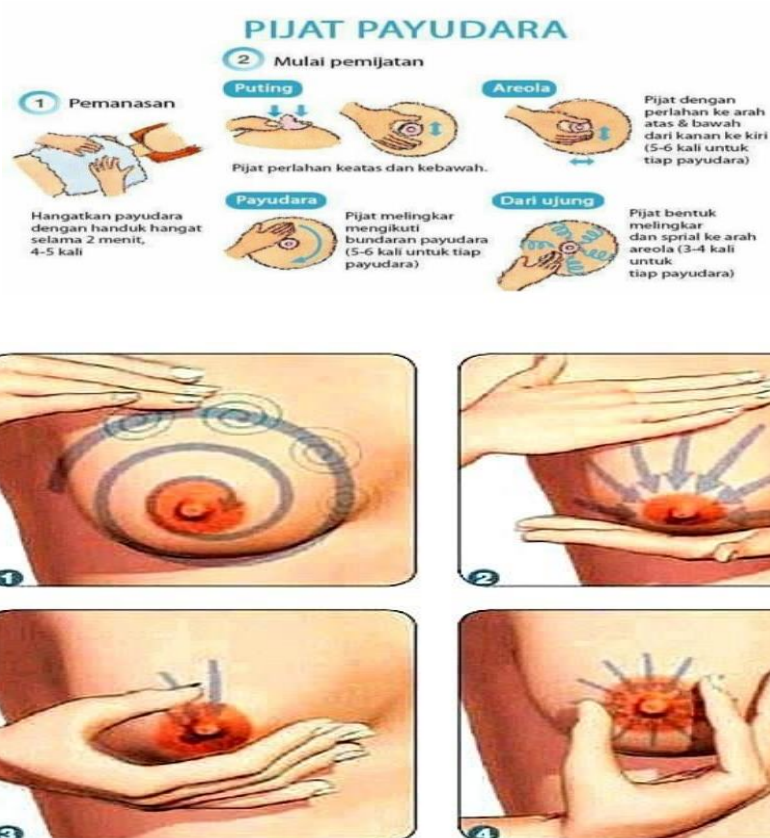
against disease. However, breastfeeding does not always go normally. Not a few mothers complain of swelling of the breasts due to the accumulation of breast milk due to non-smooth expenditure or sucking by the baby. Therefore, to avoid this kind of condition from happening, it is necessary to do lactation massage. (Masyuni 2015).

Lactation massage is a massage movement that is carried out on several parts of the body, namely the head, neck, shoulders, back and breasts in order to facilitate breastfeeding in certain circumstances. / or have never breastfed (Haprita 2017).

Lactation massage is one technique that new mothers can do and has many benefits for smooth breastfeeding. One is to help launch breast milk production. Lactation massage technique can be done when it feels there is a blockage in the breast caused by the flow of breast milk is not smooth. Lactation massage is also a term that refers to massage of mothers who are breastfeeding. This lactation massage is specifically for breastfeeding mothers because it focuses on the breasts. Lactation massage is generally carried out by a woman who has problems with non-fluent milk production and does not even have milk at all and is very obliged to do lactation massage. Not a few women who have given birth do not have breast milk. In addition, lactation massage is also performed on a mother who experiences swelling of her breasts. Doing lactation massage is highly recommended for every woman who is hampered by breast milk production. Because a mother must give exclusive breastfeeding to her little one for the first 6 months (Aprilia 2018).

It is possible for some therapists to have different ways of doing massage techniques, but in general, lactation massage techniques go through several steps, including:

In this first step, of course, a nursing mother must be relaxed and comfortable. This of course will affect the results that will be obtained later. Prepare everything that is used during lactation massage. The lactation technique can be done in a sitting, standing and lying position. The tools that need to be prepared include: Walsap / towel, gauze, baby oil / olive oil, a basin of warm water. Step 2, if the mother is in a comfortable position, it's time for us to do the lactation massage technique by preparing warm water. Then, dip a cloth that has a soft texture into warm water, then compress it on both your breasts. Step 3, after compressing the breast, the next step we have to do is to clean our breasts from dirt that may stick to the breasts. To clean it, we can use gauze that has been dipped in baby oil first. After that, massage the nipple area and areola slowly to the left and right, down and up for 5 minutes. Step 4, the next step we will do a massage on the breast by placing both palms between the breasts. Then massage to the side and also down transversely until your hands support your breasts. Then, you can release your breasts while pushing your head up for 5-20 rounds. Step 5, the next step, you can massage both breasts and do it in turns, you can support the right breast using your fingers. On the right hand side. Do it parallel to the little finger. Then you can massage towards the nipple from the base and do it alternately. Step 6, the last step that can be done is to do a massage by supporting the breast using the right palm. The fingers of the left hand are then clenched into the knuckle of the left hand. Do the massage from the base to the nipple.



