

Ineffective Breastfeeding Nursing Care for Post-Caesarean Section Mothers Using Oxytocin Massage Techniques at Dr. R Goeteng Taroenadibrata Regional General Hospital

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ABSTRACT

Ineffective breastfeeding is a common issue among post-cesarean mothers due to inadequate milk supply, postoperative pain, and psychological distress. This study aims to evaluate the effectiveness of oxytocin massage in improving breast milk production and release. A descriptive case study was conducted on a 27-year-old mother experiencing breastfeeding difficulties after cesarean delivery. Nursing interventions were provided over three consecutive days, including breastfeeding education, oxytocin massage, and emotional support. The results showed improved milk flow, reduced maternal anxiety, and better infant latch. Oxytocin massage proved to be an effective non-pharmacological intervention for addressing ineffective breastfeeding. This study recommends integrating oxytocin massage into postpartum nursing care.

Keywords: *Ineffective Breastfeeding, Oxytocin Massage, Cesarean Section*

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INTRODUCTION

Breastfeeding is a vital component of neonatal care, offering optimal nutrition, immunological protection, and emotional bonding between mother and infant. However, ineffective breastfeeding remains a prevalent issue, especially among mothers who undergo cesarean section. According to the World Health Organization (WHO), cesarean section (CS) procedures are performed in approximately 5–15% of deliveries. However, data from the WHO Global Survey on Maternal and Perinatal Health (2021) indicate that 46.1% of all births were conducted via cesarean section (Hayati et al., 2023).

Post-cesarean mothers often face physiological and psychological challenges that interfere with breastfeeding. Pain from surgical wounds, limited mobility, and fear of harming the infant during positioning contribute to ineffective latch and reduced milk ejection (Nufus, 2019). These factors not only affect the infant's nutritional intake but also the mother's confidence and emotional well-being.

Oxytocin, a hormone released during breastfeeding, plays a crucial role in milk let-down and maternal bonding. Oxytocin massage is a non-pharmacological technique that stimulates the release of this hormone through gentle massage along the spine and mammary glands (Afriany et al., 2024). This intervention is simple, cost-effective, and can be integrated into routine postpartum nursing care.

Previous studies have shown that oxytocin massage improves milk flow, reduces maternal anxiety, and enhances infant latch (Tania et al., 2023). However, its application in clinical nursing practice remains limited. This study aims to explore the effectiveness of oxytocin massage in overcoming ineffective breastfeeding in a post-cesarean mother, providing practical insights for nursing interventions that support maternal and infant health.

METHOD

This study employed a descriptive case study design to evaluate the effectiveness of oxytocin massage in addressing ineffective breastfeeding in a post-cesarean mother. This approach was chosen to allow an in-depth exploration of nursing care interventions within a real clinical context.

The subject of this study was Mrs. N, a 27-year-old mother who underwent a cesarean section at RSUD dr. R. Goeteng Taroenadibrata and experienced difficulties initiating breastfeeding. She presented with weak milk ejection, ineffective infant latch, and elevated maternal anxiety. The participant was selected purposively based on clinical relevance to the study's objectives.

Nursing interventions were carried out over a three-day period (3×24 hours), consisting of structured care that included breastfeeding education, oxytocin massage, and emotional support. The educational component focused on proper breastfeeding techniques, skin-to-skin contact, and the physiological benefits of oxytocin massage. The massage was administered by a trained nurse, targeting the spinal and breast areas in accordance with established protocols. Emotional support was provided through therapeutic communication and motivational reinforcement to enhance maternal confidence.

Data collection involved direct observation, semi-structured interviews, and documentation of the patient's progress. Key indicators assessed included milk flow, infant latch effectiveness, and maternal anxiety levels. Data were analyzed qualitatively by comparing pre- and post-intervention conditions and identifying physiological and psychological changes resulting from the nursing actions. This methodological approach enabled a comprehensive understanding of how oxytocin massage can be integrated into postpartum nursing care to improve breastfeeding outcomes.

