

Assistance for Pregnant Women in The III Trimester and Delivery Companion in Carrying Out Oxytocin Massage in Jati Perumnas Village, Kalumata Puskesmas Working Area

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Abstract

Jati Perumnas Village is one of the working areas of the Kalumata Community Health Center which is located in South Ternate District. Based on data in PMB Bd. The number of births in 2022 will be 14 people and 5 cases will be referred to due to prolonged labor. At the time of delivery, part of the mother's back was rubbed, but no assistance or counseling was given about the importance of oxytocin massage for pregnant women in the third trimester. To overcome this problem, the service provides assistance to pregnant women in the third trimester and the people closest to the pregnant mother who are birthing companions (husband, parents, in-laws, etc.) in carrying out oxytocin massage. The target partners for this service are third trimester pregnant women and birth companions. The results of the service are increased knowledge, the ability to perform oxytocin massage increases for the companion. The person who does the massage is the companion, but if the pregnant woman doesn't know, she will not ask for a massage so that there is synergy between the pregnant mother and her companion. Birth companions are prepared to be independent in massaging and also strengthen pregnant women's knowledge that massage is needed to facilitate the birth process later.

Keywords: Pregnant Women, Oxytocin Massage, birth companion

Introduction

Jati Perumnas Village is one of the working areas of the Kalumata Health Center which is located in South Ternate District and collaborates with the Ternate Ministry of Health Polytechnic. Based on data in PMB Bd. The number of births in 2022 will be 14 people and 5 cases will be referred due to prolonged labor. At the time of delivery, part of the mother's back was rubbed, but no assistance or counseling was given about the importance of oxytocin massage for pregnant women in the third trimester. To overcome this problem, the service provides assistance to pregnant women in the third trimester and birth attendants in carrying out oxytocin massage. The target partners for this service are third trimester pregnant women and birth companions or people closest to the pregnant mother (husband, parents, in-laws). The oxytocin massage method is a form of love that the midwife or family can give to the mother who is about to give birth.

According to research by Umu Qonitun and Mariyatul Qiftiyah, it shows that there is an effect of oxytocin massage on the frequency of hyssis in postpartum mothers at BPM ASRI Tuban in 2019. According to research by Kursih Sulastriningsih and Sitti Saleha, it shows that there is an effect of oxytocin massage on the length of labor in the first stage of the active phase at the PIM Clinic Depok in 2021 .

One effort to make his frequency more effective is through massage. Massage is the act of pressing with the hands on soft tissue, usually muscles, tendons or ligaments, without causing a shift or change in joint position in order to reduce pain, produce relaxation or increase blood circulation. (Choirunissa et al. 2019).

According to research conducted by Aryani Y and Evareny L, giving massage to the spine can increase oxytocin levels, and with high oxytocin levels it can speed up the progress of labor. This is also in line with the results of Merry Wijaya et al's research on the Effect of Oxytocin Massage on Pain and Progress of Labor in Maternity Women at Garuda Community Health Center.

In this way, this service will bring empowerment to pregnant women in the third trimester and birth companions or people closest to pregnant women (husbands, parents, in-laws) in carrying out oxytocin massage.

Method

There has never been any assistance or counseling regarding the importance of oxytocin massage for third trimester pregnant women in Jati Perumnas Village. The aim of this Community Service is to increase the knowledge and skills of birth attendants regarding oxytocin massage for pregnant women in the third trimester. The activities that will be implemented in this community service activity are as follows:

Table 1. Activity Implementation Methods

No	Solution	Target	Time	Activity Implementation Procedures			Program Sustainability
				Preparation	Implementation	Evaluation	
1.	Providing health education about oxytocin massage by bringing in certified massage facilitators.	Third Trimester Pregnant Women and Childbirth Companions	October 10, 2023	<ol style="list-style-type: none"> 1) Administration/permit processing at the Kalumata Community Health Center. 2) Coordination between the work team and partners to prepare everything necessary (activity schedule, location of activities, and how the activities will be carried out) 3) Identify pregnant women in the work area. This is intended to find out the number of pregnant women and their gestational age so that they can determine the number of pregnant women. 4) Contact a certified massage facilitator. 5) Compiling material about changes in the body of pregnant women in the third trimester, nutritional needs during pregnancy in the third trimester, getting to know oxytocin massage, accompanying mothers in doing oxytocin massage, 	<ol style="list-style-type: none"> 1) Gathering pregnant women in the third trimester and birth attendants in the Jati Perumnas sub-district 2) Give pretest questionnaires to participants to determine knowledge 3) This service activity was attended by third trimester pregnant women and birth attendants in Jati Perumnas Village, Kalumata Health Center Work Area. 4) Providing assistance, through lectures, questions and answers/discussions and demonstrations 5) Accompanying pregnant women in the third trimester and childbirth companions, given counseling about changes in the body of pregnant women in the 	<p>Monitoring and evaluation is obtained from attendance sheets and pre-test results, as well as the ability to take part in mentoring activities. Monitoring activities are carried out by direct observation during mentoring by observing the interaction between participants and the mentoring presenters and their activity. Evaluation is carried out by assessing the increase in knowledge through evaluation of related material or posttest, as well as evaluating the oxytocin massage technique for the companion childbirth to find out</p>	Distributing oxytocin massage material booklets to Posyandu cadres

				<p>accompanying mothers in doing oxytocin massage, the role of midwives in doing oxytocin massage, places for doing oxytocin massage, benefits of oxytocin massage in third trimester pregnant women, how to do oxytocin massage, and safety in doing oxytocin massage.</p> <p>6) Compile a booklet related to oxytocin massage</p>	<p>third trimester, nutritional needs during pregnancy in the third trimester, getting to know oxytocin massage, accompanying mothers in doing oxytocin massage, accompanying mothers in doing oxytocin massage, the role of midwives in doing oxytocin massage , Places to do oxytocin massage, Benefits of oxytocin massage for third trimester pregnant women, How to do oxytocin massage, and Safety in doing oxytocin massage.</p> <p>6) The counseling is carried out by a team of service providers and facilitators, namely delivering material in the form of lectures, questions and answers/discussions, as well as demonstrations of oxytocin massage.</p> <p>7) At the end of the activity, a posttest questionnaire was given to</p>	<p>whether the goal of community service has been achieved.</p>	
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					determine the participants' knowledge after being given counseling.		
2.	Demonstrate a good and correct way to massage oxytocin.	Third Trimester Pregnant Women and Childbirth Companions	October 10, 2023	Preparing tools and materials for oxytocin massage	Demonstrate how to do an oxytocin massage properly and correctly by first asking participants to watch a video related to oxytocin massage	Ask participants to ask if there are steps in oxytocin massage that they don't understand	Practicing oxytocin massage during labor at the midwife's independent practice.
3.	Give birth attendants the opportunity to re-demonstrate the massage procedures taught by the facilitator	Third Trimester Pregnant Women and Childbirth Companions	October 10, 2023	Preparing tools and materials for oxytocin massage	Give birth attendants the opportunity to re-demonstrate the massage procedures taught by the facilitator	The facilitator and PkM team observe the companionlab or who re-demonstrates the massage procedures taught by the facilitator and corrects if there are oxytocin massage steps that are still inappropriate	Birth attendants practice oxytocin massage when accompanying mothers in labor at midwives.
4.	Monitoring and evaluating oxytocin massage practices	Third Trimester Pregnant Women and Childbirth Companions	November 18, 2023	Develop an oxytocin massage evaluation monitoring checklist	Ask the patient's companion to practice oxytocin massage at home when the mother is over 37 weeks pregnant	Record the results of the oxytocin massage demonstration at home when the mother's pregnancy is over 37 weeks according to the checklist	Improve oxytocin massage skills during the postpartum period to increase breast milk production

Forms of Partner Participation

1. Approved Community Service activities carried out by Lecturers and students of the DIII Midwifery Study Program, Health Polytechnic, Ministry of Health, Ternate.
2. Providing a place for Community Service activities, namely at TPQ, Jati Perumnas Village.
3. Provide input and evaluation of Community Service activities carried out.

Location and Time

Location : TPQ Jati Perumnas Village

Time : 10 October and November 18, 2023

Results And Discussion

Community Service Community Partnership Program with the title "Accompanying Pregnant Women in the Third Trimester and Childbirth Assistants in Carrying out Oxytocin Massage in the Jati Perumnas Village, Kalumata Health Center Work Area in 2023" was implemented on October 10 and November 18 2023.

