

ABSTRAK

Di Indonesia masih terdapat bayi stunting yang disebabkan kurangnya pemberian ASI sehingga berdampak pada rendahnya cakupan pemberian ASI. Rendahnya cakupan ASI eksklusif disebabkan oleh nutrisi dan psikologis ibu, serta kurangnya pelaksanaan perawatan payudara. Tujuan penelitian untuk menganalisis perbedaan produksi ASI ibu nifas sesudah dilakukan perawatan payudara dan pijat oketani.

Penelitian kuantitatif ini bersifat *quasy experiment* dengan *nonrandomized control group pretest-posttest*. Populasi penelitian 47 ibu nifas di Puskesmas Dupak Surabaya. Sampel 32 ibu nifas menggunakan teknik *purposive sampling*. Variabel independen adalah perawatan payudara dan pijat oketani, variabel dependen adalah produksi ASI. Pengumpulan data primer dengan lembar observasi produksi ASI dengan 12 butir soal. Analisis data menggunakan uji *Wilcoxon Signed Rank Test* dan uji *Mann Withney U Test*.

Hasil penelitian sebelum dilakukan perawatan payudara hampir seluruhnya (87,5%) didapatkan produksi ASI kurang lancar, sebelum dilakukan pijat oketani hampir seluruhnya (81,25%) didapatkan produksi ASI kurang lancar, sesudah dilakukan perawatan payudara hampir setengahnya (43,75%) didapatkan produksi ASI lancar, sesudah dilakukan pijat oketani sebagian besar (56,25%) didapatkan produksi ASI cukup lancar. Perawatan payudara dan pijat oketani berpengaruh terhadap produksi ASI ibu nifas, berdasarkan temuan uji *Wilcoxon* diperoleh *p-value* 0,001. Menurut *Mann-Whitney U Test* ($p=0,093$), yang berarti H_0 diterima dan H_1 ditolak. Perawatan payudara dapat merangsang kelenjar *hipofise* yang menghasilkan hormone prolactin sehingga produksi ASI menjadi lancar. Pijat oketani juga dapat memperlancar produksi ASI dengan cara merangsang saraf di otot *pectoralis*, sehingga keduanya dapat dimanfaatkan dalam memperlancar produksi ASI.

Kesimpulan, tidak ada perbedaan pengaruh perawatan payudara dan pijat oketani terhadap produksi ASI ibu nifas. Disarankan peneliti selanjutnya dapat menciptakan inovasi intervensi dengan menambah variabel faktor nutrisi atau paritas ibu yang dapat mempengaruhi produksi ASI ibu nifas.

Kata Kunci: Perawatan Payudara, Pijat Oketani, Produksi ASI, Ibu Nifas

ABSTRACT

Low breastfeeding coverage is a result of the continued stunting of infants in Indonesia due to a lack of nursing. In addition to inadequate implementation of breast care, maternal diet and psychology play a role in the limited coverage of exclusive breastfeeding. The study's objective was to examine the variations in postpartum moms' ability to produce breast milk following breast care and oketani massage.

This quantitative study is a quasi-experiment with a pretest-posttest control group that is not randomized. 47 postpartum moms from the Dupak Community Health Center in Surabaya made up the research population. Purposive sampling was employed on 32 postpartum women as a sample. Breast milk production is the dependent variable, whereas oketani massage and breast care are the independent variables. utilizing a 12-question breast milk production observation form to gather primary data. The Mann Withney U Test and the Wilcoxon Signed Rank Test were utilized in the data analysis.

The majority of research participants (87,5%) reported inadequate breast milk production before receiving breast care; nearly all (81,25%) reported inadequate breast milk production prior to receiving breast massage; and almost half (43,75%) reported inadequate breast milk production following breast care. The production of breast milk was found to be smooth. The majority (56,25%) reported that breast milk supply was fairly smooth following the oketani massage. According to the results of the Wilcoxon test, oketani massage and breast care have an impact on postpartum moms' ability to produce breast milk; p-value of 0.001 was found. The Mann-Whitney U Test indicates that H_0 is accepted while H_1 is rejected ($p=0.093$). The pituitary gland which produces the hormone prolactin can be stimulated by breast care.

In conclusion, there is no discernible difference between the effects of oketani massage and breast care on the production of breast milk in postpartum moms. It is advised that more study be done to develop novel intervention strategies by include characteristics related to maternal parity or nutrition that may affect postpartum moms' ability to produce breast milk.

Keywords: *Breast Care, Oketani Massage, Breast Milk Production, Postpartum Mothers*