

## KNOWLEDGE OF PREGNANT WOMEN ABOUT ACUPRESSURE AT MASNI HEALTH CENTER

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### ABSTRAK PENGETAHUAN IBU HAMIL TENTANG AKUPRESUR DI PUSKESMAS MASNI

Latar belakang: Kehamilan merupakan suatu proses yang alamiah dan fisiologis semua wanita. *Selama masa kehamilan, tubuh ibu hamil akan mengalami perubahan secara fisik tubuh terasa mudah lelah, mual di pagi hari (morning sickness), insomnia, serta cemas.* Terapi non farmakologi merupakan jenis terapi komplementer yang dapat digunakan sebagai intervensi untuk mengatasi keluhan-keluhan yang dirasakan ibu hamil, diantaranya yaitu akupresur, akupuntur, relaksasi, dan terapi lainnya. Akupresur merupakan salah bentuk dari fisioterapi dengan memberikan pemijatan dan stimulasi pada titiktitik khusus pada tubuh. Terapi akupresur merupakan tindakan yang sangat sederhana dan efektif, mudah dilakukan, mempunyai efek samping yang sedikit.

Tujuan: untuk menganalisis pengetahuan ibu hamil tentang Akupresur di Puskesmas Masni.

Metode: Dalam penelitian menggunakan metode deskriptif. Dilaksanakan pada bulan Mei 2023. Sampel penelitian ini adalah semua ibu hamil yang berkunjung di Puskesmas Masni. Pengambilan sampel dilakukan dengan teknik total sampling yaitu 25 responden.

Hasil: didapatkan mayoritas responden berumur 20-35 tahun sebanyak 17 orang (68%) , berpendidikan SMP 11 Orang (44%) yang sebagian besar memiliki pekerjaan sebagai IRT sebanyak 14 orang (56%) dengan paritas paling banyak multigravida berjumlah 15 orang (60%), serta sebagian besar responden memiliki pengetahuan kurang tentang akupresur yaitu berjumlah 18 orang (72%).

Simpulan: dari hasil penelitian adalah sebagian besar ibu hamil memiliki tingkat pengetahuan kurang tentang pengertian, manfaat, kontraindikasi, cara melakukan dan titik akupresur yang dilakukan pada kehamilan.

Saran : Diharapkan ibu hamil mencari informasi mengenai terapi akupresur kehamilan dari bidan ataupun dari media, serta harapan untuk bidan agar dapat mengikuti pelatihan atau seminar tentang akupresur pada kehamilan.

Kata Kunci: Akupresur, Ibu Hamil, Pengetahuan

### ABSTRACT

Background: Pregnancy is a natural and physiological process for all women. During pregnancy, the body of pregnant women will experience physical changes, the body feels tired easily, morning sickness (morning sickness), insomnia, and anxiety. Non-pharmacological therapy is a type of complementary therapy that can be used as an intervention to address complaints felt by pregnant women, including acupressure, acupuncture, relaxation, and other therapies. Acupressure is a form of physiotherapy by providing massage and stimulation at specific points on the body. Acupressure therapy is a very simple and effective action, easy to do, has few side effects.

Objective: to analyze the knowledge of pregnant women about Acupressure at Masni Health Center.

Method: In research using descriptive method. It will be held in April 2023. The sample for this study is all pregnant women who visit the Masni Health Center. Sampling was done by total sampling technique, namely 25 respondents.

Results: showed that the majority of respondents aged 20-35 years were 17 people (68%), 11 people with junior high school education (44%) most of whom had jobs as housewives as many as 14 people (56%) with the most multigravida parity of 15 people (60%) , and most of the respondents had less knowledge about acupressure, namely 18 people (72%).

Conclusion: from the results of the study is that most pregnant women have a lack of knowledge about the meaning, benefits, contraindications, how to do it and the acupressure points performed during pregnancy.

Suggestion: It is expected that pregnant women seek information about pregnancy acupressure therapy from midwives or from the media, as well as hopes for midwives to be able to attend training or seminars about acupressure in pregnancy.

Keywords: Acupressure, Pregnant Women, Knowledge.

## INTRODUCTION

Pregnancy is a series of processes experienced by women that begin with the meeting between the egg and sperm cells in the woman's ovaries (ovaries), then proceed to the preparation of the zygote, attachment or attachment to the uterine wall, the preparation of the placenta, and growth as well as the development of conception results until enough time (term). Pregnancy is a natural and physiological process for all women (Levett et al., 2016b). According to the International Federation of Gynecologic Obstetrics, pregnancy is defined as fertilization or union of spermatozoa and ova and followed by nidation or implantation. Pregnancy in humans ranges from 40 weeks or 9 months, calculated from the beginning of the last menstrual period until delivery (Boelig et al., 2017; Haruna et al., 2019).

The stage of pregnancy is divided into three trimesters. During pregnancy, the body of pregnant women will experience physiological changes and adjust to the growth and development of the fetus in the womb (Mollart et al., 2021; Sokunbi et al., 2020). In the first trimester, physical changes such as breasts feel painful and look swollen, the body feels easily tired, nausea in the morning (morning sickness), and emotions tend to change, for example from happy to anxious, or suddenly sad, insomnia. During the second trimester, nausea usually begins to subside, emotions are more controlled, sexual arousal returns to normal, the body no longer feels easily tired, and sleep better and begin to feel the first movement of the fetus (Komariah et al., 2021; Wei et al., 2021). In the third trimester changes in body shape are increasingly visible, because the abdomen increases in size and may press on the chest cavity, so you can feel less comfortable when breathing. As well as feeling anxiety such as fear of childbirth or doubts about not being able to be a good parent (Suzuki & Tobe, 2017).

Many ways are done by pregnant women when facing discomfort during pregnancy, both by pharmacological and non-pharmacological therapy. Pharmacology is treatment done by taking drugs. While non-pharmacology is a type of complementary therapy that can be used as an intervention to overcome complaints felt by pregnant women, including: acupressure, acupuncture, relaxation, and

other therapies (Bashtian et al., 2018; Subramaniam et al., 2016).

Acupressure is a form of physiotherapy by providing massage and stimulation at special points on the body. Acupressure therapy is a very simple and effective action, easy to do, has few side effects. This technique uses fingers instead of needles but acupressure is performed at the same points as those used in acupuncture therapy (Vagharseyyedin et al., 2018). In pregnancy, acupressure is often used as an alternative non-pharmacological treatment to overcome maternal discomfort during pregnancy due to the influence of physiological changes. Physiological changes in pregnancy that can use acupressure as an alternative include helping to overcome pelvic pain to relax, improve sleep quality, nausea vomiting, reduce pain, overcome anxiety, stress, to depression (Levett et al., 2016; Neri et al., 2016).

Research conducted (Sivaramakrishnan, 2018), It was found that acupressure can be acicular acupressure therapy as an alternative method to reduce physical and psychological stress, and sleep disorders. As well as research conducted by found a significant decrease in morning sickness scores of first trimester pregnant women (Westhoff et al., 2021).

## METHOD

The research design used was quantitative descriptive research, with a cross sectional approach method. The population in this study is all pregnant women at Masni Health Center in April 2023. Sampling was carried out by total sampling technique with a sample of 25 respondents. The instrument used in this study was Kuisoner with 16 statement questions. The analysis used in this study is univariate analysis to analyze each variable from the results of the study and is presented in the form of frequency distribution. Univariate analysis was performed using SPSS Version 22.

## RESULT

Based on the table above, it shows that the majority of respondents aged 20-35 years as many as 17 people, 11 people with junior high school education (44%) who mostly have jobs as IRT as

many as 14 people (56%). While the most multigravida parity amounted to 15 people (60%).

**Table 1**  
**Characteristics of Respondents**

Characteristic	N	%
Age		
≤ 20 Tahun	5	20
20-35 Tahun	17	68
≥ 35 Tahun	3	12
Education		
Primary school	8	32
Junior High School	11	44
High School	6	24
Work		
Housewife	14	56
Employee	5	20
Civil Servants	6	24
Parity		
Primigravida	10	40
Multigravida	15	60

**Table 2**  
**Distribution of Pregnant Women's Knowledge Level About Acupressure**

Knowledge of Acupressure	N	%
Good	0	0
Enough	7	28
Less	18	72

Based on the table above, it shows that the majority of respondents have a less level of knowledge about acupressure, which is 18 people (72%).

