

Analysis of midwives' knowledge regarding the use of acupressure on pregnant women at Ingin Jaya Community Health Center, Aceh Besar

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ABSTRACT

This study aims to analyze the level of midwives' knowledge regarding the use of acupressure on pregnant women at the Ingin Jaya Community Health Center, Aceh Besar. The research method employed in this study involved surveying and analyzing data from a number of midwives stationed at the Ingin Jaya Community Health Center. The survey was conducted using a specially designed questionnaire to measure midwives' knowledge about various aspects of acupressure including how to perform it, its usage, benefits, contraindications, and knowledge of acupressure points on pregnant women at the Ingin Jaya Community Health Center, Aceh Besar. The study found that midwives' knowledge of using acupressure on pregnant women in Indonesia is still limited. The majority of midwives have insufficient understanding of various aspects of acupressure such as its techniques, benefits, and relevant acupressure points. This limited understanding may affect the quality of prenatal care they provide. After the intervention, the majority of respondents achieved a post-test percentage above 75%, with some even reaching 90%. This indicates the significant effectiveness of complementary acupressure therapy in improving the respondents' conditions after the intervention. There was variation in the percentage of improvement between pre-test and post-test scores among the respondents. However, overall, it is evident that most respondents experienced consistent improvements in post-test percentages.

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INTRODUCTION

Pregnant women are one of the groups requiring special attention in healthcare. The pregnancy process brings various significant physical and emotional changes for a woman. (Bayrampour et al., 2016; Innab et al., 2023) Additionally, a common issue experienced by many pregnant women is

nausea and vomiting, often referred to as "morning sickness," as a response to hormonal changes during pregnancy. Typically, nausea and vomiting start around the 5th week of pregnancy, calculated from the Last Menstrual Period (LMP), peaking around 8-12 weeks, and naturally subsiding by 16-18 weeks of pregnancy (Bayrampour et al., 2016; Sword et al., 2012; Tunçalp et al., 2015). A good understanding of pregnancy development and symptoms like nausea and vomiting is crucial for providing proper care to pregnant women. Midwives and healthcare personnel involved in prenatal care must have profound knowledge of pregnancy stages and the potential changes occurring in pregnant women's bodies (Jahani et al., 2020; Teshome et al., 2020). This is essential to offer adequate guidance and suitable care for each pregnancy phase, ensuring the health and comfort of both the mother and the fetus (Lederman & Weis, n.d., 2020a). Several studies have provided evidence that acupuncture is effective in reducing the severity of nausea and vomiting in pregnant women (Gahayu et al., 2021; Ode Putri Agustina Wahid et al., 2023; Wiwi et al., 2020). In addition to complementary therapy, health education or health promotion can also be an effective approach in reducing the complaints of nausea and vomiting in pregnant women. Through appropriate health education, pregnant women can gain a better understanding of the causes and ways to manage nausea and vomiting (Setianingsih, 2021). Information about healthy eating patterns, lifestyle changes, and stress management strategies can be provided to pregnant women. Furthermore, emotional and social support is also important in helping pregnant women cope with the symptoms of nausea and vomiting (Wiwi et al., 2020).

One traditional method used in pregnancy care is acupressure, originating from ancient Chinese medicine traditions applied for thousands of years (Gan et al., 2020; Nathan, 2020; Sun et al., 2021). This technique involves applying gentle pressure on specific points on the body to stimulate the flow of vital energy known as "qi" throughout the body's energy channels called meridians. When applied correctly, acupressure can help alleviate various issues commonly experienced by pregnant women, including reducing first-trimester nausea and vomiting and managing back pain (Vaamonde et al., 2022). Additionally, it can aid in addressing sleep problems, easing anxiety, and preparing the body for a more comfortable and smoother childbirth process.

One advantage of acupressure is its relative safety and absence of serious side effects. The technique can also be used as a holistic care approach, considering the overall body balance and the pregnant woman's psychological well-being (Jiang et al., 2019; Moriarty & Sharp, 2013; X. Zhang et al., 2011). However, a significant issue to address is the variation in midwives' knowledge regarding acupressure use in pregnant women. Within the midwifery community, there is a significant difference in the level of training and understanding of acupressure. While some midwives may have received specialized training in acupressure use, others may only have a basic understanding or may not be aware of the method at all (Einion, 2022; Einion et al., 2022; Hall et al., 2013). This uncertainty can significantly impact the quality of care provided to pregnant women.

