

The Effect of the Acupressure Method on Common Cold in Infants Aged 6-12 Months in the Binjai Kota Health Center Work Area in 2019

Purnama Handayani¹, Risky Novianty², Sri Kurnia³

^{1,2,3}Midwifery Study Program, Universitas Haji, Medan, Indonesia

ARTICLE INFO

ABSTRACT**Keywords:**

Cough, cold, Acupressure, Babies.

Cold cough (common cold) is an upper respiratory tract disorder that most often affects infants and children. Because a cold cough experienced by a child can disturb the child, an acupressure method is needed to prevent and treat a common cold, the aim of this study is to determine whether there is an effect of the acupressure method on common cold in infants aged 6-12 months in the region. The work of Puskesmas Binjai Kota in 2019. This study used a quantitative research type research design with a pre-experimental design. All babies aged 6-12 months in the Binjai Kota Puskesmas in 2019 from January to April were 52 babies, with the sampling technique of accidental sampling. The data analysis technique was performed using the Wilcoxon test statistical analysis. There is a significant effect of the acupressure method on cold coughs (common cold) in infants aged 6-12 months in the work area of the City Binjai Health Center in 2019, with p value = (0.000) <(0.050). Based on the results of this study, it can be concluded that there is a significant effect of the acupressure method on common cold in infants aged 6-12 months in the work area of Puskesmas Binjai Kota in 2019, where acupressure method is needed in the prevention of common cold.

E-mail:

purnamaandayani@gmail.com

Copyright©2020ScienceMidwifery.

1. Introduction

Cough is a physiological reflection of the baby and is the body's mechanism to clear the airways and lungs from mucous microorganisms, and foreign bodies [1]. However, the administration of drugs carried out by parents is mostly aimed at stopping coughs and phlegm so that to avoid coughing and colds in babies, acupressure methods are used [2], [3].

According to the World Health Organization (WHO) in 2017, coughing and colds (common cold) is one of the most common infectious diseases. WHO estimates that a common cold cough in developing countries with infant mortality rates above 40 per 1000 live births is 15% -20% per year in infants (WHO, 2017)

Based on the results of Basic Health Research (Riskesdas, 2013) the prevalence of common cold in Indonesia is around 25% and 13.8% of cases after a definite diagnosis by a doctor. Meanwhile, in Central Java Province, the prevalence (common cold) is around 28% and in Surakarta City, 4% of them have been diagnosed by a doctor. This prevalence is highest among babies (Riskesdas, 2013).

Indonesia Disease (common cold) in infants is estimated at 3 to 6 times per year, this means that an average baby gets cough and cold attacks 3 to 6 times a year. Efforts to tackle (common cold) earlier are expected to prevent complications in infants that can be fatal, such as pneumonia, in addition to other complications such as acute otitis media (AOM) and mastoiditis (Colman, 2016).

Based on the Health Profile of North Sumatra, the prevalence (common cold) in the Health Profile of North Sumatra is around 35.5% and 15.5% of cases after a definite diagnosis by a doctor. Meanwhile, Medan City has a common cold prevalence of around 48% and Binjai City with 50% of them and this prevalence is the highest among babies (Health Profile of North Sumatra, 2018)

Acupressure has been used for thousands of years to treat a variety of ailments. There are pressure points / points that can stimulate the prevention of cold coughs (common cold) [4], [5]. Acupressure is an ancient healing art that has been effectively used by millions of people around the world for more than 5000 years [6], [7]. It is based on the same ideas and principles as acupressure, but uses finger pressure instead of a needle and involves applying specific pressure to sensitive points along the length of the body. There are no pills, medications, stimulants or needles involved and it is safe for babies [8] - [10].

Acupressure involves applying pressure to your fingers and thumbs at specific points. Using acupressure is a natural way to prevent it by treating a common cold in babies. This is a completely safe way to indicate a cold cough (common cold) [11], [12].

Science Midwifery

journal homepage: www.midwifery.iocspublisher.org

Acupressure works the same as acupuncture. There are points all over the body that were identified thousands of years ago by Chinese doctors to stimulate a response in the body to certain health conditions. Identifying naturally the process of preventing the occurrence of a common cold cough is one thing that can be done such as acupressure [13].

