

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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**PENGARUH TEKNIK PIJAT LAKTASI TERHADAP PRODUKSI ASI
PADA IBU PASCA OPERASI SESAR DI RUANG RAWAT INAP RUMAH
SAKIT MITRA PLUMBON TAHUN 2025**

ABSTRAK

Produksi ASI pada ibu pasca operasi sesar sering kali mengalami hambatan akibat nyeri, stres, dan keterlambatan stimulasi hormonal. Teknik pijat laktasi dipercaya mampu meningkatkan pelepasan hormon oksitosin dan prolaktin yang berperan penting dalam proses produksi dan pengeluaran ASI. Penelitian ini bertujuan untuk menganalisis pengaruh teknik pijat laktasi terhadap produksi ASI pada ibu pasca operasi sesar di ruang rawat inap Rumah Sakit Mitra Plumbon tahun 2025. Penelitian ini menggunakan desain *pre-eksperimental* dengan pendekatan *one-group pretest-posttest design*. Sampel berjumlah 40 responden yang diambil menggunakan teknik *accidental sampling*. Data dianalisis menggunakan uji *wilcoxon signed rank test*.

Sebelum intervensi, mayoritas responden memiliki produksi ASI rendah (55%). Setelah intervensi pijat laktasi, 37,5% responden mengalami peningkatan ke kategori tinggi dan 55% ke kategori cukup. Hasil uji *wilcoxon* menunjukkan nilai $Z = 7,071$ dan $p = 0,000$, yang berarti terdapat perbedaan signifikan antara sebelum dan sesudah intervensi.

Teknik pijat laktasi terbukti berpengaruh signifikan dalam meningkatkan produksi ASI pada ibu pasca operasi sesar. Kepada ibu disarankan untuk melakukan pijat laktasi secara rutin dirumah dengan bantuan tenaga kesehatan atau keluarga terlatih, guna mendukung kelancaran produksi ASI dan mempererat bonding dengan bayi.

Kata Kunci: ASI, pasca operasi sesar, pijat laktasi, oksitosin, prolaktin

Daftar Pustaka: 35 (2014-2024)

**MAHARDIKA INSTITUTE OF HEALTH AND TECHNOLOGY
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THE EFFECT OF LACTATION MASSAGE TECHNIQUE ON BREAST MILK PRODUCTION IN POST-CESAREAN MOTHERS IN THE INPATIENT WARD OF MITRA PLUMBON HOSPITAL IN 2025

ABSTRACT

Breast milk production in post-cesarean mothers is often inhibited due to pain, stress, and delayed hormonal stimulation. Lactation massage is believed to stimulate oxytocin and prolactin secretion, which play crucial roles in milk production and ejection. This study aims to analyze the effect of lactation massage techniques on breast milk production in post-cesarean section mothers in the inpatient ward of Mitra Plumbon Hospital in 2025.

This research used a pre-experimental design with a one-group pretest-posttest approach. A total of 40 respondents were selected using accidental sampling. Data were analyzed using the Wilcoxon Signed Rank Test.

Prior to the intervention, 55% of respondents had low breast milk production. After lactation massage, 37.5% had high and 55% had moderate milk production. Wilcoxon test showed $Z = 7.071$ and $p = 0.000$, indicating a significant difference before and after the intervention.

Lactation massage has a significant effect in increasing breast milk production among post-cesarean section mothers. It is recommended that mothers perform lactation massage regularly at home with the assistance of healthcare professionals or trained family members, in order to support smooth breast milk production and strengthen bonding with the baby.

*Keywords: Breastfeeding, post-cesarean, lactation massage, oxytocin, prolactin
Bibliography: 35 (2014-2024)*