



THE RELATIONSHIP BETWEEN MUROTTAL AL-QUR'AN AND EFFLEURAGE MASSAGE USING JITU OIL BY BREAST MILK GRANDMOTHERS WITH INDEPENDENCE IN BREASTFEEDING MOTHERS

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ABSTRACT	Keywords
<p>The negative influence of grandmother's advice about breastfeeding is related to wrong knowledge and not intentional. When they have adequate information, grandmothers' roles in feeding their grandchildren will be vulnerable and changeable, resulting in better feeding patterns. During the postpartum period, grandmothers can also pass on to their children information that is very useful for daughters/daughters-in-law, some of which can also hinder breastfeeding. In this research, we will examine the effect of Al-Qur'an murottal and Effleurage massage using Jitu Oil on breastfeeding independence in mothers assisted by breastfeeding grandmothers. Postpartum mothers who are giving birth for the first time will be confused about what steps need to be taken to meet the baby's nutritional needs, so the role of those closest to them, especially grandmothers, is needed in ensuring this is achieved. This research uses a quasi-experimental design using a one test only design. The working area of the Arjasa Community Health Center, Situbondo Regency, was used as the location for this research. The research was carried out from December 2023 to February 2024. The research population was postpartum mothers in the TPMB working area of the Arjasa Health Center using purposive sampling as many as 41 people. The results Mothers who breastfeed independently tend to have a chance of having confidence in breastfeeding which is 3.167x higher than mothers who have low breastfeeding independence.</p>	<p><i>Murottal Al-Quran Effleurage Massage Independence Breast-feed</i></p>

INTRODUCTION

Breast milk is the most suitable food for babies because it contains the nutrients that babies need to grow and develop. The importance of giving exclusive breastfeeding to newborns up to 6 months of age and continuing to provide breast milk until the child is 24 months old has strong evidence. Breastfeeding for 6 months of life is an ideal start for a baby. Breastfeeding improves the health and cognitive development of babies and mothers in both developed and developing countries, and is the most important preventive approach for saving children's lives.(Marshall & Raynor, 2020).

World Health Organization (WHO) on exclusive breastfeeding for at least the first 6 months, compared to providing complementary foods until the age of 2 years. American Academy of Pediatrics (AAP), Academy of Breastfeeding Medicine (ABM) and Indonesian Doctors Association (IDA) with the same recommendation regarding breastfeeding for at least 6 months (Dewi, 2020). The achievement of exclusive breastfeeding in Indonesia has not reached 80% Based on the 2017 Indonesian Nursing Diagnosis Standards report, the percentage of children under 6 months who received exclusive breastfeeding there has increased in the last 5 years, from 42% to 52%. The percentage of children who did not receive breast milk increased from 8% in the 2012 Indonesian Nursing Diagnosis Standards to 12% in the 2017 Indonesian Nursing Diagnosis Standards (BKKBN, 2018) In Indonesia, only 8% of mothers exclusively breastfeed their babies until they are 6 months old and only 4% of babies receive breast milk from their mothers within one year. the first hour after birth. Whereas around 21,000 newborn deaths (under 28 days old) in Indonesia can be prevented by providing breast milk in the first hour after birth.(Zuidah, 2022). It is known that the coverage of Newborn Babies at Arjasa Health Center is IMD in 2023 was 488 babies out of 558 or 87.5%(UPTD, 2023). It's just that the continuation of the process of providing nutrition at home is regulated by the grandmother and family.

Exclusive breastfeeding is a real manifestation of the fulfillment of the seven basic aspects. Currently, almost all parents realize that breastfeeding can fulfill the

physical and emotional needs of our babies and basically babies need physical closeness and warmth from their mothers as much as they need optimal food. The physical and spiritual relationship between mother and baby can be created by providing an opportunity for a mother to care for and breastfeed her baby independently. The independence and knowledge of breastfeeding mothers are very necessary because they can help the smoothness of the breastfeeding process. A mother who is breastfeeding for the first time, although she has a natural instinct, still often experiences difficulties because she is nervous, worried and lacks confidence. However, breastfeeding is not as simple as transferring milk from the breast to the baby, but there are a series of processes that need to be learned. Nowadays, there is a tendency for breastfeeding mothers to be unwilling to provide their breast milk for various reasons or problems that arise related to breastfeeding.

