

**ANALISIS ASUHAN KEPERAWATAN DENGAN
INTERVENSI BOM (*BREAST CARE MASSAGE, OXYTOCIN
MASSAGE, AND MARMET TECHNIQUE*) DALAM
MENINGKATKAN SEKRESI ASI PADA IBU POSTPARTUM
DENGAN PERSALINAN *POST SECTIO CAESAREA* DI RSUD
TARAKAN JAKARTA**

Epa

Abstrak

Tingginya angka persalinan Sectio Caesarea di Indonesia yang melebihi batas yang direkomendasikan WHO menjadi salah satu faktor risiko menurunnya produksi ASI pada ibu postpartum. Hambatan fisiologis dan psikologis yang dialami ibu pasca operasi sering menyebabkan keterlambatan inisiasi menyusui dan rendahnya volume ASI. Penelitian ini bertujuan untuk menganalisis efektivitas intervensi BOM, yang terdiri dari *Breast Care Massage, Oxytocin Massage, dan Marmet Technique*, dalam meningkatkan sekresi ASI pada ibu postpartum pasca *Sectio Caesarea* di RSUD Tarakan Jakarta. Penelitian menggunakan desain deskriptif dengan pendekatan studi kasus pada ibu yang mengalami kesulitan menyusui. Intervensi dilakukan selama tiga hari dengan frekuensi dua kali sehari, dan dilakukan pemantauan terhadap volume ASI serta respons fisiologis ibu. Hasil penelitian menunjukkan bahwa intervensi BOM dapat meningkatkan produksi ASI, ditandai dengan peningkatan volume ASI dan frekuensi menyusui selama tiga hari yaitu sebesar 10-45 ml pada pasien kelolaan, sedangkan pada pasien resume 5 tetes - 70 ml.. Selain itu, metode ini juga meningkatkan kenyamanan dan rasa percaya diri ibu dalam proses menyusui. Dengan demikian, metode BOM ini terbukti efektif sebagai intervensi keperawatan non-farmakologis yang mendukung keberhasilan laktasi, khususnya pada ibu dengan persalinan *post Sectio Caesarea*.

Kata Kunci : Air Susu Ibu (ASI), *Breast Care Massage, Marmet Technique, Oxytocin Massage, Sectio Caesarea*

**ANALYSIS OF NURSING CARE WITH BOM
INTERVENTION (BREAST CARE MASSAGE, OXYTOCIN
MASSAGE, AND MARMET TECHNIQUE) IN INCREASING
BREAST MILK SECRETION IN POSTPARTUM MOTHERS
WITH CAESAREAN SECTION AT TARAKAN HOSPITAL,
JAKARTA**

Epa

Abstract

The high rate of Caesarean section (SC) deliveries in Indonesia, which exceeds the threshold recommended by the World Health Organization (WHO), poses a significant risk factor for decreased breast milk production among postpartum mothers. Physiological and psychological barriers experienced by mothers after surgery often lead to delayed breastfeeding initiation and low breast milk volume. This study aims to analyze the effectiveness of the BOM intervention comprising Breast Care Massage, Oxytocin Massage, and the Marmet Technique in enhancing breast milk secretion among postpartum mothers following SC delivery at RSUD Tarakan Jakarta. A descriptive case study design was employed, focusing on mothers experiencing breastfeeding difficulties. The intervention was administered over three consecutive days, twice daily, with monitoring of breast milk volume and maternal physiological responses. The results indicated that the BOM intervention effectively increased breast milk production, as demonstrated by a rise in milk volume and frequency of breastfeeding over the three-day period, ranging from 10 to 45 ml in managed cases, and from five drops to 70 ml in resumed cases. Furthermore, the method also enhanced maternal comfort and confidence in the breastfeeding process. Therefore, the BOM method is proven to be an effective non-pharmacological nursing intervention that supports successful lactation, particularly among mothers recovering from post SC deliveries.

Keywords: *Breast Care Massage, Breast Milk, Caesarean Section, Marmet Technique, Oxytocin Massage*