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EFFECTIVENESS OF OXYTOCIN MASSAGE TOWARD INCREASING OF BREASTFEEDING PRODUCTION (case study in BPS RTN, Bangkalan district)
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ABSTRACT One of the obstacles on breastfeeding is belief in myth. Many myth often disturb women in breastfeeding condition, e.g an increase food and liquid for women in breastfeeding condition in order to more breastfeeding on first day of breastfeeding. The **objective of the research was to analyze** effectiveness **of** oxytocin massage **toward** increasing of breast milk production. Type of the research was analytics with pre-experiment research design, posttest only. **Independent variable was** breastfeeding production **and dependent variable was** oxytocin massage. Subject **of** the research consist of 17 respondent in BPS RTN Mlajah Village, Bangkalan district. Sampling data technique used systematic sampling. Collecting data used observation form and Mann-Whitney U-test for analyzing data. The result showed 77.8% women in breastfeeding condition had enough breastfeeding production. Based on statistic test $P > 0.05$ ($P = 0.084$), so H_0 acceptance and H_1 rejected. The conclusion, there was no significance breastfeeding production on third day between oxytocin massage treatment and no treatment. Although, no significance on production, oxytocin massage is one of the factors that influence breast milk production so it should be followed in order to increase breast milk production. Keyword: oxytocin

massage, breast milk production, postpartum mother

INTRODUCTION

Based on results of RISKESDAS 2014, breastfeeding to infants under 6 months is not satisfy. Breastfeeding at age 0-1 months 45.4%, 38.3% 2-3 months, and 4-5 months 31%. Overall, coverage of exclusive breastfeeding in Indonesia only 20% away from the specified target, i.e 80%. Ministry of Health (KEMENKES) set a target coverage of exclusive breastfeeding per 2014 at 80%. In fact, 27.5% of mothers in Indonesia who managed to breastfeed exclusively. In response to these fact, World Vision Indonesia (WVI) and Asosiasi Ibu Menyusui Indonesia (AIMI) did research to find solutions for breastfeeding. The results of that study presented on June 13 at the Cheese Cake Factory, Cikini, Jakarta Based on the preliminary study carried out on March 1, 2016 in the village of BPS Rtn Bangkalan district, Bangkalan. There are 10 nursing mothers but only 4 respondents who did not breastfeed on the first, second, and third it is because breast milk has not come out as well as spending is still a little breast milk. In physiology, breastfeeding can be produced from the first day even though only a little i.e about 50-100 ml / day. Mothers do not worry about that situation, because baby is not yet require a lot of liquids so it does not need to be given another liquid before breastfeeding production high (Khasanah, 2011). Many factors affect breastfeeding production, there are physical factors, such as anatomical abnormalities of the breast, health disorders, hormonal contraceptives (estrogen), less nutritious foods, mother's occupation, smoking, and alcohol consumption. Breastfeeding factors i.e IMD (Early Initiation of Breastfeeding), false breastfeeding techniques, not breastfeeding on demand, as well as the provision of complementary feeding prelacteal (breastfeeding complementary food). Baby factors such as the health of babies, LBW (low birth weight), and congenital abnormalities. Psychological factors such as stress, lack of confidence, anxiety, and sadness (IDAI, 2010). Moreover, other factors that also affect breastfeeding production is the breast care and giving oxytocin massage. Physical treatment towards the breast in early lactation period and along lactation is necessary because the nipple can flex and avoid blockage of the lactiferous duct so that the baby becomes easier to breast-feed. Oxytocin massage should be given immediately after give a birth so it could help stimulate the hormone oxytocin that have important role in breastfeeding production, because oxytocin massage related to psychological factors. On the first day, postpartum mothers often have psychological disorders. It caused by psychological disorders that can reduce breastfeeding production. There is some kind of psychological disorder which is commonly experienced by breastfeeding mothers, especially in the early days of breastfeeding. When mothers think breastfeeding production is less then at the same time hundreds of sensors in the brain will tell the hormone oxytocin for slow work that eventually led to reduced milk production (suryoprajogo, 2010). Psychological disorders can be managed well by doing exercises. The first stage is fundamental is to relax. The burden and tension inside will never help the situation any. Various exercises that are relaxing breath slowly and regular breathing, meditation, progressive relaxation by practicing returns can help restore the nervous and hormonal imbalance, boost the immune system and give you peace (IDAI, 2010). By practicing self-restoring harmony with touch and massage in the back, can maintain good health physically and mentally. The [purpose of this study was to determine differences in](#) milk production postpartum mothers on day three of which carried oxytocin massage with back massage which was not done.