One effort to influence breast milk production is massage using the effleurage technique. This massage functions to increase the hormone oxytocin which can calm the mother, so that breast milk comes out. Effleurage massage is done with light and soothing rubbing movements (soft, slow, and long or unbroken) when starting and ending the massage. This movement aims to warm the muscles so that they are more comfortable.(Sahasrani, 2018). One of the efforts to influence breast milk production that researchers will do is back massage. Back massage is a massage along the spine (vertebra) to the fifth-sixth ribs and is an effort to stimulate the hormones prolactin and oxytocin after giving birth. This back massage functions to increase the hormone oxytocin which can calm the mother so that breast milk comes out(Purwanti & Mukhodim, 2018). Massage has several techniques, one of which is effleurage which is done with light and soothing rubbing movements (gentle, slow and long or continuous) when starting and ending the massage. This movement aims to warm up the muscles so they are more relaxed. In the practice of effleurage massage, there are several types of oil that can be used, one of which is Lavender Essential Oil. Lavender Essential Oil is an oil that is famous for its refreshing, strengthening, enlivening and calming effects on the skin(Zuidah, 2022). The oil is packaged in a

bottle with the name Jitu Oil which is an abbreviation of complementary therapy massage oil, for breastfeeding mothers.(Ningsih et al., 2023). The massage can be done independently by the mother and assisted by other people, especially family.

Family is the closest environment to mother and baby. A comfortable environment will stimulate the oxytocin reflex to stimulate the release of more breast milk.(Ministry of Health, Republic of Indonesia, 2013). Family environment such as the influence of support from husband, parents, in-laws can also affect the success in achieving exclusive breastfeeding. For example, in some highly educated mothers who work outside the home, the baby will be left at home under the care of the grandmother, in-laws. Thus, a fairly high level of education in women does not guarantee that they will abandon the wrong traditions or habits in feeding babies, as long as the social environment in the place of residence does not support this direction.(Waryana, 2016). According to Marlianidiani (2015) that family and environment have a very big role to minimize the risk of postpartum blues, namely by fulfilling the mother's need for rest, accompanying the mother, giving the mother the opportunity to relax, and so on. In addition to the prevention efforts above, currently many types of non-pharmacological therapy are being developed to calm postpartum mothers so that postpartum blues does not occur, one of which is Religious therapy with Murottal Al-Qur'an(Budiyarti & Makiah, 2018).

Massage is carried out at the same time as listening to verses from the holy Qur'an, a Muslim, whether they speak Arabic or not, can feel huge physiological changes. In general, they feel a decrease in depression, sadness and peace of mind(Putri & Utami, 2021). There is a significant influence of giving murottal Al Quran on reducing stress levels. This proves that therapy listening to the Al Quran can make people calm so that stress decreases due to the feeling of relaxation that arises when listening to the Al Quran (Azizah, 2016).

From the author's observations and after a preliminary study was conducted in July 2024, it was found that out of 15 postpartum mothers in the Arjasa Health Center work area, the maternal grandmothers still provided various data including: mother's age and parity. This data education and even provided additional food other than breast milk to the baby and the

mother did not know how to breastfeed properly. Meanwhile, officers only provide breastfeeding guidance as needed. This causes mothers to be less independent in caring for and breastfeeding their babies, resulting in problems related to breastfeeding, including aspiration, fussy babies, nipple confusion, sore nipples, swollen breasts and most often babies spit up. If this is not addressed immediately, it will lead to problems with babies being reluctant to breastfeed, babies not getting adequate nutrition and the most serious being pneumonia due to aspiration.

Based on this phenomenon, researchers want to know. So this research was conducted to further optimize the method of strengthening breast milk."Effectiveness of Al-Qur'an Murottal and Effleurage Massage Using Jitu Oil by Breast Milk Grandmothers on the Independence of Breastfeeding Mothers in the First Month of Birth?"

METHOD

This study used a quasi-experimental design using a one test only design. The Arjasa Health Center Work Area, Situbondo Regency, was used as the location for this study. The study was conducted from December 2023 to February 2024. The study population was postpartum mothers in the Arjasa Health Center TPMB work area. Purposive sampling is the sampling method used in this study. This is based on the researcher's own considerations and past knowledge of population characteristics (Notoadmodjo, 2002). The sample of this study was 41 people. Respondents who met the inclusion criteria were postpartum mothers with spontaneous labor, healthy non-twin newborns, Muslims and liked murottal Al-Quran(Ningsih et al., 2024), No hearing impairment, Postpartum mothers who were treated for 2 (two) days at TPMB in the Arjasa Health Center work area, Postpartum mothers who are willing to undergo Effluerege Massage, Mothers with full-term babies, normal weight 2500-4000 grams, physically healthy and born spontaneously and with standard suction, Mothers with babies in joint care (Rooming in), Mothers with protruding nipples.

