The Influence of Reflexology Massage Education on Increasing the Knowledge of DIII Midwifery Students at Batari Toja

Desi Heriyana*, Musni, St. Malka, Mutmainnah

Batari Toja Midwifery Academy, Indonesia

ABSTRACT

The Effect of Reflexology Massage Education on Increasing Knowledge of DIII Midwifery Students in Batari Toja, Reflexology massage or reflexology is one of the complementary therapy methods that is increasingly popular in the world of health. In the context of midwifery, reflexology has great potential to improve the welfare of pregnant and lactating mothers. Reflexology is a therapy technique that focuses on certain points, such as the feet, hands and ears. However, there is still limited research on the effectiveness of reflexology massage education on midwifery students. In fact, midwifery students have an important role in providing information and support to pregnant and lactating mothers. Therefore, this study aims to examine the effect of reflexology massage education on increasing the knowledge of DIII Midwifery students. And also aims to analyze the effect of reflexology massage education on increasing the knowledge of DIII midwifery students in Batari Toja. This study uses a quantitative method with a quasi-experimental research type with a pretest-posttest group design. The sample used was 38 students of Dlll Midwifery Batari Toja consisting of two classes, namely class 2A consisting of 20 students and Class 2B consisting of 18 students. Students' knowledge was measured before and after being given education using a knowledge test or questionnaire. Based on the results of the Wilcoxon Signed-Ranks Test, it can be concluded that, There is a significant increase in knowledge with a value of $p = 0.000$ $p < 0.05$ which means there is an increase in knowledge of Dlll Midwifery Batari Toja students. Reflexology education has proven effective in increasing the knowledge of Dlll Midwifery Batari Toja students. This Learning Method has succeeded in significantly increasing the knowledge of DIII midwifery students and can be used to improve the quality of Midwifery education.

Keywords: Knowledge, Massage, Reflexiology, Students

INTRODUCTION

Midwifery is one of the most important health professions in handling maternal and child health. Midwifery students need to have adequate knowledge and skills to provide quality services. One effort to improve the knowledge and skills of midwifery students is to provide education on various complementary health topics in midwifery, including reflexology massage. Reflexology massage is one of the complementary therapy methods that is increasingly popular in the world of health. This technique is believed to provide various benefits, including reducing pain, increasing relaxation, and

stimulating the function of body organs.

Reflexology massage therapy is a traditional touch therapy that can provide a relaxing effect and relax tense muscles, and is also beneficial for health. Massage improves blood circulation by providing a direct mechanical effect of pressure and rhythmic movement so that it causes stimulation to nerve receptors and also causes blood vessels to widen reflexively so that blood flow is smoother (Alviani, 2015).

Reflexology is an ancient therapy used by the Chinese, Egyptians, and Native American tribes for healing, but it was not until the 19th century that the medical, nursing, midwifery and complementary and alternative medicine (CAM) communities began to explore it scientifically. In reflexology, there are five zones on each side of the body, each of which extends down the arm and is limited to one finger, while also extending down the trunk and legs to the corresponding toes on the feet. Reflexology is also known as regional therapy and reflex massage therapy. The principle is that each area of the hands and feet represents each part of the body, such as the heart, liver, spleen, lungs, kidneys, and other internal organs, and when different areas of the hands and feet are massaged, it can stimulate energy, blood, nutrients, or nerves, resulting in therapeutic effects, including relieving mental stress, detoxifying the body, improving blood circulation, losing weight, delaying aging, and improving internal health (Deng chuan chai, 2022). Reflexology massage or reflexology is an alternative therapy technique that involves applying pressure to specific points on the body, especially on the feet, hands, and ears. These points are believed to be connected to internal organs, so that by massaging them, it is expected to stimulate the function of these organs and improve overall health and is also a non-invasive complementary therapy that has been increasingly accepted by modern society in recent years.

In the context of midwifery, reflexology has great potential to improve the well-being of pregnant and lactating mothers. However, there is still limited research on the effectiveness of reflexology education for midwifery students. In fact, midwifery students have an important role in providing information and support to pregnant and lactating mothers. This study aims to examine the effect of reflexology or reflexology education on increasing the knowledge of DIII Midwifery students. This study also aims to analyze the effect of reflexology education on increasing the knowledge of DIII Midwifery students about reflexology techniques, relevant reflexology points in midwifery, and indications and contraindications of reflexology, identify aspects of

knowledge that increase the most after being given education, find out students' perceptions of the benefits of reflexology and their willingness to apply it in midwifery practice, The results of this study are expected to contribute to the development of science in the field of midwifery, especially regarding the application of complementary therapies. In addition, this study is also expected to provide practical benefits for midwifery students, health workers, and pregnant women. By understanding the benefits of reflexology and having adequate knowledge, midwifery students can provide more holistic midwifery care and meet the needs of pregnant women.

MATERIALS AND METHODS

The research design used in this study used a quasi-experimental research type with a pretest-posttest group design. The population of this study was all 38 students of DIII Midwifery Batari Toja level II. The sampling method in this study was taken by purposive sampling with inclusion and exclusion criteria determined by the researcher. The inclusion criteria in this study were all Dlll Midwifery students level 2 semester IV at the Batari Toja campus, students who were willing to take part in the study or were willing to become respondents, students who had never received learning related to reflexology massage and students who were present and not sick, while the exclusion criteria were students who were not willing to take part in the study or were not willing to become respondents and students who were sick or absent.

