

HEALING COUGHS AND COLDS IN BABIES IN TERMS OF BABY SPA THERAPY AT PMB RIRIN SEVDA KORINI OGAN KOMERING ULU REGENCY 2023

Muhammad Hasan Azhar^{1*}, Siska Delvia²

¹Sekolah Tinggi Ilmu Kesehatan Hesti Wira Sriwijaya

²Sekolah Tinggi Ilmu Kesehatan Al-Ma'arif Baturaja

azharim.hasan@gmail.com

ABSTRACT

One of the non-pharmacological therapies used to treat coughs and colds is massage therapy which is currently in great demand by mothers who have toddlers with coughs and colds. This is due to cultural factors, traditions and knowledge about healing diseases. The aim of this research is to determine the cure for coughs and colds in babies in terms of baby spa therapy at PMB Ririn Sevda Korini SKM., S.Keb, Ogan Komering Ulu Regency in 2023. This type of research uses an analytical design with a cross sectional approach, namely research where the independent variable (Baby Spa) and the dependent variable (curing coughs and colds). The results of the chi-square statistical test showed that the p value was 0.000 (<0.05). This shows that there is a significant relationship between healing coughs and colds and baby spa.

Keywords: *baby spa, cough, cold*

1. INTRODUCTION

Cough and cold are upper respiratory tract disorders that most often affect infants and children. Very young infants are very susceptible to infection, transmission still occurs because someone with a cold will often hold their nose because it itches or blow their nose. If you don't wash your hands immediately, it will be a source of infection. Cough and cold are primary infections of the nasopharynx and nose that often affect infants and children (1)

According to information from the World Health Organization, 78% of infants who visit health services have ARI. ARI cases in Indonesia are still the main cause of infant mortality. Infant mortality due to ARI in 2019 was 39.4%, in 2020 it was 38.1%, in 2021 19.2% and in 2022 39.8%. In addition, the ten most common diseases suffered by sufferers in hospitals are ARI. A mortality survey by the Subdit ISPA infants in Indonesia in 2021 positioned ISPA as the biggest trigger for death with a percentage of 22.30% of all infant deaths(2).

Based on the results of basic health research (rinkes 2020). the prevalence of coughs and colds in Indonesia is around 29.0% and 13.8% of cases after being diagnosed by a doctor. The overall prevalence is 1,017,290 cases. Cough and cold disease in toddlers in Indonesia is estimated at 3 to 6 times per year, this means that a toddler is easily or susceptible to cough and cold attacks 3 to 6 times a year (3).

One of the most common diseases suffered by the community is ISPA (Acute Respiratory Tract Infection). Most respiratory tract infections are only mild, such as coughs and colds, caused by viruses and do not require antibiotic treatment. Upper respiratory tract infections, especially those caused by virus, often occurs in all groups of society in the winter months. ARI is a disease that often occurs in children, because the child's immune system is still low, the incidence of coughs and colds in toddlers in Indonesia is means that an average toddler gets a cold attack 3 to 6 times a year(4). Coughing is an unconscious reaction or reflex, just like breathing, when someone

coughs it will just happen. Coughing is basically a protection of the body, especially the lungs, from irritation such as dust or aspa (5). The percentage of Health Centers that carry out standard management of at least 60% in South Sumatra in 2021 was 88.2%, down from 2020 (94.1%).

OKU Regency does not provide data on pneumonia cases in toddlers in 2020. Based on the image above, it can be seen that the coverage of cases of ISPA/pneumonia in toddlers is the highest in OKU Regency, namely 16.7% (1,062 cases) of a total of 6,024 cases (3.7%) (Health Office, OKU 2022). Data obtained from PMB Ririn Sevda Korini, SKM., S.Keb Ogan Komering Ulu Regency from January - December 2022, namely from 40 baby spas for coughs and colds (0.79%). Based on the background above, the researcher is interested in studying "The relationship between baby spas and the healing time for coughs and colds at PMB Ririn Sevda Korini, SKM., S.Keb Ogan Komering Ulu Regency in 2023".

Baby Spa can be done from the age of 2 months to 12 months in a comprehensive manner starting from baby massage or back massage for 30 minutes then baby swim or swimming then given another massage for 15 minutes. However, to get the optimal benefits, the right massage or baby spa, a mother can take her child to a baby spa service with experienced and health-educated therapists (6).

Baby massage is a hereditary tradition that can help optimize the baby's developing body. There are also some parents who are still afraid to do cough and cold massage due to lack of knowledge of the benefits of cough and cold. Lack of information and knowledge causes some parents to assume that baby massage is done by a masseuse or medical personnel who master massage(4). The purpose of this

study is to cure cough and cold in babies in terms of baby spa therapy.

