



PUBLIC INTEREST IN COMPLEMENTARY NURSING THERAPY IN BONDOWOSO DISTRICT DURING THE COVID-19 PANDEMIC.

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A B S T R A C T

Complementary therapy is the development of traditional therapies and some are integrated with modern therapies that affect individual harmony from psychological, psychological, and spiritual aspects. Complementary therapy can be in the form of health promotion, disease prevention or rehabilitation. Treatment using complementary therapies can improve health more thoroughly, especially in improving body health in the Covid-19 era. The design of this research is descriptive analytic with cross sectional approach. The population of this research is the Bondowoso community. The sample size of 88 respondents was recruited using simple random sampling technique. The instrument used in this study was a questionnaire about the interest in complementary nursing. The data used in this research is descriptive statistical analysis so that the results will be obtained in the form of frequency distribution. Data analysis aims at public interest in complementary nursing therapy in Bondowoso district during the Covid-19 pandemic. The results of the calculation of descriptive data on complementary treatment options that are often carried out by clients in Bondowoso Regency in the table above show that of the 88 respondents doing cupping therapy 38 (43.2%), acupressure treatment 36 (38.6%), acupuncture treatment 36 (14.8%), and herbal medicines 3 (3.4%). The conclusion of this study is in line with the results of the study, where the public's interest in complementary nursing is very high, it is a challenge for nurses, the search for nurses' abilities to practice nursing is also increasing, especially in the new habit era of COVID-19.

I. INTRODUCTION

The development of complementary therapies has recently been in the spotlight of many countries. Complementary or alternative medicine is an important part of health care in Indonesia and other countries. Clients who use complementary therapy have several reasons. One of the reasons is

the holistic philosophy of complementary therapies, namely the existence of inner harmony and health promotion in complementary therapies. Complementary and alternative therapies include all practices and ideas defined by users as prevention or treatment of disease or promotion of public health and well-being (1).

Nowadays the use of alternative complementary medicine is gaining popularity. From the data, it was found that in America, more patients used alternative medicine than those who came to a general practitioner, while in Europe its use varied from 23% in Denmark and 49% in France. In Taiwan 90% of patients receive conventional therapy combined with traditional Chinese medicine and in Australia about 48.5% of the population uses alternative therapy. Based on data from the Ministry of Health, the Indonesian population performs 15.04% complementary alternative medicine (2).

The existing complementary therapy is one of the community's medical options. In various health service places, many clients ask about complementary or alternative therapies to health workers such as doctors or nurses (3). The community invites nurses to dialogue for the use of alternative therapies. This happens because the client wants to get the service according to his choice, so that if the wish is fulfilled it will have an impact on client satisfaction. This can be an opportunity for nurses to play a role in providing complementary therapy(4).

Infection caused by a new type of coronavirus, namely: severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2), is one of the global health problems, including in Indonesia. The high rate of transmission between humans has caused this virus to quickly spread to various countries, including Indonesia (5). Every individual, including those who feel healthy, needs to do as much as possible to avoid physical encounters, especially on a large scale, as a strategy to break the chain of transmission and it is necessary to maintain immune health in an effort to improve body health by increasing promotive and preventive ways (6).

Complementary therapy can be in the form of health promotion, disease prevention or rehabilitation. Forms of

health promotion, for example, improving lifestyle by using nutritional therapy (7). A person who applies healthy, balanced nutrition containing various elements will improve the health of the body. These complementary interventions develop at the primary, secondary, tertiary prevention levels and can be carried out at the individual or group level, for example for imaginative and creative stimulation strategies. Treatment using complementary therapies has benefits besides being able to improve overall health, especially in improving body health in the Covid-19 era .

The role that nurses can give in complementary or alternative therapies can be adjusted to the role of the existing nurse, according to their limits. Basically, the development of nurses who pay attention to this already exists (2). Increasing community needs and the development of research on complementary therapies become opportunities for nurses to participate according to community needs. The nurse can act as a consultant for clients in choosing suitable alternatives or help provide direct therapy. However, this needs to be further developed through research (evidence-based practice) so that it can be used as a better nursing therapy (2).

Complementary therapy is the development of traditional therapies and some are integrated with modern therapies that affect individual harmony from biological, psychological and spiritual aspects(5). The results of this integrated therapy have passed clinical trials so that they have been compared to modern medicine. This condition is in accordance with the principle of care which views humans as holistic beings (bio, psycho, social, and spiritual). Treatment using complementary therapies has the benefit of being able to improve overall health and is also cheaper. Complementary therapies will be felt especially cheaper if clients with

chronic illnesses have to regularly spend funds(5).

Indonesian people's interest in complementary or traditional therapies is increasing. This can be seen from the number of visitors to complementary and traditional therapy practices in various places. In addition, more and more special schools or therapy courses are opening. Community needs related to complementary therapies are very high as the basis for researchers to conduct research on public interest in complementary nursing therapies in Bondowoso district during the Covid-19 pandemic.

II. METHODS

The design of this research is descriptive analytic with cross sectional approach. The population of this research is the Bondowoso community. The sample size of 88 respondents was recruited using simple random sampling technique with the criteria in this study were people living in Bondowoso district, clients aged 25-55 years and had done alternative medicine. The research variable is the community's interest in complementary nursing treatment.

