

OKETANI MASSAGE ON THE CONTINUITY OF BREASTFEEDING MOTHERS

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ABSTRACT

This study aims to determine the effectiveness of oketani massage on smooth breastfeeding in breastfeeding mothers at the Basuki Rahmat Community Health Center, Bengkulu City. This research is quantitative research with a "Quasi-Experimental" research design. The study's results showed that the average value of breast milk production before being given the Oketani massage intervention was 5.07, and after being given the Oketani massage intervention, the average value was 6.33. The dependent t-test results obtained a deal ($P = 0.000 < (0.05)$). In conclusion, there is a difference in the flow of breast milk before and after the oketani massage on the smooth flow of breast milk in breastfeeding mothers in the working area of the Basuki Rahmat Health Center.

Keywords: Breastfeeding Mother, Marmet Massage, Oketani Massage

INTRODUCTION

Breast milk is an emulsion of fat in a solution of protein, lactose and inorganic salts secreted by the mother's mammary glands as weaning food after giving birth (Rahmawati & Ramadhan, 2019). Breast milk is the most important natural food for babies because it provides all the vitamins, minerals and nutrients needed for growth and development during the first six months of life (Magdalena et al., 2020; Buhari et al., 2018). Breast milk protects babies from chronic infections and plays a role in cognitive, sensory and motor development (Hidayah et al., 2023; Friscila et al., 2022; Machmudah et al., 2017).

From a scientific point of view, providing exclusive breast milk prevents the baby from dying from disease, shortens the health history, strengthens the body's immunity, reduces the risk of allergies, increases the baby's growth and development, and improves the baby's condition. The benefits of exclusive breastfeeding for mothers include reducing body fat in mothers, preventing cancer, economic and psychological benefits for mothers, preventing osteoporosis, reducing bleeding, and being used as a natural contraceptive. Failure of the breastfeeding process is usually caused by several problems faced by the mother, namely insufficient milk production, breast abscess, mastitis, breast milk swelling, nipple problems, and blocked milk ducts (Anggraini et al., 2022; Kusumastuti et al., 2018).

Increasing breastfeeding worldwide could save more than 820,000 children each year and prevent up to 20,000 more cases of breast cancer in women each year. Breastfeeding has become increasingly important as the COVID-19 pandemic has upended Indonesia's health care system and increased access to breastfeeding counseling services. A national survey conducted by the Ministry of Health with UNICEF support in 2021 found that less than 50% of mothers and caregivers of children under two years of

age received breastfeeding counseling services during the pandemic. This situation is getting worse due to the high level of violations of the International Sales Code for Breast Milk Substitutes in Indonesia (WHO, 2022).

Based on survey results, the highest average death rate for children under five is caused by a number of diseases, such as high fever and diarrhea. Health workers' diagnosis of diarrhea in children under five in 2013 showed that the highest incidence of diarrhea was in the provinces of Aceh, Papua and NTT. Meanwhile, in 2018 the highest data was in the provinces of Bengkulu, Aceh, NTB, West Sumatra and Papua (Riskesdas, 2018). Breast milk can reduce infant mortality. This is because breast milk can increase the body's immunity, so babies don't get sick easily.

According to Bengkulu City Health Service Profile data, the achievement of breastfeeding coverage in 2012 was 51.5%, in 2014 it was 81.3%, in 2013 it was 78.7%, in 2017 it was 2,096 people (61.2%) and in 2017 coverage exclusive breastfeeding. Exclusive breastfeeding shows a decreasing trend compared to previous years. Exclusive breastfeeding in 2016 was 61.74%, in 2015 it was 77.9%, and exclusive breastfeeding varies for each health center. Exclusive breastfeeding was highest at the Basuki Rahmat Community Health Center at 98.4%. And the lowest level of exclusive breastfeeding was at the Sukamerindu Community Health Center at 24.2%. According to data from the Basuki Rahmat Community Health Center, 62 babies were breastfed exclusively with breast milk.

Factors that cause babies to receive less breast milk include hormonal factors (prolactin and oxytocin), food intake, the mother's psychological condition, breast care, the frequency of breastfeeding, consumption of drugs, contraceptives, insufficient milk production, breast milk dams and nipple problems (Astuti et al., 2022).