This study was conducted for approximately 1 month. Then the data was collected using a questionnaire consisting of 10 multiple-choice questions about reflexology massage. The questionnaire was distributed to students before and after reflexology massage education. The data were analyzed using the Wilcoxon statistical test with the results of the study showing that there was an effect of reflexology education on increasing the knowledge of DllI midwifery students. This research took place from June 2024 to July 2024. And the location of this research is the scope of the Batari Toja Bone Institute Campus, Tanete Tiattang Barat District, Bone Regency.

RESULTS

Based on Table 1 above, it shows that most of the respondents (78.9%) were 20 years old. The 19 year and 21 year age groups have a smaller percentage. Respondents were distributed quite evenly between class 2a and class 2b, with class 2a having slightly more participants, namely (52.6%) 20 students.

Table 1. Distribution Characteristic Respondent

Characteristic Respondent	(N)	(%)
Age		
19	5	13,2
20	30	78,9
21	3	7,9
Class		
2A	20	52,6
2B	18	47,4
Total	38	100

Based on table 2 above, it shows that most students (97.4%) have "lacking" knowledge about reflexology massage before being given education. This shows that the provision of education is urgently needed to improve student knowledge. After the education was carried out, there was a very significant increase in student knowledge. After providing education, all students (100%) have "good" knowledge. With a P-value of 0.000, it shows that the difference between pretest and posttest is statistically significant.

Table 2.Results of Pretest and Posttest Data Analysis of Reflexiology Massage Knowledge

KNOWLEDGE	PRE		POST		P-VALUE
	n	%	n	%	
Good	1	2,6	38	100	
Less	37	97,4	0	0	0,000
Total	38	100	38	100	

DISCUSSION

Knowledge includes all activities with the means and means used as well as all the results obtained. In essence, knowledge is all the result of knowing about an object (it can be in the form of a thing or event experienced by the subject) (Octaviana & Ramadhani, 2021). Knowledge is the result of human curiosity about anything through certain ways and with certain tools. This knowledge has various types and properties, some are direct and some are indirect, some are impermanent (changeable), subjective, and special, and some are fixed, objective and general. Knowledge is very closely related to education, where it is hoped that with high education, the person will have a wider range of knowledge (Darsini et al., 2019).

In the training, students answer questions based on memorization only. ComprehensionThe ability to understand instructions/problems, interpret and restate in one's own words. Understanding concerns a person's ability to interpret information, determine the implications, consequences and influences. At the level of understanding, students are required

to express problems in their own words, give examples of principles or concepts. ApplicationThe ability to use concepts in new practices or situations.

Analysis using the wilcoxon test on students' knowledge achievement showed significant results with a good value of P<0.05, which means that reflexology education has an effect on students' knowledge achievement. The presentation of student knowledge in grades 2a and 2b in the pretest assessment from a total of 100% was 97.4% with the poor category, 2.6% obtained a score with a good category, then experienced a change in the posttest assessment where no one got a score with a category less than 0% and 100% obtained a score with a good category. The results of the analysis of pretest and posttest data of reflexology massage showed that there was a significant influence between the application of the evaluation method on the knowledge achievement of students with a value of P=0.000.

This finding is in line with the results of a study conducted by Trisnowati et al., (2020) on the evaluation of the level of knowledge on covid-19 prevention practices. The assessment was carried out using a questionnaire and the results were obtained from a total of 336 students as many as 86.9% (n=292) with a good level of knowledge. In addition, the results of the study on the influence of pre-test on the level of student understanding also showed an increase in the scores obtained, where in the pretest assessment for the intervention group (evaluation with pretest) the average student score was 48.2 and increased to 78.1 while in the control group the posttest score obtained was lower at 67.3 (Adri, 2020).

Based on the findings, the researcher assumes that there is an increase in knowledge achievement in pre-test and posttest assessments due to the education provided. This is because education makes students more motivated and serious in learning considering that there will be a final assessment so that they must get better results compared to the initial assessment.

This is in line with the results of research conducted by Iswanti et al., (2012) that there is a relationship between the clinical learning environment and the level of anxiety in clinical practice. The feeling of anxiety experienced by students is a long-standing feeling of fear of something that is not clear and is related to feelings of uncertainty and helplessness.

The findings in the study show the same results as previous researchers about the relationship between the learning environment and individual anxiety levels that can affect the desired outcomes. The impact of anxiety on physiological responses is regulated by the brain through the autonomic nervous system which has two types of responses: a parasympathetic response in which a person will be quiet or greatly reduce his activity, and a sympathetic response in which a person will become more active or called hyperactive. The condition of both is not beneficial to the body, this can be seen in a person with anxiety, can cause disorders both cognitively, affective and psychomotor. If a person cannot concentrate properly and it happens when facing an exam or test, then of course the results of a test will not get the maximum score

(Untari, 2014).

CONCLUSIONS

The results of this study show that the provision of reflexology massage education is effective in increasing the knowledge of midwifery students about reflexology. This can be explained by several reasons, namely: Reflexology education is provided in a clear, easy-to-understand, and interesting way. The use of varied learning media, such as videos, pictures, and demonstrations. Opportunities for students to ask questions and discuss with resource persons.Suggestions for further research Further research can use a more detailed measurement scale to measure student knowledge, for example by using the Likert scale.In addition to quantitative analysis, it is necessary to conduct qualitative analysis to find out more deeply about students' understanding of reflexology after participating in an educational program. Research can be conducted to see if this increase in knowledge has an impact on improving students' practical skills in performing reflexology.

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