RESEARCH METHOD

The research was conducted by classifying respondents based on criteria that has been set. This type of data obtained (primary) directly from the subject of research in the field which time the release of breast milk/colostrum with oxytocin massage treatment or not. Data collection technique accelerating the production of breast milk / colostrum, taken by way of oxytocin massage to the subject of

the first day postpartum massage for 2-3 minutes, then made observations when the time release of colostrum, then observed also for subjects who did not do massage oxytocin. Researchers explain and demonstrate the techniques and benefits of massage on the back of puerperal women and the family (husband). Furthermore, give consent form for respondents. Researchers give a oxytocin massage on the respondents who are willing. Oxytocin massage was given to the mother in the morning of the first day postpartum, then on the second day, Oxytocin massage performed by a husband or mother's family, under the guidance of researchers. Oxytocin massage was given in the hip area of nerve to 5-6 until the scapula for 2-3 minutes before nursing mothers, carried out once a day. Researchers conducted observations maternal breast milk production after giving a oxytocin massage by observing the baby satisfaction during and after breastfeeding. Furthermore, it held documentation for all process research This Research held in the area CPM Rtn learn, Bangkalan district, Bangkalan, period March 2016 to October 2016. Figure 1. Research plan 1. Collecting Data In the collection of research data, those things that must be done was:

1. Editing The collected data is checked completeness then grouped on each of postpartum mothers who will do oxytocin massage to know your milk production on the 3rd day.
2. Coding The objective of coding gave the code for the subject to be studied to facilitate researchers in analyzing the data. The following coding in this study : 1)Oxytocin Massage a. treatment : code 1 b. no treatment : code 2 2) Breast Milk Production a. enough : code 1 b. less : code 2 3. Scoring Criteria answers value used Guttman scale on the questionnaire. Researcher using Guttman scale in order to get a firm answer to a problem stated. Selection of the answers given consisted of alternative answers of "yes- no""ever-never" "positive-negative" etc. Guttman scale can be made in the form of multiple choice, can also be used in the form of a checklist. Research on the answers given can be specified by giving the value of the highest score and the value of the notes on the lowest score (Sugiono, 2011). Alternative scoring for answer selection in observation form showed below: 1) "YES" : score 1 2) "NO" : score 0 To determine the rankings can be seen from a comparison between actual and ideal scores Actual Score obtained through the calculation results throughout the opinion of respondents, while the ideal score is obtained by multiplying the highest score with a number of representations.
4. Entry Entry stage was done after all the variables in coding. Subsequently enter data that has been researched and has been given a code into a table format that has been created. This was to make data easier to read.
5. Cleaning Cleaning stage aims to re-examine the data that has been entered into table format and studied carefully and precisely.
6. Data Tabulation After evaluation of the data that collected, the next step, data was put in frequency distribution table for analysis. For the purposes of evaluation, data entered in grouped by the dependent variable and independent variables.
7. Data Analysis Once the data was entered in frequency table, then the data was analyzed and interpreted to answer research questions. In this study requires statistical tests to wear a hypothesis. Non-parametric statistical tests used are hypothetical comparative unpaired two independent samples, when shaped ordinal data. Appropriate statistical test is used mann- whitney (Sugiyono, 2010) In this study, using two independent samples is not attached to the data formed ordinal, then the hypothetical test performed using the Mann-Whitney U-Test. The limitations are the limitations of the study, which may decrease the general conclusions (Nursalam, 2011). The limitations in this study, researchers as novice researchers so that knowledge and experience is still limited. Besides other limitation was the energy, time, resources from books and the internet, the sample size was limited and the number of data collection, (do not do trials give bad results) and limitation in controlling the

