

Article

Lactation Massage Training on Cadre Skills

Siti Nurjanah¹, Erinda Nur Pratiwi², Desy Widyastutik³^{1,2,3}Bachelor of Midwifery Program, Faculty of Health Science Kusuma Husada Surakarta University, Jl. Jaya Wijaya No. 11 Banjarsari, Surakarta

SUBMISSION TRACK

Received: July 13 2020

Final Revision: November 19 2020

Available Online: December 06 2020

KEYWORDS

Training, Lactation Massage, Skills

CORRESPONDENCE

Phone: 08975969196

E-mail: sitinurjanah040109@gmail.com

A B S T R A C T

Background: One way to stimulate oxytocin with lactation massage can be important and beneficial because it is known to improve relaxation, reduce pain and stress, and very many other health benefits. Lactation massage effectively accelerates recovery and improves hormonal balance. Levels of prolactin and oxytocin increase to facilitate breastfeeding.

Method: This research method uses quasi experimental design with one-group pretest-posttest design model. The provision of lactation massage training using lactation massage booklets. Skill information data collection using the list of points. Data analysis using paired t-test. Data is processed by using software in computer program Statistical Product and Service Solution (SPSS) for windows to facilitate data calculation.

Result: The results of the analysis using paired T-Test to find out the effect of lactation massage training with the media booklet on cadre skills in performing lactation massage obtained p value of 0.000 ($p < 0.05$) means there is an influence of lactation massage training on cadre skills about lactation massage.

Conclusion: The conclusion of this study is that there is an influence of lactation massage training with media booklet on cadre skills in performing lactation massage.

I. INTRODUCTION

The first two years are the most important period in the baby's life including in terms of nutrition. Exclusive breastfeeding for up to 6 months and continued for up to 2 years can reduce the level of pain and death of the baby, reduce the risk of chronic diseases, and help the development of the baby (Infodatin, 2018).

The decrease in infant pain has an impact on the decrease in the cost of spending on health costs so that it will prosper the family economy and the nation's economy. Breastfeeding is also closely related to the development of a child's IQ. According to the WHO, shorter infant breastfeeding duration was associated with a decrease in a child's IQ of about 2.6 points.

Breast milk can boost a child's immune system. This can increase a child's attendance at school and relate to higher incomes as an adult (Infodatin, 2018).

Based on the results of Riskesdas 2018, the proportion of breastfeeding patterns in infants aged 0-5 months in Indonesia as much as 37.3% exclusive breast milk, 9.3% partial breast milk, and 3.3% predominant breast milk. Predominant breastfeeding is breastfeeding the baby but never gives a little water or water-based drinks such as tea, as a prelactical food /drink before breast milk comes out. While partial breastfeeding is breastfeeding babies and given artificial foods other than breast milk such as formula milk, porridge or other foods before the baby is 6 months old, both given continuously and as prelactical food (Infodatin, 2018).

Low exclusive breastfeeding coverage can be caused by a decrease in the production of breast milk in the first days after giving birth can be caused by a lack of stimulation of the hormones prolactin and oxytocin which is very instrumental in the smooth production of breast milk. Efforts to increase the production of breast milk is to increase the hormones of breast milk stimulant, namely the hormones prolactin and oxytocin (Setyaningrum and Widyawati, 2018).

One way to stimulate oxytocin with lactation massage can be important and beneficial because it is known to improve relaxation, reduce pain and stress, and very many other health benefits. Lactation massage effectively accelerates recovery and improves hormonal balance. Levels of prolactin and oxytocin are increasing to facilitate breastfeeding (Aizar and Asiah, 2018).

Lactation massage is massage done on several parts of the body, namely the head, neck, shoulders, back, and breasts. The first technique is massage on the head, neck, and shoulders. The next step is massage on the back and shoulders. Massage also aims to stimulate the breast with a circular massage or butterfly stroke. Next, the finger massages towards the areola or dark area around the nipple, and the latter presses the nipple with two fingers to secrete breast milk. Massage techniques have a positive impact on the mother's state of mind and body, give a calm effect, normalize blood circulation, stimulate breast augmentation, and increase the supply of breast milk for the baby (Rini and Kumala, 2017).

To convey information to mothers and families about the importance of breast milk and how to improve breast milk can be started from the sector closest to the community, namely cadres. The role of cadres in posyandu implementation is very large because in addition to providing health information to the community, it is also a driver for the community to come to Posyandu. In addition, cadres coordinate with health workers and other officers related to the type of services to be held. This type of activity is a follow-up to the previous Posyandu activities or the next established activity plan (Kemenkes RI, 2012).

Cadres also prepare counseling materials. Counseling materials according to the problems faced by parents and adapted to the method of counseling, for example: preparing, turning sheets for counseling activities, booklets, cassettes or CDs, KMS, KIA books, means of stimulation of toddlers (Kemenkes RI, 2012).

One's skills can be developed through practicing activities. Marzuki (2012) said that training is teaching or giving experience to someone to develop behavior (knowledge, skills, attitudes) in order to achieve something desired.

From the preliminary study conducted in Posyandu tanggul asri Clolo Village, the results of interviews conducted to cadre mothers that cadres do not know the further benefits of lactation massage and do not yet know the correct lactation massage techniques.

II. METHODS

The design of the research used in this study is an experimental quasi with one group pre test post test design. The population in this study was cadres in Posyandu Kinasih Clolo Village, Surakarta. Sampling technique is a total sampling of 15 cadres. The instruments in this study were to provide lactation massage using booklets as well as to measure skills using observation sheets using the list of observations.

III. RESULT

This research was conducted starting in July 2020 at Posyandu Kinasih with a cadre sample of 15 people. Data collection was conducted twice on July 10, 2020 (15 respondents) and July 17, 2020 (15 respondents) by means of respondents pre-tested before being treated and post test after being given treatment. After pre-test, respondents were given lactation massage training. After being given lactation massage training, respondents conducted a post test in the form of lactation massage to find out improved skills about lactation massage.

Characteristics of Respondents

The results of the research data collection consists of general data and special data. General data include age, education, work from research samples, while specific data related to research results i.e. data collected are analyzed descriptively and quantitatively to analyze skill improvement before and after training.

Table 3.1. Respondents' Age Frequency Distribution

Age	f	%
20-30 years	1	6,7
31-40 years	2	13,3
41-50 years	6	40
51-60 years	4	26,7
61-70 years	2	13,3
Total	15	100

Source (Primary Data,2020)

Based on table 3.1 of respondents who were given lactation massage training the majority in the age range of 41-50 years, namely as many as 6 people (40%).

Table 3.2. Respondents' Occupational Frequency Distribution

Occupational	f	%
IRT	10	66,7
Swasta	4	26,7
PNS	1	6,6
Total	15	100

Source (Primary Data,2020)

Based on table 3.2 above shows that cadres in posyandu kinasih majority work as housewives (IRT) that is as close as 10 people (66.7%).

Table 3.3. Respondents' Education Frequency Distribution

Education	f	%
SD	4	26,7
SMP	2	13,3
SMA	8	53,3
S1	1	6,7
Total	15	100

Source (Primary Data,2020)

Based on table 5.3 of the number of cadres with high school background there are about 8 people (53.3%) most positions.

The Effect of Lactation Massage Training With Media Booklet On Cadre Skills In Performing Lactation Massage

Before the hypothesis test, researchers conducted a data normality test first to determine whether or not the data was distributed normally. The test used for data normality is saphiro-wilk ($N < 50$).

Table 3.4 Analysis of the effect of lactation massage training on skills

Variable	N	Mean	Std. Dev	Std. Error Mean	Sig (2-tailed)
Pretest skills	15	39.33	5.900	1.523	.000
Posttest skills	15	78.67	4.624	1.194	

*Uji Paired T-Test

Based on table 3.4 above shows that the average value at pretest $39.33 < \text{posttest } 78.67$, then there is a difference in average study results between pretest and posttest results. Paired t-test results obtained p value of 0.000 ($p < 0.05$) means there is an influence of lactation massage training on cadre skills about lactation massage.

IV. DISCUSSION

Lactation massage is a massage technique in the neck, back and breast area that aims to stimulate breast nerve cells to secrete the hormones prolactin and oxytocin to produce breast milk (Rini and Kumala, 2017).

A person's ability to perform actions/skills is also influenced by how a person acquires the knowledge and skills that a person has. The knowledge and skills that a person has can be gained by listening, seeing, and trying to perform those skills through demonstrations. A person who has not been exposed to certain skills will perform these skills according to their knowledge or by trial and error (Notoatmojo, 2007 in Nurhudhariani et al, 2015).

Demonstration is a way of presenting understanding or ideas that are carefully prepared to show how to carry out an action, scene or use a procedure. This presentation is accompanied by props and question and answer, usually the demonstration is given to a group that is not too large in number. The advantages of this demonstration technique is the increase / maximum concentration, the minimum error, compared to lectures or reading, and is a method to hone psychomotor skills / skills. The downside of this technique is that not all participants try, the place is not analogous to the original / does not correspond to the real circumstances (Nurhudhariani, 2015). This theory corroborates the results of research that the occurrence of skill improvement after lactation massage training by means of demonstrations and media booklets.

The improvement of cadre skills after being given training can be seen based on the observation results through a list of observations of lactation massage shows that the average skills of cadres before being given training showed a score of 39.33, while after being given training the average cadre skills showed a score of 78.67. Cadre skills before training have a low score is reasonable, this can be influenced by educational background, occupation and age.

There are differences in baby massage skills in posyandu cadres before and after baby massage training. The results of data analysis on the effect of lactation massage training on cadre skills showed the value of $p=0.000$ ($P < 0.05$) which means that there is a meaningful difference in infant massage skills in posyandu cadres between before and after training is in accordance with the theory of Fitri and Mardiana (2011) which states that there are differences in posyandu cadre skills in anthropometric measurement before and after training in the working area of Puskesmas Tarub, Tegal Regency. The results are in accordance with research conducted by Lubis and Syahri (2015) which stated that there was an increase in the average value of knowledge and actions of cadres after training.

V. CONCLUSION

The results of the study entitled "The Influence of Lactation Massage Training With Media Booklet on Cadre Skills In Conducting Lactation Massage In Posyandu Kinasih Clolo Village Area of Surakarta" can be concluded as follows:

1. There are differences in cadre skills before and after being given lactation massage training with the media booklet.
2. There is an influence of lactation massage training with media booklets on cadre skills in performing lactation massage.

REFERENCES

- Aizar dan Asiah. 2018. Massage Postpartum dan Status Fungsional Ibu Pascalin di Medan Vol. 3 No. 1 Buletin Farmatera.
- Arikunto. 2013. Prosedur Penelitian Suatu Pendekatan Praktik. Jakarta: Rineka Cipta.
- Arsyad, A. 2011. Media Pembelajaran. Rajawali Press.
- Badan Penelitian dan Pengembangan Kesehatan. 2018. Hasil Utama Riskesdas 2018. Jakarta: Kemenkes RI.
- Infodatin. 2018. Menyusui Sebagai Dasar Kehidupan. Jakarta: Kementerian Kesehatan RI.
- Kemenkes RI. 2012. Ayo ke Posyandu Setiap Bulan. Jakarta: Pusat Promosi Kesehatan.
- Kemenkes RI. 2012. Pelatihan Kader Posyandu. Jakarta : Pokjanel Posyandu Pusat.
- Kementerian Kesehatan R.I. Sekretariat Jenderal, 2013 Profil Kesehatan Indonesia, Jakarta
- Morhenn V, Beavin LE, Zak PJ. 2012. Massage increases oxytocin and reduces adrenocorticotropin hormone in humans. *Altern Ther Health Med.* 18(6); 11–8.
- Notoatmodjo. 2012. Pengantar Pendidikan Kesehatan dan Ilmu Perilaku Kesehatan. Yogyakarta: Offset.
- Patel U, Ds G. 2013. Effect of back Massage on Lactation among Postnatal Mothers. *Int J Med Res*1(1); 5–13.
- Peraturan Pemerintah Republik Indonesia Nomor 33 Tahun 2012 tentang Pemberian ASI Eksklusif.
- Perinasia. 2011. Buku Panduan Manajemen Laktasi. Jakarta
- Rini dan Kumala. 2017. Asuhan Nifas dan Evidence Practice. Yogyakarta: Deepublish.
- Setyaningrum dan Widyawati. 2018. Pengaruh Pijat Terhadap produksi ASI Pada Ibu Postpartum Primipara di Kota Semarang Vol. 8 No. 1. *Jurnal Kebidanan.*
- The Arugaan Philippines. 2020. The Power of Lactation Massage Course. Jakarta: Pamelotel Hotel.
- WHO/UNICEF. 2008. Breastfeeding Counseling A Training Course : TRAINER'S GUIDE PART THREE,

http://www.who.int/nutrition/publications/infantfeeding/bf_counselling_traners_guide3.pdf,

BIOGRAPHY

First Author I was Borne at Kebumen On December 25th 1988. My last education was at the Master of Midwifery Faculty of Medicine, Padjadjaran University in 2016. I am a lecturer in the Bachelor of Midwifery Program, Faculty of Health Science Kusuma Husada Surakarta University.

Second Author She was Borne at Boyolali On November 22th 1991. Her last education was at the Master of Midwifery Aisyiah University of Yogyakarta in 2018. She is a lecturer in the Bachelor of Midwifery Program, Faculty of Health Science Kusuma Husada Surakarta University.

Third Author She was Borne at Sukoharjo On December 10th 1985. Her last education was at the Master of Midwifery Faculty of Medicine, Padjadjaran University in 2016. She is a lecturer in the Bachelor of Midwifery Program, Faculty of Health Science Kusuma Husada Surakarta University.