



The Effectiveness Of Oketani Massage On The Prevention Of Breast Milk Dams In Postpartum Mothers In The Working Area Of Tanjung Leidong Health Center, North Labuhan Batu Regency

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ABSTRACT

Data from the Central Bureau of Statistics in 2018, the percentage of infants aged less than 6 months who get exclusive breastfeeding in Indonesia is 44.36%, this is a decrease compared to 2017 which is 55.96%. Likewise, based on provincial data, North Sumatra province amounted to 33.33%, and decreased compared to 2017, which was 49.83% (Central Statistics Agency. 2018). Nationally, the coverage of babies receiving exclusive breastfeeding in 2020 was 66.06%. This figure has exceeded the 2020 strategic plan target of 40%. The purpose of this study was to determine the effectiveness of Oketani massage on the prevention of breast milk dams in postpartum mothers in the working area of Tanjung Leidong Health Center, North Labuhan Batu Regency. This study used a quasi-experimental method with a Posttest only with control group design, where the study was divided into 2 groups, namely the intervention group and the control group. The research will be conducted May – July 2022. The population in the study was Mrs. Nifas on the first day in the Tanjung Leidong health center work area which amounted to 26 people for the April-July 2022 period, where the author divided the sample into two groups, 13 people as an intervention group and 13 people into a control group. The data analysis used is the Paired T-Test Sample Test, which is to determine the difference in treatment in two samples / treatment groups with the condition that the data is normally distributed. At the limit of the meaning of statistical calculations $p < \alpha = 0.05$. The results of the Paired t-test analysis obtained p-value = 0.021 showed that oketani massage in postpartum mothers was effective in preventing breast milk dams. It is hoped that the results of this study can be used as one of the complementary therapies in the prevention of breast milk dams.

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INTRODUCTION

Maternal and child health is an effort in the health sector that concerns the service and maintenance of pregnant women, maternity mothers, breastfeeding mothers, infants and toddlers and preschool children (Risksed, 2018). Infants are a period that is vulnerable to various diseases and the gold period in children occurs at the age of children up to 3 years, if not sensitive to this will increase morbidity and mortality in children which will have an impact on the progress of the nation. Exclusive breastfeeding is one of the efforts to improve the nutritional status of children in the First 1000 Days of Birth (HPK). This is supported by the government's policy on exclusive breastfeeding in Indonesia which has been established since 2004 through the Kepmenkes RI Number 450/Menkes/SK/IV/2004 and strengthened through Government Regulation Number 33 of 2012 (Government of Indonesia 2021)

Breastfeeding is the best way to meet nutritional needs for the growth and development of babies (Monika, 2015). Breast milk participates in cognitive, sensory, motor development, and provides protection against infections and chronic diseases (Arianti, 2019). Breast milk production is influenced by hormonal factors (prolactin and oxytocin), food intake, maternal psychological condition, breast care, frequency of breastfeeding, consumption of hormonal drugs/contraceptives (Machmudah, 2017).

Data from the Central Bureau of Statistics in 2018, the percentage of infants aged less than 6

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months who get exclusive breastfeeding in Indonesia is 44.36%, this is a decrease compared to 2017 which is 55.96%. Likewise, based on provincial data, North Sumatra province amounted to 33.33%, and decreased compared to 2017, which was 49.83% (Central Statistics Agency. 2018). Nationally, the coverage of babies receiving exclusive breastfeeding in 2020 was 66.06%. This figure has exceeded the 2020 strategic plan target of 40%. The highest percentage of exclusive breastfeeding coverage is found in West Nusa Tenggara Province (87.33%), while the lowest percentage is in West Papua Province (33.96%). There are four provinces that have not yet reached the 2020 strategic plan target, namely Maluku and West Papua. For Aceh province itself, it is 77.0% (Ministry of Health RI. 2020). Based on the health profile of Aceh province (2020), the achievement of exclusive breastfeeding in Aceh Singkil Regency is 68%, when compared to the health profile data of Aceh province (2019), there is a decrease in the achievement of exclusive breastfeeding, namely 82% (Aceh Health Office. 2020) and (Aceh Health Office. 2019).

