



## Effectiveness of Implementing Oxytocy Massage to Stimulate Contractions

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### ABSTRACT

Childbirth is a process of spontaneous expulsion of the fetus, placenta, and membranes through the birth canal without any complications. In the labor process, the frequency and duration of the hours are very influential. If the frequency and duration of the hys are not good, it will make the labor process take longer and make the mother feel more uncomfortable. The aim of this research is to find out how effective oxytocin massage is in stimulating contractions in the Pekkabata Community Health Center working area. The research method used in this research is an experimental research method. With pre-test and post-test The results of research using the pre-test and post-test showed that the effectiveness of oxytocin massage in stimulating contractions in the Pekkabata Health Center Work Area showed that oxytocin massage was effective in stimulating contractions, with a sign value obtained of  $0.016 < 0.05$ . With a significance level of  $< 0.05$ , this shows that oxytocin massage is effective in stimulating the contractions of mothers giving birth in the Pekkabata Health Center Working Area.

**Keywords:** Octocine massage, stimulate contractions

### Introduction

Childbirth is the process of movement of the fetus, placenta and membranes through the birth canal spontaneously, and without complications. This process begins with cervical lactation due to uterine contractions with regular frequency, duration and strength until it opens completely and is ready to expel the fetus from the mother's womb (Alam, 2020).

According to WHO (World Healthy Organization) in 2019, the Maternal Mortality Rate is the number of maternal deaths resulting from the process of pregnancy, childbirth and postpartum which is used as an indicator of women's health status. The Maternal Mortality Rate (MMR) is one of the global Sustainable Development Goals (SDGs) targets in reducing the maternal mortality rate (MMR) to 70 per 100,000 live births by 2030. According to WHO

(2019), the Maternal Mortality Rate (MMR ) in the world is as high as 303,000 people. The Maternal Mortality Rate (MMR) in ASEAN is 235 per 100,000 live births (ASEAN Secretariat, 2020).

Based on data obtained from the Polewali Mandar District Health Service: Coverage of K1 services for pregnant women, namely in 2018 it reached 9552, in 2019 it reached 9830, in 2020 it reached 9305, in 2021 it reached 9504, and in 2022 it reached 851 months. This. Coverage of K4 services for pregnant women is in 2018 reaching 7943, in 2019 reaching 8189, in 2020 reaching 7663, in 2021 reaching 7632, and in 2022 reaching 572 as of this month. The achievement of delivery services by health workers is that in 2018 it reached 8127, in 2019 it reached 8322, in 2020 it reached 8214, in 2021 it reached 8239, and in 2022 it reached 639 as of this month.

Based on Maternal Mortality Rate (AKI) data obtained from the Pekkabata Community Health Center, in 2020 there was 1 case of AKI, in 2021 there were 2 cases of AKI, and in 2022 there were 0 cases of AKI recorded as of this month.

The factor that influences the process of birth of the placenta is that the His frequency is not good, so an oxytocin massage is performed. Oxytocin massage can stimulate the hormone oxytocin which causes uterine contractions, making it easier for the placenta to be born. One of the factors that influences a bad HIS is the mother's anxiety and fear which causes a decrease in the hormone oxytocin so that the placenta cannot come out immediately after the baby is born. The importance of oxytocin massage is to speed up the labor process so that it doesn't last long and birth complications occur (Qonitun & Qiftiyah, 2021).

Based on the description above, there is a lot of knowledge regarding the effectiveness of acupressure massage and oxytocin massage to stimulate contractions, therefore the researcher is interested in conducting research on "The Effectiveness of Implementing Oxytocin Massage to Stimulate Contractions in the Pekkabata Health Center Working Area".

## **Objective**

It will make the labor process take longer and make the mother feel more uncomfortable. The aim of this research is to find out how effective oxytocin massage is in stimulating contractions in the Pekkabata.