application of a oxytocin massage techniques and monitoring expenditure breastfeeding. RESULT In this chapter will be presented on the description area of research and the research results obtained from the collection of data on differences in breast milk production on the third day postpartum mothers performed between oxytocin massage treatment and no treatment. Data was collected on the first day postpartum mother until the third day in July - August 2016 in BPS Rtn Mlajah village, Bangkalan district, Bangkalan as much as 17 respondents. Presentation of data was started from data characteristics of the respondents then specific data, breast milk production of experimental group and breast milk production of control group and lastly, statistical analysis.

1. General Data

1. Respondent Characteristics

Characteristic	Category	Frequency	Percent (%)
Age	<20 tahun	0	0
	20–35 tahun	13	76,5
	>35 tahun	4	23,5
Total		17	100,0
Education	Elementary School	8	47,1
	Junior High Sch	7	41,3
	Senior High Sch	1	5,8
	Diploma/Undergradua te	1	5,8
Jumlah		17	100,0
Occupation	Housewife	13	76,6
	Entrepreneur	2	11,7
	Professional/Governm ent Staff	2	11,7
Jumlah		17	100,0
Paritas	Primipara	5	29,5
	Multipara	11	64,7
	Grande multi	1	5,8
	Total	17	100,0

Sources: primer data from observation

2. Specific Data

The collected data was obtained from 17 respondents with details 9 respondents as an experimental group and 8 respondents as the control group.

3. Breast milk production of experiment group

The result showed that out of 9 respondents treated oxytocin massage, the most frequent have enough milk production was 7 respondents (77.8%). To give an illustration of breast milk production the third day postpartum mothers in the experimental group [can be seen in Table 2](#) below: [Table 2](#) Distribution frequency [of](#) breastfeeding production on third day of mother in experiment group, BPS Rtn Mlajah village, Bangkalan district, Bangkalan. July-August 2016 period

Breast Milk Production	Frequency	Percent (%)
Enough	7	77,8
Less	2	22,2
Total	9	100,0

Sources: primer data from observation

4. Breast milk production of control group

The result showed that out of 8 respondents with no oxytocin massage treatment, have the same frequency between the production of enough breast milk and less breast milk production, i.e 4 respondents (50%). To give an illustration of breast milk production the third day postpartum mothers in the [control group can be seen in Table 3](#) below: [Table 3](#) Distribution frequency [of](#) breastfeeding production on third day of mother in control group, BPS Rtn Mlajah village, Bangkalan district, Bangkalan. July-August 2016 period

Breast Milk Production	Frequency	Percent (%)
Enough	4	50
Less	4	50
Total	8	100,0

Sources: primer data from observation

5. Statistics Analysis

Based on the data obtained in the field, out of 9 respondents in the experimental group, there were 7 respondents which have sufficient breast milk production and 8 respondents as the control group there were 4 respondents with sufficient milk production. To determine whether there is any difference in milk production on the third day postpartum mothers performed between oxytocin massage with back massage which do not do Mann- Whyney U test. Based on these test results, it can do the verification of the hypothesis. Meanwhile the results of SPSS Mann Whitney U-test shows the probability value is greater than the significant value ($0.084 > 0.05$), so H_0 accepted and H_1 rejected.