Breast milk (breast milk) is the first, main and best food for babies that is natural. Early breastfeeding is an important component in infant survival (Utami, R. 2012). Breast milk also greatly affects nutritional status and affects children's growth and development. Causes and risk factors for stunting in Indonesia, including breastfeeding or complementary foods (Nirmalasari 2020).

Early breastfeeding until the baby is 6 months old can be influenced by various factors. Some factors include health care support, lactation problems, family support, knowledge and promotion of formula milk (Astuti Anjar, et al. 2020). The problems that cause mothers to fail in breastfeeding are chafed nipples, swollen breasts (breast milk dams), mastitis and breast abscesses. Breast milk dam is an increase in venous flow from lymph in the breast in order to prepare for the lactation process, it can also be due to narrowing of the lactiferous duct in the mother's breast and can also occur if you have milk putting disorders such as flat and immersed milk putting (Prawirohardjo, Sarwono. 2011).

The phenomenon experienced by the author in the field of practice is, postpartum mothers who experience breast milk dams prefer to consume painkillers and postpartum mothers who experience impaired milk production immediately look for breast milk smoothing drugs. Midwives as health service workers, especially in the field of maternal and child health, are one of the important factors in the lactation process. It is a demand that midwives can also become actors of innovation by using the latest methods to carry out maternal care, one of which is utilizing complementary therapy, namely Oketani massage in launching breastfeeding.

Oketani massage is one of the breast care methods to increase milk production. Oketani massage can reduce lactation problems caused by flat nipples and inverted and can stimulate pectoralis muscle strength to increase milk production. Oketani massage can also make the breast softer and elastic so that it can make it easier for the baby to suck breast milk (Machmudah and Khayati 2016).

Based on research conducted by Kusumastuti, Laelatul Qoma, and Pratiwi, (2018) stated that the occurrence of breast milk dams can effectively be prevented by oketani massage. Likewise, research by (Yasni, Sasmita, and Fathimi 2020) states that regular oketani massage can further facilitate and increase the mother's milk production. The purpose of this study is to determine the Effectiveness of Oketani Massage on the Prevention of Breast Milk Dam in Postpartum Mothers in the Working Area of Tanjung Leidong Health Center, North Labuhan Batu Regency in 2022.

METHOD

This study used a *quasi-experimental* method with a Posttest only with *control group design*, where the study was divided into 2 groups, namely the intervention group and the control group. Observations were made in both groups after being treated (*Posttest*), to determine the incidence of breast milk dams in puerperal mothers. The intervention group performed oketani massage for 3 consecutive days with a duration of 30 minutes. The control group was not given an intervention. On the 4th day, observations were made in both groups. This research was conducted in the Tanjung Leidong Health Center Working Area, North Labuhan Batu Regency conducted May – July 2022. The population in the study was Mrs. Nifas on the first day in the Tanjung Leidong health center work area

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which amounted to 26 people for the April-July 2022 period, where the author divided the sample into two groups, 13 people as an intervention group and 13 people into a control group. The sampling technique used is non-probability sampling, namely consecutive sampling, *meaning* that the sample taken is all subjects observed and meets the sample selection criteria which are then included in the sample until the required sample size is met. The subjects of the study were postpartum mothers who fit the inclusion criteria where the inclusion criteria of the research sample were postpartum mothers on the first day with normal delivery and no breast milk dam occurred.

RESULT AND DISCUSSION

The data analysis used is the analysis of the *Paired T-Test Sample Test*, which is to determine the difference in treatment in two samples / treatment groups with the condition that the data is normally distributed. At the limit of the meaning of statistical calculations $p < \alpha = 0.05$. If the calculation results show a p value of $< \alpha = 0.05$.

