

Non-Pharmacological Interventions in Overcoming Health Problems

Diana Pefbrianti^{1*}, Zubaidah², Iis Pusparina², Dian Ayu Pramukawati³, Nadia Sintia Wardany⁴

¹D-III Keperawatan Sekolah Tinggi Ilmu Kesehatan (STIKES) Intan Martapura

Jln. Samadi street No. 1, Martapura, South Kalimantan 70611 - Indonesia

⁴Universitas Sebelas Maret Surakarta, Jawa Tengah - Indonesia

Universitas Bakti Tunas Husada, Jawa Barat – Indonesia

*E-mail: dianapefbrianti38@gmail.com

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ABSTRACT Individuals often experience Complex issues such as sleep disturbances, pain, anxiety, nausea and vomiting, hypertension, weakness and imbalance in blood sugar levels. So that individuals experience limitations in carrying out activities and are still dependent on other people around him. Non-pharmacological interventions (Asihema therapy and te'undur) with the retreat method can have a positive impact in overcoming health problems to maintain its life and always respond to the environment Surrounding. The purpose of this community service is as an effort to overcoming health problems. This community service is carried out in the Indonesian Embassy (KBRI) hall Malaysia. The method carried out is to do interventions in the form of asihema therapy (listening to *asmaul husna*, handgrip relaxation, and inhaling aromatherapy then continued with Te'undur). The results of the community service carried out showed that after the intervention of asihema therapy and te'undur there was a increase in knowledge and participants felt enthusiastic. Asihema therapy can help maintain health problems and prevent the risk of complications and Te'undur technique can provide relaxation/calm to respondents spiritually by saying *istighfar* or *hamdalah* accompanied by deep breathing techniques and loosening the muscles of the body.

Keywords: *Asihema Therapy, Te'undur, Health Pbblems, Non-Pharmacology*

1. INTRODUCTION

The World Health Statistics reports that 57 million deaths in the world are caused by NCDs. Some diseases of non-communicable disease cause several signs and symptoms that can interfere with daily activities. Emerging health problems such as sleep disturbances, pain, anxiety, nausea and vomiting, weakness and impaired balance of blood sugar levels. Pharmacological forms of treatment using chemical substances as ingredients for their manufacture, can cause other diseases as side effects of treatment (Ainurrafiq, 2019). Decreased function of various organs of the body, the presence of comorbid diseases and the frequent occurrence of complications in various organs of the body and the occurrence of polypharmaceutical effects, the management of health problems becomes more complicated (Garg, 2014). People are now more choosing non-pharmacological treatment because of the low possibility of side effects (Ainurrafiq, 2019). Treatment of non-pharmacological aims to reduce complaints so as not to increase and reduce the incidence of further complications. There are many choices of non-pharmacological efforts in dealing with health

problems, so far the interventions applied in the community are listening to instrumental music, isometric handgrip exercises, and aromatherapy while in this community service, the service wants to combine Asmaul Husna's intervention, isometric handgrip exercise, and aromatherapy to find out more about how much influence the three interventions will have when combined in reducing blood pressure (Garg, 2014).

The intervention of dhikr Asmaul Husna has not been known to many people as audio treatment with Asmaul Husna, this intervention had no side effects. The audio effect is a therapeutic effect on the mind through the ear, then vibrating the eardrum and vibrating the hair cells in the cochlea then through the cochlear nerve to the brain and hypothalamus. The hypothalamus affects the basal structures of the forebrain which include the limbic system, where the hypothalamus regulates respiratory function, heart rate, blood pressure and memory (Alfiyanto, 2017). In addition, the benefits of Asmaul Husna's dhikr intervention are explained in the Qur'an Surah Al-A'rad verse 28 which says, "Those who believe and their hearts are at peace by remembering Allah. Remember, only by remembering Allah does the heart become at peace". When a person's heart feels calm, the body will feel relaxed, and relaxation itself is one of the self-management techniques based on how the sympathetic and parasympathetic nervous systems work. This relaxation can inhibit stress or tension The soul experienced by a person so that blood pressure does not rise. Thus, relaxation will make a person's state in a relaxed and calm stat (Forouzanfar, 2015). Research on the intervention of Asmaul Husna dhikr previously conducted by Slamet for 3 consecutive days saw changes in blood pressure after being given Asmaul Husna dhikr 10 minutes before treatment and 10 minutes after treatment.

