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by beta herilla

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INTERVENTION OF HEGU, SHENMEN, ZUSANLI, AND CHIZE POINTS IN OVERCOMING ANXIETY IN CHILDREN'S HOME AND ELDERLY GRIYA ASIH LAWANG

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Mayang Wulandari, Chantika Mahadini

Study Programme of Acupuncture Politechnic of Health RS dr Soepraoen Malang

ABSTRACT

Background : The elderly population has a different socioeconomic character compared to the young population, so it requires special attention for policy makers so that the direction of development can be of maximum benefit to the elderly population. About 12% to 15% of people aged 65 years and over have psychiatric problems that require professional psychiatric intervention (O'Mahony, 2015). **Objective** : The general objective of this research is to Analyze the Effects of Hegu, Shenmen, Zusanli, and Chize Point Acupuncture Interventions in Overcoming Elderly Anxiety in Children's Foster Homes and Griya Asih Lawang Elderly Homes. **Method** : The research design used in this study is a pre-experimental design with pretest-posttest design. The population and sample numbered 26 elderly people, using a total sampling technique, the research instrument was a questionnaire sheet containing the HARS scale. **Results** : there was a change in respondents after acupuncture therapy that was anxiously decreased scale. **Conclusion** : For academics, this research is expected to provide new information about the effects of Hegu, Shenmen, Zusanli, and Chize Point Acupuncture in Overcoming Elderly Anxiety and open up opportunities for continuing scientific development through subsequent research on elderly anxiety.

Keywords: Acupuncture, Anxiety, Elderly.

PRELIMINARY

Elderly people tend to put aside their emotional problems more than younger people and are afraid to reveal the social, family, financial, and personal problems they experience, which often causes difficulties and visits to the ER (Gallagher, 2008). Based on general understanding, a person is called elderly if he is 65 years or older. There are age restrictions that cover the age limit of people included in the elderly category, including 60 years (Law No. 13 of 1998) and 60-74 years (WHO). Elderly is a condition characterized by the failure of a person to maintain balance in health and physiological stress conditions. Elderly is also associated with a decrease in the ability to live and increase individual sensitivity.

The elderly population has a different socioeconomic character compared to the young population, so it requires special attention for policy makers so that the direction of development can be of maximum benefit to the elderly population. About 12% to 15% of people aged 65 years and over have psychiatric problems that require professional psychiatric intervention (O'Mahony, 2015). In an aging population, health problems become more complex and chronic and result in more doctor visits. ER visits, hospitalizations, and long-term disabilities increase with age. In addition, the growth of social isolation, financial difficulties, many medical problems, improvement of psychiatric disease somatization, and failure to recognize psychiatric problems in the ER, as well as failure to make appropriate referrals to psychiatrists, increase parental psychiatric morbidity (Maruyama, 2006).

Acupuncture is one of the complementary alternative treatments recognized by the Indonesian Ministry of Health. Acupuncture has few dangerous side effects, infection can be avoided by using disposable acupuncture needles. Synthetic chemical drugs can adversely affect body organs, such as: kidneys, stomach, heart, and other organs (Tamsuri, 2007). One natural treatment is acupuncture therapy. Acupuncture can help overcome anxiety effectively. The comfort felt by the body after acupuncture is related to the release of endorphins by the body when pricking acupuncture points (Yuan, 2004).

Material and Methods

The research design used in this study is a pre-experimental design with pretest-posttest design. Experimental research or experiment research is an experimental activity, which aims to find out a symptom or effect that arises, as a result of certain treatments (Notoatmodjo, 2005). In this study, researchers wanted to know the effect of Hegu, Shenmen, Zusanli, and Chize Point Acupuncture in Overcoming Elderly Anxiety in Children's Foster Homes and Elderly Griya Asih Lawang. The population in this study were all the elderly who suffer from anxiety disorders in the Children's Foster Home and Griya Asih Lawang Elderly in July 2019 totaling 26 people. The sample determined in this study were all the elderly who suffer from anxiety disorders in the children's foster home and the elderly

Griya Asih Lawang in July 2019 totaling 26 people. The sampling technique of this study using total sampling is the same sampling with the existing population.