Table 1. Frequency Distribution of Breast Milk Dam in postpartum mothers who are massaged by Oketani in the working area of Tanjung Leidong Health Center

Variable	Intervention group		Control group	
	n	%	n	%
ASI Dam	0	0	17	77,3
Normal	22	100	5	22,7

The table above shows that all respondents who carried out oketani massage interventions as many as 22 respondents (100%) did not experience breast milk dams. While in the control group, 5 respondents (22.7%) did not experience breast milk dams, while 17 respondents (77.3%) experienced breast milk dams.

Table 2 Effectiveness of Oketani Massage on the prevention of Breast Milk Dam in Post Partum Mothers in the working area of Tanjung Leidong Health Center

	N	P value	Mean	t hitung
Intervention Group (Postpartum mothers with oketani massage)		0,021	0,09145	2,485
Control Group (Postpartum mothers without oketani massage)	22	0,057	0,18073	2,012

The table above shows that the paired *t-test results* were obtained in postpartum mothers who were massaged by oketani with a p-value of 0.021 with a significance level of $p < 0.005$. So that oketani massage in postpartum mothers is effective in preventing breast milk dams.

Discussion

Based on the results of the study, all postpartum mothers who were carried out by oketani massage as many as 22 respondents (100%) did not experience breast milk dams. Meanwhile, of the 22 postpartum mothers who did not do oketani massage, 5 (22.7%) people did not experience breast milk dams and 17 (77.3%) people experienced breast milk dams. Thus the results of the Paired t-test analysis obtained p-value = 0.021 showed that oketani massage in postpartum mothers was effective in preventing breast milk dams.

The results of this research are in line with the research of Nurfadillah Nurfadillah, et al (2022) which states that the majority of postpartum mothers who are given oketani massage interventions experience fewer symptoms of breast milk dam compared to postpartum mothers who are only done observation of breast milk dam symptoms where the results of the study found that a significant

difference in breast milk dam symptoms between the control group and the oketani massage group with a value of $p = 0.000$.

Another study that goes along is research by Rosmita in 2017. The results showed that the application of breast mass with the Oketani massage method was 100% effective in preventing breast milk dams, which means that Oketani massage was proven effective in preventing breast milk dams. (RosmitaE & Kusumastusi, 2017). Breast massage is an act of breast care that begins on the first or second day after giving birth. Breast care aims to improve blood circulation and prevent blockage of milk flow so as to facilitate milk expenditure, avoid breast swelling and breastfeeding difficulties, and maintain breast hygiene so that it is not easily infected. (Nurhikmah TS et al., 2018).

Oketani massage will also provide an overall sense of relief and comfort to respondents, improve the quality of breast milk, prevent nipple blisters and mastitis and can improve or reduce lactation problems caused by flat nipples, inward nipples (Machmudah, 2017).

Breast milk dam occurs due to narrowing of the duct lactiveerus so that venous and lymphatic flow is blocked, milk flow becomes obstructed and pressure on the mother's milk ducts and alveoli increases. This event is usually caused because the collected milk is not released so that it becomes a blockage or due to abnormalities in the nipples (Manuaba, 2008). Oketani massage is one of the most popular and painless breast treatment methods in Japan. This massage is a connective tissue massage that promotes breast health by separating the user's attachment between the base of the breast and the main fascia of the chest muscles with the aim to help restore and maintain natural breast contour and normal breast function.

Breast massage consists of mammary glands surrounded by skin, connective tissue and adipose tissue. In the posterior mammary glands are loosely connected to the inner fascia of the pectoralis major. The breasts can move against the pectoralis major and thoracic muscles. The location of the breast was tied by connective tissue to the skin and chest muscles. This connective tissue supports elasticity and spontaneously develops and counteracts to accommodate the physiological functions of the breast (Mahmudah, 2017).

CONCLUSION

The results of the Paired t-test analysis obtained p -value = 0.021 showed that oketani massage in postpartum mothers was effective in preventing breast milk dams. It is hoped that the results of this study can be used as one of the complementary therapies in the prevention of breast milk dams.

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