## **Method**

The research was carried out in February-May 2022 in the work area of the Pekkabata Community Health Center, Polewali Mandar Regency . The research method used is experimental research by choosing the type of true experiments research . In this research , researchers give a pretest or initial test to the object research s e has not researched in start to obtain initial values. Posttest too given in end of research which will be analyzed to be interesting conclusion research . The data sources used are primary data and secondary data. Primary data is data collected based on observations before and after

the acupressure massage and oxytocin massage interventions. Meanwhile, the secondary data in this research are journals, expert theories and include data on the number of mothers giving birth with incomplete contractions or long labor in the Pekkabata Community Health Center Working Area. In this research, data processing uses measuring instruments as observation sheets by observing the actions to be carried out and assessing whether all actions have been carried out or not. This study used univariate and bivariate analysis to determine the effectiveness of implementing oxytocin massage to stimulate contractions in the Pekkabata Community Health Center working area.

## Results

### a. Univariate Analysis

**Table 1**  
**Distribution of Respondents Based on Maternal Age**

Number of Messages	Frequency	Percentage
<20 years	-	-
20-30 years	5	100%
>35 years	-	-
<b>Total</b>	<b>5</b>	<b>100%</b>

Source: Primary Data

Based on table.1 results research shows that of the 5 respondents the average age of mothers was 20-30 years (100%).

**Table 2**  
**Distribution of Respondents Based on Mother's Education Level at Pekkabata Community Health Center, Polewali Mandar Regency 2022**

Number of Messages	Frequency	Presentation
elementary school	-	-
Junior high school	2	40%
Senior high school	3	60%
No school	0	0
<b>Total</b>	<b>5</b>	<b>100%</b>

Source: Primary Data

Based on table 2 , the research results show that of the 5 respondents based on education level, there were 2 people from junior high school (40%) and 3 people from high school (60%) .

**Table 3**  
**Distribution Based on His Frequency at Pekkabata Community Health Center, Polewali**  
**Mandar Regency 2022**

**Oxytocin Stepping Pre-Test**

Frequency His	Frequency	Percentage
1x _	2	40%
2 x	3	60%
3 x	-	-
<b>Total</b>	<b>5</b>	<b>100%</b>

Source: Primary Data

Based on table 3, it shows that there are 2 respondents who have a his frequency of 1x in 10 minutes (40%) and 3 respondents who have a his frequency of 2x in 10 minutes (60%).

**Table 4**  
**The Relationship between Early Mobilization and the Uterine Involution Process in**  
**Postpartum Women in the Working Area of the Turikale Maros Community Health**  
**Center**

**Oxytocin Massage Post-Test**

Frequency His	Frequency	Percentage
3x	3	60%
4x	2	40%
5x	-	-
<b>Total</b>	<b>5</b>	<b>100%</b>

Source: Primary Data

Based on table 4, it shows that the results of his frequency are 3 respondents who have a his frequency of 3x in 10 minutes (60%) and 2 respondents who have a his frequency of 4x in 10 minutes (40%).

**Table 5.**

**Distribution of Respondents Based on Duration His  
Oxytocin Massage Pre-Test**

<b>Duration His</b>	<b>Frequency</b>	<b>Percentage</b>
< 20 seconds	1	20%
20-40 seconds	4	80%
> 40 seconds	-	-
<b>Total</b>	<b>5</b>	<b>100%</b>

Source: Primary Data

Based on table 5, the research results show that there is 1 respondent with a his duration < 20 seconds (20%) and 4 respondents with a his duration of 20-40 seconds (80%)

**Table 6.**

**Oxytocin Massage Post-Test**

<b>Duration His</b>	<b>Frequency</b>	<b>Percentage</b>
< 20 seconds	-	-
20-40 seconds	3	60%
> 40 seconds	2	40%
<b>Total</b>	<b>5</b>	<b>100%</b>

Source: Primary Data

Based on table 4, the research results show that there are 3 respondents with a his duration of 20-40 seconds and 2 respondents with a his duration of > 40 seconds.

