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# IMPLEMENTATION OF COMMON COLD MASSAGE TRAINING EDUCATION FOR PARENTS WHO HAVE CHILDREN TODDLERS IN THE WORKING AREA OF TELUK COMMUNITY HEALTH CENTER

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## ABSTRACT

Pharmacological efforts to deal with ISPA (Acute Respiratory Infections) are by doing massage. Therapy massage has been shown effect positive in overcoming problems with premature babies, problems with digestion including constipation and diarrhea, as well as for illness channel respiratory problems such as asthma. Massage therapy provided is a common cold massage therapy that is very effective for babies or children suffering from cough Because the disease channels breathing. One of the Movements of This massage involves patting and vibrating the data and back to carry mucus to the large tract so that the child will automatically cough and the mucus will come out. This activity aims to understand the concept and implement common cold massage to treat children who experience ARI disease and increase knowledge and attitudes from participants in service activities before and after done program implementation. Devotion public was carried out from June 23 to June 25 2023, at Teluk Dalam Community Health Center. Service activities are held through direct counselling and implementation involving 5 elements, namely: Toddler concept, common cold massage concept, media, educational institutions, and society with methods of Focus Group Discussion (FGD). The results of achieving participant attendance reached 100%. Achievement: The aim of the FGD activity is generally good; the mother's understanding of common cold massage for toddlers was achieved well using tools. Procedure action, level of knowledge and attitudes of mothers with toddlers about common cold massage can be evaluated. The delivery of the material went well and was attended by 95% of people; the amount to be targets in the program, monitoring, and evaluation activities were carried out smoothly after practical activities, common cold massage. Community participation in activities plays an important role because awareness and understanding of the public are key majors in preventing and treating ISPA.

*Keywords:* Toddler, ISPA, Massage Common Cold.

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## INTRODUCTION

Age toddlers more often catch the disease compared to adults. This is due to the system defence of toddlers' bodies against infectious diseases is still in the developmental stage, and one frequently suffers illnesses in toddlers known as Acute Respiratory Infection (ARI). It is one of the reasons for death, mainly in babies and toddlers. An estimated 13 million children under five in the world die every year. This disease occupies the first position experienced by toddlers and babies (Octaviani, 2022).

One of Non- non-pharmacological efforts to deal with ISPA is by doing massage. Massage therapy has been shown effect positive to

overcome problems with babies' prematurity, digestive problems, including constipation and diarrhoea, as well as for illness channel respiratory problems such as asthma and the common cold (Febrianti, 2022).

One of the massage therapies that can be given is a common cold massage therapy that is very effective for babies or children who are suffering from a cough or have a cold Because the disease channels breathing. One movement from This massage involves patting and vibrating the data as well as back to carry mucus into the large tract so that the child will automatically cough up mucus will come out (Sutarmi, 2018).

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Massage for the common cold is recommended using oil olive or baby oil, movement massage 8 counts, done \_ once a day, and massage carried out for 15 minutes for 3 days (Sutarmi, 2018).

Based on the research results stated that massage therapy is effective in improving respiratory status in children under five with respiratory tract infections. This massage therapy can help relaxation secretion, tight breathing, mobilizing \_ from the peripheral to the central airway, and then releasing into the channel top. This can improve the function lungs (Febrianti, 2022).

Acute Respiratory Infection (ARI) is an acute infection involving the tract organs breathing the upper and lower parts caused by viruses, fungi, and bacteria. This disease is most often found in children under five years old because this age group is the group that suffers from its system immunity and is still body \_ susceptible to various diseases (Karundeng YM, et al. 2016).

The World Health Organization (WHO) said the incidence of tract infections (ARI) with a number death toddlers above 40 per 1000 live births or 15% -20% per year in toddlers. In Indonesia, there are still cases of ISPA occupy first order cause of death in the infant and toddler group with a prevalence of 25% with morbidity malnutrition at 14.9%. Nutritional status is a factor important risk of ARI; nutritional status will decrease the immune system's immune body and increase the risk of infectious diseases (Sulastini, 2018).

ISPA incidence data in South Kalimantan from the last 1 year, namely 2018, it was recorded that 376,589 ISPA incidents occurred in South Kalimantan. Where is the highest incidence rate? Found in Banjarmasin City with a percentage namely 19.6% of ARI events. (South Kalimantan Health Service, 2019).

The results of Shanmugan V's research in 2017 revealed that there is an effect of massage therapy on the function of the lungs and anxiety in children who have asthma. In this case, it is mentioned that massage can slow the respiration rate through the stimulation system nerve parasympathetic and liberating muscles tight breathing and fascia.

Devotion public was carried out from June 23 to June 25 2023, at Teluk Dalam Community Health Center. Service activities are conducted

through education and training by giving common cold massages and applying Health protocols during activities, including using a mask, taking care of distance, and guarding hand hygiene. The method used in this activity is through Focus Group Discussion (FGD).

