

ABSTRAK

KORELASI KADAR PROLAKTIN DAN OKSITOSIN DENGAN LAMA AMENORE LAKTASI PADA IBU MENYUSUI EKSklusIF

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Prolaktin dan oksitosin merupakan hormon yang berperan penting dalam proses laktasi. Prolaktin berperan dalam produksi ASI. Selain itu, prolaktin juga berpengaruh terhadap ovarium. Saat ibu menyusui maka oksitosin juga dilepaskan sebagai respon stimulasi puting susu. Oksitosin berperan terhadap pengeluaran ASI, ovarium dan korpus luteum. Ketika ibu memberikan ASI eksklusif maka berpengaruh terhadap menekan terjadinya ovulasi sehingga menyebabkan tidak terjadinya menstruasi atau disebut amenore laktasi. Sesudah 6 bulan ibu sudah memperkenalkan makanan tambahan pada bayi maka ibu berisiko untuk menstruasi sehingga ada kemungkinan peningkatan kehamilan. Tujuan penelitian untuk mengetahui korelasi kadar prolaktin dan oksitosin dengan lama amenore laktasi pada ibu menyusui eksklusif.

Desain penelitian adalah *cross sectional*, observasional terhadap 48 ibu menyusui eksklusif di wilayah kerja Puskesmas Belimbing Padang, September 2015 – Juni 2016. Sampel dipilih berdasarkan *cluster random sampling*. Pemeriksaan kadar prolaktin dan oksitosin dilakukan di laboratorium Biomedik Fakultas Kedokteran Unand dengan *Human Prolactin ELISA Kit* dan *Human Oxytocin ELISA Kit*. Uji normalitas data dengan *Shapiro-Wilk*, uji korelasi kadar prolaktin dan oksitosin dengan lama amenore laktasi dengan menggunakan uji korelasi *Spearman*.

Hasil penelitian menunjukkan median kadar prolaktin adalah 932,458 (169,760-4021,346) $\mu\text{UI/ml}$, kadar oksitosin 45,693 (1,520-954,883) pg/ml , lama amenore laktasi 151 (50-266) hari. Terdapat korelasi positif yang lemah dan signifikan antara kadar prolaktin dengan lama amenore laktasi ($r=0,331$; $p=0,022$), terdapat korelasi negatif yang sangat lemah dan tidak signifikan antara kadar oksitosin dengan lama amenore laktasi ($r=-0,085$; $p=0,565$) dan terdapat korelasi positif yang sangat lemah dan tidak signifikan antara kadar prolaktin dengan oksitosin ($r=0,101$; $p=0,493$).

Kesimpulan penelitian ini adalah semakin tinggi kadar prolaktin maka semakin bertambah lama amenore laktasi dan semakin tinggi kadar oksitosin maka semakin berkurang lama amenore laktasi.

Kata Kunci: Prolaktin, Oksitosin, Lama Amenore Laktasi, Menyusui Eksklusif

ABSTRACT

THE CORRELATION OF PROLACTIN LEVEL AND OXYTOCIN WITH THE DURATION OF AMENORRHEA LACTATION IN EXCLUSIVE BREASTFEEDING WOMEN

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Prolactin and oxytocin were hormones that play important roles in breastfeeding. Prolactin takes part in milk production. While breastfeeding, oxytocin is released in response to nipple stimulation. Oxytocin takes part in milk ejection and stimulation of ovary and corpus luteum. Exclusive breastfeeding represses ovulation causing no occurrence of menstruation, called amenorrhea lactation. After six months giving breastfeeding, the mother introduced. That would make the mother had higher risk for menstruation and pregnancy. The aim of this research is to determine the correlation between prolactin and oxytocin level with duration of amenorrhea lactation in exclusively breastfeeding mothers.

The design of the research was cross-sectional, observing 48 exclusively breastfeeding mothers in Health Center Belimbing West Sumatra, September 2015 - June 2016. Samples were selected with cluster random sampling. Examination of prolactin and oxytocin level was conducted at Biomedical Lab Faculty of Medicine Unand with ELISA. Shapiro-Wilk was used for normality test of the data, and Spearman's correlation was used for analyzing prolactin and oxytocin level with duration of amenorrhea lactation.

Results show that median level of prolactin is 932.458 (169.760 to 4021.346) $\mu\text{UI/ml}$, level of oxytocin is 45.693 (1.520-954.883) pg/ml , duration of amenorrhea lactation is 151 (50-266) days. There is a weak positive correlation and significance between prolactin and period of amenorrhea lactation ($r=0.331$; $p=0.022$), there is a very weak negative correlation and no significant between oxytocin levels with the length of amenorrhea lactation ($r=-0.085$; $p=0.565$) and there is a very weak positive correlation and no significant between prolactin levels with the length of oxytocin ($r=0,101$; $p=0,493$).

It is concluded that the higher prolactin level, the longer amenorrhea lactation period is and the higher oxytocin level, the shorter amenorrhea lactation period is.

Keywords: Prolactin, Oxytocin, Duration of Amenorrhea Lactation, Exclusive Breastfeeding