## DISCUSSION

The results of the study of pregnant women's knowledge about acupressure were mostly in the knowledge of less than 18 respondents (72%), sufficient knowledge as many as 7 respondents (28%) and good knowledge as many as 0 respondents (0%). Pregnant women know less about acupressure both from the understanding, benefits, contraindications, how to do and acupressure points that can be done in pregnancy. The factor of pregnant women has less knowledge because acupressure is still unfamiliar among the public, as well as lack of information about acupressure for pregnancy. Pregnant women who are in the working area of the Masni Health Center have limitations in finding information about acupressure in pregnancy. This of course makes pregnant women less knowledge, especially knowledge about pregnancy is

obtained by pregnant women only from health / midwives. In addition, the educational factor is also what makes mothers still lacking in knowledge (Azila et al., 2022) argued, the higher one's level of education, the easier one is to receive knowledge. The level of education also influences a person's perception to be more accepting of new ideas and technologies. This research is in line with the research conducted (Yeung et al., 2017) that the level of education affects the level of knowledge of a person. Education is also one of the factors that influence a person's perception. Because it can make it easier for someone to make decisions and act. Pregnant women who have secondary or higher education will be better able to absorb and apply acupressure techniques later than pregnant women who are not educated. In this study, the majority of respondents had junior high school education as many as 11 respondents (44%) and all respondents were in less knowledge. In addition to the education factor, the work factor is also very influential in the mother's knowledge. Environmental factors and the work of pregnant women also play a role in the source of knowledge of pregnant women about acupressure in pregnancy. Pregnant women in this study mostly work as IRT as many as 14 respondents (56%) who make maternal knowledge does not increase because they only focus on housework. This can happen because pregnant women do not meet people who have good knowledge, automatically pregnant women will have good knowledge because pregnant women are in the scope of well-informed people (Kong et al., 2023).

The results of the study of pregnant women's knowledge about the understanding of acupressure were mostly in the knowledge of less than 18 respondents (72%). Pregnant women do not understand the meaning of acupressure, such as pregnant women understand that acupressure is a development of acupuncture so that the principle is the same that distinguishes it from acupuncture therapy is acupressure therapy using fingers and acupuncture techniques using needles (Wu et al., 2018). Knowledge has a level, one of which is Know, which is defined as the process of effort made by individuals to obtain a new change in behavior as a whole as a result of the individual's own experience in interaction with his environment (Levett et al., 2016). Most respondents are not in accordance with the theory, because respondents do not understand the meaning of acupressure. Most of the respondents in this study had a junior high school education of 11 people (44%) (Waits et al., 2017) A person's level of education also determines one's understanding and absorption of knowledge.

The results of the study of pregnant women's knowledge about the benefits of acupressure were mostly in the knowledge of less than 18 respondents (72%). Pregnant women do not know the benefits of acupressure such as relieving pain and symptoms in various diseases such as lowering heart rate in stroke patients. Acupressure can also be used to treat pain during menstruation (dysminore) and menstrual distress (Haruna et al., 2019). In this study, it was found that most respondents aged 20-35 years amounted to 17 people (68%). Age is one of the variables of the demographic model that is used as an absolute measure or different psychological indicator, the age of the mother affects how pregnant women make decisions in maintenance (Boelig et al., 2017). The more age, the level of maturity and strength of a person will be more mature in thinking and working (Neri et al., 2016). This age is also related to the maturity of the mind in accepting, living and responding to something. As a person ages, the maturity of the intellect also grows stronger, thus fostering a better attitude in a person (Ayd & Rath, 2018). Thus it can be said that the older pregnant women get, it is expected that the attitude of pregnant women in knowing about the benefits of acupressure. According to (Mollart et al., 2021) There are several other factors that affect knowledge, one of which is information or mass media which is defined as a technique for collecting, preparing, storing, manipulating, announcing, analyzing and disseminating information with a specific purpose. Information affects a person's knowledge if they often get information about a learning it will increase their knowledge and insight, while someone who does not often receive information will not increase their knowledge and insight (Sokunbi et al., 2020). Most respondents in the criteria are lacking and have not conformed to the theory. This is due to the lack of information about acupressure to be accessible to pregnant women so that pregnant women lack information to increase their insight.