The dependent variable in this study is anxiety disorders in the elderly. The independent variables in this study were the acupuncture of Hegu, Shenmen, Zusanli, and Chize points. This research will be conducted at the Foster Children Home and Elderly Griya Asih Lawang Jalan Pramuka RT 06 / RW 11 Ngamarto Lawang Village 65211. The study was conducted for 7 days in July 2019 after passing the proposal and ethics test. Materials and tools used are acupuncture needles, alcohol cotton, and timers. The instrument which is a measuring instrument used in this study is a patient observation sheet to identify the age, date of therapy and the HARS scale. The research licensing process is carried out through the following process: Before conducting research, researchers submit a letter of ethical eligibility from the Poltekkes Hospital Dr. Soepraoen Malang. Then proceed with the submission of a research permit to the management of the GPIB Dianonia Foundation for Children and Elderly Homes (RAAL) in Lawang. After getting permission from the management of the GPIB Dianonia Foundation for Children and Elderly Homes (RAAL) researchers will conduct research at the Children and Elderly Homes (RAAL) in Lawang.

The data collection process in this study was carried out in the following stages: The researcher conducted a survey of the elderly suffering from anxiety disorders at the Children's Foster Home and Griya Asih Lawang Elderly in October 2018 by asking the management of anyone with anxiety disorders. The researcher gave an introduction and direction on acupuncture therapy to the foundation's management and the elderly who suffer from anxiety disorders. Elderly who suffer from anxiety disorders who are willing to become Respondents are asked to sign an Informed Consent, if they are unable, then the family or the foundation's management who represents for the signature. Respondents were measured anxiety scale using HARS before acupuncture therapy was carried out pre-test data collection. Hegu, Shenmen, Zusanli, and Chize Point acupuncture therapy to Respondents according to the procedure carried out 6 times the therapy with a schedule every day for a week. After Respondents undergo acupuncture therapy as much as 6 times therapy

Respondents were measured again anxiety scale using HARS this is the retrieval of post-test data.

RESULTS

Characteristics of respondents who were the focus of this study were the anxiety of the elderly at RAAL before and after the acupuncture therapy of Hegu, Shenmen, Zusanli, and Chize points can be seen in the following table:

No	Name	Elderly Anxiety Before Acupuncture Therapy (Pre Test)		Elderly Anxiety After Acupuncture Therapy (Post Test)	
		Score	Anxiety level	Score	Anxiety level
1	Respondents 1	16	Moderate	10	Mild
2	Respondents 2	15	Moderate	11	Mild
3	Respondents 3	16	Moderate	5	No Anxiety
4	Respondents 4	11	Mild	5	No Anxiety
5	Respondents 5	19	Moderate	10	Mild
6	Respondents 6	19	Moderate	5	No Anxiety
7	Respondents 7	21	Moderate	11	Mild
8	Respondents 8	21	Moderate	5	No Anxiety
9	Respondents 9	10	Mild	12	Mild
10	Respondents 10	10	Mild	5	No Anxiety
11	Respondents 11	11	Mild	5	No Anxiety
12	Respondents 12	13	Mild	5	No Anxiety
13	Respondents 13	11	Mild	11	Mild
14	Respondents 14	22	Moderate	10	Mild
15	Respondents 15	23	Moderate	5	No Anxiety
16	Respondents 16	10	Mild	5	No Anxiety
17	Respondents 17	11	Mild	11	Mild
18	Respondents 18	22	Moderate	13	Mild
19	Respondents 19	22	Moderate	11	Mild

20	Respondents 20	23	Moderate	5	No Anxiety
21	Respondents 21	10	Mild	4	No Anxiety
22	Respondents 22	10	Mild	12	Mild
23	Respondents 23	18	Moderate	11	Mild
24	Respondents 24	16	Moderate	11	Mild
25	Respondents 25	15	Moderate	11	Mild
26	Respondents 26	15	Moderate	12	Mild

(Source: Primary Data, June 2018)

From the table it can be concluded that most of the respondents experienced a decrease in anxiety levels after being treated with Hegu, Acupuncture, Shenmen, Zusanli, and Chize therapy. When viewed from the results of hypothesis testing using the Wilcoxon Test, it was found that there were differences in anxiety scale between before and after the treatment of Hegu, Acupuncture, Hmen, Zusanli, and Chize point therapy.