The data collection tool in this study used 1 (one) instrument, namely containing a questionnaire regarding respondent characteristic data including: mother's age and parity. This data collection tool also contains objective data on the checklist sheet for applying massage effluerege

using accurate oil by listening to the murmur of the Koran. The assessment is carried out by observing the first breast milk coming out, after the intervention. Monitor the success of breastfeeding positions by checking the baby's bowel movements, urination and weight after birth and at the end of the study. The instrument for the independence of breastfeeding mothers uses an instrument adapted from the article Validation of Nursing Outcomes Related to Breastfeeding Establishment which can improve evaluation of midwifery interventions related to the independence of breastfeeding mothers aimed at mothers and babies (Dias Emidio et al., 2020). The instrument has undergone validity and reliability testing. This research has received ethical approval from Faletihan University with number 185/KEPK.UF/XI/2023.

RESULTS

Independence means the ability to determine and decide what one wants and be responsible for one's decisions. In other words, the state of being able to stand alone without depending on others. Self-care during the postpartum period has been carried out for a long time according to the customs that prevail in society.

Interpretation of Validity and Reliability Results of Independence Questionnaire

The basis for making decisions on the Pearson Product Moment Validity Test is by looking at the significance value (Sig.) where:

1. If the Sig value. < 0.05 , then the questionnaire item is declared valid.
2. If the Sig value. ≥ 0.05 , then the questionnaire item is declared invalid.

Questionnaire Items	Sig. Value	Information
1	0.013	Valid
2	0.017	Valid
3	0.007	Valid
4	0.005	Valid
5	0.005	Valid
6	0.019	Valid
7	0,000	Valid
8	0.010	Valid
9	0,000	Valid
10	0.013	Valid
11	0.008	Valid

Questionnaire Items	Sig. Value	Information
12	0.001	Valid
13	0.006	Valid
14	0.002	Valid
15	0.018	Valid
16	0.010	Valid
17	0.023	Valid
18	0.005	Valid
19	0,000	Valid
20	0,000	Valid
21	0,000	Valid
22	0,000	Valid
23	0,000	Valid
24	0.004	Valid
25	0,000	Valid
26	0,000	Valid
27	0.003	Valid
28	0,000	Valid
29	0.007	Valid

The basis for making decisions on Cronbach's Alpha Reliability Test is by looking at the alpha value where:

1. If the alpha value is < 0.6 , then the questionnaire item is declared unreliable.
2. If the alpha value ≥ 0.6 , then the questionnaire item is declared reliable.

Reliability Statistics

Cronbach's Alpha	N of Items
,891	29

The test results on 29 items of the breastfeeding mother independence questionnaire on 30 respondents obtained a score of Cronbach's Alpha is 0.891 (≥ 0.6) which means the questionnaire is declared reliable or can be consistent in repeated measurements. The respondents who filled in were breastfeeding mothers outside of the research respondents. The 29 questions consist of 17 statements about mothers and 12 statements about babies. The researcher adapted the questionnaire from the research questionnaire Suellen Cristina Dias Emidio, Sue Moorhead, FAAN, Henrique Ceretta Oliveira, T. Heather Herdman, Ana Railka de Souza Oliveira-Kumakura and Elenice Valentin Carmona Validation of Nursing Outcomes Related to Breastfeeding Establishment, International Journal of Nursing Knowledge

Volume 00, No. 0, xxx 2020(Dias Emidio et al., respondents, the normality test used was the Shapiro-Wilk test. The basis for making decisions for the Shapiro-Wilk test is by looking at the significance value (Sig.) where:

Interpretation of the Results of the Shapiro-Wilk Test of Breastfeeding Mothers' Independence

Normally distributed data is a requirement for making decisions about research data being processed parametrically or non-parametrically. In determining whether the data is normally distributed or not, a normality test can be used. In this study, because there were a small number of

1. If the Sig. value < 0.05, then the data is not normally distributed.
2. If the Sig. value \geq 0.05, then the data is normally distributed.

Tests of Normality

	Kolmogorov-Smirnova			Shapiro-Wilk		
	Statistics	Df	Sig.	Statistics	df	Sig.
Independence Day 1	.112	41	.200*	.935	41	.021
Independence Day 5	.147	41	.026	.966	41	.244
Independence Day 10	.135	41	.058	.959	41	.148
Independence Day 15	.134	41	.060	.949	41	.063
Independence Day 20	.109	41	.200*	.986	41	.892
Independence Day 25	.157	41	.012	.817	41	.000
30th Day of Independence	.176	41	.003	.909	41	.003

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

The results of the Shapiro-Wilk Test using SPSS ver.25 on data on the independence of breastfeeding mothers for 1 month showed consecutive Sig values. 0.021 (<0.05); 0.244 (>0.05); 0.148 (>0.05); 0.063 (>0.05); 0.892 (>0.05); 0.000 (<0.05) and 0.003 (<0.05) which means that there is data that is not normally distributed (day 1, day 25, and day 30) so that it was decided that parametric testing could not be carried out even though some of the data was normally distributed because all the data was paired data.