2. METHOD

This type of research uses an analytical design with a cross-sectional approach, namely a study where the independent variable (aby Spa) is collected at the same time and each research object is only observed once. The population in this study were all mothers who had babies with coughs and colds recorded in the medical records at PMB Ririn Sevda Korini SKM, S.Keb in 2023, West Baturaja District, Ogan Komering Ulu Regency in 2023.

The sample in this study was part of the population using the Accidental sampling technique. Collected by interview in the form of filling out a questionnaire using a list of questions prepared for respondents.

Analysis using Univariate Analysis and Bivariate Analysis Bivariate Analysis is an analysis proposed to connect the variables studied, namely the independent variable The Effect of Baby Spa with the dependent variable (with the healing time of the baby's cough and cold) using the chi-square test with a significance limit of $\alpha = 0.05$ and a confidence level of 95% is said to have a significant relationship if the p value ≤ 0.05 and value > 0.05 then the variable is said to have no significant relationship.

3. RESULTS

Univariate Analysis Univariate analysis was conducted to determine the frequency distribution and percentage of the dependent variable (Cough and Cold Cure in Babies) and the independent variable (Effect of Babyspa) presented in the form of tables and text as follows:

Waktu penyembuhan batuk pilek pada bayi	Frekuensi	%
Not Healed	40	80,0
Healed	10	20,0
Jumlah	50	100

Table 1. Distribution of healing of cough and cold in infants at PMB Ririn Sevda Korini in 2023.

Babyspa	Frekuensi	%	spa,
Yes	30	60,0	
No	20	40,0	
Jumlah	50	100	

Based on table 1 above, it can be seen that out of 50 respondents, 40 people (80.0%) recovered after having baby

while 10 respondents (20.0%) did not recover after having baby spa.

Table 2. Frequency Distribution Table of Baby Spa Therapy at PMB Ririn Sevda Korini Year 2023.

Based on table 2 above, it can be seen that out of 50 respondents, 30 people (60.0%) did baby spa, while 20 respondents (40.0%) did not do baby spa.

Bivariate Analysis

This analysis is to determine the relationship between the independent variable (Baby spa Therapy) and the dependent variable (Healing of Cough and Cold in Babies) at PMB Ririn

Sevda Korini in 2023, then the data is tested using the Chi Square statistical test with the SPSS (Statistical Program For Social Science) program with a significance level ($\alpha = 0.05$) which if the p value ≤ 0.05 means there is a meaningful or significant relationship or the hypothesis is accepted. And if the p value > 0.05 means there is no meaningful or significant relationship or the hypothesis is rejected

Table 3. Healing of cough and cold in infants reviewed from baby spa therapy in the Independent Practice of Midwife Ririn Sevda Korini in 2023.

Baby Spa	Healing Cough and Cold in	Amount	p Value
----------	---------------------------	--------	---------

	Babies						
	Healed		Not Healed				
	f	%	f	%	f	%	
Iya	24	80,0	6	20,0	30	100	0,00
Tidak	16	80,0	4	20,0	20	100	
Jumlah	40	160,0	10	40,0	50	100	

Table 3 above shows that, it can be seen that respondents who recovered after doing baby spa on their babies were 24 respondents (80.0%) while those who did not recover after doing baby spa were 6 people (20.0%). While respondents who did not do baby spa on their babies who recovered were 16 respondents (80.0%) while those who did not do baby spa on their babies who did not recover were 4 people (20.0%). The results of the chi square test obtained a p value = 0.00 ($p < 0.05$) which showed that there was a significant relationship between the Effect of Babyspa and the healing time of babies with coughs and colds.

4. DISCUSSION

Based on the results of the study that has been conducted by identifying the Effect of baby spa on the healing time of coughs and colds in babies as shown in table 5.3, it can be seen that respondents who recovered after doing baby spa on their babies were 24 respondents (80.0%) while those who did not recover after doing baby spa were 6 people (20.0%). Meanwhile, respondents who did not do baby spa on their babies who recovered were 16 respondents (80.0%), while those who did not do baby spa on their babies who did not recover were 4 people (20.0%).

The results of the chi square test obtained a p value = 0.00 ($p < 0.05$) which shows that there is an influence of Babyspa on the healing time of coughs and colds in babies. This

means that the hypothesis states that there is a significant relationship between the influence of baby spa and the healing time of coughs and colds in babies.