The use of acupressure in pregnant women should not be done arbitrarily. Some acupressure points may have contraindicated effects during pregnancy, and improper use can lead to serious health issues (Lederman & Weis, 2020b). Therefore, midwives and prenatal care professionals need adequate knowledge of safe and effective acupressure points for pregnant women. In addition to directly relieving symptoms like nausea and vomiting, enhancing midwives' knowledge of acupressure use in pregnant women can improve overall prenatal care quality. Pregnant women receiving holistic care, including acupressure and stress reduction orientation, may experience a more comfortable and happy pregnancy. Appropriately approached acupressure can be a valuable tool in prenatal care guidance. However, to achieve improvement in this aspect, proper training and continuous education programs are crucial. Midwives need to understand the basic principles of acupressure, relevant points for pregnant women, and how to safely and effectively integrate this technique into their prenatal care. The aim of this research is to analyze the knowledge of midwives serving at Puskesmas Ingin Jaya regarding the use of acupressure in pregnant women. This research contributes to scientific knowledge regarding

midwives' knowledge of acupressure in pregnant women at the Ingin Jaya Community Health Center, Aceh Besar. The implications highlight the need for educational programs and guidelines to enhance understanding and implementation of acupressure therapy in maternal care, aiming to improve the health of both mothers and infants.

RESEARCH METHOD

The method used is quantitative descriptive study. The research was conducted from May to July 2023 at Public Health Center Ingin Jaya, aiming to identify and improve midwives' knowledge in the context of maternal healthcare services. The study will involve the entire population of midwives serving at Public Health Center Ingin Jaya Aceh Besar as potential samples, and the sample will be selected through purposive sampling method according to predetermined criteria, totaling 30 individuals. A questionnaire will be used as the research instrument to collect data on midwives' knowledge regarding acupressure in pregnant women. The collected data will be analyzed using descriptive statistical techniques to provide a comprehensive overview of midwives' knowledge related to acupressure use. The analysis results will be interpreted to evaluate the level of midwives' knowledge, and based on the findings, conclusions will be drawn and recommendations provided if necessary to enhance midwives' understanding of acupressure use in maternal care, aiming to support better prenatal care and maternal well-being in the area. The research results are expected to provide valuable guidance and recommendations for the development of more effective health education programs in the future, so that pregnant women can receive better and more comprehensive care.

RESULTS AND DISCUSSIONS

The Ingin Jaya Community Health Center in Aceh Besar District provides comprehensive healthcare facilities, offering a variety of services including routine health examinations, issuance of health certificates, outpatient care, suture removal, wound dressing, dental care, blood pressure checks, pregnancy tests, pediatric examinations, blood typing, uric acid and cholesterol tests, and more. With skilled healthcare staff and diverse medical equipment, this health center ensures that residents of Aceh Besar District have easy and affordable access to quality healthcare. Additionally, the Ingin Jaya Community Health Center plays a crucial role in providing referrals to hospitals for BPJS patients in need of further treatment, making it a valuable asset in maintaining the health of the local community.

Univariate Analysis

The presented research results consist of quantitative data in the form of univariate analysis aimed at determining the frequency distribution of each variable under study.

Table 1. Overview of midwives' knowledge regarding acupressure techniques, utilization, benefits, contraindications, and knowledge of acupressure points in pregnant women at the Ingin Jaya Community Health Center, Aceh Besar District

| Variable | Indicator | Frequency | Percentage |
|------------------------------|-----------|-----------|------------|
| Acupressure Techniques | Good | 2 | 6% |
| | Adequate | 7 | 24% |
| | Poor | 21 | 70.00% |
| | Total | 30 | 100% |
| Understanding of Acupressure | Good | 0 | 0% |
| | Adequate | 8 | 27% |
| | Poor | 22 | 73% |
| | Total | 30 | 100% |
| Benefits of Acupressure | Good | 4 | 13.33% |
| | Adequate | 6 | 20.00% |
| | Poor | 20 | 66.67% |

| Variable | Indicator | Frequency | Percentage |
|----------------------------------|-----------|-----------|------------|
| Contraindications of Acupressure | Total | 30 | 100% |
| | Good | 2 | 6.67% |
| | Adequate | 11 | 36.67% |
| | Poor | 17 | 56.67% |
| Knowledge of Acupressure Points | Total | 30 | 100% |
| | Good | 0 | 0% |
| | Adequate | 12 | 40% |
| | Poor | 18 | 60% |
| | Total | 30 | 100% |

The study aims to measure the level of midwives' knowledge about acupressure applied to pregnant women. The results obtained from the table indicate that the majority of midwives have insufficient understanding in various aspects related to acupressure. Regarding "Acupressure Techniques," about 70% of midwives lack knowledge about the necessary steps to perform acupressure correctly, with only about 6% having good knowledge. This is a serious concern as a lack of understanding in acupressure techniques can affect the effectiveness of the care provided to pregnant women. Furthermore, in "Understanding of Acupressure," the results show that none of the midwives have a good understanding of the concept of acupressure. The majority of midwives, about 73%, demonstrate poor understanding. This emphasizes the need for further education for midwives to grasp the basic principles of acupressure so that they can explain it properly to the pregnant women they serve.

In terms of "Benefits of Acupressure," approximately 67% of midwives have limited knowledge about the potential benefits of acupressure, with only about 13% having good knowledge. This indicates that midwives need to be provided with more information about the health benefits that acupressure can offer. With better understanding, they can communicate these benefits to pregnant women and encourage more active usage. In the aspect of "Contraindications of Acupressure," about 57% of midwives have limited understanding of situations in which acupressure should be avoided. Only about 7% have good understanding of these contraindications. This is a serious issue because a lack of understanding about contraindications can lead to health problems in pregnant women. Midwives need further training on this matter to ensure safe care. Lastly, in "Knowledge of Acupressure Points," none of the midwives have good knowledge about the location and usage of relevant acupressure points. Most midwives, about 60%, have poor understanding in this regard. This underscores the need for specialized training on safe and effective acupressure points for pregnant women.

The results of this research highlight the importance of enhancing midwives' understanding and knowledge of acupressure through more intensive training programs and better education. With deeper understanding, midwives will be better equipped to provide comprehensive, safe, and effective prenatal care to pregnant women. This will also help prevent risks associated with a lack of understanding about acupressure. In maintaining the health and well-being of pregnant women and their unborn babies, a good understanding of acupressure is crucial.

Pre-test and post-test results on acupressure complementary therapy

Table 2. Mean respondent answers during pre-test and post-test on complementary acupressure therapy in the Work Area of Ingin Jaya Public Health Center, Aceh Besar Regency, 2023

| No Responden | Value Pre-Test (f) | Persentase (%) | Post-Test value (f) | Persentase (%) |
|--------------|--------------------|----------------|---------------------|----------------|
| 1 | 10 | 50% | 18 | 90% |
| 2 | 8 | 40% | 18 | 90% |
| 3 | 12 | 60% | 17 | 85% |
| 4 | 9 | 45% | 16 | 80% |
| 5 | 12 | 60% | 15 | 75% |

| No Responden | Value Pre-Test (f) | Persentase (%) | Post-Test value (f) | Persentase (%) |
|--------------|--------------------|----------------|---------------------|----------------|
| 6 | 11 | 55% | 17 | 85% |
| 7 | 12 | 60% | 15 | 75% |
| 8 | 8 | 40% | 15 | 75% |
| 9 | 8 | 40% | 13 | 65% |
| 10 | 10 | 50% | 15 | 75% |
| 11 | 14 | 70% | 16 | 80% |
| 12 | 10 | 50% | 17 | 85% |
| 13 | 10 | 50% | 16 | 80% |
| 14 | 8 | 40% | 15 | 75% |
| 15 | 8 | 40% | 15 | 75% |
| 16 | 10 | 50% | 15 | 75% |
| 17 | 8 | 40% | 17 | 85% |
| 18 | 7 | 35% | 17 | 85% |
| 19 | 14 | 70% | 16 | 80% |
| 20 | 10 | 50% | 16 | 80% |
| 21 | 10 | 50% | 17 | 85% |
| 22 | 7 | 35% | 14 | 70% |
| 23 | 11 | 55% | 15 | 75% |
| 24 | 12 | 60% | 18 | 90% |
| 25 | 9 | 45% | 17 | 85% |
| 26 | 11 | 55% | 17 | 85% |
| 27 | 6 | 30% | 15 | 75% |
| 28 | 14 | 70% | 17 | 85% |
| 29 | 11 | 55% | 11 | 75% |
| 30 | 14 | 70% | 16 | 80% |

From the data table, it is evident that the average post-test scores increased significantly compared to the pre-test scores for all respondents. This indicates that complementary acupressure therapy has a positive impact on the respondents. Overall, the majority of respondents experienced an increase in the percentage of post-test scores compared to pre-test scores. Most respondents achieved post-test percentages above 75%, with some even reaching 90%. This demonstrates the significant effectiveness of complementary acupressure therapy in improving the condition of respondents after the intervention. There is variation in the percentage increase between pre-test and post-test scores among respondents. However, overall, it is apparent that the majority of respondents experienced a consistent increase in post-test percentages.

Discussions

The research findings indicating that the majority of midwives have limited understanding of acupressure in pregnant women, especially in aspects such as How to Perform Acupressure, Benefits of Acupressure, and Contraindications of Acupressure, support the need for further education and training. In the study, it was found that most midwives have limited knowledge about acupressure in pregnant women, indicating a gap in their understanding. However, after intervention in the form of additional education and training, the research results show a significant improvement in midwives' understanding and skills. The majority of respondents achieved post-test percentages above 75%, with some even reaching 90%. This indicates that intervention in the form of education and training is effective in enhancing midwives' understanding of the use of acupressure in pregnant women. Although there is variation in the percentage improvement between pre-test and post-test scores among respondents, overall, it is evident that most respondents experienced consistent improvement in post-test percentages. This demonstrates that additional education and training provide significant benefits in enhancing midwives' understanding and skills in caring for pregnant women using acupressure effectively and safely. (Lederman & Weis, 2020) other factors state that information or mass media significantly influences an individual's knowledge. Midwives who regularly receive up-to-date information about midwifery practice will have richer knowledge, while those with limited access to

information sources may have limited knowledge. In this research, the majority of midwives had limited knowledge about acupressure, indicating a lack of access to information on its use in pregnant women. This limited access to information may be a reason for their limited knowledge (Zheng et al., 2023). The research highlights the importance of midwives' knowledge regarding acupressure in pregnancy care. The main finding of the research reveals that most midwives have limited understanding of acupressure in the context of pregnancy care. This limited understanding raises concerns about the quality of care provided to pregnant women and their well-being. Several factors influence midwives' knowledge of acupressure. Access to relevant information is a key factor, and efforts should be made to ensure that midwives can easily access information through various media and training. Education and training play a crucial role in shaping midwives' knowledge, and incorporating acupressure into midwifery education programs can provide a solid foundation. Specialized training through workshops or seminars can deepen midwives' understanding of acupressure techniques and applications (Mollart et al., 2016; Williams et al., 2020). Changing midwives' attitudes and practices regarding acupressure is also important. Increasing their understanding of its benefits can positively influence their attitudes and practices in caring for pregnant women (Lakhani et al., 1998; N. M. Zhang et al., 2022). Initiatives should be introduced to change attitudes and motivate midwives to integrate acupressure into prenatal care, ensuring competence and safety in practice.

CONCLUSION

The level of knowledge among midwives regarding the use of acupressure in pregnant women in Indonesia remains limited. The majority of midwives demonstrate inadequate understanding in various aspects of acupressure, including how to perform it, its definition, benefits, contraindications, and knowledge of relevant acupressure points. This limited understanding can impact the effectiveness of the prenatal care they provide to pregnant women. Therefore, efforts are needed to enhance midwives' understanding through more intensive training, better education, and the provision of easily accessible information about acupressure. With better understanding, midwives will be able to deliver more comprehensive, safe, and effective prenatal care to pregnant women, while also mitigating risks associated with a lack of understanding of acupressure. This will contribute to improving the quality of midwifery care in Indonesia and the well-being of the pregnant women they serve. The implications of the research are twofold. Firstly, it highlights the limited knowledge among midwives in Indonesia regarding the use of acupressure in pregnant women. This finding emphasizes the need for interventions to improve their understanding of acupressure techniques, definitions, benefits, contraindications, and relevant acupressure points. By addressing these knowledge gaps through intensive training, better education, and easily accessible information, midwives can enhance the effectiveness of their prenatal care and minimize potential risks associated with inadequate understanding of acupressure.

Secondly, the research underscores the importance of enhancing midwives' understanding to deliver comprehensive, safe, and effective prenatal care. By improving their knowledge of acupressure, midwives can incorporate this complementary therapy into their practice, providing additional support and benefits to pregnant women. This has the potential to improve the quality of midwifery care in Indonesia, leading to better maternal and fetal outcomes. The research highlights the limited knowledge among midwives in Indonesia regarding the use of acupressure in pregnant women. They lack understanding in various aspects of acupressure, which can affect the effectiveness of prenatal care. To address this, suggestions for further research include conducting a needs assessment, providing intensive training programs, integrating acupressure education into the midwifery curriculum, and developing easily accessible information resources. Enhancing midwives' understanding of acupressure can lead to improved prenatal care and better outcomes for pregnant women in Indonesia.

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