

INTISARI

Latar belakang: Pertumbuhan dan perkembangan bayi diawal kelahiran di pengaruhi oleh produksi Asi, Asi merupakan makanan yang tiada tandingannya untuk bayi juga sangat kaya akan sari-sari makanan yang mempercepat pertumbuhan sel-sel otak dan perkembangan sistem saraf. Permasalahan yang dialami pada minggu pertama kelahiran kurangnya produksi Asi setelah melahirkan disebabkan oleh kurangnya rangsangan hormon prolaktin (Pyrnama 2013). pijat oksitoksin berfungsi untuk merangsang hormon oksitoksin agar dapat memperlancar Asi dan meningkatkan kenyamanan ibu dan dapat memenuhi kebutuhan nutrisi bayi sehingga pertumbuhan dan perkembangannya menjadi baik.

Tujuan : Mengetahui pengaruh pijat oksitoksin terhadap perbedaan peningkatan berat badan bayi pada ibu post partum spontan kelompok intervensi dibandingkan dengan ibu post partum spontan kelompok kontrol.

Metode Penelitian: Jenis penelitian ini adalah eksperimental *pre-test* dan *post test control group design* dengan rancangan *Randomized Control Trial*. responden adalah ibu post partum spontan di RSUD Andi Makkasau Parepare jumlah responden 60, dengan riwayat kelahiran partus spontan. penelitian ini bersifat *non blind*. satu kelompok diberikan perlakuan pijat oksitoksin dan satu kelompok tanpa perlakuan. bayi di timbang sebelum dan setelah 8 mgg. instrumen yang di gunakan adalah timbangan bayi tidur *bayi scale*. pengambilan data di lakukan setelah ijin dari komosi etik pada tgl 4 April 2018. analisis data dilakukan dengan analisis *univariabel* dan analisis *bivariabel* dengan menggunakan *paired t-test* dan *independent t-test*, dan analisis Multivariat untuk melihat pengaruh perlakuan terhadap peningkatan berat badan bayi.

Hasil Penelitian: Ada perbedaan peningkatan berat badan bayi dibuktikan dengan hasil analisis multivariat regresi linear metode *backward* dari 3 variabel luar ada 2 yang mempunyai kontribusi 10,2% terhadap peningkatan berat badan bayi sedangkan 90% di pengaruhi oleh faktor lain.

Kesimpulan: Peningkatan berat badan bayi yang di pijat oksitoksin pada ibu post partum spontan pada kelompok intervensi lebih besar dibandingkan kelompok kontrol.

Kata Kunci: Pijat oksitoksin, Pemberian Asi, Berat badan bayi.

ABSTRACT

Background : Babys growth and development by the first time of birth were affected by breast milk production. Breastmilk was one and only food for baby, it also rich in nutrients that helped enhance the brain cells growth and nerve cells development. There are problems that faced on the first weeks of birth, one of them was the lacking of the Breast milks produktion caused by the lacking of the oxitocin/prolactin stimulate. Oxytocin massage were used to stimulate oxytocin hormone , so that it could prescipitate breast milks flow, increases comfort, and fulfilled the babys nutritions, so the growth and development of the baby could be better.

Purpose: to know the effect of oxytocin massage on the difference of the babies weight in spontaneous post-partum mothers from control group.

Research Method: This waa an experimental pre-test and pos test control group design study with the randomized control trial design. The respondents were sixty post partum mother those underwent a spontaneous labor history in RSUD Andi Makkasau (Regional State Hospital Andi Makkasau) Pare-pare. This study was a non-blind study. One group was given a tretment oxytocin massage and the other one was not given any tretment. The babies were scaled and weighed before and after eight weeks. Istrument used was lied-down baby scale. Date collection was performend after the permission from ethic commision by April 4 th 2018. Date analysis was performend with univariabel an bivariabel analysis using paired t-test and independent t-test and multivariate analysis to observed the effect of the tretment toward the babys weight again.

Research Result : there are differences of the babys weight proven by the result of the multivariate linear regresion analysis with backwanrd method and three out variabel, there were two variables those brought 10,2% contribution on babys weight increase and 90% were affected by other factors

Conclusion : The babys weight gain who underwent oxytocin massage on spontaneous poat-partum mothers in intervention groups were more abundance compared to the control group.

Keywords : Oxytocin massage, breast feeding, babies weight.