Breast care aims to increase blood circulation, prevent blockage of the milk ducts, and facilitate the release of breast milk. One breast treatment that can increase breast milk production is lactation massage. Breastfeeding massages include Oxytocin Massage, Argaan Massage, Mermet Massage, and Oketani Massage. In 1991, a Japanese midwife named Sotomi Oketani developed a massage technique to overcome breastfeeding problems called Oketani massage. This type of massage has been introduced in Bangladesh as an exclusive lactation support program and has been proven to be successful. Oketani massage is a painless breast care method. The benefits of Oketani massage include causing a pleasant sensation, increasing breast milk production, increasing breast elasticity, smoothing milk ducts, and reducing breast swelling, inverted nipples, sore nipples, inverted nipples, etc. Including prevention and treatment for mothers who suffer from. or suffer from flat warts (Macmudah, 2017; Sembiring, 2019; Romlah & Rahmi, 2019).

Based on the results of an interview survey of 5 breastfeeding mothers, researchers found that 3 out of 5 breastfeeding mothers had substandard breast milk and 1 mother said the breast milk was flowing smoothly and the left breast milk was not flowing smoothly. Then another mother said that her breast milk was flowing smoothly without using any method to speed up breast milk production, including the oxytocin massage technique. Of the mothers interviewed, they had never received oxytocin massage or the marmet technique to increase breast milk production.

So the focus of this research is to determine the effectiveness of oketani massage on the smooth flow of breast milk in breastfeeding mothers at the Basuki Rahmat Community Health Center, Bengkulu City.

RESEARCH METHOD

This research is quantitative research with a "Quasi Experiment" research design. The number of samples in the experimental research was 30 breastfeeding mothers and divided into 15 subjects per group. Samples were taken using purposive sampling. The data analysis technique used is the dependent T test and the independent T test. Data was obtained from a questionnaire obtained from Puji (2017). The intervention was given 3 consecutive days a week for 15 seconds and continued every time the mother breastfed.

RESULT

Univariate Analysis

Table. 1
Frequency and Percentage of Oketani Massage Pre-test and Post-test Scores

Variabel	Kategori	Pre test		Post test	
		Frekuensi	Persentase	Frekuensi	Persentase
Oketani	Kurang Lancar	10	66,7	7	46,7
	Lancar	5	33,3	8	53,3

Based on Table 1, it shows that before the intervention was given, 10 respondents (66.7%) had less than smooth breast milk production. After being given the intervention, the majority went smoothly, 8 respondents (53.3%).

Bivariate Analysis

Table. 2
The Effect of Oketani Massage on the Smooth Expression of Breast Milk

	N	Mean	Standar Deviasi	P Value
Sebelum	15	5,07	1,163	0,000
Sesudah	15	6,33	1,589	

Based on Table 3, it was found that the average value of breast milk production before being given the oketani massage intervention was 5.07 with a standard deviation of 1.163 and after being given the oketani intervention the average value was 6.33 with a standard deviation of 1.589. The statistical test results show that there is a difference in the flow of breast milk before and after the oketani massage on the smooth flow of breast milk in breastfeeding mothers in the working area of the Basuki Rahmat Health Center with a (P) value = 0.000 < (0.05).

DISCUSSION

The research results showed that before the intervention was given, the majority of respondents had less than 10 respondents (66.7%). After being given the intervention, the majority went smoothly, 8 respondents (53.3%). The intervention in this study was carried out 3 days a week and carried out 5 times, after which it was carried out each time before the mother breastfed for 15 minutes.

The research results were supported by Lestari et al., (2018) where the research results showed that there was an increase in the frequency of breastfeeding among respondents after the intervention was carried out, namely 3 days with application time once a day and the intervention was carried out each time before the mother breastfed for

10-15 minutes. The results of statistical analysis show that there is a difference in the frequency of breastfeeding after the Oketani and Marmet massages with a p-value of 0.000 ($\alpha=0.05$). These results are in accordance with research conducted by Yasni et al., (2020) it is known that post partum mothers who have received oketani massage therapy have increased and smooth breast milk production, changes in the nipples and no signs or dams of breast milk after being given oketani massage, with p value $0.001 < \alpha (0.05)$.

Based on the results of research conducted by Sari & Syahda (2020) in the Bangkinang City Community Health Center Working Area, with a total of 25 postpartum mothers as respondents on the first day, breast milk production before the oketani massage was carried out was < 100 cc, namely 20 postpartum mothers (80%). With an average value before the oketani massage was 82.40. After the oketani massage, ≥ 100 cc, namely 21 mothers (82%). So there are significant results, namely the influence of oketani massage on breast milk production in postpartum mothers with a value of $p 0.000 (< 0.05)$. These results are in line with Katili et al., (2022) research with a population of 32 postpartum mothers, who were divided into 16 intervention groups who did oketani massage and 16 control groups who did not do oketani massage. Oketani massage has a significant effect on increasing breast milk production in post partum mothers at the Tilango Community Health Center, Tilango District, Gorontalo Regency, where the overall value is significant <0.05 . Therefore, this massage can be used as a form of non-pharmacological therapy that breastfeeding mothers can use to increase breast milk production.

The research results of Fatrin & Putri (2021) reveal that Oketani massage is one way to stimulate the pectoralis muscles of the breast which makes the breasts elastic and flexible so that breast milk production becomes more abundant. The most effective Oketani massage is done 2-5 times per day with the intensity of the Oketani massage regularly for 3 days because on three days In the first postpartum, breast milk does not come out due to a lack of stimulation of the hormones prolactin and oxytocin. The mechanism for increasing breast milk production caused by oketani massage is by softening the entire breast and increasing the flexibility of the areola, making it elastic and pink, the lactiferous ducts and nipples also become more elastic and round, thus producing lots of high-quality breast milk (Nurhikmah & Nurdianti, 2020; Nababan et al., 2020).

Yasni et al., (2020) research states that oketani massage can stimulate the pectoralis muscles in the breasts so that a conclusion can be drawn that oketani massage can effectively increase protein levels caused by increased protease enzyme activity, causing the mammary glands to become mature and wider, so that the milk glands more and more breast milk is produced.

Oketani massage can stimulate the baby's physical and mental development, improve the baby's mood and sleep patterns by increasing the quality of the breast milk secreted. Oketani massage is a management skill to overcome lactation problems such as insufficient milk production, breast engorgement. Oketani massage will cause the breasts to become soft, supple and the areola to become more elastic, the lactiferous ducts and nipples also become more elastic. The entire breast becomes more flexible and produces good quality breast milk because the total solids content, fat concentration can increase. The increase in protein levels is caused by an increase in protease enzyme activity which is stimulated by massage of the mammary tissue and glands.

The hormone prolactin stimulates alveolar cells to produce breast milk, the more often you breastfeed your baby, the more breast milk you will produce. Along with the production of prolactin by the anterior pituitary gland, stimulation from the baby's sucking is transmitted to the posterior pituitary gland (pituitary nerve), where oxytocin is released and contractions occur. As a result of cell contraction, breast milk formed from the alveoli is forced into the milk duct system and flows through the milk ducts into the baby's mouth. Oketani massage can provide a pleasant sensation for the mother and improve the breastfeeding reflex during breastfeeding (Dary & Sulistyaningsih, 2023; Fatrin & Putri, 2021).

This is in line with Astari & Machmudah (2019) who states that Oke Valley massage softens the breasts and increases the elasticity of the areola and nipples, making it easier for babies to breastfeed. By pressing on the alveoli, the flow of breast milk becomes even, reducing the mother's pain after giving birth, and relaxing the mother's body after giving birth so that more milk can be secreted.

CONCLUSION

There is a difference in the flow of breast milk before and after the oketani massage on the smooth flow of breast milk in breastfeeding mothers in the working area of the Basuki Rahmat Health Center.

SUGGESTION

For Breastfeeding Mothers

Considering the benefits of health measures that must be taken to the community so that public knowledge increases, community health center officers should provide health education such as notifications about breast care techniques through marmet massage techniques that help facilitate breast milk production.

For the Basuki Rahmat Community Health Center

The attention of the community health center is needed to pay attention to the local community by providing education regarding oketani massage and marmet massage techniques which can facilitate breast milk production.

For Further Researchers

For further research, you can use a combination of oketani massage and marmet massage techniques with different days or days other interventions.

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