



MASSAGE THERAPY AS AN ALTERNATIVE FOR TODDLER ARI: A CROSS-SECTION STUDY

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ABSTRACT	Keywords
<p>Background: Acute Respiratory Infection (ARI) is highly contagious and can be experienced by anyone, especially children and the elderly. In most cases, ARI is caused by virus and can heal on its own without special treatment. However, parents cannot let this condition go too long because the children will feel uncomfortable. This study aims to determine the trend of massage therapy as an alternative therapy for ARI in toddlers.</p> <p>Methods: This quantitative cross-sectional study was conducted in a village in Mojokerto. The sample from this study were 70 parents who had children under 5 years old who were experiencing ARI. The research instrument used has been tested for validity with results and reliability with results. Furthermore, the data was tested statistically with the Spreaman test.</p> <p>Result: 52% of parents provide complementary massage therapy as a complement to medical treatment for their children, 45% provide medical therapy only, the rest provide self-medication.</p> <p>Conclusion: Most parents assume that medical treatment alone is not enough to seek treatment for ARI in children. The wedge massage complementary therapy is an alternative to complementary medical treatment which is seen as accelerating the healing process of ARI in children.</p>	<p>Health seeking behavior, ARI, children</p>

INTRODUCTION

Cold cough is a natural reflex of the body in which the respiratory tract tries to expel foreign objects or excessive mucus production. Viral infections related to the flu can be transmitted either directly through respiratory mucus droplets or indirectly through hand contact (Indonesia Ministry of Health, 2020).

Children naturally tend to be fussy and difficult to be given medication. Children who have been exposed to taking drugs, especially those that taste bitter, of course, experience trauma when taking medication. Therefore, additional techniques are needed to help the child's recovery process (Sutarmi, 2018). According to the World Health Organization (WHO) in 2016, the number of ARI sufferers was

59,417 children and estimates that in developing countries it is around 40-80 times higher than developed countries. According to the age range under five, ARI is more common in children, with 0.29 episodes per child per year in underdeveloped countries and 0.05 episodes per child per year in rich countries. Based on diagnoses made by medical personnel and reported symptoms, ARI prevalence data by province in Indonesia in 2018 shows that Bengkulu (11.8%), West Java (11.2%), and East Java (9.5%) have the highest prevalence rate. In 2018 the average prevalence was 9.3% (RI Ministry of Health, 2018). Treatment of children cold cough in health care facilities with conventional medication is quite effective. Data on cases of ISPA under five in 2022 at an inpatient clinic in the Gresik area in the last 4 months totaled 1595 cases with a significant increase of around 10% per month with the highest increase in November along with the latest spike in Covid Omicron XBB cases.

Every year, more and more people around the world, including Indonesia, turn to complementary therapies. Based on the 2017 SKDI findings, complementary massage therapy is an alternative therapy used by 10.8% of children with ARI symptoms besides visiting health facilities such as clinics, hospitals or health centers. This is the result of elements of culture, customs, and medical knowledge. Research at Korean Medicine clinics shows the result that acupressure massage is proven to be useful in reducing the

common symptoms of cold coughs and reducing the duration of cold coughs.

Along with the development of complementary therapy, currently many mothers who have children under five choose additional alternative therapies besides pharmacological therapy, including massage therapy, steam therapy and herbal medicine (concoctions).

Cold cough massage therapy is a touch action to relieve blocked nose, chest, or airways. One of the non-pharmacological therapies used to treat cold coughs is massage therapy which is currently in great demand by mothers who have toddlers with cold coughs.

Cold cough massage therapy is a therapy that is safe and easy, does not cause pain and can be applied regardless of gender and age. This therapy includes two aspects, namely the emotional aspect (feeling comfortable) that children feel due to the production of endorphins (painkillers), as well as physical aspects such as better breathing which can accelerate healing or increase body strength. It is expected that mothers who have toddlers with coughs and colds can choose a method that is safe, without side effects and effective in healing and recovering from coughs and colds. The purpose of this study is to find out massage therapy as an alternative therapy for ISPA in toddlers.

METHOD

This research method used cross sectional; data collection was carried out in November 2022. The sample in this study was 70 parents who had children under five who were sick with ARI. The sample was taken by purposive sampling, the determination of the sample size was taken based on the Raosoft sample size calculator. The research instrument was a questionnaire that had previously been tested for validity and reliability. The result of the validity and reliability Therefore, this questionnaire is feasible to use in this study. The data that has been collected is then subjected to crosstab and spearman row statistical tests with SPSS.

RESULTS

Table 1. The characteristic of respondent

Variable		Frequency (%)	Percentage (%)	Total
Parent age	< 20 years	0	0	70
	20-35 years	61	87.1	
	>35 years	9	12.9	
Education	Basic	2	2.9	70
	Secondary	27	38.6	
	Higher	41	58.6	
Occupation	Housewife	30	42.9	70
	Private Sector	27	38.6	
	Government Employee	3	4.3	

	Entrepreneur	1	1.4	
	Teacher	9	12.9	
Cold cough massage therapy frequency	1-2 times	46	65,7	70
	3-4 times	10	14,3	
	> 4 times	14	20	

Table 1 shows that most of the respondents are aged between 20-35 years, with educational background mostly higher education, work as housewives, private sector workers, and almost half of the respondents provide massage treatment for their children once or twice.

Table 2. Knowledge crosstab with mother's motivation in cough and cold massage therapy for children

Knowledge	Motivation						Total	
	High motivation		Medium motivation		Low motivation			
Good	20	28,6	8	11,4	0	,0	28	40,0
Average	2	2,9	27	38,6	0	,0	29	41,4
Low	0	,0	11	15,7	2	2,9	13	18,6
Total	22	31,4	46	65,7	2	2,9	70	100

Spearman's rho test is significant Pvalue 0.000 α 0.05.

Based on the results of the SPSS test using the Spearman rho test, it was found that the correlation value was quite strong at 0.691, while the significant Pvalue was 0.000 α 0.05. So that it can be interpreted that H1 is accepted, meaning that there is a relationship between knowledge and mother's motivation in choosing a cold cough massage therapy.

Table 3 crosstab knowledge of the frequency of massage therapy for children

Knowledge	Frequency of cold cough massage therapy						Total
	1-2 times		3-4 times		>4 times		
Good	20	28.6	2	2.9	6	8.6	28
Average	18	25.7	5	7.1	6	8.6	29
Low	8	11.4	3	4.3	2	2.9	13
	46	65.7	10	14.3	14	20.0	70

Table 4. Crosstab motivation on the frequency of massage therapy for children.

Motivation	Frequency of cold cough massage therapy						total
	>4 times		>4 times		>4 times		
Hight	14	20.0	3	4.3	5	7.1	22
Medium	31	44.3	7	10.0	8	11.4	46
Low	1	1.4	0	0.0	1	1.4	2
	46	65.7	10	14.3	14	20.0	70

DISCUSSION

1. Mother's knowledge about massage therapy for toddlers

Knowledge is the result of human sensing, or the result of one's understanding of objects through their five senses. Consequently, when one detects a certain thing, knowledge follows. Without information, a person has no basis for decision making and cannot overcome the problems they face (Sulaeman, 2016). Knowledge is the result of human sensing, or the result of knowing someone about an

object through the senses they have (eyes, nose, ears and so on). Therefore, knowledge is a variety of things that are obtained by a person through the five senses (Notoatmodjo, 2017).

The results showed that most of the respondents had sufficient knowledge and there was also good knowledge and insufficient knowledge, this was because the respondents' knowledge was influenced by several factors including age, education, occupation and how many times they had massaged cold coughs on their toddlers.

According to the findings of the cross-tabulation between knowledge and age, respondents with ages 20 to 35 who were in a productive age had, for the most part, sufficient knowledge.

Meanwhile, the productive age is a time when it is simple to find and receive information regarding health, goes the theory. Regarding the respondents' educational backgrounds, it is well known that the majority of those with higher levels of education also have solid knowledge of cold massage in infants. Additionally, it is well known that the vast majority of respondents work as housewives and feel that their education is weak. It is also well known that toddlers lack experience with receiving cold massages. This demonstrates that mothers are already aware of the benefits of cold-cough massage. Education and age-related

characteristics had the biggest effects on respondents' knowledge of cold and cough massage.

2. Mother's motivation in choosing massage therapy

According to Fahmi, (2012: 143) motivation is a behavioral activity that works in an effort to meet the desired needs. According to Azwar, a person or group of individuals who wish to work together as effectively as possible to carry out a planned action to achieve a certain goal. predetermined is motivation. Motivation is a stimulus or encouragement possessed by that person or group. If the goal is clear, understood by the person being motivated, and aligned with the needs of the person being motivated, the act of motivating will be more effective. The life background, needs, and personality of the individual to be inspired must therefore be known and fully understood by everyone who will provide motivation (Jenita, 2017). Most of the respondents' motivation for choosing cold cough massage for toddlers is still classified as moderate, moderate motivation is a strong enough encouragement to do the desired action. This can be influenced by many factors including the age factor, the results of the study show that respondents aged 20-35 years have moderate motivation, and respondents who are > 35 years are also known to have strong motivation. From these two factors it can be explained that age is considered to have no effect

on one's motivation. In addition to these factors, there are also factors that play a role in the motivation of respondents, namely the experience factor, it is known that respondents who often massage their toddlers have a strong motivation to choose massages for coughs and colds for their toddlers.

3. The relationship between knowledge and motivation of mothers with the frequency of infant massage therapy
- Children naturally tend to be fussy and difficult to take medication. Children who have been exposed to taking drugs, especially those that taste bitter, of course, experience trauma when taking medication. Therefore, additional techniques are needed to help the child's recovery process (Sutarmi, 2018). Along with the development of complementary therapy, currently many mothers who have children under five choose additional alternative therapies besides pharmacological therapy, including massage therapy, steam therapy and herbal medicine (concoctions). Cold cough massage therapy is a touch action to relieve blocked nose, chest or airways. One of the non-pharmacological therapies used to treat cold coughs is massage therapy which is currently in great demand by mothers who have toddlers with cold coughs.

Based on the results of the correlation test, it is known that there is a relationship between knowledge and mother's motivation in choosing a cold cough massage for toddlers. It is known that respondents with good

knowledge have strong motivation, while respondents with moderate knowledge also have moderate motivation. Through the results of the Spearman Rho test, it is known that there is a relationship between knowledge and mother's motivation in choosing cough massage therapy

CONCLUSIONS

The trend of cold cough massage therapy as an alternative therapy for toddlers with dilator ARI is motivated by parents' knowledge of the benefits of massage therapy. Parents who have good knowledge about the benefits of massage therapy for ARI in toddlers will understand when is the right time for their toddler to get alternative therapy besides pharmacological medical therapy. So this will have an impact on the frequency of massage therapy visits for colds and coughs in toddlers with ARI.

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