Table 1: Results of the analysis of the variable description of the average anxiety of the Elderly before and after the acupuncture therapy of Hegu Point, Shenmen, Zusanli, and Chize
Paired Samples Statistics

Paired Samples Statistics					
	Mean	N	Std. Deviation	Std. Error Mean	
Pair 1	Elderly Anxiety Before Acupuncture Therapy	15.77	26	4.769	.935
	Elderly Anxiety After Acupuncture Therapy	8.50	26	3.203	.628

Source: Primary data processed 2019

Table 2: Results of analysis of correlation of elderly anxiety before and after acupuncture therapy in Hegu, Shenmen, Zusanli, and Chize.

Paired Samples Test				
	Paired Differences			
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference
				Lower

Pair 1	Elderly Anxiety Before and After Acupuncture Therapy	7.269	5.496	1.078	5.049
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Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Elderly Anxiety Before Acupuncture Therapy & Elderly Anxiety After Acupuncture Therapy	26	.092	.656

Paired Samples Test

	Paired Differences	t	df	Sig. (2-tailed)	
	95% Confidence Interval of the Difference				
	Upper				
	Lower				
Pair 1	Elderly Anxiety Before and After Acupuncture Therapy	9.489	6.744	25	.000

Ho: μ_1 Elderly Anxiety Before Hegu Point Acupuncture Therapy, Shenmen, Zusanli, and Chize = μ_2 Elderly Anxiety After Hegu Point Acupuncture Therapy, Shenmen, Zusanli, and Chize

H1: μ_1 Elderly Anxiety Before Hegu Point Acupuncture Therapy, Shenmen, Zusanli, and Chize \neq Elderly Anxiety After Hegu Point Acupuncture Therapy, Shenmen, Zusanli, and Chize

α : 0.05

sig 2 tailed: 0,000

Because sig 2 tailed (0.000) $<$ α (0.05), H0 is rejected, which means Elderly Anxiety Before Hegu Point Acupuncture Therapy, Shenmen, Zusanli, and Chize is different from Elderly Anxiety after Hegu, Acupuncture Point Therapy, Shenmen, Zusanli, and Chize

Thus it can be concluded that there are effects of Hegu, Acupuncture, Shenmen, Zusanli, and Chize Point Acupuncture in Repairing anxiety in the elderly.

DISCUSSION

Based on the data presentation, it is found that most of the elderly experience emotional changes after being treated with acupuncture therapy. This is in accordance with the following explanation:

Acupuncture needles when inserted in certain parts of the body will deliver messages to the brain and the brain will release endorphins, a type of hormone that will stop pain and have a calming effect. This hormone will also act to move the body's resistance to fight disease. Acupuncture can increase the ability to take oxygen, remove carbon dioxide by improving lung capacity and volume so that the value of cardiorespiratory endurance is increased, and can improve blood circulation in target organs. The effects of local and distal microcirculation repair will greatly assist in the distribution of oxygen and energy needed by active muscle tissue. By improving local and distal microcirculation due to stimulation of acupuncture, muscle endurance is expected to be improved. As a result of microcirculation improvement, acupuncture can cause general vasodilation effects that can cause an increase in tissue temperature so that muscle strength is expected to increase as well. In addition, general vasodilation can cause a decrease in peripheral resistance and a decrease in blood pressure thereby reducing the work of the heart. Endorphins secretion due to stimulation of acupuncture causes a fresh and relaxed sensation (Sujudi, 2008).

CONCLUSIONS AND SUGGESTIONS

Based on the results of the study above, it can be concluded that: There is the influence of the acupuncture point of Hegu, Shenmen, Zusanli, and Chize in improving elderly emotions that is reducing the anxiety level of the elderly.

SUGGESTION

It is recommended to the acupuncture profession to make this research as input in developing acupuncture services. It is recommended to the Educational Institution

to use the results of this study as library study material and add to the library collection. It is recommended to further researchers to make this research as initial data study material to conduct further research on acupuncture in improving elderly anxiety and developed for other emotional repairs.

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