Acupressure helps babies to be more relaxed and comfortable. For those who are given acupressure for 20 minutes every hour at the stage of treatment carried out by health workers, the baby will be free from pain, when massaging, massage must pay attention to the baby's response whether the pressure given is right for the purpose of doing the massage using acupressure techniques as a treatment and prevention of cold cough (Meiliasari, 2014).

Based on the initial survey conducted by researchers at the Binjai Health Center on March 5, 2019, through interviews with 10 mothers who had babies said that their babies aged 6-12 months had a common cold and the mother only used drugs to heal. in babies who have a common cold cough because the mother does not know the acupressure method.

2. Method

This type of research used in this research is a type of pre-experimental research design. This study uses a One Group pre-test and post-test design without a control group, the subject group is observed before the intervention is carried out, then observed again after the intervention. One group before being given certain treatment was given a pretest, then after being given the treatment, measurements were taken again to determine the cause and effect of the treatment. Causal testing is done by comparing the results of the pretest and posttest.

The location of this research was carried out at the Binjai Kota Health Center in 2019. When this research will be carried out from January to April 2019 The population in this study is all babies aged 6-12 months in the Binjai Kota Health Center in 2019 from January to April as many as 52 babies. Sampling is using Non Probability method of determining the sample with accidental sampling. The sample in this study were respondents who met the qualifications in sampling with the Accidental Sampling Technique as many as 52 people.

3. Results & Analysis

3.1 Results

Table 1.
Data on Characteristics of Respondents in the Work Area of the Binjai Kota Health Center in 2019

No	Data Demografi	Frekuensi	Presentase (%)
1	Umur		
	6-8 bulan	3	20,0
	9-10 bulan	7	46,7
	11-12 bulan	5	33,3
	Jumlah	15	100
2	Jenis Kelamin		
	Laki-laki	9	60,0
	Perempuan	6	40,0
	Jumlah	15	100

Based on table 1 above, it can be seen that the most frequent distribution of respondents with the age of 9 - 10 months is 7 babies (46.7%), with 9 male sex (60%).

Table 2.
Frequency Distribution of Cough and Cold (Common Cold) Before Acupressure Methods for Infants Aged 6-12 Months in the Working Area of the Kota Biji Health Center in 2019

Batuk Filek (<i>common cold</i>)	Frekuensi	Pre tes	
			%
Ringan	1		6,7
Sedang	5		33,3
Kuat	9		60,0
Jumlah	15		100

Based on Table 2 above, it is found that the common cold experienced by respondents before being given acupressure therapy, most of them experienced a strong cough as many as 9 babies (60.0%) and the remaining 5 babies (33.3%) had moderate coughs and only 1 baby. (6.7%) had a mild cough.

Science Midwifery

journal homepage: www.midwifery.iocspublisher.org**Table 3.**

Frequency Distribution of Coughing Filek (Common Cold) After Acupressure Methods for Infants Aged 6-12 Months in the Working Area of the Kota Bijai Health Center in 2019

Batuk Filek (<i>common cold</i>)	Post tes	
	Frekuensi	%
Ringan	5	33,3
Sedang	10	66,7
Kuat	0	0,0
Jumlah	15	100

Based on Table 3 above, it was found that common cold in infants aged 6-12 months after being given acupressure therapy, most of them experienced moderate cough as many as 10 babies (66.7%) and had a mild cough as many as 5 babies (33.3%) and no one else had a strong cough.

Table 4.

The Effect of Acupressure Method on Common Cold in Infants aged 6-12 Months in the Work Area of the Kota Bijai Health Center in 2019

Batuk Filek (<i>common cold</i>)	Median (Min-Max)	p value
Sebelum Terapi Akupresur (n=15)	3 (1-3)	
Sesudah Terapi Akupresur (n=15)	2 (1-2)	0,000*

This study used the Wilcoxon test to determine the effect of the acupressure method on common cold in infants aged 6-12 months in the work area of Puskesmas Bijai Kota in 2019, data decision making was seen from the significance level (α) of less than 0.05. Wilcoxon test results obtained p value = (0.000) < (0.050) so that H1 is accepted, meaning that there is a significant effect of the acupressure method on common cold in infants aged 6-12 months in the work area of the City Bijai Health Center in 2019.