DISCUSSION

1. Mother Postpartum breast milk production on third day in experiment group

The results showed that postpartum mothers in the intervention group secrete enough breast milk as much as 77.8% more than less, compared with [mothers who were not given oxytocin massage](#), it means [faster](#) in produce [breast milk](#) than no oxytocin massage treatment. The release of breast milk from the mother's breast is influenced by hormones oxytocin and prolactin in the blood. These hormones can be improved by making the mother feel comfortable and happy. Reflex oxytocin will increase when they see, hear, feel, and remember the baby.

When prolactin is produced, the mother feel relaxed and sleepy, so this hormone founded during the night. While the hormone oxytocin makes the muscle contractions of the uterus and muscles around the alveoli to milk flow. Oxytocin reflex can be improved by: 1) Increase the feeling of happiness, for example, by looking at her baby 2) Increase the sense of relaxed and comfortable 3) Expressing a little milk and stimulating the nipples. 4) The baby close to mom 5) Increase confident that breast milk is the best 6) Massaging the back. The husband could massage her back so relaxed, so that milk production could be many. The trick is to let the mother sitting in a chair and let his hand face down on the table, try the breast is not depressed. Then find the atlas bone the top, and place the right thumb and the left flank of the bone. Then massage up to mid-back parallel to the tip of the nipple. Such treatment may also be forwarded to the lower back or you can also massage the shoulders and calves so that mothers feel comfortable. (Jeanne 2013).

The importance of father's role in supporting breastfeeding mothers during breast-feeding led to the term father. If the mother feels supported and loved and cared for, it would appear positive emotions that will increase production of the hormone oxytocin that milk production was smooth. Helping mothers breastfeed while starting the process, give the mother time to rest and give comfort to the mother psychological boost. In theory [oxytocin massage can affect the increase in milk production](#), but in reality this does not give effect. It is based on research results with the results of SPSS, namely the Mann Whitney U-test shows the probability value is greater than the significant value ($0.084 > 0.05$), so H_0 [accepted and \$H_1\$ is rejected](#), which [means there is no](#) effect on increasing production back massage ASI. In principle, there are several factors that affect the release of breast milk, including breast care, maternal psychological factors, maternal nutrition, baby's sucking, and educational factors. In addition to oxytocin massage, [there are factors that affect](#) maternal breast [milk production](#). that is 1. Education Factor Education may influence person to provide response to new information. In general, people who have a higher education will provide more rational response than those with lower education. Based on the research results [postpartum mothers were given oxytocin massage less breast milk production](#). This indicates that the level of higher education is not always able to accept and implement the changes there, because mothers in higher education status tend to prefer milk formula, this condition occurs because the mother's breast milk and advertising affected the relief work in the provision of nutrition the baby. This situation is causing the mother is not willing to do oxytocin massage techniques that can help increase breast milk production. This opinion is supported by the results of research Paiman (2000) that mothers with low education have the possibility of exclusive breast feeding 6 times more likely than mothers with high education. 2. Psychological factor All psychological disorders are automatically affect the production of the hormone oxytocin that should not be underestimated role in quality breast milk production. When mothers think her breast milk less, then hundreds of sensors in the brain will tell the hormone oxytocin for slow work that ultimately leads to reduced breast milk production (Suryoprajogo, 2010). 3. Paritas Mothers with parity multiparas often underestimated in the application of oxytocin massage techniques. They argue although not yet produce of breastfeeding, mothers still feel calm because mothers feel breast milk will come out by itself without having to do anything, including in terms of fulfill the needs of maternal nutrition during lactation. Consumption of rice without side dishes and vegetables, is still often done, especially mothers who parity multiparous. According Khasanah (2000), nursing mothers need enough nutritious food to help increase breast milk production. 4. Oxytocin massage related to psychological factors On the first day postpartum mothers often experience psychological disorders. The occurrence of psychological disorders

