

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG
Skripsi, Januari 2020**

ABSTRAK

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**PENGARUH KOMBINASI METODE ZILGREI DAN PIJAT OKSITOSIN
TERHADAP PRODUKSI ASI PADA IBU POST SC DI RSI WILAYAH
KOTA SEMARANG**

52 halaman + 14 tabel + 4 gambar + 15 lampiran + xx

Latar Belakang: Pengaruh kombinasi metode zilgrei dan pijat oksitosin dipengaruhi beberapa faktor salah satunya yaitu produksi ASI. Ibu Post SC untuk memberikan ASI eksklusif minimal enam bulan. Tujuan penelitian ini untuk mengidentifikasi pengaruh kombinasi metode zilgrei dan pijat oksitosin terhadap produksi ASI pada ibu post SC.

Metode: Penelitian ini menggunakan penelitian kuantitatif. Jumlah responden sebanyak 68 dengan teknik *purposive sampling*. Data yang didapat diolah secara statistik dengan menggunakan *uji wilcoxon test* dan *uji mann-whitney u test*.

Hasil: Hasil penelitian menunjukkan karakteristik subjek penelitian berdasarkan paritas responden paling besar di kelompok primipara dan multipara/grande multipara sebanyak 68 dengan presentase (100,0%), selanjutnya karakteristik subjek penelitian berdasarkan umur responden paling besar di kelompok umur tidak beresiko sebanyak 57 dengan presentase (83,8%), kemudian karakteristik subjek penelitian berdasarkan pekerjaan responden paling besar adalah bekerja sebanyak 52 dengan presentase (76,5%) dan karakteristik subjek penelitian berdasarkan pendidikan responden paling besar adalah berpendidikan tinggi sebanyak 53 dengan presentase (77,9%).

Simpulan: Ada pengaruh antara kombinasi metode zilgrei dan pijat oksitosin terhadap produksi ASI pada ibu post SC (*p-value <0,05*)

Kata Kunci : Metode Zilgrei, Pijat Oksitosin, Produksi ASI
Daftar Pustaka : 49 (2005 - 2018)

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Thesis, January 2020**

ABSTRACT

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***THE EFFECT OF COMBINATION OF ZILGREI METHOD AND
OXYTOSIN MASSAGE OF ASI PRODUCTION IN POST SC MOTHER IN
RSI AREA, SEMARANG CITY***

52 pages + 14 tables + 4 pictures + 15 attachments + xx

Background: *The influence of the combination of zilgrei method and oxytocin massage is influenced by several factors, one of which is milk production. Ms. Post SC to provide exclusive breastfeeding for a minimum of six months. The purpose of this study was to identify the effect of the combination of the zilgrei method and oxytocin massage on breast milk production in post SC mothers.*

Method: *This study uses quantitative. The number of respondents was 68 with a purposive sampling technique. The data obtained were processed statistically using the Wilcoxon test and the mann-whitney u test.*

Result: *The results showed the characteristics of the research subjects based on the highest parity of respondents in the primipara and multipara / multipara grande groups were 68 with a percentage (100.0%), then the characteristics of the research subjects based on the age of the largest respondents in the non-risk age group were 57 with a percentage (83 , 8%), then the characteristics of the research subjects based on the work of the largest respondents are working as much as 52 with a percentage (76.5%) and the characteristics of the research subjects based on the education of the largest respondents are highly educated as much as 53 with a percentage (77.9%).*

Conclusion: *There is an effect between the combination of the zilgrei method and oxytocin massage on breast milk production in post SC mothers (p-value <0.05)*

Keywords : *Zilgrei Method, Oxytocin Massage, Breast Milk Production*
Bibliography : *49 (2005 - 2018)*