

Husband Support on BOM Massage Practice and Reducing Fatigue in Post Partum Mothers

Tresia Umarianti¹⁾, Rahajeng Putriningrum¹⁾,
Aris Prasetyoningsih¹⁾, Budi Prasetyo²⁾

¹⁾Graduate Program of Midwifery, Universitas Kusuma Husada, Surakarta

²⁾Study Program of Applied Health Promotion, Universitas Kusuma Husada, Surakarta

ABSTRACT

Background: BOM massage is a combination of ways to treat breasts so that breast milk can produce and provide relaxation to postpartum mothers. Mothers after giving birth may experience psychological fatigue related to anxiety or depression which can hinder the smooth flow of breast milk. The support of the husband and close family will greatly help the process of comfort and relaxation of the mother during the process of undergoing the postpartum period. This study aims to determine the effect of husband's assistance in the implementation of BOM messages on the level of fatigue of postpartum mothers.

Subjects and Method: This research is an analytic experimental study with RCT (Randomized Controlled Trial) design. The research was conducted at PMB Ngudi Saras Palur Karanganyar. The research subjects were 44 postpartum mothers, which were divided into 22 with husband's assistance and 22 others without husband's assistance. The sampling method is purposive sampling. Data were analyzed using independent-sample t-test.

Results: Fatigue test results in the intervention group were lower (Mean= 2.82; SD= 1.05) compared to the control group (Mean= 7.14; SD= 1.04). Statistical test Independent-Sample T-test has an effect size of 4.13 and there is an effect with a $p < 0.001$.

Conclusion: Husband's assistance in the implementation of BOM Massage has an effect on the level of fatigue of postpartum mothers in Palur Karanganyar.

Keywords: husband assistance, BOM massage, fatigue, postpartum mothers

Correspondence:

Tresia Umarianti. Graduate Program of Midwifery, Universitas Kusuma Husada, Surakarta. Email: t27a.umarianti@gmail.com. Mobile: +628112630416.

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BACKGROUND

The postpartum period is a time when various changes occur in women after giving birth, the changes that occur are physiological, psychological, as well as socio-cultural and spiritual, thus requiring adaptation to adjust to the pattern of life after childbirth and the new role of women as mothers (Anggarini, 2019).

Problems arise related to the smoothness of the lactation process and fatigue during the labor process. Proper care for postpartum mothers is the need for relaxation and comfort in the postpartum period to reduce maternal fatigue.

The relaxation in question is to stimulate the hormones prolactin and oxytocin with breast care or massage, oxytocin

massage, nipple cleaning, early and regular breastfeeding as well as marmet techniques or blushing and massaging techniques as well as BOM massage techniques (Biancuzzo, 2003; Indriyani, 2006; Yohmi and Roesli, 2003). 2009 in Umarianti, 2018).

BOM Massage is a stimulation to help the production and expenditure of breast milk. First, it was examined without being accompanied by a husband in 2017 in Cemani Sukohajo with the results of a $p < 0.001$, giving the BOM massage method is very effective for increasing breast milk production in postpartum mothers (Umarianti, 2018).

A sense of comfort is also very important for a patient when accompanied by a husband, so that at the time of implementation and after implementation it can be assessed how comfortable each client feels when or not using the BOM method with and without husband assistance, especially on the level of postpartum maternal fatigue.

The results of the research by Saragih et al. (2015), entitled the effect of the relationship between the level of fatigue and postpartum blues in postpartum mothers after the earthquake in the Jetis Public Health Center, Bantul Regency shows that there was a significant relationship between the level of fatigue and the incidence of postpartum blues in postpartum mothers.

Based on the results of a preliminary study at PMB Ngudi Saras Karanganyar on March 1, 2021, spontaneous postpartum data in the last 5 months were obtained as many as 150 patients. Based on the results of unstructured interviews with 3 spontaneous postpartum patients, it was found that spontaneous postpartum patients experienced fatigue in the lower waist area due to the pregnancy process, the labor process which required a lot of energy and lack of sleep before and after delivery and breast milk that did not come out. Based on the

observations made, the patient looked weak, pale and just lay in bed alone.

Based on this, it is necessary to do research with the title of the influence of husband's assistance in implementing the BOM Message on the Fatigue Level of Postpartum Mothers.

SUBJECTS AND METHOD

1. Study Design

This research is an analytical experimental study with an RCT (Randomized Controlled Trial) design.

2. Population and Sample

The number of respondents was 44 postpartum mothers. The sampling method is by using purposive sampling. Data collection is carried out from February to May 2021.

3. Studi Variables

The variable used is the independent variable of husband's assistance in the implementation of the BOM massage method and the dependent level of postpartum mother's fatigue.

4. Operational Definition of Variables

BOM massage was a combination of ways to treat breasts, massage along the spine (vertebrae) to the fifth or sixth costal bone and express breast milk so that milk comes out smoothly and provides a comfortable and relaxed feeling for the mother after experiencing the birth process.

The level exhaustion of postpartum mothers was a combination of variables of the body's protective mechanisms so as not to experience physiological, psychological, and situational damage.