can decrease breast milk production. There is some kind of psychological disorder which is commonly experienced by breastfeeding mothers, especially in the early days of breastfeeding. From start to worry about the start of the quantity of milk production, or feel the quality of her milk is not good enough for the baby, worried about body shape or breast change (aesthetic factors), stress due to the change in the pattern / lifestyle, especially when breastfeeding her first child, fear of contracting the disease during breastfeeding exclusive 6 months, stress because they feel breastfeeding is not practical for working mothers and stress due to lack of support the husband / father for the activities of breastfeeding as the best food for babies (IDAI, 2010). There is solution could use to manage interference psychological well then we need the exercise. The first stage is fundamental is to learn to relax, the burden and tension inside will never help the situation any. Various exercises that are relaxing and soothing as soft and regular breathing, meditation, progressive relaxation by practicing returns can help restore the nervous and hormonal imbalance, boost the immune system and give you the peace / surrender natural (IDAI, 2010). By practicing self-restoring harmony one with touch and massage in the back, can maintain more natural inner and outer health. The [results of this study reinforced by](#) research conducted by Mardiyaningsih (2010) about the [effectiveness of a combination of some techniques massage](#) toward [breast milk](#) supply oxytocin to the post section in the RS Central Java. There are differences in the proportion of lactation. The phenomenon that is found on the field study showed that the production of breast milk and breast milk ejection bit on the first day after birth an obstacle to breastfeeding early. This decrease was [caused by](#) the [lack of stimulation of](#) the hormone [prolactin and oxytocin](#) that was instrumental in the smooth milk. While in this study, oxytocin massage given by the family under the guidance of researchers, there is a possibility of the application of oxytocin massage techniques less than the maximum, so the result is also less than the maximum. Actually, the researcher hopes to involve the family, especially the husband is expected to provide a positive psychological impact on the mother, thereby affecting spending to stimulate endorphin hormones prolactin and oxytocin hormone also stimulates so as the milk can come out smoothly.

5. Mother Postpartum breast milk production in the control group third day Based on the research results, from 4 postpartum mothers who have less milk production, 4 puerperal women aged 20-35 years, 2 postpartum mother elementary education, educated postpartum mother last 1 SD, 1 last postpartum mother educated SMP, 3 postpartum mother as a housewife, 2 primiparous puerperal women parity, and 2 parity multiparous postpartum mother. Based on the data, postpartum maternal age did not affect the increase in milk production. It is inversely proportional to the opinion of Hurlock (2002) aged 20-35 years referred to as "adult life" and is also called reproductive life, which at this time is expected of people have been able to solve the problems faced by the quiet, especially in the face of pregnancy, childbirth, and childbirth and care for the baby later. The level of education is one of the social aspects that can influence human behavior. Low maternal education level tend to use exclusive breastfeeding than mothers who are well educated, they are generally open to accept the changes or new things to the maintenance of health. Higher educated mothers tend to prefer giving formula milk because they are busy with the work of his career, and they do not want to be bothered and less painstaking. The more the baby given formula, then the milk production will decrease as well. This causes the stimulus spending breast milk decreases. According Khasanah (2011), touch and lick the baby on the mother's nipple during breastfeeding will help stimulate the hormone oxytocin stimulates the brain that are important for breastfeeding expenses which increased the milk. [There are many factors that can affect milk production,](#) such as [the](#)