Doing lactation massage does provide quite significant results for breastfeeding mothers, according to research on the relationship between types of lactation massage and lactation onset, it can be seen that mothers who receive lactation massage have a greater likelihood of rapid onset of lactation. Of the 15 mothers who received lactation massage, 75% of mothers experienced an increase in the onset of lactation quickly compared to mothers who did not do lactation massage (Aprilianty, 2018).

The researcher also obtained information when interviewing several patients who gave birth to the reason why the coverage of breastfeeding was not smooth. Lawa Luo Idanotae, Uluidanotae District, South Nias Regency in 2021".

2. RESEARCH METHODE

The research method used is analytical research using a quasi-experimental method (Quasi Experiment) through a pretest and posttest without control group design, namely a research design using observations before and after the experiment. Before doing breast massage, the mother squeezes the areola area towards the nipple or directly breastfeeds the baby and then sees how smoothly the milk comes out (pretest), after that massage for 10-15 minutes, then do the same treatment as before doing lactation massage, namely squeezing. in the areola area towards the nipple or directly breastfeed the baby and then see how smoothly the milk comes out (postets). This study aims to determine Lactation Massage on Breast Milk Smoothness in Post Partum Mothers in Lawa-Lawa Village Luo Idanotae, Ulu Idanotae District, Nisel Regency in 2021. Large sample in this study as many as 30 postpartum mothers up to 6 weeks using purposive sampling technique. The time of the study lasted 4 weeks starting from April-May

2021. This research instrument used primary data obtained directly from the research subject. This research was conducted still in the pandemic period Covid-19 so the message is carried out n carried out according to health protocols to prevent transmission of Covid-19. The source of data in this study is primary data obtained directly from the sample at the time of the study. Data analysis in this study used bivariate analysis through the Wilcoxon Rank Rest statistical test.

3. RESULT AND ANALYSIS

Table 1.

Frequency Distribution of Respondents by Age Type in Lawa-Lawa Village Luo Idanotae, Ulu Idanotae District, South Nias Regency.

Age	Number of Mothers	Percentage (%)
<20	5	16,7
20-30	15	50,0
>30	10	33,3
Total	30	100

Based on table 1. shows that of the 30 research respondents aged 20-25 there are 15 people (50.0%), >25 there are 10 people (33.3%) and <20 years as many as 5 people (16.7%)

Table 2.

Frequency Distribution of Respondents Based on Recent Education in Lawa-Lawa Village, Luo Idanotae, Ulu Idanotae District, South Nias Regency

Last education	Number of Mothers	Percentage (%)
SD	4	13,3
SMP	7	23,3
SMA	15	50,0
PT	4	13,3
Total	30	100

Based on table 2. shows that of the 30 research respondents, there were 15 people with high school education (50.0%) and junior high school as many as 7 people (23.3%), PT as many as 4 people (13.3%) and elementary school as many as 4 people (13.3%)

Table 3.

Frequency Distribution of Respondents Based on Recent Work in Lawa-Lawa Village Luo Idanotae, Ulu Idanotae District, South Nias Regency in 2021

Work	Number of Mothers	Percentage (%)
IRT	2	6,7
Wiraswasta	11	36,7
Petani	16	53,3
PNS	1	3,3
Total	30	100

Based on table 3. shows that of the 30 research respondents who work as farmers there are 16 people (53.3%), self-employed as many as 11 people (36.7%), IRT as many as 2 people (6.7%), and 1 civil servant (3.3%)

Table 4.

Frequency distribution of respondents based on the smoothness of breastfeeding in postpartum mothers before lactation massage was carried out in Lawa-lawu Luo Idanotae Village, Ulu Idanotae District, South Nias Regency in 2021

Breastfeeding smoothness	Number of Mothers	Percentage (%)
Smooth	1	96,7
Not Smooth	29	3,3
Total	30	100

Based on 4. shows that most of the respondents before being given a lactation massage, the milk production was not smooth, there were as many as 29 respondents (96.7%) of 30 respondents.

Table 5.

Frequency distribution of respondents based on the smoothness of breastfeeding after lactation massage in Lawa-lawu Luo Idanotae Village, Ulu Idanotae District, South Nias Regency in 2021

Breastfeeding smoothness	Number of Mothers	Percentage (%)
Smooth	30	100
Not Smooth	-	-
Total	30	100

Based on table 5. shows that after the lactation massage from 30 respondents, the mother's milk became smooth, namely there were 30 (100%) and 0 (0%) not smooth.

Table 6.

Distribution of the frequency of normality test results on the effect of lactation massage on breastfeeding before and after the procedure in Lawa Lawu Village, Luo Idanotae, Ulu Idanotae District, South Nias Regency in 2021

Lactation massage	Shapiro wilk		sig
	Statistic	df	
Sebelum (pretest)	941	30	0,96
Sesudah (protest)	973	30	627

From table 6. above, the normality test on the effect of lactation massage with smooth breastfeeding on postpartum mothers before and after the action was carried out stated that the results of the normality test were normally distributed where the results of sig > 0.05

Table 7.

