

**PROGRAM STUDI ILMU KEPERAWATAN  
FAKULTAS ILMU KEPERAWATAN  
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**ABSTRAK**

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**EFEKTIFITAS INISIASI MENYUSUI DINI DAN PIJAT OKSITOSIN  
TERHADAP INVOLUSI UTERUS IBU POST PARTUM SPONTAN DI  
KLINIK RUMAH BERSALIN KECAMATAN KARANGTENGAH  
DEMAK**

53 hal + 11 tabel + xvii

**Latar Belakang:** Setelah persalinan dengan partus spontan penting untuk memantau dan menjaga proses involusi uterus agar berjalan dengan baik. Inisiasi menyusui dini dan Pijat oksitosin dapat merangsang uterus untuk berkontraksi dengan baik sehingga involusi uterus pun dapat berjalan dengan baik. Tujuan dari penelitian adalah untuk diketahuinya efektifitas inisiasi menyusui dini dan pijat oksitosin terhadap involusi uterus ibu post partum spontan.

**Metode:** penelitian ini merupakan jenis penelitian kuantitatif *quasi eksperimen pretest-posttest with control group design*. Pengumpulan data dilakukan dengan lembar kuisioner berisi data demografi dan lembar observasi untuk mengamati penurunan tinggi fundus uterus. Jumlah responden sebanyak 34 orang menggunakan teknik *purposive sampling*. Data yang diperoleh diolah secara statistik dengan menggunakan uji *mann-whitney*.

**Hasil:** Berdasarkan uji *Mann-Whitney U*, didapatkan nilai Z yang merupakan hasil dari konversi nilai U, nilai U yang berarti nilai Mann-Whitney dengan p-value atau nilai signifikansi sebesar 0,042, maka dapat disimpulkan bahwa ada pengaruh yang signifikan tindakan inisiasi menyusui dini dan pijat oksitosin terhadap involusi uterus.

**Simpulan:** inisiasi menyusui dini dan pijat oksitosin efektif terhadap involusi uterus ibu post partum spontan.

**Kata kunci:** inisiasi menyusui dini, mobilisasi dini, involusi uterus, ibu post partum spontan

**Daftar Pustaka:** 24 (2004-2013)

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**ABSTRACT**

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**THE EFFECTIVENESS OF EARLY AND BREASTFEEDING  
INITIATION OF OXYTOCIN MASSAGE TO UTERINE INVOLUTION  
ON POST SPONTANEOUS PARTURITION MOTHER IN CLINIC HOME  
DELIVERY SUB KARANGTENGAH DEMAK**

53 pages + 11 tables + xvii

**Background:** After the childbirth with spontaneous parturition it was important to monitor and maintain the uterine involution process in order to get the uterine involution process normally. Early and breastfeeding initiation and the oxytocin massage could stimulate uterine contraction so the involution could be normal. The purpose of this research was to perceive the effectiveness of early and breastfeeding initiation and oxytocin massage to uterine involution on post spontaneous parturition

**Method:** This was quasi experimental research using pretest-posttest with control group design. The data were collected using questionnaire which containing demographic data and observation sheet which used to observe the reduction level of uterine fundus. Total samples were 34 respondents with purposive sampling technique. The data were processed statically using mann-whitney test.

**Result:** from the analysis of mann-whitney Z value obtained is the result of the conversion value of U, U value means the value of Mann-Whitney with p-value or significance value of 0.042, it can be concluded that there is significant influence action breastfeeding and massage oxytocin on uterine involution.

**Conclusion:** Early and breastfeeding initiation and The oxytocin massage on was effective to uterine involution on post spontaneous parturition.

**Keywords:** Early and breastfeeding, initiation Oxytocin massage, uterine involution, post spontaneous parturition mothers.

**Bibliographies:** 24 ( 2004-2013)