Community service activities were carried out by the team on Tuesday, 10 October 2023 from 15.30 to 18.00 WIT at the TPQ Jati Perumnas Subdistrict, involving 15 pregnant women and 15 birth attendants. Participants are asked to complete a pre-test questionnaire then continue with counseling material, namely lectures, questions and answers/discussions and demonstrations. After completing the material and discussions and demonstrations, participants were asked to complete a post-test questionnaire to assess the achievement of the results of their community service.

a. Pre-test

At this stage, the community service team conducted a pre-test on pregnant women and birth attendants regarding the third trimester of pregnancy and oxytocin massage using a questionnaire consisting of 15 question items. Based on the pre test, the results were obtained:

Table 1. Frequency distribution of participants' pre-test results

Pretest Results	Frequency	Percentage (%)
Not enough	12	40.0
Enough	10	33.3
Good	8	26.7
Amount	15	100

Based on the frequency distribution table of pre-test results for pregnant women and birth attendants The results obtained were: 12 people (40.0%) gave poor answers, 10 people (33.3%) had adequate answers and 8 people (26.7%) answered well.

b. Providing materials

This stage is the next stage, namely providing material about changes in the body of pregnant women in the third trimester, nutritional needs during pregnancy in the third trimester, getting to know oxytocin massage, accompanying mothers in doing oxytocin massage, the role of midwives in doing oxytocin massage, places to do oxytocin massage, benefits of oxytocin massage for pregnant women in the third trimester, how to do massage oxytocin and safety in performing oxytocin massage.

c. Question and answer/discussion

Next is a question and answer session and discussion with the participants, at this stage each participant is given the opportunity to discuss and ask questions about the material that has been presented, so that participants can gain an understanding of Oxytocin massage for third trimester pregnant women and can implement it.

d. Demonstration

In this demonstration session, birth attendants were taught how to do oxytocin massage, where participants listened carefully until the end.

e. Evaluation

The final stage of the outreach activity is to assess the participants' ability to answer questions consisting of fifteen items. The aim of this assessment is to determine the success of mentoring activities for pregnant

women in the third trimester and birth attendants in carrying out oxytocin massage. After evaluation was carried out using a post test, the following results were obtained:

f. *Post test*

Table 2. Frequency distribution of participants' post test results

Posttest Results	Frequency	Percentage (%)
Enough	9	30.0
Good	21	70.0
Amount	15	100

Based on the frequency distribution table of participants' post test results, the results showed that 21 participants' abilities were good (70.0%), and 9 people (30%) were fair. A birth companion is someone who provides physical, emotional and informational support to the mother during the birth process. . From the results of the characteristics of the respondents, data was obtained that the majority of respondents were aged 26-45 years, with a secondary school education level. The result of this activity was an increase in the knowledge of 21 respondents to become good.

This support can take the form of practical help, moral encouragement, and an overall supportive presence. The role of birth companions is very important because they can help create a safe, comfortable and supportive environment during the birth process. The result of this service activity was an increase in the knowledge of 21 respondents to become good.

This assistance for third trimester pregnant women and birth companions is carried out as an effort to empower birth companions and third trimester pregnant women to carry out oxytocin massage to facilitate the birthing process. The important roles of a birth companion are emotional support, physical support, providing information, decision support, advocating for the mother's needs and providing support after delivery.

Birth attendants can do oxytocin massage for pregnant women in the third trimester, that is, gestational age above 37 weeks. Massage can stimulate the release of oxytocin in the body. A person receives a pleasant massage or gentle touch, this can stimulate the nervous system and result in the release of oxytocin in the body. Increased oxytocin can cause feelings of relaxation, reduce stress. Massage aims to help reduce stress, increase comfort, and support the well-being of the mother and fetus.

Conclusion

Based on the results of implementing community service, the conclusion that can be drawn is that the partners involved in the service are birth companions and pregnant women in the third trimester. There is an increase in knowledge regarding oxytocin massage and the ability to carry out oxytoin massage by birth attendants. The continuation of this service will be carried out before delivery and will also be conveyed in classes for pregnant women. It is hoped that birth attendants can perform oxytocin massage on third trimester pregnant women using the booklet that has been given to facilitate the delivery process later. It is hoped that the birth companion will be monitored during the posyandu in providing counseling so that it does not end at the community service but continues until the time of delivery.

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