

Complementary Therapy in Handling ISPA in a Family that has Balita

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Abstract—Complementary Therapy is medication which uses method, equipment, or ingredients which are not included in modern therapy standard (conventional); it is used complementary therapy. The use of complementary therapy by people throughout the world (including Indonesia) is increasing each year. In coping with ISPA (Upper Respiratory Tract Infection), especially which attack the upper respiratory tract such as cough, fever, flu, people usually choose alternative therapies besides conventional therapy. The objective of the research was to find out complementary therapy in handling ISPA in families that had balita (below five year-old children) at Beganding Village, Karo Regency which included the percentage of using therapy, its method, and the reason for a family in using complementary therapy. The research used descriptive design. The samples were 32 respondents, the result of the research showed that 28 respondents used complementary therapy in coping with ISPA in their children. Of the 4 types of complementary therapy touching therapy was more commonly used than the other three types of complementary therapy individually of in combination. It is recommended that the next researchers use qualitative design to analyze deeply the use of complementary therapy in coping with ISPA in society.

Key words—Complementary Therapy, Family, ISPA

INTRODUCTION

Upper Respiratory Tract Infection (ISPA) is a disease that often occurs in children. Incidence according to age groups toddler estimated 0.29 episodes per child / year in developing countries and 0.05 episodes per child / year in developed countries. It shows that there are 156 million episodes per year in the new world in which 151 million episodes (96.7%) occur in developing countries. ISPA is a leading cause of patient visits in public health centers (40% -60%) and hospitals (15% -30%). Influenza is a disease that can cause outbreaks. Complementary therapy is a form of treatment services which employ a method, apparatus, or materials that are not included in the standard modern treatments (conventional) and used as a complement to medical treatment. Complementary therapies that there be one community treatment option. This occurs

because the client wants to get services of their choice, so that if the desire is fulfilled will impact on client satisfaction. It can be an opportunity for nurses to play a role provide complementary therapies (Widyatuti, 2008). The use of complementary therapies by people worldwide, including Indonesia growing year increasing. The National Center for Complementary and Alternative Medicine (NCCAM) classifies complementary treatment method alternatives into five categories: alternative medical systems, intervention mind body (mind-body intervention), biological-based treatments, manipulative and body-based methods and energy therapy. World Health Organization (WHO) has noted that nearly 70% of the world population use complementary therapies. Impression of the complementary therapies for ISPA shows that with the keyword "herbal therapy for respiratory diseases" there are 126,000 websites that contain herbal therapies that

are beneficial for patients with ARDs/ ISPA. A survey of some families about the use of complementary therapy in addition to conventional therapy found that families use complementary therapies to address the ISPA. Therapy is commonly used is a solution of lemon juice and soy sauce as well as the provision of eucalyptus oil. Based on the amount of complementary therapies are offered especially for patients with ARDs and the number of infants who suffered ISPA.

MATERIALS AND METHODS

a. Type of Research

The design used in this research is descriptive which aims to determine the use of complementary therapies that are of interest in addressing the ISPA in families with toddlers.

b. Analysis Unit / Informant

The sample in this study is a family who have children who suffered ISPA and treatment in Poskesdes. The sample size in this study use traditional technique of total sampling as many as 32 respondents

c. Type and data collection methods

The sample size in this study using technique of total sampling. The procedures performed in a data collection that is at the early stage researchers applied for a permit implementation research in educational institutions, then the application for a license obtained from the Village Chief to investigate in the Beganding village. Researchers determine the respondent in accordance with criteria established.

After getting prospective respondents, the researchers explained to the respondent about the objectives, benefits and how to fill out the questionnaire. After that, respondents who were willing, were asked to sign an informed consent. Research institute, and read the contents of the questionnaire to the respondent, then the

respondents answered in accordance with the circumstances that happened when the researchers subsequently mark the answers given in the questionnaire respondents. In addition to charging the researchers examined data completeness. If no data is incomplete, can be directly fitted, then the data were analyzed.

RESULTS AND DISCUSSION

The results of data analysis for the selection of complementary therapies used in addressing the ISPA family found that out of 32 respondents, 87.5% (28 people) used complementary therapies in infants suffering from ISPA and 12.5% (4) do not use complementary therapies. And the result is that 16 respondents (50%) using a combination of complementary therapies. There are 28 respondents using complementary therapies with honey ginger kind of solution, a mixture of lemon juice and soy sauce, massage therapy, steam therapy, blowholes therapy, and also a combination of several types of therapy. Several reasons for respondents to choose a complementary therapy in infants with an ISPA is an ancestrally another choice of medical treatment, additional treatment for the family, and because of very good properties.

Complementary therapy is a broad domain in the resource covering the treatment of health systems, modalities, practices and characterized by theories and beliefs, a different way of public health care systems in the community or cultural (Widyatuti, 2008). Complementary therapies including the entire practice and ideas that are defined by the user as the prevention or treatment of disease or the promotion of health and well-being. the results showed that the use of complementary therapies in overcoming ISPA families who have children in the village of Karo Beganding majority (87.5%) of respondents use complementary therapies as adjunct therapy. All respondents are families who also uses

conventional therapy or medical treatment to overcome the ISPA in infants.

Complementary therapies at the election of 28 respondents who use the therapy, 16 respondents including using a combination of complementary therapies. Most combined therapy is therapeutic touch or massage with sprayed therapies. In a single use other therapies or therapies spat is also a therapeutic option to address the majority of respondents ISPA in young children, and the second most chosen therapy is therapeutic touch or massage. Touch therapy or massage therapy is most often used family compared with the three other therapies either singly or in combination.

Found four respondents who only use the massage therapy and there are eleven respondents used massage therapy in combination. In other words, out of 28 respondents who use complementary therapies, there are 15 respondents who use touch or massage therapy as an attempt to treat ISPA in infants. Touch therapy or massage (massage) is one of the techniques that combine the physical benefits of human touch with the emotional benefits such as bonding (bonding).

Activities Massage lead to contact between the child and the parent, the child will feel at ease and comfortable as the psychological effects of this massage is expressed affection. Moreover, if the massage is done with heated so physically giving the child's body will feel warm, while mentally relationship between children and parents grow intimate (Pratyahra 2012 in Setiawan, 2015). (Gichara, 2006) suggests there are benefits of massage for children that includes two sapek namely emotional aspects that can stimulate hormone products Endocrine (painkillers), causing a sense of comfort to the child and the physical aspect is launched breathing such as reducing mucus, treating coughs, colds, ear infections, and disorders of the nose.

Other therapies are most widely used in addition to massage therapy is the treatment of blowholes. This therapy is not

a therapy on the questionnaire the researchers, but at other points respondents filled with blowholes therapy. From the research results blowholes therapy is the treatment most used by respondents. Either singly or in combination, the majority of respondents use gushes therapy.

Results obtained in total there were 15 respondents who used the therapy sprayed as countermeasures for ISPA in infants. This data corresponds to the number of respondents who are mostly ethnic karo (90.6%), due to blowholes therapy is a traditional medicine from the public karo.

Blowholes therapy that is often used karo society is a drug consisting of rice, forest leaves, ginger, pepper, jerangan, nutmeg, and roots of medicinal plants which are all roasted then crushed. In addition to these materials based on interviews with respondents blowhole therapy can also be made from betel leaf spices. How to use is by spitting into parts of the body that are considered necessary.

The spat has benefits, among others treat colds, abdominal pain, fever, heat and cold. In addition, according Katno (2008) traditional medicine also be selected as a complementary therapy because it can be obtained, mixed and planted themselves without medical personnel. Traditional medicines are also derived from traditional medicinal plants are used and reported empirically by the community to improve the health and treatment of various diseases.

In the use of complementary therapies are a total of 10 respondents who use honey ginger solution in an effort to cope with ISPA in infants either in combination or not. However, based on data analysis of respondents do not always use honey ginger solution when a toddler suffering from coughs and colds.

According to the assumptions of researchers majority of respondents give a complementary therapy to babies only when families remember. In the therapeutic use of ginger honey was found

that the majority of respondents use other traditional therapies are used simultaneously (60%). The therapeutic use of lime and soy sauce are a total of 11 respondents with one respondent who simply use multiple therapies lime and soy sauce as well as the 10 respondents who use them in combination. However, the majority of respondents (63.6%) did not always use a mixture of lemon juice and soy sauce as a toddler suffering from coughs and colds. In the therapeutic use of a mixture of lime juice and soy sauce found that the majority of respondents use other traditional therapies are used simultaneously (63.6%).

There were 15 respondents were found to have used therapeutic touch or massage in an attempt to overcome the ISPA in infants and the majority of respondents did touch therapy whenever a toddler suffering from cough and cold (66.7%). Touch or massage therapy in a majority of respondents are only given when the infant cough suffered looks worse. In touch or massage therapy all respondents using essential oils such as eucalyptus oil, oil Telon, or even traditional oil. A total of 66.7% of respondents who use touch therapy or other traditional massage therapy during a period of illness in infants.

Based on the interview, respondents say that it is not scared and worried to use complementary therapies. Because of the complementary therapies used comes from herbal ingredients, especially for the treatment of blowholes which is the traditional medicine they also said not to worry as blowholes are beneficial treatment to keep warm. From the observations of researchers, community Beganding already know about medical drugs, but they are still unable to leave the traditional treatment, so that the whole of the respondents still use medical therapy in the treatment of children under five, but according to the results of research that people in the village Beganding also not

despite the use of complementary therapies.

CONCLUSION

The results of the research that has been done on "*Complementary Therapy in Handling ISPA in a Family that has Balita In the village Beganding Karo*" was held in July 2016 concluded that the results of this research show the majority of family members provides a complementary therapy in infants when experiencing ISPA is by percentage 87.5% with a regimen that is either sprayed therapies used in combination or alone gushes therapy. How to use therapies are not using the exact rules, only when a toddler suffering from cough and cold will give the family as needed until the toddler recovered. Although respondents are already using any medical treatment to overcome the ISPA in young children, complementary therapies remain an option as an adjunctive therapy for the treatment.

This study is expected to be a source of information in the curriculum-related learning about the selection of complementary therapies in a family that embraces a certain socio-cultural, and is expected as a material consideration in future studies related to the socio-cultural research.

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