FINDING AND DISCUSSION

RESEARCH RESULT

This study investigated the effectiveness of oxytocin massage in improving breastfeeding outcomes among post-cesarean mothers. The subject, a 27-year-old

primipara, underwent a cesarean section due to failed induction and was observed over a three-day period in a hospital setting.

Following three consecutive days of nursing intervention, the subject demonstrated notable improvements in breastfeeding effectiveness. Observational data revealed progressive changes in milk flow, infant latch, and maternal anxiety levels. These outcomes were documented and analyzed to assess the impact of oxytocin massage as a non-pharmacological nursing strategy. Oxytocin massage improves milk production and reduces maternal anxiety

On the first day, the mother exhibited weak milk ejection, poor infant latch, and high levels of anxiety. After the second day of intervention, milk flow began to increase moderately, and the infant showed signs of improved latch. By the third day, the mother experienced strong milk ejection, effective infant latch, and significantly reduced anxiety.

To quantify these changes, the following table summarizes the progression of key indicators across the intervention period

Day	Milk Ejection	Infant Latch	Maternal Anxiety	Evaluation Status
1	Weak (score 2)	Poor (score 2)	High (score 3)	Problem not resolved
2	Moderate (score 4)	Fair (score 4)	Reduced (score 4)	Noticeable improvement
3	Strong (score 5)	Effective (score 5)	Low (score 5)	Problem resolved

Scoring scale: 1 = very poor, 5 = optimal

In addition to clinical observations, laboratory findings supported the subject's physical readiness for intervention. Hemoglobin levels were within normal range (13.6 g/dL), and leukocyte counts showed no signs of infection ($13.2 \times 10^3/\mu\text{L}$).

By the final day, the mother reported increased confidence, reduced breast engorgement, and improved feeding behavior from the infant. These results suggest that oxytocin massage, when combined with breastfeeding education and emotional support, is a viable nursing strategy to enhance lactation and maternal comfort in post-cesarean care.

DISCUSSION

The findings of this case study indicate that oxytocin massage, when integrated into postpartum nursing care, can significantly enhance breastfeeding effectiveness in mothers following cesarean delivery. Over the course of three days, the subject demonstrated progressive improvements in milk flow, infant latch, and maternal emotional well-being. These outcomes align with previous research suggesting that oxytocin plays a critical role in stimulating milk ejection and promoting maternal-infant bonding.

The observed reduction in maternal anxiety may be attributed to both the physiological effects of oxytocin and the psychological reassurance provided through consistent nursing support. Studies by Marantika et al., (2023) have similarly reported that

oxytocin massage contributes to increased milk production and reduced stress levels in postpartum mothers.

Furthermore, the improvement in infant latch suggests that maternal comfort and confidence enhanced through massage and education can positively influence infant feeding behavior. This supports the theory that breastfeeding success is not solely dependent on anatomical or mechanical factors, but also on maternal psychological readiness and support systems (Ekasari et al., 2022).

These findings underscore the importance of holistic nursing interventions that address both physical and emotional aspects of postpartum care. Oxytocin massage, as a low-cost and non-invasive technique, holds promise as a complementary strategy to improve breastfeeding outcomes, particularly in mothers recovering from cesarean sections (Afriany et al., 2024)

CONCLUSION

This case study demonstrates that oxytocin massage is an effective non-pharmacological nursing intervention to improve breastfeeding outcomes in post-cesarean mothers. Over three days of consistent application, the subject experienced enhanced milk flow, improved infant latch, and reduced maternal anxiety. These findings support the integration of oxytocin massage into postpartum care protocols, especially for mothers facing breastfeeding challenges after surgical delivery. The intervention not only promotes physiological benefits but also contributes to maternal emotional well-being, reinforcing the importance of holistic nursing approaches in maternal health.

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