Interpretation of Friedman Test Results for the Independence of Breastfeeding Mothers

- The Friedman test is a non-parametric statistical test used to test the differences of 3 or more related samples. The decisions that can be made from the results of the Friedman Test include:
1. Output 1 contains a summary of descriptive statistics from the data in the form of a summary table

Descriptive Statistics

	N	Mean	Std. Deviation	Minimum	Maximum	Percentiles		
						25th	50th (Median)	75th
Independence Day 1	41	36.56	4,087	29	51	33.50	37.00	39.00
Independence Day 5	41	43.32	5,646	30	55	39.00	42.00	48.50
Independence Day 10	41	54.39	8,348	38	69	49.50	57.00	61.00
Independence Day 15	41	58.59	9,638	39	76	50.50	60.00	66.00
Independence Day 20	41	66.83	4,460	58	77	63.00	67.00	70.00
Independence Day 25	41	89.39	6,082	62	102	87.00	90.00	93.00

30th Day of Independence	41	132.68	9,530	110	145	125.00	132.00	143.00
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Descriptive statistics on 41 respondents successively to 36.56; 43.32; 54.39; 58.59; 66.83; whose data was collected in 1 month 7 times, 89.39; and 132;68.

namely day 1, day 5, day 10, day 15, day 20, day 25, and day 30 it can be seen that the average level of independence during treatment has increased

Ranks

	Mean Rank
Independence Day 1	1.09
Independence Day 5	2.02
Independence Day 10	3.00
Independence Day 15	3.90
Independence Day 20	5.00
Independence Day 25	5.99
30th Day of Independence	7.00

The ranking of the independence of breastfeeding mothers from lowest to highest in sequence from the first day had the lowest average independence, while the highest average independence was held on the 30th day of treatment with an increase in independence and without even a decrease in independence during data collection. This shows that Murottal Al-Qur'an and Effleurage Massage Using Jitu Oil by Breastfeeding Grandmothers have resulted in an increase in the independence of breastfeeding mothers every day.

3. Output 3, contains an illustration of whether there are significant differences between the

data averages. The basis for decision making can be seen from the Sig value. Where:

- a. If the Sig value. < 0.05 , then there is a significant difference between the results of the independence of breastfeeding mothers and the intervention of Murottal Al-Qur'an and Effleurage Massage Using Jitu Oil by Breastfeeding Grandmothers
- b. If the Sig. value ≥ 0.05 , then there is no significant difference between the results of the independence of breastfeeding mothers with the intervention of Murottal Al-Qur'an and Effleurage Massage Using Jitu Oil by Nenek ASI

Test Statistics

N	41
Chi-Square	243,229
Df	6
Asymp. Sig.	.000

a. Friedman Test

The resulting Sig value. The average difference in independence during treatment produces a value of 0.000 (< 0.05), which means that there is a statistically significant difference in the average independence of breastfeeding mothers between before and after giving Murottal Al-Qur'an treatment and Effleurage Massage Using Jitu Oil by Grandmother. breast milk.

Interpretation of Chi Square Test Results and Odd Ratio Data on Age and Parity on the Confidence and Independence of Breastfeeding Mothers

The basis for making decisions using the Chi Square Test is to look at the significance value (Sig.) where:

1. If the Sig. value < 0.05 , then there is statistical evidence of a significant relationship between Breastfeeding

Independence and Breastfeeding Confidence.

2. If the Sig. value ≥ 0.05 then there is not enough statistical evidence of a significant relationship between Breastfeeding Independence and Breastfeeding Confidence.

The interpretation of the Odd Ratio depends on the resulting value where:

1. If Odd Ratio = 1, it indicates that there is no difference between the comparison groups.
2. If the Odd Ratio > 1 , it shows that mothers with a high level of independence have a multiple chance (according to the OR value obtained) of having a high level of confidence.
3. If Odd Ratio < 1 , this indicates that mothers with a high level of independence have a slightly lower chance of having a high level of confidence.

		Not sure	Certain			
Independence of Breastfeeding Mothers	Not Independent	5	15	20	0.188	3,167
	Independent	2	19	21		
Total		7	34	41		

The results of the Chi Square Test obtained a Sig. value of 0.188 (>0.05) which means that there is not enough evidence for the results of the level of independence of breastfeeding mothers to be related to the results of the level of confidence of breastfeeding mothers, but the OR value obtained shows that mothers who breastfeed independently tend to have a chance of having confidence when breastfeeding which is 3.167x higher than mothers who have low breastfeeding independence.