The results of research by pregnant women on acupressure contraindications are mostly in less knowledge as much as 18 (72%), sufficient knowledge 7 respondents (28%) and good knowledge 0 respondents (0%). Pregnant women know less about the contraindications of acupressure. Acupressure should not be done on painful areas, increased body temperature, rheumatic pain, unconsciousness, pubic area, and not done in damp rooms (Wei et al., 2021). The use of acupressure should not be done on patients who are too hungry, full, tired, emotional, after blood donation, and after exercise. In pregnancy,

acupressure points that should be avoided are GB21, LI4, SP6 and ST36 points because these points can stimulate uterine contractions. Avoid points that can adversely affect the growth, development and health of the fetus at certain gestational ages such as the abdominal point from 24 weeks to 32 weeks. According to research conducted (Komariah et al., 2021), In productive age is the age that has the most roles and activities are quite dense and have good cognitive abilities. So at this age it has a great influence on a person's level of knowledge (Subramaniam et al., 2016). This is not in accordance with Astuti's research (2012) there is a relationship between age and knowledge of a person with the age range of 20-45 is a person's mature age where at that age will have good grasp and thinking power so that the person's knowledge is also good. This is because most respondents aged 20-35 years as many as 11 respondents (44%).

The results of research on pregnant women on how to do acupressure were mostly in the knowledge of less than 18 respondents (72%), sufficient knowledge as many as 8 respondents (28%) and good knowledge as many as 0 respondents (0%). Pregnant women do not know about how to do acupressure. Acupressure is done with 30 rounds of clockwise pressing for 3-5 minutes. In emphasis, it is best not to be too harsh and make the patient painful. Correct emphasis should be able to create a sensation of taste (comfortable, sore, hot, itchy, sore, tingling and others). According to (Vagharseyyedin et al., 2018) There are several factors that affect knowledge, one of which is experience. How to solve problems from previous experiences that have been experienced so that the experience gained parity with multigravida means that with the increase in the number of children owned by the mother, the more time and attention the mother takes up to take care of, educate and raise her children (Neri et al., 2016). So that mothers do not have enough free time to increase knowledge and in the end will affect the attitude of pregnant women in recognizing acupressure techniques. Unlike mothers who have not had children or are pregnant for the first time, of course, they will have more time and opportunity to increase their knowledge and knowledge about acupressure and in the end the attitude of pregnant women is also increasingly positive in dealing with it. According to research (Levett et al., 2016), There is a relationship between knowledge and experience. Experience as a source of knowledge is a way to obtain the truth of knowledge by repeating the knowledge gained.

The results of research on pregnant women about pregnancy points that can be done

acupressure most respondents in knowledge less than 18 respondents (72%), enough knowledge as many as 8 respondents (28%) and good knowledge as many as 0 respondents (0%). Pregnant women do not know about pregnancy points that can be done acupressure including PC point 6 (Neiguan) Located 2 cun above the wrist, between the tendon m. palmaris longus and m. flexor carpiradialis. PC point 6 or often referred to as Neiguan point is believed to reduce nausea and vomiting in pregnant women (Sivaramakrishnan, 2018) HT7 point (Shenmen) this point is located in the fold of the wrist under the little finger on the inside of the forearm, precisely on the line between the ring and little fingers (Silva, 2016), Gallbladder 20 (GB20) which is also called Feng Chi is a recommended point for headaches, migraines, nearsightedness or fatigue, lack of energy, and flu symptoms. According to (Hu et al., 2021) Education, the process of changing the attitude and behavior of a person or group and is an effort to mature humans through teaching and training efforts. The higher a person's education, the faster he receives and understands information so that the knowledge possessed is also higher. Most of the respondents were in accordance with the existing theory because most of the respondents in this study had a junior high school education of 11 respondents (44%) and none of them were in good or sufficient knowledge. This is because the junior high school level is basic education so that it does not have a high education to be able to receive and understand information that causes lack of knowledge. Research results (Ca et al., 2020) The level of education has a relationship with the level of knowledge of a person, because it is undeniable that the higher a person's education the higher they receive information which in the end the more knowledge they have. Vice versa, if a person's level of knowledge is low, it will certainly hinder the development of one's attitude in receiving information (Adlan et al., 2017).

## CONCLUSION

The conclusion of the results of the study is that most pregnant women have a level of knowledge less about the meaning, benefits, contraindications, how to do and acupressure points carried out in pregnancy. It is expected that pregnant women seek information about pregnancy acupressure therapy from midwives or from the media, as well as hopes for midwives to be able to attend training or seminars on acupressure in pregnancy.

## SUGGESTION

It is expected that pregnant women seek information about pregnancy acupressure therapy

from midwives or from the media, as well as hopes for midwives to be able to attend training or seminars on acupressure in pregnancy

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