Distribution of differences in average milk production before and after lactation massage for post partum mothers in Lawa-Lawa village luo Idanotae, Ulu Idanotea sub-district, South Nias district in 2021

Breastfeeding smoothness	Mean	Sum	Z	P value
Pretest	00	00	-4,705	0,00
Postest	15,00	435,00		

Based on table 7. above, it is known that the average value of breast milk production before the test (massage) has a p value of 0.00 with an average number of 0.00. Meanwhile, after the lactation massage test the p value value is 15.00 with an average number of 435.00, so it can be seen that there is a difference in the smoothness of breast milk before and after lactation massage. 0.5), therefore it can be analyzed that there is a significant effect of lactation massage on breast milk fluency between before and after massage.

The volume of breast milk production is the amount of milk that the mother's breast can consume so that the baby can consume it while the baby is breastfeeding. According to research, octane massage is a management skill to overcome lactation problems in breast milk production that is not smooth or sufficient by increasing the prolactin hormone, as well as overcoming the problem of breast engorgement, giving massage to the breast muscles which will help stimulate the prolactin hormone to help milk production. Mother's milk, hereinafter abbreviated as ASI, is the result of the secretion of the mother's breast glands. Breast milk is an emulsion of fat in a solution of protein, lactose, and organic salts secreted by both mother's breasts which is useful as the main food for babies (Maceasy, 2017).

According to the research assumption, that lactation massage by the mother will stimulate the blood vessel muscles in the breast to produce milk so that it can increase the volume of breast milk and by applying lactation massage will help the mother's breasts feel cleaner, softer and more elastic so that it will be easier for the baby to suckle. and avoiding the mother from getting injured/blistered on her breasts when the baby suckles (Jariani, 2019).

Based on research conducted on 30 respondents to post partum mothers in Lawa-lawa Luo Idanotae Village, Ulu Idanotae District, it is known that the average value of smooth breastfeeding before the test (massage) with a p value of 0.00 with an average number of 0.00. Meanwhile, after the lactation massage test, the p value value is 15.00 with an average number of 435.00, so it can be seen that there is a difference in the flow of breast milk before and after lactation massage, besides that, the Z value is -4.705 or p value 0.000 ($p < 0.05$), therefore it can be analyzed that there is a significant effect of breast milk flow before and after lactation massage.

This is in line with the research entitled "The Effect of Massage on Mothers with Lactation Onset in the Independent Practice of Midwife Ni Made Nuriasih and the Independent Practice of Midwife Winanti in Palangka Raya City in 2018" that the results showed that of the 15 mothers who did massage there were 75% have an increased onset of lactation. The results of statistical tests show that ($p = 0.02$) < ($\alpha 0.05$) so it can be concluded that there is an effect of massage on the onset or smoothness of breastfeeding (Dewi et al, 2018)

Lactation massage is one of the techniques that can be done by mothers who give birth and has many benefits for smooth breastfeeding. One of them is to help launch breast milk production and with predetermined techniques. So that it can provide comfort. In addition to lactation massage, the amount of breast milk is also influenced by the baby's suction which also stimulates the production of the hormone oxytocin which makes the muscle cells around the alveoli contract, so that milk is pushed towards the nipple. The more the baby sucks, the more milk is produced (Dewi et al, 2018).

In the opinion of researchers, lactation massage is carried out on post partum mothers to increase milk production, in addition to overcoming the problem of non-smooth milk production. Breast milk production is also useful for providing comfort to the mother, reducing the blockage of breast milk. In addition, there are other factors that affect the smooth production of breast milk, one of which is husband's support. The husband's participation has a

positive effect as a motivation to the mother so that her psychology becomes good. Lactation massage that can be done by the husband is a form of affection in the form of a touch that can increase the smoothness of breastfeeding. In addition, it is important for post partum mothers to increase nutritional intake and get support from the closest family, because this can also affect the smoothness of breastfeeding. Breast milk production is also strongly influenced by psychological factors, mothers who are always depressed, sad and lacking in confidence and in the form of emotional tension will reduce the volume of breast milk and even breast milk production will not occur.

4. CONCLUSION

This study shows that there is a significant effect on the smoothness of breast milk after massage with the following conclusions;

1. Smooth breastfeeding in postpartum mothers before lactation massage was carried out in Lawa-lawa Luo Idanotae Village, Ulu Idanotae District, Nias Selatan Regency in 2021, most of the milk production was not smooth
2. Smooth breastfeeding in postpartum mothers after lactation massage in Lawa-lawa Luo Idanotae Village, Ulu Idanotae District, Nias Selatan Regency in 2021 from 30 respondents experienced a change from breastfeeding to smooth
3. There is an effect of Lactation Massage with Smooth Breastfeeding on Postpartum Mothers in Lawa-lawa Luo Idanotae Village, Ulu Idanotae District, South Nias Regency in 2021

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