The results showed that before acupressure therapy, the median value was 3, meaning that the respondent experienced a "strong" cough frequency and after acupressure therapy, the median value was 2, meaning that the respondent had a "moderate" cough frequency.

3.2 Discussion

Coughing is a natural response from the body as an airway defense system in case of external interference. Coughing is the body's reflex to clear the airway, from something that is disturbing due to obstruction of the lower airway by a buildup of mucus / phlegm. A cough rarely indicates serious illness and generally clears up within three weeks, so it doesn't need treatment. The effectiveness of cough medicines is also not fully proven.

Acupressure is suitable for babies. This massage technique stimulates the innervation of the body based on meridian points, much like acupuncture. In essence, the excitation at those meridian points was carried out with gentle pressure. Can be with fingers, palms, or with other tools with blunt edges. The purpose of acupressure is as an initial treatment for a disease or disorder that can be relieved without medication such as colic, colds, lack of appetite, chills, and aches. Acupressure is also believed to increase endorphin levels in the body to reduce pain and create a sense of comfort (Yulia, 2012).

Acupressure to relieve cold coughs in toddlers can be massaged at a location that is located next to the right and left nostrils. The location is located halfway between the kneecap and outer ankle, 2 fingers to the outer side of the shin (HerbalIndonesia.Com, 2019)

Acupressure techniques are carried out in a variety of ways that are safe, do not injure the skin or cause rupture of blood vessels, namely using the following alternatives: using the thumb, using several fingers that are joined together, only the index finger, or with the palm of the hand, making a fine pinch stroke, but not bruising, patting or lightly hitting, and rubbing with thumbs or palms (Oka, 2008). Pressing at the beginning must be done gently, then gradually the strength of the pressure is increased until you feel a light sensation but do not hurt (Turana, 2014).

The way acupressure works itself is quite easy and simple because it doesn't require acupuncture needles. It is enough to press on certain points according to the purpose for which acupressure is done. The first acupressure points are the two right and left acupressure points at the edge of the brow. Acupressure for a point that is symmetrical between the right and left is located on the inner edge of the eyebrows, this section can be used to reduce a cold nose. The massage technique is usually done for 1 minute with a pressing motion.

For acute colds or influenza, you can do therapy for at least 3 times a day for 3 consecutive days, after that, if you have not recovered, continue therapy at least once a day until completely

healed. You can do the treatment of colds or flu with reflexology and acupressure methods for children or adults who experience symptoms of influenza.

In the case of a cold with a new symptom level, it will usually heal quickly after therapy at the cold reflection points that I have described above. If you have a cold with a headache, please go to the following link for how to treat headaches with reflexology.

Acupressure helps babies to be more relaxed and comfortable. For those who are given acupressure for 20 minutes every hour at the stage of treatment carried out by health workers, the baby will be free from pain, when massaging, massage must pay attention to the baby's response whether the pressure given is right for the purpose of doing the massage using acupressure techniques as a treatment and prevention of cold cough (Meiliasari, 2014).

Based on Rahmadani's research (2014) with the results of research on the effect of acupressure on cough and colds which was carried out on 9 infants in the intervention group and 9 infants in the control group for 30 minutes using a quasi experimental design, it was found that before acupressure was carried out, the average pain intensity was 7.33 and after acupressure the average pain intensity was 4.56. This shows that back massage can reduce and reduce cold coughs and cure common colds.

One of the technical uses of acupressure is to use pressure points to strengthen pressure. Pressure can also be used to reduce, relieve and cure cold coughs. Pressure can be used to cure a common cold and there are several common cold acupressure points on the body that can be manipulated (Sukanta, 2013).

Acupressure involves applying pressure to your fingers and thumbs at specific points. Using acupressure is a natural way to prevent it by treating a common cold in babies. This is a completely safe way to indicate a cold cough (Heidar, 2016).

4. Conclusions

Based on the description of the results and discussion, it can be concluded that the common cold before the acupressure method was applied to babies aged 6-12 months in the work area of the Bijai City Health Center in 2019, the majority experienced a strong cough. Coughing a cold (common cold) after the acupressure method was carried out on babies aged 6-12 months in the work area of Puskesmas Bijai Kota in 2019, the majority experienced a mild cold cough. There is a significant effect of the acupressure method on cold coughs (common cold) in infants aged 6-12 months in the work area of the City Bijai Health Center in 2019, with p value = (0.000) < (0.050). From the analysis, it is known that before acupressure therapy, the median value was 3, meaning that the respondent experienced a "strong" cough frequency and after acupressure therapy, the median value was 2, meaning that the respondent had a "moderate" cough frequency.

