



MAKING ESSENTIAL AS AN EFFORT TO INCREASE BREAST MILK PRODUCTION THROUGH OXYTOCIN MASSAGE IN HERBAL VILLAGE, NGINDEN JANGKUNGAN SURABAYA

Tetty Rihardini¹, Setiana Andarwulan^{2*}, Annah Hubaedah³, Setiawandari⁴

^{1,2,3,4} PGRI Adi Buana University, Indonesia
Email: setianaandarwulan@unipasby.ac.id *

Abstract

Oxytocin massage is a complementary treatment that can be used to increase breast milk production. Oxytocin massage is done by massaging the points on the back of the back. We do oxytocin massage to stimulate the letdown reflex in nursing mothers. In addition to oxytocin massage, increasing breast milk production can be done by using aromatherapy by utilizing natural herbal ingredients. The combination of oxytocin massage and the use of herbal aromatherapy will be more effective in producing breast milk. Next, we applied for a permit to carry out activities in the Nginden Jangkungan village. Then we started community service activities and taught how to do oxytocin massage and aromatherapy to the herbal village community in Nginden Jangkungan village, Surabaya. We carry out community service with the title "Essential Manufacturing as an Effort to Increase Breast Milk Production Through Oxytocin Massage". We hope that this training will enable postpartum mothers, especially in the Herbal Village area, Nginden Jangkungan Village, to be able to do oxytocin massage and use aromatherapy independently to increase breast milk production. So that exclusive breastfeeding can be fulfilled for 6 months.\

Keywords: oxytocin massage, aromatherapy, herbal village

INTRODUCTION

Exclusive breastfeeding that has not been maximally given to infants until the age of 6 months, considering the enormous benefits of breastfeeding for infant health, namely reducing infections in childhood, increasing brain intelligence and reducing the occurrence of disease (Setiana Andarwulan, n.d.) (Victora et al., 2016). In addition, mothers who breastfeed can reduce the incidence of breast cancer and improve the economy (Rollins et al., 2016). Therefore, WHO and UNICEF recommend that breastfeeding be continued exclusively without food or other fluids for the first six months of life and continue with complementary feeding until at least 24 months of age.(Andarwulan, 2019)(Studi III Kebidanan et al., 2020) In recognition of this, the World Health Assembly has set a goal to increase the rate of exclusive breastfeeding to a minimum of 70% by 2030. (*United Nations Children's Fund, World Health Organization. Global Breastfeeding Scorecard, 2017: Tracking Progress for Breastfeeding Policies and Programmes.*).

Optimizing effective breastfeeding should be an important management to increase milk production for mothers with healthy term infants. Therefore, treatment options can be provided using complementary treatment options (Kent et al., 2012). One of the treatment options in question is the use of natural herbal ingredients as aromatherapy and doing oxytocin massage. Massage is an effective and low-risk treatment of choice for promoting milk secretion. Scientific manipulation of massage therapy works through the soft tissues of the body with hand techniques to increase muscle relaxation and reduce stress hormones. When stress hormones are reduced, milk production can increase. The postpartum period is

a very stressful time for women with stressors such as lack of sleep, physical exhaustion, hormonal changes and anxiety in caring for a newborn and adapting to a new parenting role (Ward S, Hisley S. Maternal-Child Nursing Care: Optimizing Outcomes for Mothers, Children, & Families, 2016) stressful conditions cause delays in the onset of lactation and decrease milk production (Dimitraki M, Tsikouras P, Manav B, Gioka T, Koutlaki N, Zervoudis S, et al. 2016). So massage therapy seems to be a wonderful alternative treatment to help increase milk supply among postpartum mothers. Some of the treatment techniques that can be used for breastfeeding mothers are oxytocin massage and the use of aromatherapy.

The community service carried out at the herbal village, Nginden Jangkungan village, aims to provide training in utilizing natural herbs and doing oxytocin massage independently at home. So that when the people in the herbal village have been trained, they can provide knowledge about the training later they can distribute information about the importance of exclusive breastfeeding during breastfeeding. And of course about how to increase milk production through oxytocin massage and the use of herbal aromatherapy.

METHOD AND PROCEDURES

The stages and methods used in this activity were the committee conducted surveys and interviews with several residents of the Herbal Village, Nginden Jangkungan Village, to what extent regarding exclusive breastfeeding given to their babies. So based on these data, the committee proposed this face-to-face activity by increasing the knowledge and skills of the Herbal Village residents in utilizing natural ingredients and their use to increase breast milk production. Before this activity was carried out, the committee had conducted interviews and approaches through the head of the Herbal Village and from the results of the interview, suggestions or input were obtained from the chairman of the Herbal Village so that the committee carried out activities in the form of material presentations and training as a debriefing to residents in using natural ingredients and doing oxytocin massage. .1. Time and Place of Implementation

Day and Ladder Implementation	: Wednesday, 23 June 2021
Implementation Time	: 15.00-17.00 WIB
Place of Implementation	: Kampung Herbal Nginden Jangkungan District

2. Implementation (Event Arrangement)

The composition of the implementation event is as follows:

Number	Timing	Activity	Person In Charge
1	15.00-15.15	Prepare the event	Septi Ardiyanti, Destiana, and Marquita.
2	15.15-15.30	Welcoming says	Annah Hubaedah, SST.,M.Kes Tetty Rihardini, SST.,M.Keb Eka Sri Lestari
3	15.30-15.35	Praying for event	Solichatin, SST.M.Keb
4	15.35-16.00	Presentation	Tetty Rihardini, SST.,M.Keb
		Demonstration	Setiawandari SST.,M.Kes and Setiana Andarwulan, SST.M.Kes
5	16.00-16.30	Question and Answer	Tetty Rihardini, SST.,M.Keb Setiawandari SST.,M.Kes And Audience
6	16.30-16.40	Closing	Annah Hubaedah, SST.,M.Kes
7	16.40-17.00	Souvenir and Documentation	Team PPM and Audience

Table 1. Event Arrangements

RESULTS

The documentation of offline event “Making Essential As An Effort To Increase Breast Milk Production Through Oxytocin Massage In Herbal Village, Nginden Jangkungan Surabaya”



Figure 1 Absency and examination for audience by team college student



Figure 2. Speech from Dosen Guide by Mrs Annah



Figure 3. Welcoming Says by Mrs Tetty And Mrs Eka S.



Figure 4. Presentation And Demonstration event



Figure 5. Question and answer



Figure 6. List documentation present

CONCLUSION

From community service activities, it can be said that knowledge about exclusive breastfeeding is very important. This knowledge is very effective when coupled with complementary medicine by utilizing natural ingredients and massage techniques that must be learned by nursing mothers. By learning the oxytocin massage technique and aromatherapy can prepare mothers who will breastfeed exclusively. So that breast milk becomes productive and abundant during breastfeeding.

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