Another intervention that can be done is handgrip relaxation isometry, although previously associated with an increased blood pressure response, some recent studies suggest this exercise to be one of the non-pharmacological treatments for health problems. Isometric exercise is a form of static exercise that occurs when a muscle contracts without any visible change in muscle length or joint movement. This exercise can be done anywhere, the intensity from mild to moderate, the use of tools is relatively cheaper and the time required is relatively less making this exercise has the potential for client health problems (karthikkeyan, 2020). Isometric exercises developed as one of the exercises for health problems are to use handgrips. Handgrip is a tool commonly used to measure the strength of hand grip muscles that are very important for every daily activity and sport. Handgrips are also used to detect functional mobilization disorders (Farah, 2017). Research on isometric exercises using handgrips was previously conducted on respondents who had hypertension explaining that for 5 consecutive days with a frequency of 1 time a day. Total duration during training of 180 seconds or 3 minutes and pressure measurement Blood after the intervention

was done after a 5-minute break showed a decrease systolic and diastolic blood pressure that varies between before and after administration intervention (Jeelani, 2018).

The next intervention is the provision of aromatherapy for health problems, because Aromatherapy is one way to heal that uses oil or the fragrances of a plant. One of the commonly used plants is the rose. When aroma therapy is inhaled, volatile molecules will carry aromatic elements that will stimulate memory and emotional responses that causes a feeling of calm and relaxation and can facilitate blood flow (Carlson, 2016). Some of the chemicals contained in rose essential oil include citral, citronellol, geraniol, linalol, nerol, eugenol, phenylethyl, alcohol, farnesol, nonil, and Aldehyde. Inhaling aromatherapy will increase alpha waves in the brain and This wave is what helps us to relax, it can reduce Vasoconstrictive activity of blood vessels, blood flow becomes smooth so that it decreases blood pressure (Carlson, 2016).

To facilitate the development of sleep management practice in occupational therapy, there is a need to further conceptualize on how sleep and occupation are linked and identify evidence-based occupational-based interventions that could be used in clinical practice. According to our study which entitled levine's conceptual model-based nursing interventions for blood pressure recovery in the elderly, It was found that the te'under intervention was effective for overcoming sleep disorders in the elderly ($p=0.016$) (Ainurrafiq, 2019). In the te'undur intervention, participants were asked to choose one of the dhikr word, namely Astaghfirullah (I ask God for forgiveness) or Alhamdulillah (All praise be to God). Then Ask to close the eyes of the elderly while breathing deeply through the nose For 3 seconds, hold your breath for 4 seconds and then exhale through your mouth for 5 seconds while saying "Astaghfirullohal'adzim" or Alhamdulillah which selected. While relaxing the muscles of the elderly body so that relax/comfortable. Managing sleep disorder is a challenging issue that may require lifestyle changes. The recognition of sleep disorder is especially important in the elderly due to age-related increases in comorbid medical conditions and medication use as well as age-related changes in sleep structure, which shorten sleep time and impair sleep quality. In this Community service, we describe sleep disturbances commonly observed in older people and apply te'undur technoque for sleep problem

Based on the above background, devotees are interested in teaching therapy listen to Asmaul Husna, isometric handgrip exercise, aromatherapy and Te'undur technique to Indonesian migrant workers in Malaysia in an effort to overcome health problems.

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in the cochlea then Through the cochlear nerve goes to the brain and hypothalamus. Hypothalamus affects The basal structures of the forebrain include the limbic system, where the hypothalamus governs respiratory function, heart rate, blood pressure and memory (Alfiyanto, 2017). In addition, benefits The intervention of dhikr Asmaul Husna is described in the Qur'an Surah Al-A'rad verse 28 who said, "People of faith and their hearts are at peace with remembering God. Remember, only by remembering God is the heart at peace." Benefit calming the heart is the basis for researchers to take dhikr Asmaul Husna. When a person's heart feels calm, the body will feel relaxed

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2. METHOD

The location of this Community Service activity is located at the Embassy of the Republic of Indonesia in Malaysia. This community service is carried out on Indonesian migrant workers in Malaysia. This activity held from September to December 2023. Activities are carried out in a hybrid manner (online in October and November and offline in December). The methods used are education, demonstrations and games. Then carry out asihema therapy By listening to Asmaul Husna, doing handgrip relaxation and inhaled aromatherapy and te'undur techniques. There are three stages of activity, namely:

Preparation.

At this stage, an initial survey of the place of implementation of activities is carried out, carrying out Observation and interviews with partners to determine priorities, problems that must be Immediately completed, carry out a data collection process to prepare materials in the process of designing screening activities, making proposals, preparing places and Methods for the implementation of activities.

Implementation.

At this stage, an analysis of community needs is carried out through communication with partners, system users and other parties who have interests, design plans Activities and implementation by implementing interventions in the form of asihema therapy (listening to asthma Husna, handgrip relaxation and inhalation aromatherapy) for 12 minutes. and perform the te'undur technique.

3. RESULT AND DISCUSSION

Community Service in October 2023



Figure 1. Online Community Service Activity Documentation October 2023

Community Service in November 2023



Figure 2. Community Service Activity Documentation in KBRI, November 2023

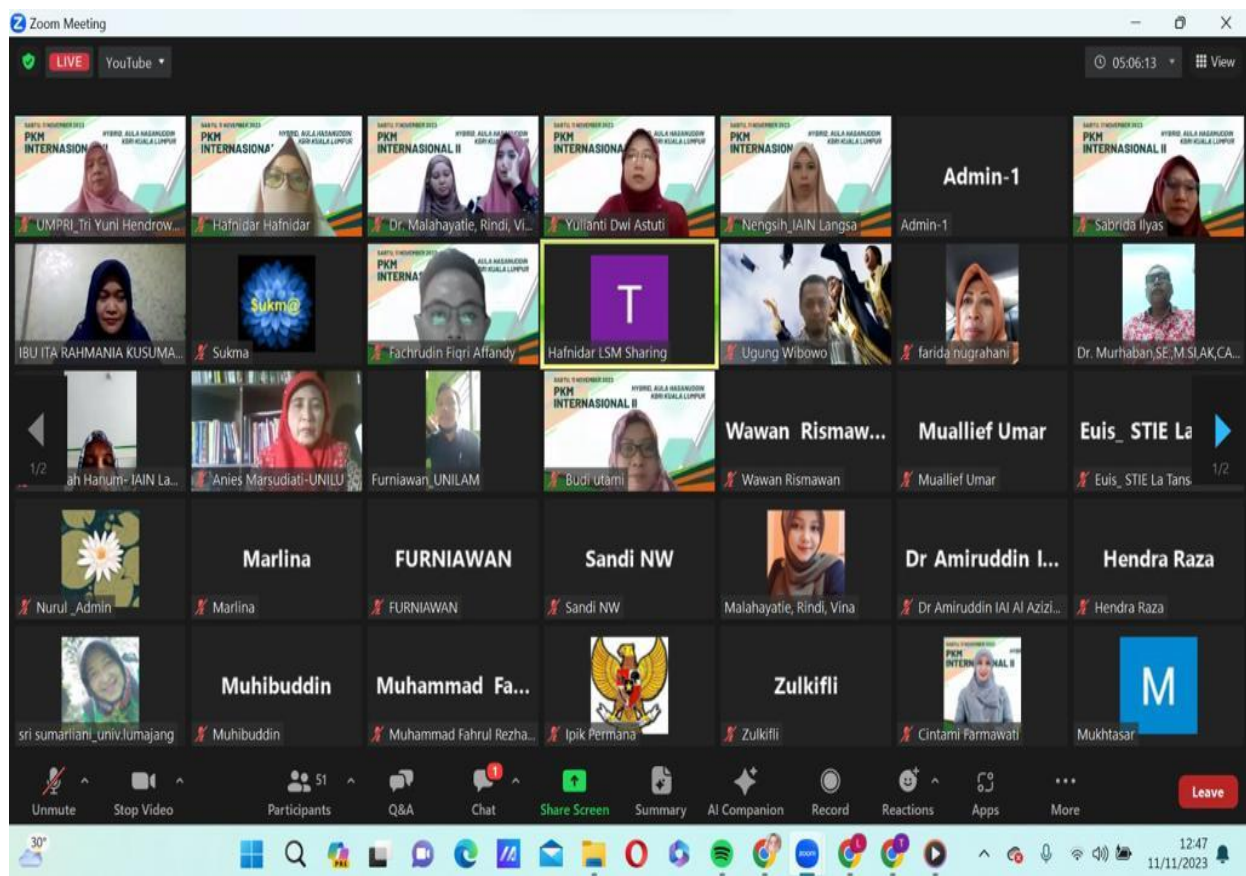


Figure 3. Online Community Service Activity Documentation October 2023

Community Service in Desember 2023



figure 4. Flyer of Community Service Activity Desember 2023



Figure 5. Community Service Activity Documentation held in KBRI, Desember 2023

The implementation of community service is carried out by: Intervention in the form of asihema therapy (listening to Asmaul Husna, handgrip relaxation and inhalation aromatherapy) for 12 minutes performed simultaneously. For 12 minutes The partisipant listen to the chanting of Asma'ul Husna in a sitting state, perform contractions isometric (grasping the handgrip) with one

hand for 45 seconds and performed Interchangeably. Then open the grip and rest for 15 seconds. Return perform isometric contractions (grasping the handgrip) with the other hand during 45 seconds (the procedure is repeated, so that each hand gets contractions, The total amount of duration during the workout is 12 minutes). At the time of grasping accompanied by regular breathing and exhalation exercises as well as inhalation of aromatherapy oils.

In the te'undur intervention, participants were asked to choose one of the dhikr word, namely Astaghfirullah (I ask God for forgiveness) or Alhamdulillah (All praise be to God). Then Ask to close the eyes of the elderly while breathing deeply through the nose For 3 seconds, hold your breath for 4 seconds and then exhale through your mouth for 5 seconds while saying "Astaghfirulloh hal'adzim" or Alhamdulillah which selected. While relaxing the muscles of the elderly body so that relax/comfortable. Managing sleep disorder is a challenging issue that may require lifestyle changes. The recognition of sleep disorder is especially important in the elderly due to age-related increases in comorbid medical conditions and medication use as well as age-related changes in sleep structure, which shorten sleep time and impair sleep quality. In this Community service, we describe sleep disturbances commonly observed in older people and apply te'undur technoque for sleep problem (Pefbrianti, 2023).