**b. Bivariate Analysis**

The effectiveness of oxytocin massage to stimulate contractions in the Pekkabata health center working area can be seen in the table below :

**Table 7**  
**Effectiveness of Oxytocin Massage to Stimulate**

No	Oxytocin Massage			Sig value
	Pre-Test	Post-Test	Amount of Increase	
1	30%	70%	40%	0.016<0.05
2	30%	90%	60%	
3	20%	80%	60%	
4	20%	90%	70%	
5	30%	80%	50%	

Source: Primary Data

Based on table 7, the research results show that there is an increase in the frequency and duration of his contractions before and after oxytocin massage with a *sig value of* 0.016, which means that Ho is rejected, meaning that oxytocin massage is effective in stimulating contractions.

### Discussion

Overall, the treatment given by researchers to respondents was by doing oxytocin massage. The total number of respondents to oxytocin massage consisted of 5 respondents. The assessment of oxytocin massage was carried out pre-test and post-test . Each respondent received massage according to increasing frequency and duration. And the results obtained were that oxytocin massage was effective in stimulating contractions so that there was an increase in the frequency and duration.

When data collection and data analysis were carried out using SPSS, statistical analysis was then carried out using Test Paired Samples Test with effectiveness level <0.05.

After giving the oxytocin massage treatment to the birthing mother, which was carried out 3 times, the results were obtained, namely that the mother experienced an increase in the frequency and duration of her contractions, so that the oxytocin massage was effective in stimulating contractions.

In line with Jamir's (2021) massage theory oxytocin is a press of the fingers the strong one at points certain or natural stress on the human body a to induce or launch labor a n. This e method works because pressing on the point certain on the body thereby stimulating the uterus and causes contractions and also speeds up the labor process.

In theory, Jamir (2021) states that the benefits of oxytocin massage are to smooth blood circulation and to add energy before delivery. Oxytotherapy massage n too can stimulate contractions womb. Toxic massage can be done used as induce labor naturally , so it can reduce the risk of prolonged labor and other labor complications.

In research by Umu and Mariyatul (2021), oxytocin massage can stimulate hormones . oxytocin which causes uterine contractions so that \_\_ makes birth easier baby.

The research also stated that oxytocin massage was carried out up to 3 times and monitored for 30 minutes and observed the progress of labor.

In research by Umu and Mariyatul (2021), oxytocin massage can have an impact on the duration of his s, physiologically the cause that definitely from starting to emerge contractions don't known and possibly caused influence of oxytocin hormone the.

In research, Laily and Nurul (2020) said that oxytocin massage is beneficial for mothers in labor because it can reduce pain during childbirth. When pain can be treated, the mother will feel relaxed and comfortable so that the mother can undergo the birth process well. When the mother's condition during labor is calm, the birthing process can proceed normally.

So it can be concluded that oxytocin massage is effective in stimulating contractions during labor so that they can increase their frequency and duration. Oxytocin massage is one method of labor induction naturally. The benefits of oxytocin massage, apart from stimulating contractions, can also relieve labor pain. Oxytocin massage can also make the mother feel comfortable so that the mother can give birth walk with good

## **Conclusion**

Based on the results and objectives of the research regarding the effectiveness of implementing oxytocin massage to stimulate contractions in the working area of the Pekkabata Community Health Center, it can be concluded that there were 5 respondents who gave birth at the Pekkabata Community Health Center who had low frequency and duration of pregnancy before the oxytocin massage was carried out and after it was carried out. oxytocin massage, the five respondents experienced a gradual increase in the frequency and duration of the hyssis over a 30 minute monitoring period. The 5 respondents had different frequency and duration of his, so the results obtained were different increases in the frequency and duration of his. The effectiveness of oxytocin massage in stimulating contractions can gradually increase the frequency and duration of contractions and oxytocin massage can also relieve pain during labor and make the mother feel comfortable so that she can carry out the labor process well..

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