Realization problem-solving in service activities this society does through mentoring (advocacy) and educating and implementing common cold massage to prevent ARI in children under five.

## **METHOD**

### **1. Initial stage**

This first stage is the program preparation stage. It begins with administration licensing, advocacy, and coordination with partners, including the Banjarmasin City Health Service, Teluk Dalam Community Health Center, and cadres. Next will be the identification target, the number of mothers with toddlers in the Teluk Dalam Community Health Center working area.

Then she needs to do an initial approach to the head of the community health centre, figures society, devices village, and cadre. This approach was taken simultaneously in the initial study utilizing visiting the area you want to visit given intervention, then doing discussion. The next activity is data collection on residents who have toddlers in carrying out the preparation of strategies/methods of activities that will be carried out.

### **2. Implementation Stage**

This service activity was carried out from June 23 to June 23 2023. This activity was carried out directly in the area. There are steps in implementing community service activities as follows:

This activity was carried out to identify an overview of the treatment program for children under five affected by ISPA, namely: This activity was carried out to identify far description of the treatment of children affected by ISPA and provide education and training Common Cold Massage for Toddlers.

### **3. Evaluation Stage**

Evaluation carried out to see the results of the implementation of common cold massage for toddlers who are at risk affected by ARI and implementation cadres and devices village that has been done as follows:

- a) Evaluate the results of the FGD with common cold massage
- b) Evaluation of the results of common cold massage
- c) Evaluation level knowledge, attitudes of mothers and behaviour of children under five This evaluation was carried out with partners, and it is hoped that they can continue this program in the future.

#### 4. Continuous Stage

At this stage, the presentation and socialization of activity results to related parties such as community health centres and sub-districts. Next, do advocate to accept this activity as part of sub-district activities. Then, it can be replicated for other health centres in Banjarmasin City.

#### 5. Report Stage

This stage is the last in preparing the final report accountability implementation of the evaluation program.

### RESULTS AND DISCUSSION

Service Activities public carried out by a team of 3 (three) people devoted to the Muhammadiyah University of Banjarmasin. Activities were carried out in the working area of Teluk Dalam Community Health Center. This service activity was carried out from June 23 to June 25 2023. Community service begins by identifying problems at the Community Health Center using the Focus Group Discussion method.

Target achievement presence participant reaches 100%; this is following what was previously planned, namely that mothers who have toddlers are expected to attend, and in the implementation of this activity, all invited elements, namely the Community Health Center, the Village, cadres and mothers who have children. That figure shows that amount participants who see service activities in this society can be said to be succeeded /successful.



**Achievement** The aim of the FGD activity was generally good. The participants explained understanding each is related to the whole question proposed by the team dedication. During the discussion, the final result obtained is the same perception regarding the implementation that can be done for ISPA problems. Therefore, it can be concluded that the objectives of this activity were achieved, and the results of the joint agreement were that Poster creation steps common cold massage for toddlers.



**Implementation of Common Cold massage** is achieved well. Common cold massage activities are carried out following the Standards Operational Procedure. This is done to treat toddlers infected with ISPA targets using Standard Procedure Operational.

He got description level knowledge and attitudes of mothers who have toddlers regarding ISPA can be evaluated properly by looking at the results of doing common cold massage following standards procedure operational carried out by respondents during implementation.



The material delivery went well and was attended by 95% of students, the amount to be targeted in the program. The material presented Contains Disease ISPA, Toddler Concept and Common Cold Massage. The service TEAM public carries out the delivery of material.

Evaluation activities were carried out smoothly after the Common Cold Massage Implementation activities. This activity aims to discover and change mothers' behaviour in caring for toddlers through training; the service team and health workers carried out this activity at Teluk Dalam Community Health Center.

Evaluation to see the results of implementation implementation Common Cold Massage in toddlers and implementation management countermeasures ARI disease in toddlers involving cadre as well as devices village/midwife village/nurse / expert nutrition that has been carried out. This evaluation was carried out with the team partners; it is hoped that they can continue this program in the future.



Has done presentation and socialization of activity results to related parties such as Community Health Centers Subdistricts. Next has been advocacy so that this activity can be accepted and become part of one referral to activities at the Community Health Center and the Banjarmasin City Health Service. It is expected that it can be replicated for other Community Health Centers in other Banjarmasin cities.

## CONCLUSION

Service activities community at Teluk Dalam Community Health Center with a common cold massage training theme were carried out effectively. The participants were enthusiastic because they learned new skills for dealing with sick children and not depending on medicines. Evaluation instrument Skills participants use the common cold massage SPO that has been used by professional staff to do common cold massages for toddlers and can be done by parents independently at home. Activities are carried out using methods of lectures, demonstrations and evaluations. The results of the activities were obtained. Skills

participants 32 people (100%) were in the good category. Advice from the sustainability of this activity is application Skills common cold massage at home so participants the more skilled and developed connection love Darling between mother and child and language touch and rope love.

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