The results of this study are in line with Mustikawati dan Sari (2023) (7) who stated that the influence of babyspa on the healing time of coughs and colds in babies. One of the baby spa movements is by patting and vibrating the chest and back to bring mucus to the large tract so that the child will automatically cough and mucus will come out with the dirt. One of the massages as a therapy is common cold massage therapy which is very effective for babies or children who suffer from coughs and colds.

The results of the study which stated that patients who recovered did not do baby spa are in line with Ramadhani and Issusilaningtyas (2019) (8) who stated that there are several pharmacological therapies for coughs and colds, for example giving paracetamol, dexamethasone, vitamin B complex, Vitamin C. The use of analgesic-antipyretic drugs, anti-inflammatories, vitamins and supplements orally as initial therapy for coughs and colds will reduce the duration of symptoms in both children and adults.

According to the Researcher's Assumption In this rainy season, babies and toddlers are very susceptible to flu accompanied by coughs and colds, the symptoms often experienced by babies and toddlers with common cold are sneezing, stuffy

nose, hoarseness, fever, watery eyes, loss of appetite but very rarely experience shortness of breath. This makes people afraid to come to health workers when their children experience common cold or non-specific upper respiratory tract infections (URTIs) to get pharmacological treatment, so they switch to non-pharmacological treatment.

The non-pharmacological effort to treat common cold is to do common cold massage. One of the common cold massage therapy movements is patting and shaking the chest and back to bring mucus to the large tract so that the child will automatically cough and the mucus will come out. In children, mucus usually comes out with feces. Common cold massage therapy is very effective for babies or children who suffer from coughs and colds. Education about non-pharmacological efforts in the form of common cold massage to treat coughs and colds needs to be given as one of the parents' independent efforts before coming to the health service.

5. CONCLUSION

There is a relationship between the healing of coughs and colds in babies reviewed from baby spa therapy at PMB Ririn Sevda Korini Baturaja in 2023. It is known that the healing of coughs and colds in babies is reviewed from baby spa therapy at PMB Ririn Sevda Korini Baturaja in 2023. The influence of factors on the healing of coughs and colds in babies has been analyzed from baby spa therapy at PMB Ririn Sevda Korini Baturaja in 2023.

It is recommended that the public, especially mothers who have babies, can take advantage of the existing baby spa facilities to improve the growth and development of their babies.

REFERENCE

1. Kemenkes RI. Profil Kesehatan Indonesia. Jakarta; 2021.
2. Arihta Tarigan D, Heryanti E. Perbedaan Kelembaban, Kepadatan Hunian, Ventilasi Rumah Terhadap Kejadian Infeksi Saluran Pernafasan Akut Pada Balita. *Jurnal Health Sains*. 2021 Jul 24;2(7):871–6.
3. Kemenkes. Profil Kesehatan Indonesia Tahun 2022. Pusdatin.Kemenkes.Go.Id. 2023.
4. Yanti ZN, Maya Saputri E, Yulviana R, Kebidanan D, Kesehatan F, Hang Tuah Pekanbaru U. Asuhan Kebidanan Pada Bayi Dengan Pijat Batuk Pilek Dipmb Hasna Dewi F.S Kota Pekanbaru Tahun 2022. *Jurnal Kebidanan Terkini (Current Midwifery Journal)* 217 *Jurnal Kebidanan Terkini (Current Midwifery Journal)* [Internet]. 2022;2(2). Available From: <https://jom.hip.ac.id/index.php/jkt>
5. Nasution REP. 20 Keluhan Umum Penyakit Orang Indonesia [Internet]. Whitecoathunter; 2020 [Cited 2025 Feb 15]. Available From: https://books.google.co.id/books?id=Daweeaaqbaj&pg=PA5&hl=id&source=gbs_toc_r&cad=2#v=onepage&q&f=false
6. Kurniasari NPE, Adianta IKA, Parwati NWM. Faktor-Faktor Yang Mempengaruhi Sikap Ibu Melakukan Baby Spa Pada Bayi. *Jurnal Ilmiah Kebidanan: The Journal Of Midwifery*. 2019.
7. Mustikawati AK, Sari AT. Combination Of Baby Massage And Peppermint Aroma Therapy On The Long Time To Ispa In Babies < 1 Year Age. *Jurnal Delima Harapan*. 2023 Sep;
8. Ramadhani AM, Issusilaningtyas E. Gambaran Pendampingan Pengobatan ISPA (Infeksi Saluran Pernafasan Akut) Non Pneumonia Oleh Tenaga Kesehatan Di Puskesmas Cilacap Selatan II. *Jurnal Penelitian Dan Kajian Ilmiah Kesehatan Politeknik Medica Farma Husada Mataram* [Internet]. 019;5(1). Available From:

