

ABSTRAK

Latar Belakang: Produksi ASI yang tidak adekuat masih menjadi masalah ibu memberikan makanan tambahan sebelum 6 bulan. Akupresur dan *massage* sebagai salah satu cara meningkatkan produksi ASI memiliki efektivitas berbeda-beda, sehingga diperlukan metode lain dengan kombinasi intervensi RBM dan *lactapressure* yang diduga dapat meningkatkan produksi ASI.

Tujuan: Membuktikan pengaruh kombinasi intervensi RBM dan *lactapressure* terhadap produksi ASI melalui peningkatan kadar *serotonin*, prolaktin dan oksitosin pada ibu nifas primipara.

Metode: Desain penelitian *true experimental (randomized pretest-posttest control group design)*. Responden terdiri 61 ibu nifas primipara di Kota Semarang yang dibagi menjadi 4 kelompok intervensi yaitu RBM, *lactapressure*, kombinasi, dan kelompok kontrol. Intervensi diberikan 2 hari sekali sebanyak 5 kali dalam 9 hari *postpartum*. Analisis data menggunakan *One Way Anova* dan Regresi linier ganda.

Hasil: Intervensi RBM signifikan meningkatkan produksi ASI ($p=0,000$), kadar *serotonin* ($p=0,001$), prolaktin ($p=0,009$) dan oksitosin ($p=0,006$), Intervensi *lactapressure* signifikan meningkatkan produksi ASI ($p=0,01$), kadar *serotonin* ($p=0,001$), oksitosin ($p=0,021$), dan prolaktin ($p=0,000$). Kombinasi RBM dan *lactapressure* signifikan meningkatkan produksi ASI ($p=0,000$), kadar *serotonin* ($p=0,000$), oksitosin ($p=0,000$), prolaktin ($p=0,000$). Besar pengaruh kelompok kombinasi dalam meningkatkan produksi ASI 80%, kadar *serotonin* 45%, prolaktin 34%, dan oksitosin 20% paling tinggi dibandingkan kelompok RBM dan *lactapressure*.

Simpulan: Kombinasi intervensi RBM dan *lactapressure* lebih efektif dalam meningkatkan produksi ASI, kadar *serotonin*, kadar oksitosin dan kadar prolaktin dibandingkan kelompok RBM dan *lactapressure*.

Kata kunci : Ibu nifas, Produksi ASI, RBM, *Lactapressure*

ABSTRACT

Background: *Inadequate breast milk production is still a significant problem among postpartum women which leads to the provision of complementary food before 6 months. Acupressure as a solution to increase breast milk production has various effects. Thus, another method is needed namely through the combination of RBM and lactapressure which are expected to increase breast milk production.*

Objective: *To prove the effect of a combination of RBM and lactapressure interventions on breast milk production through an increase in the levels of serotonin, prolactin, and oxytocin among primiparous postpartum women.*

Methods: *This was a true experimental study using randomized pretest and posttest with a control group design. The study respondents consisted of 61 primipara postpartum women in Semarang City who were assigned into 4 groups, namely the RBM group, lactapressure group, combination group, and the control group. The Intervention was given every 2 days 5 times in 9 days of postpartum. Data were analyzed using One Way ANOVA and Multiple linear regression.*

Results: *RBM intervention significantly increased breast milk production ($p=0,000$), serotonin levels ($p=0.001$), oxytocin ($p=0.006$), and prolactin ($p=0.009$). The lactapressure intervention increased breast milk production ($p=0.000$), serotonin levels ($p=0.001$), oxytocin ($p=0.021$), and prolactin ($p=0,000$). The combination of RBM intervention and lactapressure significantly increased breast milk production ($p=0,000$), serotonin ($p=0,000$), oxytocin ($p=0.01$), and prolactin ($p=0,000$). The effect of combination on increasing breast milk production by 80%, serotonin levels by 45%, prolactin by 34% and oxytocin by 80% was the highest compared to RBM and lactapressure groups.*

Conclusion: *The combination of RBM and lactapressure interventions was more effective in increasing breast milk production, serotonin levels, oxytocin levels, and prolactin levels compared to the RBM and lactapressure groups.*

Keywords: *Postpartum Women, Breast Milk Production, RBM, Lactapressure*