Interpretation of Shapiro-Wilk test results The Effectiveness of Murottal Al-Qur'an and Effleurage Massage Using Jitu Oil by ASI Grandmothers Against independence of breastfeeding mothers. The results of the Shapiro-Wilk Test using SPSS ver.25 on data on the independence of breastfeeding mothers for 1 month showed consecutive Sig values. 0.021 (<0.05); 0.244 (>0.05); 0.148 (>0.05); 0.063 (>0.05); 0.892 (>0.05); 0.000 (<0.05) and 0.003 (<0.05) which means that there is data that is not normally distributed (day 1, day 25, and day 30) so that it was decided that parametric testing could not be carried out even though some of the data was normally distributed because all the data was paired data.

DISCUSSION

The independence of postpartum mothers after being given guidance by Grandmothers on the correct breastfeeding techniques has increased from before being given guidance. Grandmothers play a role in performing effleurage massage using Jitu Oil while listening to Murottal Al-Qur'an every day. There is a common goal to be able to provide breast milk independently to their babies which is the basis for significant results from this study. This can happen because mothers have independence in breastfeeding which is obtained from the learning process in the form of breastfeeding training and practice guided by grandmothers and health workers on how to breastfeed properly and correctly. Changes in individual behavior after going through the learning process include changes in overall behavior and these changes are active and positive where these changes are

always increasingly aimed at obtaining something better than before. Among the people who exert influence on the teenage mother are her mother (the child's maternal grandmother); she frequently and actively participates in decisions regarding her grandchildren's feeding. Her personal experiences and opinions about breastfeeding can facilitate or hinder this practice. In Brazil, there are at least 3 studies showing that the duration of exclusive breastfeeding may be shorter because the influence of grandmothers, especially from the maternal grandmother (Dias De Oliveira et al., 2014).

Dewi's Research (Ningsih et al., 2023) which can be used as an intervention states that Jitu Oil can increase breast milk production, has a calming effect with a quite good sedative effect and can reduce motor activity by up to 78%, so it can be used in stress management. In this case, it is known that Jitu Oil is a medium that can facilitate the method of increasing breast milk production. Massage using Jitu Oil in conjunction with chanting verses from the Koran. According to (Pedak, 2009) explains in more detail that when listening to the Qur'an, impulses (stimuli) enter the brain through the auditory area. From the cochlea, signals from the verses of the Qur'an are forwarded to the thalamus and delivered to the amygdala (emotional center), which is an important part of the system that influences emotions and behavior, then delivered to the hippocampus (emotional memory center) and hypothalamus (autonomic control center) so that the sound of the recitation of the holy verses of the Qur'an that is heard becomes energy that has a positive effect on the heart.

Effleurage massage performed consecutively can increase the let down reflex which can help in... the release of breast milk production to the baby, to the point of being able to affect the peripheral nervous system. The nervous system can improve communication between nerves and increase stimulation, helping to improve blood flow to tissues and organs of the body to reduce blockage of the milk ducts, thereby increasing the release of prolactin and

oxytocin hormones (Lestari P. Fatimah, Ayuningrum, 2021). Most grandmother-mother couples are not independent units but are part of a larger family system in which the mother is supported by other family members and especially by the grandmother. (Schrijner & Smits, 2018).

Brazilian researcher (Gross et al., 2011) reported that young urban mothers referred to grandmothers as their lifelong guides, 'They provide a sense of security and comfort based on the experiences these women have accumulated and a study of breastfeeding in urban Mexico concluded, 'grandmothers continue to do the same. Playing a leadership role in the family as primary advisors and health promoters. Two studies in Ghana concluded, 'parents consider grandmother as a symbol of wisdom and knowledge regarding the care of newborns (Adama et al., 2018) and it is the husband's mother who makes decisions regarding the care of the newborn (Gupta et al., 2010).

In Nepal, researchers concluded that advice from respected and authoritative grandmothers cannot be rejected (Karmacharya et al., 2017). Indian researchers report the influence of grandmothers in the network of social relations around the mother (Prusty & Unisa, 2017). Similar patterns and influences on younger children also emerge in newborns in non-Western cultural environments: care important coordinated by older women; younger women are learners; and men are rarely directly involved. As the culturally designated authority in newborn care, grandmothers are responsible for transmitting a range of culturally determined practices that include: massage; umbilical cord care; colostrum; prelactal; thermal care; breastfeeding; newborn illnesses and spiritual protection.

Young mothers are expected to follow the advice of their recognized senior advisors. Newborn studies in four African locations documented young mothers' dependence on experienced grandmothers, with mothers often 'only taking full responsibility for their newborns after a few days or weeks' (Iganus et al., 2015). Similarly, in Nepal, new babies are born. Moms can't

resist traditional newborn directions. A practice carried out by respected grandmothers (Karmacharya et al., 2017). There is a lot of evidence regarding the influence of grandmothers on how long and how long mothers breastfeed. Although mothers sometimes receive advice from health workers, most women benefit from home breastfeeding coaches, namely grandmothers and other experienced female family members, for example. In Bihar, the mother-in-law is the primary decision maker in breastfeeding initiation, practices and issues. (Nutrition practices in Bihar: results of a formative research study, 2017).