frequency of breastfeeding, breastfeeding technique, maternal nutrition during breastfeeding and formula feeding for the control of all the factors is indispensable so that human milk can be produced optimally, regardless of age, parity, education and breastfeeding mothers. 6 The [effectiveness of oxytocin massage](#) against [breast milk Production](#) Increase Based on the test results of the test SPSS Man Whitney U-Test shows the probability value is greater than the significant value ($0.084 > 0.005$), meaning there is no difference in milk production [postpartum mothers were given oxytocin massage](#) and were not given oxytocin massage. There are many factors that must be controlled so that sufficient breast [milk production. Oxytocin massage is](#) one of [the factors that can affect the](#) increase in breast [milk production.](#) Accuracy in applying [the](#) techniques of back massage is crucial given effect in speeding up the production of breast milk, but it is possible when the technique oxytocin massage applied appropriately but other factors are controlled breast milk production will decrease. Did not rule out anyway when breastfeeding mothers not to implement oxytocin massage technique but it can control the factors that affect milk production is sufficient. Some factors that affect milk production among which breast milk is less then the current at the same time care during pregnancy, breastfeeding hundreds of sensors in the brain will tell the techniques, frequency of breastfeeding, hormone oxytocin for slow work that formula feeding, the food consumed by the ultimately leads to reduced milk production mother, and the mother psychology. (Suryoprajogo, 2010). According IDAI (2009) an increase in CONCLUSION milk production is affected by maternal AND RECOMMENDATION physical factors, such as anatomical Conclusion abnormalities of the breast, health disorders, Based on data analysis and discussion hormonal contraceptives (estrogen), nutrition, it can be concluded that, research on the working mothers, smoking, and alcohol effectiveness oxytocin massage increased consumption. Factors breastfeeding as did the breast milk production in the village RTN IMD (Early Initiation of Breastfeeding), BPM Mlajah District of Bangkalan, Bangkalan engineering errors breastfeed, breastfeeding on was: demand, as well as the provision of There is no difference between complementary feeding (Complementary postpartum mothers were given oxytocin feeding) prelacteal. Factors such as the health massage treatment and no oxytocin massage of the baby, premature delivery, low birth treatment. However, the intervention of weight (low birth weight), and congenital oxytocin massage has potential to increase abnormalities. Psychological factors such as production of breast milk for more samples stress, lack of confidence, anxiety, and and oxytocin massage in long period. sadness. Another factor is the treatment of Recommendation breast and oxytocin massage. There was some recommendation from this Breastfeeding mothers who can control result, i.e : factors, certainly have more breast milk 1 For Mother Postpartum production and breastfeeding early and Postpartum mothers are expected to exclusive breastfeeding can be applied. implement oxytocin massage techniques are Oxytocin massage close relation to appropriate and remain in control of the other psychological factors. In the first day factors that affect breast milk production, as postpartum mothers often experience well as breastfeeding techniques, frequency of psychological disorders. The occurrence of breastfeeding, and postpartum maternal psychological disorders can decrease breast nutrition milk production. There is some kind of 2 For Midwifery Profession psychological disorder which is commonly Midwifery is expected to be more active in experienced by breastfeeding mothers, providing knowledge on postpartum mother especially in the early days of breastfeeding. about the factors that affect milk production From start to worry about the start of the and improve the monitoring of the postpartum quantity of milk production, or feel the quality mother in controlling the factors that affect of her milk is not

