

ABSTRACT

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The Effectiveness of Oxytocin Massage Training on the Knowledge and Skills of This Husband Who Is Pregnant in the Third Trimester in the Working Area of the Kajen II Health Center

Background: Exclusive breastfeeding plays an important role in baby growth, but the achievement in Indonesia has still not reached the national target of 80%. At the Kajen 2 Health Center, the achievement in 2024 is only 50.5%. One of the causes is the lack of breast milk production. This can be overcome with oxytocin massage efforts, especially by the husband. The purpose of this study is to determine the effectiveness of oxytocin massage training on the knowledge and skills of husbands of pregnant women in the third trimester.

Methods: The study used a quasi-experimental design with a Group PretestPosttest design. The sample consisted of 30 husbands of pregnant women in the third trimester (gestational age 29-40 weeks) who were selected using purposive sampling techniques. The research instruments were in the form of a knowledge questionnaire and oxytocin massage skills checklist. Data analysis used the Wilcoxon Signed Rank Test to find out the differences before and after training.

Results: The knowledge variable showed a p-value = 0.149, so there was no significant difference despite an increase in average score of 2.15. The skill variable showed a p-value of <0.001, so there was a significant difference with an increase in the average score of 92.12.

Conclusion: Oxytocin massage training does not have a significant effect on increasing the husband's knowledge, but it has a significant effect on improving the husband's skills in performing oxytocin massage.

Keywords: exclusive breastfeeding, skills, knowledge, oxytocin massage, husband

