

**LEMBAR PERSETUJUAN PEMBIMBING**

Skripsi yang berjudul

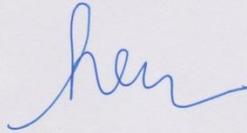
**“Perbedaan Efektifitas Kompres Hangat Payudara dan Pijat Oksitosin Terhadap Peningkatan Kelancaran Produksi ASI Diwilayah Kerja Puskesmas Molingkapoto kec.kwandang kab.gorontalo utara”**

**OLEH**

**Maryam Dj. Bau  
NIM. 841413086**

**Telah diperiksa dan disetujui**

**Pembimbing I**



**Dr.Hj.Herlina Jusuf, Dra. M.Kes  
NIP. 19631001 198803 2 002**

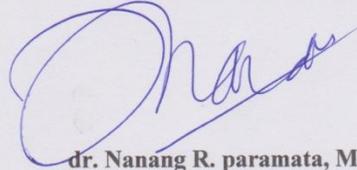
**Pembimbing II**



**dr. Siti Rahma M.Kes  
NIP. 19820328 20091 2 005**

**Mengetahui**

**Ketua Program Studi Ilmu Keperawatan**



**dr. Nanang R. paramata, M.kes  
NIP. 19771028 200812 2003**

**LEMBAR PENGESAHAN**

Skripsi yang berjudul

**PERBEDAAN EFEKTIFITAS KOMPRES HANGAT PAYUDARA DAN  
PIJAT OKSITOSIN TERHADAP PENINGKATAN KELANCARAN  
PRODUKSI ASI DI WILAYAH KERJA PUSKESMAS  
MOLINGKAPOTO KEC.KWANDANG  
KAB.GORONTALO UTARA**

Oleh

**Maryam Dj. Bau**  
**NIM: 841413086**

Telah dipertahankan di depan dewan penguji

Hari/Tanggal : Rabu, 26 juli 2017

Waktu : 11:00 Wita s/d selesai

1. Dr. Hj. Herlina Jusuf, Dra., M.Kes  
NIP. 19631001 198803 2 002

2. dr. Siti Rahma M,kes  
NIP. 19820328 20091 2 005

3. dr. Edwina R. Monayo, M.Biomed  
NIP. 19830906 200812 2 004

4. Ns. Ika Wulansari, M.Kep, Sp.Mat  
NIDK. 8814330017

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Gorontalo, 26 Juli 2017

Mengetahui,

**Dekan Fakultas Olahraga dan Kesehatan**

**Dr.Hj.Lintje Boekoesoe, M.Kes**

**NIP. 49590110 198603 2 003**



## ABSTRAK

**Maryam Dj. Bau 2017.** Perbedaan Efektifitas Kompres Hangat Payudara dan Pijat Oksitosin Terhadap Peningkatan Kelancaran Produksi ASI di Wilayah Kerja Puskesmas Molingkapoto Kec. Kwandang Kab. Gorontalo Utara. Skripsi, jurusan keperawatan, Fakultas Olahraga dan Kesehatan Universitas Negeri Gorontalo. Pembimbing I **Dr. Hj. Herlina Jusuf, Dra., M.Kes** dan pembimbing II **dr. Siti Rahma M,kes.**

Secara Nasional cakupan ASI di Indonesia masih rendah, data Susenas 2010 menunjukkan baru 33,6% bayi di Indonesia yang mendapatkan ASI eksklusif. Tujuan penelitian ini adalah Mengetahui perbedaan efektifitas kompres hangat payudara dan pijat oksitosin terhadap peningkatan kelancaran produksi ASI di wilayah kerja Puskesmas Molingkapoto Kecamatan Kwandang, Kabupaten Gorontalo Utara.

Desain penelitian menggunakan rancangan *quasy eksperimen* tanpa kelompok kontrol dengan jenis penelitian *pre and post test design*, dibagi atas 2 kelompok yaitu kelompok 1 dilakukan intervensi kompres hangat dan kelompok 2 intervensi pijat oksitosin. Populasi penelitian ibu menyusui bayi 0-1 bulan yang ASI nya tidak lancar berjumlah 20 sampel. Teknik pengambilan sampel *purposive sampling*. Instrumen penelitian yaitu lembar observasi produksi ASI. Analisa data menggunakan uji *Paired Sampel Statistik* dan uji *Independent Samples Test*.

Hasil Penelitian kompres hangat payudara didapatkan nilai  $p\text{-value} = 0,000 < 0,05$  maka  $H_0$  ditolak. Hal ini dapat disimpulkan bahwa terapi kompres hangat payudara efektif terhadap produksi ASI, hasil penelitian pijat oksitosin didapatkan nilai  $p\text{-value} = 0,000 < 0,05$  maka  $H_0$  ditolak. Hal ini dapat disimpulkan bahwa terapi pijat oksitosin efektif terhadap produksi ASI. Berdasarkan hasil uji statistika *independent samples test*, maka diperoleh  $p\text{-value} = 0,006 < 0,05$  maka  $H_0$  ditolak. Kesimpulannya terdapat perbedaan efektifitas kompres hangat payudara dan pijat oksitosin terhadap peningkatan kelancaran produksi asi. Disarankan kepada Puskesmas agar dapat melakukan kedua terapi ini sebagai bentuk intervensi yang dapat membantu meningkatkan produksi ASI pada ibu post partum.

**Kata Kunci** : payudara, kompres, pijat oksitosin, ASI.

## ABSTRACT

**Maryam Dj. Bau 2017. Differences on the Effectiveness of Hot Compress for Breast and Oxytocin Massage toward the Increase of Breast Milk Production Continuity in the Area of Molingkapoto Community Health Care Center of Kwandang Sub-district, District of Gorontalo Utara. Skripsi, Department of Nursing, Faculty of Sports and Health, Sate University of Gorontalo. Principal supervisor is Dr. Hj. Herlina Jusuf, Dra., M. Kes and Co-supervisor is dr. Siti Rahma, M. Kes.**

Nationally, Indonesia breast milk coverage is still low, Sussenas Data in 2010 revealed that there were only 33.6% of babies in Indonesia who receive exclusive breastmilk. The objective of this study is to find out the differences effectiveness of hot compress for breast and oxytocin massage toward the increase of breastmilk production in the area of Puskesmas Molingkapoto of Kwandang Sub-district, District of Gorontalo Utara.

This research used quasi experiment without control group with pre-test and post-test design, distributed in two groups, where one group received hot compress treatment, and the second group receives oxytocin massage. The population of this study is breastfeeding mothers who have 0-1 month old baby whose breastmilk do not continuously flow with total 20 samples. The sampling technique is purposive sampling. The instrument in this study is observation sheet on breastmilk production. Data analysis used are paired statistics sample and independent samples test.

The research showed that hot compress had p value  $0.000 < 0.05$  hence  $H_0$  was rejected. Thus, it can be concluded that hot compress for breast was effective in increasing the breastmilk production, this research also showed that oxytocin massage had the p value of  $0.000 < 0.05$ , hence  $H_0$  is also rejected. Thus, it can be concluded that oxytocin massage was effective in increasing the breastmilk production. Based on independent sample test, it was obtained that the p value was  $0.006 < 0.05$ , thus,  $H_0$  was rejected. The conclusion of this study is that there was a difference on the effectiveness of warm breast compress and oxytocin massage toward the increase of breastmilk production. It is recommended that the Puskesmas to implement both of these therapies as form of interventions that can assist to increase breastmilk production in postpartum mothers.

**Keywords: Breastmilk, Compress, Oxytocin Massage, Breastmilk**