Interpretation of Friedman Test Results The Effectiveness of Murottal Al-Qur'an and Effleurage Massage Using Jitu Oil by ASI Grandmothers Against Independence of Breastfeeding Mothers. Descriptive statistics on 41 respondents whose data were taken in 1 month 7 times, namely day 1, day 5, day 10, day 15, day 20, day 25, and day 30 can be seen that the average level of independence during the treatment increased consecutively 36.56; 43.32; 54.39; 58.59; 66.83; 89.39; da/vn 132; 68. Al-Qur'an Murottal Therapy can reduce stress hormones, activate natural endorphin hormones, increase feelings of relaxation, and divert attention from fear, anxiety, and tension, improve the body's chemical system to lower blood pressure and slow down breathing, heart rate, pulse, and brain wave activity. A deeper or slower breathing rate is very good for calming, controlling emotions, thinking deeper, and better metabolism (Heru, 2008).

Research conducted by Ningsih (Ningsih, 2024) stated that there was a difference in the smoothness of breast milk production after back massage with Jitu Oil for 4 consecutive days. Aromatherapy massage with essential oils is the most widely known treatment, because it can penetrate the skin and be absorbed into the body, thus providing a healing effect and benefits various tissues and internal organs. Massage using aromatherapy is one type of treatment that is popular and common in society, the combination of massage and aromatherapy has been proven to provide positive effects according to the purpose of

its use. Lavender and lemon essential oils are one of the popular essential oils and are widely used in the field of clinical health, especially in overcoming psychosomatic problems in the field of gynecology which have a psychological therapeutic effect from the aroma inhaled through inhalation of its volatile components. The use of Jitu Oil through massage causes the content of lavender and lemon essential oils to evaporate and be inhaled by the mother. If the massage using Jitu Oil is done with a gentle touch, the mother can become more relaxed, reduce muscle tension and help smooth breast milk production. Lavender and lemon essential oils are one of the aroma therapies that have sedative, hypnotic, and anti-neurodepressive effects on humans. Massaging the mother's back is one way to stimulate the oxytocin reflex to relax the mother when she has difficulty producing breast milk. The upper back is a point used to facilitate the lactation process. The nerves that innervate the breasts originate from the upper spine, between the shoulder blades. This area is an area where women often experience muscle tension. Massaging the back can relax the shoulders and stimulate the lowering reflex. Massage done on the back with the effleurage technique and combined with lavender aromatherapy oil is very good for mothers because it can make the mother 2x more relaxed and feel comfortable so that the oxytocin hormone increases and breast milk production becomes more

The success of exclusive breastfeeding in the Arjasa Community Health Center Work Area was achieved thanks to the willingness and awareness of breastfeeding mothers to give only breast milk to their babies aged 0 to 6 months. This condition is supported by grandmothers both individually and in groups of elderly who provide support: 1) Giving advice/suggestions for exclusive breastfeeding, 2) Providing motivation, 3) Giving attention, 4) Reminding when the mother is away, 4) Providing stored breast milk when the mother is working. On the other hand, midwives and nutrition officers always provide guidance and education on the importance of exclusive breastfeeding to

pregnant women and brides-to-be during check-ups at community health centers. This will increase: 1) Understanding of mothers and prospective brides regarding the benefits of exclusive breastfeeding, 2) Increased awareness of mothers and prospective brides to breastfeed exclusively, 3) Improved attitudes of mothers and prospective brides towards achieving exclusive breastfeeding. Furthermore, it will improve mothers' practice of exclusive breastfeeding in the form of: 1) Overcoming obstacles, 2) Meeting balanced nutritional needs when breastfeeding, 3) Maintaining health, and drinking herbal medicine which is believed to increase exclusive breast milk production. This situation will further influence the success of exclusive breastfeeding. The relationship between the roles of grandmothers and breastfeeding mothers in the process of achieving exclusive breastfeeding in the Arjasa Health Center Work Area.

