

ANALISIS ASUHAN KEPERAWATAN PADA IBU POSTPARTUM PRIMIPARA DENGAN KOMBINASI PIJAT OKSITOSIN DAN TERAPI MUSIK (MOZART)UNTUK MENINGKATKAN PRODUKSI ASI

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Abstrak

Air susu ibu (ASI) adalah sumber nutrisi utama yang sangat penting bagi bayi baru lahir. Pada ibu postpartum primipara, sering muncul kendala dalam pengeluaran ASI karena kurangnya rangsangan hormon oksitosin serta kondisi psikologis yang belum stabil. Beragam pendekatan nonfarmakologis, seperti pijat oksitosin dan terapi musik, dapat digunakan untuk membantu meningkatkan produksi ASI. Penelitian ini bertujuan menggambarkan proses asuhan keperawatan pada ibu postpartum primipara yang mengalami penurunan produksi ASI melalui pemberian kombinasi pijat oksitosin dan terapi musik Mozart. Penelitian menggunakan desain studi kasus pada dua ibu postpartum primipara. Data dikumpulkan melalui wawancara, observasi, dan dokumentasi. Selanjutnya dilakukan rangkaian asuhan keperawatan meliputi pengkajian, penetapan diagnosa, perencanaan intervensi, pelaksanaan tindakan, dan evaluasi. Pijat oksitosin diberikan selama tiga hari berturut-turut dengan durasi sekitar 15 menit, sementara terapi musik Mozart diperdengarkan selama 20 menit pada setiap sesi. Hasil intervensi menunjukkan adanya peningkatan produksi ASI, frekuensi menyusui yang lebih teratur, serta perbaikan kondisi psikologis pada Pasien kelolaan dan resume. Secara keseluruhan, kombinasi pijat oksitosin dan terapi musik Mozart terbukti membantu meningkatkan produksi ASI sekaligus mendukung proses adaptasi postpartum pada ibu primipara.

Kata Kunci: postpartum, primipara, pijat oksitosin, terapi musik, produksi ASI

ANALYSIS OF NURSING CARE FOR PRIMIPAROUS POSTPARTUM MOTHERS USING A COMBINATION OF OXYTOCIN MASSAGE AND MUSIC THERAPY (MOZART) TO INCREASE BREAST MILK PRODUCTION

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Abstract

Breast milk serves as the primary nutritional source essential for newborn growth. However, many primiparous postpartum mothers experience delayed milk flow, often linked to inadequate oxytocin stimulation and unstable emotional conditions. Several non-pharmacological strategies, including oxytocin massage and music therapy, have been identified as helpful in promoting milk production. This case study aims to describe the nursing care provided to primiparous postpartum mothers experiencing reduced milk supply through the application of oxytocin massage combined with Mozart music therapy. Two primiparous postpartum mothers participated in this study. Data were obtained through interviews, direct observation, and documentation. The nursing process was carried out comprehensively, consisting of assessment, diagnosis formulation, planning, intervention implementation, and evaluation. Oxytocin massage was applied for 15 minutes over three consecutive days, and each session was accompanied by 20 minutes of Mozart music therapy. Findings indicated an increase in breast milk production, more consistent breastfeeding patterns, and improved maternal emotional well-being. Overall, the integration of oxytocin massage and Mozart music therapy proved beneficial in enhancing breast milk output and facilitating postpartum adaptation among primiparous mothers.

Keywords: *primiparous, oxytocin massage, music therapy, breast milk production*