4. Study Instrument

The research was conducted with the husband's assistance when carrying out the BOM Massage method, and for the level of fatigue using a questionnaire. The fatigue questionnaire was modified from the Postpartum Fatigue Scale (PFS) developed by

Miligan (1997) to measure the intensity of fatigue by issuing several statement items. The instrument consists of 12 statement items. The statement of this instrument consists of a negative statement and a positive statement. Positive statements were scored 0 (Yes) and 1 (No). Negative statements are given a value of 1 (No) and 0 (Yes). The lowest total score is 0 and the highest score is 12. Scores 1-6 are categorized as moderate fatigue levels and scores 7-12 are categorized as high fatigue levels.

5. Data Analysis

The analysis was performed using the Independent-Sample T-test with STATA.

6. Ethical Clearance

This research has obtained a research ethics permit approval letter obtained from the Health Research Ethics Commission at Kusuma Husada University Surakarta, No. 31/UKH.L.02/EC/IX 2020, on 6 September 2020.

RESULTS

1. Respondent’s Characteristics

Respondents who were involved in this study were 44 people, where the average age ranged from 20-35 years as many as 37 people (84.1%). The highest average education at the senior high school level was 29 people (65.9%) and the lowest at the elementary level was 1 person (2.3%), while the highest average parity was at 0-2 pregnancies as many as 35 people (79.5%) (Table 1).

2. Bivariate Analysis

Based on table 2 below, it can be concluded that after BOM Massage with and without husband's support was obtained, fatigue in the intervention group was lower (Mean= 2.82; SD= 1.05) compared to the control group (Mean= 7.14; SD= 1.04) and statistically significant there is an effect of husband's support in the implementation of the BOM massage method on the level of fatigue of postpartum mothers with $p < 0.001$, and an effect size of 4.13 (Table 2).

Table 1. Characteristics of respondents

Characteristics	Category	Frequency	Percentage
Age	< 20 years	1	2.3%
	20-35 years	37	84.1%
	> 35 years	6	13.6%
Education	Primary school	1	2.3%
	Junior high school	10	22.7%
	Senior high school	29	65.9%
	College	4	9.1%
Parity	0 – 2	35	79.5%
	>2 – 4	8	18.2%
	> 4	1	2.3%

Table 2. T-Test Results Differences in Mean Fatigue Scores with and without Husband's Support

Group	n	Mean	SD	Effect Size	p
Pretest:	44				
With husband’s support	22	10.87	0.94	-	0.460
Without husband’s support	22	10.68	0.65		
Posttest:	44				
With husband’s support	22	2.82	1.05	4.13	<0.001
Without husband’s support	22	7.14	1.04		

DISCUSSION

The BOM Massage method that has been carried out with the assistance of the husband as a support process for postpartum mothers has a fairly large and significant impact on the recovery process, especially the fatigue experienced by the mother.

According to Umarianti (2018), the BOM Massage method is a combination of ways to care for the breasts, massage along the spine (vertebrae) to the fifth or sixth costal bone and express breast milk so that milk comes out smoothly and provides a sense of comfort and relaxation to the mother after experiencing the birth process. The BOM Massage method stimulates the breasts and massage on the spine will affect the neurotransmitters will stimulate the medulla oblongata directly send messages to the hypothalamus, in the posterior pituitary to secrete more progesterone and estrogen hormones and oxytocin and endorphins hormones, causing the breasts to release milk, relaxes tension and relieves stress.

Maternal fatigue after childbirth is often considered a trivial health problem that is common in young women (Henderson et al., 2012). Relaxation of tension and relieving stress on postpartum mothers, especially the fatigue experienced by mothers after the delivery process is very important.

According to Chau (2014), fatigue has the potential to negatively affect parenting behavior for their children's well-being and development, and fatigue plays a mediating role in the relationship between fatigue and the environment. Fatigue can impair parents' self-efficacy in parenting roles, which can negatively affect the way they interact with their children. Fatigue can have an impact on parenting behavior where high fatigue can damage suboptimal

parenting behavior. One example of parents, especially mothers who have babies, are at risk of fatigue due to the breastfeeding period.

This breastfeeding period can be pursued with the BOM Massage method, which is one method that can stimulate the release of the hormone oxytocin, endorphins and prolactin hormones as well as provide comfort and relaxation to the mother in preventing anxiety and worry when the mother is breastfeeding. Moreover, having a husband as a companion will strengthen the relationship between mother, husband and children.

A study by Corrigan et al. (2015) found that lack of support can be associated with postpartum depression and can harm both mother and baby. The process of motherhood generally marks an extraordinary event that includes discovery, learning, and positive rewarding experiences for some women, but the transition to motherhood defined by exhaustion, frustration, and emotional turmoil and feelings of loss of control and emotionality will affect both mother and baby.

Postpartum support can contribute to improving the well-being of mothers and babies by assisting women in the transition to motherhood (Stapleton et al., 2012). Social support has been described as three dimensions that will build a person which consists of emotional support (attention, comfort, and encouragement); instrumental support (money, time, and real mentoring); and informative support in the form of advice, education, and knowledge (Boothe, et al., 2011; Chojenta et al., 2012; Evans, et al., 2012; Leahy-Warren et al., 2011).

Family support, especially husband, plays a very important role in maintaining or maintaining one's integrity, both physically and psychologically. Can also play a

role in protecting someone against sources of stress, husband's support also has a positive influence on the health condition of postpartum mothers. Someone with high family support will be able to cope with stress well.

AUTHOR CONTRIBUTION

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CONFLICT OF INTEREST

There is no conflict of interest in this study.

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