

**DIFFERENCE IN THE EFFECTIVENESS OF OXYTOCIN MASSAGE AND
WARM BREAST COMPRESS ON BREAST MILK PRODUCTION
AMONG POST CAESAREAN SECTION (CS) WOMEN
AT MAJALENGKA DISTRICT GENERAL
HOSPITAL IN 2017**

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Abstract

Impaired breast milk production usually occurs in post CS women. There are several efforts that can be performed to overcome the impaired breast milk production in post CS women, including oxytocin massage and warm compresses on the breast. This study aims to determine the difference in the effectiveness of oxytocin massage and warm breast compress on breast milk production among post Caesarean Section (CS) women at Majalengka District General Hospital. This study used static group comparison design. The populations in this study were all post-CS women in the 3rd day who experienced milk production disruption. The sampling used purposive sampling technique with sample number of 10 post-CS women who were given treatment of oxytocin massage and 10 post-CS women who were given treatment of warm breast compress. The study instruments used were questionnaires and observation sheet on the sufficient breastfed signs. Data analysis performed were univariate analysis with frequency distribution table and bivariate analysis with Mann-Whitney U test. The study results described that more than half respondents had breast milk production in the sufficient category as much as 70% after oxytocin massage and 50% after warm breast compress. It can be concluded in this study that there was no difference in the effectiveness of oxytocin massage and warm breast compress on breast milk production among post SC women at Majalengka District General Hospital ($p=0,555$). The efforts made to overcome the disruption of breast milk production should not only breast care and cold warm compresses. Oxytocin massage can be conducted to overcome the disruption of breast milk production, because it can stimulate the oxytocin hormone and can provide comfort for the mother.

Keyword: Oxytocin Massage, Warm Breast Compress, Breast Milk.