good enough for the baby, milk production so as to support the fear of the shape of the body or breast change achievement of exclusive breastfeeding (aesthetic factors), stress due to the change in program. the pattern/lifestyle, especially when breastfeeding her first child, fear of contracting REFERENCES the disease during period of exclusive breastfeeding 6 months, stress because they Akdon, dan Ridwan. 2010. Rumus dan Data feel breastfeeding is not practical for working dalam Analisis mothers and the stress of a lack of support the Statistik.Bandung:Alfabeta husband/father for the activities of Ariani. 2009. Ibu,Susui Aku!. Bandung : breastfeeding as the best food for babies Khasanah Intelektual (IDAI, 2010). Bahiyatun. 2009. Buku Ajar Asuhan All psychological disorders are Kebidanan Nifas Normal. Jakarta : automatically affect the production of the EGC hormone oxytocin that should not be Balaskas, J.2005.New Natural underestimated role in the production of milk Pregnancy.Jakarta : PT. Prima Media quality. When the mother thought her breast Pustaka. Budiman, dan Adhitya. 2012 Uji Mann Keperawatan.Jakarta : Salemba Whitney (U TEST). (Online), Medika (<http://adithia14.blogspot.com/2012/06/Paiman>. 2000. Pengaruh Pendidikan Terhadap /uji-mann-whitney-u-test.html diakses Pemberian ASI Eksklusif. Skripsi : tanggal 14 Maret 2013) Tidak dipublikasikan Cutrika.2013.Pijat Oksitoksin. (Online) Prabantini,Dwi.2010.A to Z Makanan (<http://webcache.googleusercontent.co> Pendamping ASI.Yogyakarta : Andi m/ search/pijatoksi.html diakses Offser Pratiwi, tanggal 25 januari 2013) Wida. 2011. Pijat Oksi. (Online) Hamranani, S. 2010. Pengaruh pijat oksitoksin <http://www.scribd.com/doc/72863473/> terhadap involusi uterus pada ibu post PIJAT -OKSI diakses tanggal 27 partum yang mengalami persalinan januari 2013) lama dirumah sakit wilayah Kabupaten Rahayu. 2012. Buku Ajar Masa Nifas dan Klaten. Tesis UI : tidak dipublikasikan. Menyusui Jakarta : Mitra Wacana Hurlock, dan Elisabeth,B. 2002.Psikologi Medika Perkembangan. Jakarta. PT Erlangga Riksani, Ria. 2012. Keajaiban ASI (Air Susu Hidayat, Dedy N. 2009. Metode penelitian Ibu). Jakarta : Dunia Sehat Komunikasi. Yogyakarta : Lkis Saleha, Siti.2009. Asuhan Kebidanan Pada IDAI.2008. Bedah ASI.Jakarta : Balai Masa Nifas. Jakarta : Salemba Medika Penerbit FKUI Sugiyono.2005.Metode Penelitian Imami. 2007. Nyeri pada Persalinan dan Administrasi. Bandung : CV Alfabeta penatalaksanaanya secara non _____.2010.Statistika Untuk farmakologik. Penelitian.Bandung : Alfabeta (Online)(<http://staff.ui.ac.id/internal/13> _____.2011.Metode Penelitian Kuantitatif. 2147454/material/NyeriManNonFarma Bandung : Alfabeta kologik.pdf Diakses tanggal 25 januari Suherni. 2008 . Perawatan Masa 2013) Nifas.Yogyakarta : Fitramaya Indavara, Nadia.2009. Tips ibu smart Anak Sulistyowati, Ari.2009. Buku Ajar Asuhan Sehat.Yogyakarta:Pustaka Anggrek Kebidanan pada Ibu Nifas.Yogyakarta Khasanah, Nur. 2011. ASI atau Susu Formula : ANDI Ya?. Yogyakarta : Flash Book Suryoprajogo, M. 2009.Keajaiban Menyusui. Kristina.2003. Pengaruh Antara Usia Ibu Yogyakarta : Keyword Dengan Pemberian Asi Eksklusif Pada Trisnowiyanto, Bambang.2012.Ketrampilan Bayi 0-4 Bulan. Skripsi : Tidak Dasar Massage, Yogyakarta : Nuha dipublikasikan Medika Lund, I, Moberg, U, Wang, J, Yu, C, Wasis.2008.Pedoman Riset Praktis untuk Kurasawa, M. 2002. Massage affect Profesi Perawat nociception of oxytocin. J.European neuroscience Vol 16:330-338. Madjid. 2003. Hubungan Antara Umur Ibu Melahirkan Dengan Praktik pemberian ASI Selama Tiga Hari Setelah Kelahiran.Skripsi: Tidak dipublikasikan Maritali. 2012. ASI Saja Mama...Berilah Aku Adi Karena Aku Bukan Anak sapi.Yogyakarta : Pustaka Pelajar _____. 2012. Asuhan Kebidanan pada Masa Nifas "puerperium Care", Yogyakarta : Pstaka Pelajar Notoatmodjo,Suekidjo. Metode Penelitian Kesehatan. Jakarta : Rineka Cipta Nursalam. 2008. Konsep dan Penerapan Metodologi Penelitian Ilmu 249 250 251 252 253 254 255 256

