

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI
BIDAN FAKULTAS KEBIDANAN INSTITUT KESEHATAN PAYUNG
NEGERI PEKANBARU**

Penelitian, Juli 2026

Siti Firda Aulia

**Pengaruh Pijat Laktasi Terhadap Perubahan Tingkat Nyeri Menyusui Ibu
Nifas Di Klinik Cahaya Bunda Mom & Baby Care Kota Pekanbaru.**

xiii + 71 Halaman + 8 Tabel + 15 Lampiran

ABSTRAK

Nyeri menyusui merupakan salah satu masalah yang sering dialami ibu nifas dan dapat menghambat keberhasilan pemberian ASI eksklusif. Berdasarkan teori laktasi, pijat laktasi mampu merangsang pelepasan hormon prolaktin dan oksitosin, meningkatkan sirkulasi darah, memperlancar pengeluaran ASI, serta memberikan efek relaksasi sehingga dapat menurunkan nyeri menyusui. Tujuan penelitian ini guna melihat pengaruh pijat laktasi pada perubahan tingkat nyeri menyusui pada ibu nifas di Klinik Cahaya Bunda Mom & Baby Care Kota Pekanbaru. Penelitian ini memakai desain *pre-experimental* dengan pendekatan *one group pretest-posttest*. Sample penelitian ini berjumlah 30 ibu nifas terpilih memakai teknik *purposive sampling*. Data dikumpulkan menggunakan lembar karakteristik responden, lembar monitoring pelaksanaan pijat laktasi, serta pengukuran tingkat nyeri dengan *Numeric Rating Scale* (NRS) sebelum dan sesudah Intervensi. Analisa data dilaksanakan secara univariat serta bivariat memakai *Wilcoxon Signed Rank Test*. Hasil penelitian memperlihatkan 28 responden mengalami penurunan tingkat nyeri, 2 responden tidak mengalami perubahan, serta tidak terdapat peningkatan nyeri. Hasil penelitian uji *Wilcoxon* memperlihatkan nilai $Z = -4,668$ dengan $p = <0,001$ ($p < 0,05$), sehingga pijat laktasi berpengaruh signifikan terhadap penurunan tingkat nyeri menyusui pada ibu nifas. Pijat laktasi dapat dijadikan intervensi Nonfarmakologis guna meningkatkan kenyamanan ibu selama menyusui.

Kata Kunci : Pijat Laktasi, Ibu nifas, dan Nyeri Menyusui

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**BACHELOR'S DEGREE PROGRAM IN MIDWIFERY AND MIDWIFERY
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PEKANBARU**

Research, Juli 22026

Siti Firda Aulia

***The Effect Of Lactation Massage On Changes In Breastfeeding Pain Levels
Among Postpartum Mothers At Cahaya Bunda Mom & Baby Care Clinic,
Pekanbaru City***

xiii + 71 Pages + 8 Tables + 15 Appendixes

ABSTRACT

Breastfeeding pain is a common problem experienced by postpartum mothers and can hinder the success of exclusive breastfeeding. According to lactation theory, lactation massage stimulates the release of the hormones prolactin and oxytocin, improves blood circulation, facilitates milk flow, and provides a relaxing effect, thereby reducing breastfeeding pain. The purpose of this study was to examine the effect of lactation massage on changes in breastfeeding pain levels among postpartum mothers at the Cahaya Bunda Mom & Baby Care Clinic in Pekanbaru. This study employed a pre-experimental design with a one-group pretest-posttest approach. The study sample consisted of 30 selected postpartum mothers using purposive sampling. Data were collected using respondent characteristic forms, lactation massage monitoring forms, and pain level measurements using the Numeric Rating Scale (NRS) before and after the intervention. Data analysis was performed using univariate and bivariate methods with the Wilcoxon Signed-Rank Test. The results showed that 28 respondents experienced a decrease in pain levels, 2 respondents experienced no change, and there was no increase in pain. The results of the Wilcoxon test showed a Z-value of -4.668 with $p < 0.001$ ($p < 0.05$), indicating that lactation massage has a significant effect on reducing pain levels during breastfeeding in postpartum mothers. Lactation massage can be used as a nonpharmacological intervention to improve maternal comfort during breastfeeding.

Keywords : Lactation Massage, Postpartum Mothers, and Breastfeeding Pain

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