Most grandmothers in this study considered that: one year is the important and fundamental period for breastfeeding; the introduction of solid foods should begin before the sixth month of life; and infants need a set breastfeeding schedule, as opposed to on-demand feeding. The extent of breastfeeding is inconsistent and depends on social and demographic factors. Nevertheless, WHO, supported by the Ministry of Health, recommends breastfeeding for 2 years or more, and exclusively for the first 6 months (Ministry of Saúde, nd). Another interesting aspect related to giving fluids to babies, is the fact that it is possible that the concept of exclusive breastfeeding is not clear to women, because they understand the practice to mean not giving other types of milk, but being able to give other fluids. (Campos et al., 2015) Another aspect to consider is the fact that the majority of grandmothers (53.85%) consider it important to have a strict breastfeeding schedule, which again shows their lack of knowledge, since what is recommended is to encourage breastfeeding on demand, without time limit and duration. It is interesting to note that 40% of grandmothers stated that they believed that breast milk

may be weak or insufficient, but they did not know how to objectively identify whether the baby was properly breastfed or not. Weak breast milk is an existing belief and can be passed down from generation to generation. A cross-sectional study conducted in São Paulo analyzed the main causes of early supplementation by mothers; 17.8% of them answered that they gave supplements because their breast milk was “weak”, or “could not support” the baby. It is important to remember that “...there is no such thing as weak milk. Every woman, despite her malnutrition (as long as it is not severe malnutrition), produces milk of good nutritional quality that can meet all the baby's needs during the first six months of life.(Nunes et al., 2011). Some authors identify grandmothers as role models for mothers to follow. They also help with household activities, indirectly supporting lactation. However, sometimes grandmothers are reluctant to breastfeed naturally because of their own experiences. This suggests that to support breastfeeding, more than just knowledge of the benefits or handling techniques is needed, and finding out the mother's intentions in breastfeeding, considering that breastfeeding mothers are more vulnerable to advice and pressure from others. third parties(Losa-Iglesias et al., 2013). Considering the closeness of the grandmother and her help in caring for the mother and baby (bathing, changing sanitary napkins, changing diapers, helping with the house, washing and kitchen), it can be concluded that the grandmother has great credibility and potential. Providing a positive influence in the establishment and maintenance of breastfeeding, as long as they obtain adequate knowledge and skills. Their influence is considered positive when the mother or mother-in-law has accumulated experience and importance breastfeeding. When making decisions about breastfeeding, mothers are often faced with the difficult situation of having to choose between the affirmation of health authorities and the traditions of their grandmothers. In this case, grandmothers and family members participate as sources of relevant information about breastfeeding, whose negative/positive influence can

justify the incidence and prevalence of breastfeeding that we observe today. It can be assumed that grandmothers, especially maternal grandmothers, can also support or prohibit breastfeeding. However, we cannot say that this is the only influence, because there are many factors, ranging from social, cultural to economic factors at stake. The older generation, especially the grandmother of the baby, plays a central role in various aspects of decision-making regarding pregnancy and raising children in the family unit.(Losa-Iglesias et al., 2013)

In the analyzed domain, this research allows us to conclude that the orientation of daughters and/or daughters-in-law regarding infant feeding, is part of the social role of grandmothers, whose experiences have important cultural values; in addition, breastfeeding is highly valued by grandmothers. It is necessary to look for new ways of viewing and caring for families in everyday life, especially families who are experiencing the process of breastfeeding. It is necessary to consider intergenerational knowledge and family social support, so that breastfeeding mothers can breastfeed calmly and are able to care for new creatures born in the world. , embedded in the knowledge gained. in the family group to which he belongs, in his mother-in-law's group, as well as in other care systems. For this reason, the professional development of health care teams with a family-centered approach, seeking interdisciplinary knowledge in social, human and biological sciences, in such a way that makes it possible to approach families more closely, both in parts and as a whole.

Interpretation of Chi Square and Odd Ratio Test Results for Age and Parity DataThe Effectiveness of Murottal Al-Qur'an and Effleurage Massage Using Jitu Oil by Grandmother ASIOn the Confidence and Independence of Breastfeeding Mothers.The Chi Square Test results get a Sig value. 0.188 (>0.05) which means there is not enough evidence for the results of the level of independence of breastfeeding mothers to be related to the results of the level of confidence of breastfeeding mothers, however the OR value obtained shows that mothers who breastfeed

independently tend to have a chance of having confidence in breastfeeding which is 3.167x more. higher than mothers who have low breastfeeding independence.

One of the main results of this study is that, in the context analyzed, the influence of grandmothers proved to be a determining factor in the continuation of breastfeeding or early weaning. Grandmothers play an important role in transmitting knowledge, wisdom and experience regarding infant feeding. The nursing team can support the autonomy of the subject, taking into account shared responsibility and cultural appropriateness, as well as the interaction of the family group, which – in its dialectical action – modulates, and is modulated by, culture. In environmental analysis, this research allows us to conclude that the orientation given to daughters and/or daughters-in-law regarding infant feeding, is part of the social role of grandmothers, whose experience is recognized as an important cultural value. Apart from that, breastfeeding is also appreciated by grandmothers(MA & ER., 2013). For women in these three generations, the importance of their mothers' and/or grandmothers' experiences was a determining force in shaping the meanings and behaviors that permeated their breastfeeding practices. The women recognized the importance of support and encouragement from their families, especially their mothers, for breastfeeding.(Moreira et al., 2013).

Grandmothers can have both negative and positive influences on the duration of breastfeeding. Their presence is one of the determining factors for the continuation or non-continuation of breastfeeding, because they provide assessments and cause varying responses in breastfeeding mothers. Moreover, the support given by the grandmother when present is clearly considered a supporting element for the continuation of breastfeeding for up to 6 months, especially when there is a transfer of previous learning to her daughter.

According to researchers, factors such as age, education, occupation and parity of respondents are not necessarily

direct factors that can influence supported by research.(Dewi Andariya Ningsih, 2018)that there is no relationship between education and breastfeeding behavior of mothers. Confidence and independence in breastfeedingsupported by the characteristics of the participants who are mostly in the reproductive age range. The mother's age during pregnancy and childbirth greatly influences the reproductive health of women to become pregnant, give birth and be ready to provide breast milk to their babies, this is in line with research conducted by(Dewi Andariya Ningsih, 2018)where some respondents are in the reproductive age range of 20-35 years.Older mothers are considered to have more experience in breastfeeding than young mothers, so their knowledge is better than young mothers. Meanwhile, those aged less than 20 years are psychologically not ready to become a mother, so it can be a psychological burden causes depression and makes it difficult to express breast milk(Hanifah et al., 2017).

Independence can be obtained from the learning process. Referring to the "Kingskey" theory, learning is a process where behavior is generated or changed through practice or training. In the learning process, there is a need for assistance or guidance by using various interaction materials, advice and ideas in a nurturing atmosphere based on applicable norms (Prayitno, 1999). As in the process of learning to breastfeed for post-partum mothers, guidance from health workers is needed regarding correct breastfeeding techniques so that post-partum mothers are expected to be able and willing to care for and breastfeed their own babies without relying on other people. Based on the results of this statistical test, it shows that guidance on proper and correct breastfeeding techniques can provide evidence that the independence of breastfeeding in post partum mothers increases, in this case it will increase by 2.46 times compared to those who were not given guidance on breastfeeding techniques. This is in accordance with the objectives of lactation management for post partum mothers, efforts to support successful breastfeeding

The results of research by Sehmawati et al.(Sehmawati & Setyobudi, 2022) shows breast milk production in the back effleurage massage group as measured by the frequency of breastfeeding before the intervention with an average value of 6.40 and after the intervention 2.30. The baby's BAC before the intervention had an average value of 4.25 and after the intervention 12.15. The duration of the baby's sleep before the intervention was 11.25 and after the intervention 17.00. The results of the research in the control group who were given back effleurage massage showed that the average value of breastfeeding frequency before the intervention was 6.25 and after the intervention was 10.85. The baby's BAK had an average value of 3.95 and after intervention it was 10.85. The baby's sleep duration with an average value before the intervention was 12.05 and after the intervention was 16.00, so this shows a significant difference with a p-value <0.05. Efflurage massage has been proven to increase feelings of relaxation, more comfortable and quality sleep, reduce pain, reduce stress and help increase the hormones oxytocin and prolactin, making it easier to express breast milk and breast milk production. Breast milk is the best nutrition for babies which influences their growth.

At the time of the study, Grandmother helped the mother's breastfeeding process every day, every 2 to 3 hours, and also when the child was asleep for more than 3 hours, the mother would wake the child up so that he could be breastfed so that his needs were still met. This behavior is also a form of appropriate maternal behavior because breastfeeding every 2 to 3 hours helps the production of breast milk (ASI).(Gartner, nd).

CONCLUSION

The results of the Chi Square Test obtained a Sig. value of 0.188 (>0.05) which means that there is not enough evidence for the results of the level of independence of breastfeeding mothers to be related to the results of the level of confidence of breastfeeding mothers, but the OR value obtained shows that mothers who breastfeed independently tend to have a chance of

having confidence when breastfeeding which is 3.167x higher than mothers who have low breastfeeding independence.

So it can be concluded that the level of independence in breastfeeding in post partum mothers before being given guidance on breastfeeding techniques increases after being given guidance on breastfeeding techniques as contained in the principles or provisions that must be applied in providing guidance services, one of which is the principle of independence. , where the guidance service aims to make the mentor able to stand alone, not depend on other people or be independent

CONCLUSIONS

(Tidak perlu menuliskan kesimpulan dan saran cukup ditulis dalam satu poin kesimpulan tanpa penomoran)

Perception of Nurse Ability in Increasing Hope and Motivation of Patients Hypertension is very important in helping hypertensive patients in hospitals so that this becomes an important component that needs to be considered in helping hypertensive patients.

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