5. References

- [1] L. Widiastuti and Y. Siagian, "Pengaruh Batuk Efektif Terhadap Pengeluaran Sputum Pada Pasien Tuberkulosis Di Puskesmas Kampung Bugis Tanjungpinang," *J. Keperawatan*, 2019.
- [2] M. Dan, M. Pada, and L. Juwita, "Literature Review: Terapi Komplementer Akupresur Pada Titik Perikardium 6 Dalam Mengatasi Mual Dan Muntah Pada Kehamilan," *J. Ners LENTERA*, 2015.
- [3] A. Rakhman, I. Purnawan, and A. R. Purwadi, "PENGARUH TERAPI AKUPRESSURE TERHADAP KADAR ASAM URAT DARAH PADA LANSIA," *J. Sk. Keperawatan*, 2015, doi: 10.35974/jsk.v1i2.86.
- [4] D. Rahmawati and I. Iswari, "Efektivitas Akupresur Selama Persalinan," *J. Ilm. Bidan*, 2016.
- [5] M. Ridwan and Herlina, "Metode Akupresur Untuk Meredakan Nyeri Haid," *J. Kesehat. Metro Sai Wawai*, 2015.
- [6] "EVALUASI PEMBERIAN TERAPI AKUPRESUR DALAM MENINGKATKAN KUALITAS TIDUR PASIEN GAGAL GINJAL TAHAP AKHIR DI RS. STELLA MARIS MAKASSAR," *Patria Artha J. Nurs. Sci.*, 2017, doi: 10.33857/jns.v1i2.73.
- [7] N. Karlinah, J. Serudji, and I. Syarif, "Pengaruh Teknik Akupresur dan TENS Terhadap Intensitas Nyeri Persalinan Kala I Fase Aktif," *J. Kesehat. Andalas*, 2015, doi: 10.25077/jka.v4i3.395.
- [8] M. Vina and H. Setyowati, "Perbedaan Efektivitas Murottal Al-Quran dan Terapi Akupresur terhadap Nyeri Haid pada Remaja Putri Kelas X di SMAN 2 Ungaran Kabupaten Semarang," *J. Kebidanan Harapan Ibu Pekalongan*, 2019, doi: 10.37402/jurbidhip.vol5.iss1.38.
- [9] F. Ikhtiarinawati and R. Nuraini, "Pengaruh pemberian teknik akupresur terhadap tingkat nyeri

Science Midwifery

journal homepage: www.midwifery.iocspublisher.org

- persalinan kala I," *J. Midpro*, 2010.
- [10] Nursinta, E. Candrawati, and N. L. Ariani, "Pengaruh Terapi Akupresur Terhadap Frekuensi Enuresis Pada Anak Usia PraSekolah (3-6 TAHUN)," *Nurs. News J. Ilm. Keperawatan*, 2019.
- [11] A. J. Abdillah and I. Meni, "PENGARUH PEMBERIAN TEHNIK AKUPRESUR TERHADAP PENURUNAN NYERI PERSALINAN KALA I PADA IBU PRIMIPARA DI RUANG WIDYA RUMAH SAKIT CIREMAI CIREBON TAHUN 2016," *J. Kesehat.*, 2020, doi: 10.38165/jk.v7i2.133.
- [12] R. D. Permatasari, "Effectiveness of Acupressure Technique at BL 23, GV 3, GV 4 Points on Decreasing Lower Back Pain in Pregnancy Trimester III at Puskesmas Jelakombo Jombang," *J-HESTECH (Journal Heal. Educ. Sci. Technol.*, 2019, doi: 10.25139/htc.v2i1.1518.
- [13] N. N. Renityas, "Pengaruh Acupresure terhadap Kecukupan ASI pada Ibu Post Partum SC hari ke 7," *J. Ners dan Kebidanan (Journal Ners Midwifery)*, 2020, doi: 10.26699/jnk.v7i2.art.p293-300.