Monitoring and evaluation

Monitoring and evaluation (monev) is carried out directly to the target. Monitoring and evaluation is carried out by conducting discussions and questions and answers after community service activities are carried out in Embassy of The Republic of Indonesia in Malaysia. This evaluation aims to determine participants' understanding of asihema therapy and Te'undur techniques for calming the health problems. The results of the evaluation are both through questions and answers and the implementation of asihema therapy activities and Te'undur techniques are all participants enthusiastic when participating in the activity and Overall this activity can be done by all Participants at the Embassy of The Republic of Indonesia in Malaysia.

Asmaul Husna is the name of Allah in the Quran A total of 99 names are sung with calm and slow music. When listening to music with a slow chant then When sound enters the outer ear and goes inside, sound waves will be the nerve signals received into sound sensations. Sound is perceived then The body decreases the release of catecholamine hormones in blood vessels and the body will It relaxes and the pulse rate decreases and will cause a decrease in pressure blood (Bakar, 2020).

The same thing was conveyed by the American Heart Association (AHA), classifies Isometric Handgrip Exercise therapy as a potentially capable therapy lowers blood pressure in hypertensive

patients (Farah, 2017). Isometric Handgrip Exercise is a static exercise therapy using a handgrip dynamometer that involves contraction of muscle resistance without change in muscle length e.g. lifting or pushing heavy loads and contracting muscles against certain objects (karthikkeyan, 2020).

While aromatherapy is a complementary therapy in nursing practice and using essential oils from the sweet smelling of herbs to reduce problems health and improving quality of life. Sharma says that smell has an effect directly against the brain like an analgesic drug. For example, smell lavender then Increases alpha waves in the brain and helps to feel relax. By the time aroma therapy is inhaled, volatile molecules will carry aromatic elements that will stimulate memory and emotional responses that cause a feeling of calm and relaxation and can facilitate blood flow (Carlson, 2016).

4. CONCLUSION

Community service activities in the form of asihema therapy management and te'undur technique Conducted at the Embassy of The Republic of Indonesia in Malaysia one of the efforts to overcome health problems. Method of activities carried out by Implement interventions in the form of asihema therapy (listening to Asmaul Husna, handgrip relaxation and inhaling aromatherapy) for 12 minutes are performed simultaneously and Te'undur technique. it can reduce the health problems such as blood pressure, anxiety, nausea, vomiting, sleep disorder and so on.

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