The instrument used in this study was a questionnaire about the interest in complementary nursing using Indonesian with the validity test results of 0.712-0.887 and the reliability test result was 0.768. This research was conducted for a month from July to August 2020 which was carried out on communities in Bondowoso Regency.

The data used in this research is descriptive statistical analysis so that the results will be obtained in the form of frequency distribution. Data analysis aims at public interest in complementary nursing therapy in Bondowoso district during the Covid-19 pandemic.

III. RESULT

Description of the interest of the Bondowoso community in complementary nursing during the new habit era of the COVID-19 pandemic. The following is a description of the results of the research based on the variable characteristics and public interest in complementary nursing:

Table 1 Distribution of characteristics of respondents in Bondowoso Regency

Variable	(n)	(%)
Age		
25-35 years	50	56,8
36-55 years	38	43,2
Total	88	100
Profession		
Labor	36	38,6
Farmer	38	43,2
Entrepreneur	11	14,8
Employees	3	3,4
Total	88	
Gender		
Male	44	50
Women	44	50
Total	88	100

The results of the calculation of descriptive data on the characteristics of the respondents in the table above show that of the 88 respondents, the most age was 25-35 years, about 56.8%. Most of the employment status was farmer 43.2%. The gender in this study is the same, namely 50%.

Table 2 Distribution of client interest in complementary medicine in Bondowoso Regency

Variable	(n)	(%)
Interest	86	96,6
Not interested	3	3,4
Total	88	100%

The results of the calculation of descriptive data on the variable of client interest in complementary medicine in the table above indicate that of the 88

respondents who have interest in complementary medicine around 96.6% and not interested in 3 respondents or around 3.4%.

Table 2 Distribution of complementary treatment options frequently performed by clients in Bondowoso District

Variable	(n)	(%)
Cupping Treatment		
Acupressure Treatment	38	43,2
Akupoin	36	38,6
Herbal medicine	11	14,8
	3	3,4
Total	88	100

The results of the calculation of descriptive data on the choice of complementary treatment that are often carried out by clients in Bondowoso Regency in the table above show that of the 88 respondents doing cupping care therapy 38 (43.2%), acupressure care 36 (38.6%), acupuncture care 36 (14 , 8%), and herbal medicines 3 (3,4%).

IV. DISCUSSION

Complementary therapy is known as traditional therapy that is combined in modern medicine. Complementary is the use of traditional therapy into modern medicine. This terminology is known as a therapy modality or activity that adds an orthodox approach to health care (8). There is also a complementary therapy called holistic medicine. This opinion is based on a form of therapy that affects the individual as a whole, namely a harmonious individual to integrate mind, body and soul in a unified function (1).

Others argue that complementary and alternative therapies are a broad domain of medical resources that encompass health systems, modalities, practices and are characterized by theory and belief, in a way that is different from the general health care system in existing societies or

culture (4). Complementary and alternative therapies include all practices and ideas defined by users as the prevention or treatment of disease or the promotion of health and well-being (9). This definition shows that complementary therapy is a development of traditional therapy and is integrated with modern therapy that affects individual harmony from biological, psychological and spiritual aspects (8) The results of this integrated therapy have passed clinical trials so that they have been compared to modern medicine. This holistic principle of nursing needs to be supported by the ability of nurses to master various forms of nursing therapy including complementary therapy. The application of complementary therapies to nursing needs to refer back to the theories that underlie nursing practice (8).

Indonesian people's interest in complementary or traditional therapies is starting to increase. This can be seen from the results of research on the interest of the Bondowoso community on complementary nursing which on average showed that they were interested in complementary alternative medicine developed by nurses because of its easy and affordable application for the Bondowoso community. Types of complementary therapies are many and society needs to know the importance of complementary therapies (9). The public needs to know complementary therapies, including to help the community to choose and recognize complementary therapies to improve the health status and condition of clients, especially during the COVID-19 pandemic where people are required to always be in good health, in this case it is very clear that complementary therapies in nursing include therapy. promotive and preventive options during the COVID-19 pandemic.

Treatment using complementary therapies has the benefit of being able to improve overall health and is also cheaper. Complementary therapies will

be felt especially cheaper if clients routinely carry out complementary therapies in an effort to improve health status during the COVID-19 pandemic. Client experiences who initially use drug therapy show that they are more comfortable and feel the therapeutic effect when doing complementary therapies such as cupping, acupuncture, yoga and acupoints and herbs.

In line with the results of research where the public's interest in complementary nursing is very high, it is a challenge for nurses because the increasing ability of nurses to practice nursing is also increasing(4). This is based on the development of opportunities for independent practice. If the nurse has the ability to be accounted for, it will improve better results in nursing services (4). The role of nurses that can be carried out from the knowledge of complementary therapies is as a counselor, health educator, researcher, direct service provider, coordinator and as an advocate. As a nurse counselor, it can be a place for questions, consultations, and discussions if clients need information or before making decisions. Another role of nurses is as a researcher, among others, by conducting various studies developed from the results of evidence-based practice.

V. CONCLUSION

Indonesian people's interest in complementary or traditional therapies is starting to increase. The development of complementary or alternative therapies is widespread, including people who are involved in providing treatment because there are many health professionals and therapists other than those involved in complementary therapy. This can enhance the development of science through research that can facilitate complementary therapies to make them more accountable.

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