



# Relationship between Knowledge Level and Cadre Attitudes About the Independent Care Program for the Use of Acupressure

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<p><b>Track Record Article</b></p> <p>Accepted: 28 May 2024 Revised: 11 May 2024 Published: 28 June 2024</p> <p><b>How to cite :</b> Agustian, A. B., &amp; Suswardany, D. L. (2024). Relationship between Knowledge Level and Cadre Attitudes About the Independent Care Program for the Use of Acupressure. <i>Contagion: Scientific Periodical of Public Health and Coastal Health</i>, 6(1), 609–618.</p>	<p style="text-align: center;"><b>Abstract</b></p> <p><i>Traditional health services that have been provided by health service facilities have an important purpose in highlighting disease problems in society, but public awareness in implementing independent care does not yet exist. Therefore, this research aims to determine the relationship between the level of knowledge and attitudes of cadres towards the self-care program using acupressure. The method used in this research is quantitative with a cross-sectional approach. This research was carried out in the working area of the Kartasura Community Health Center, namely in Ngadirejo Village and Pucangan Village in February 2024 with a population of 159 people. This study used non-probability sampling with a total sampling technique with a total of 159 respondents in accordance with inclusion and exclusion. Data collection was carried out using a questionnaire which was filled out directly by the respondent. The questionnaire has gone through validity and reliability tests before being used. The data analysis used in this research is descriptive analysis in the form of frequency distribution and chi-square test. Data analysis was carried out using the SPSS application. The chi-square test shows that there is a significant relationship between cadre knowledge and cadre attitudes towards the self-care program using acupressure in the Kartasura Health Center working area, especially Ngadirejo Village and Kartasura Village with a p-value of <math>0.031 &lt; \alpha 0.05</math>. The conclusion is that the average cadre has a good level of knowledge and attitude towards the self-care program using acupressure. So with this program researchers have succeeded in increasing cadres' understanding of the acupressure method as part of independent care to increase knowledge of the benefits of acupressure in reducing disease problems in the community. Suggestions for cadres who have poor knowledge scores are that they can increase their knowledge scores by diligently participating in training held by the Kartasura Community Health Center.</i></p> <p><b>Keywords :</b> <i>Acupressure, Education, Attitude</i></p>
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## INTRODUCTION

Traditional medicine has been an integral part of the history of human health care before the development of modern medicine (Sonjaya, 2022). Traditional healing methods involve the application of skills, knowledge and practices that are rooted in diverse experiences, theories and beliefs in various regions (Wahyuni, 2021). Traditional medicine basically includes efforts to prevent, improve health, diagnose and treat disease, even rehabilitative (Altika, 2021; Purinasari et al., 2023).

The use of traditional health services in Indonesia is increasing from year to year. National Research Data on Basic Health (RISKESDAS) shows that the increase in households utilizing traditional health services is 31.4% in efforts for health care. Data from Central Java Province itself shows that as much as 33% of the percentage uses traditional health and is ranked 2nd in the province that uses traditional health as a treatment service to deal with

disease problems in the community (Kumar et al., 2021). The data held by the Kartasura Community Health Center working area itself is 159 cadres or community members who took part in the training, but from the training in the Kartasura Community Health Center working area, researchers want to see whether training regarding traditional healing or what is known as acupressure training has been implemented in the community which is useful for highlighting the number of disease problems. in society. Traditional health services are also in line with the contents of the declaration in the "Declaration of the 7th Association of Southeast Asian Nations Health Ministers" which requires the integration of traditional health services in the health service system and become one part of the basic health service process. This serves to control disease problems in society and facilitate people who have a preference for using traditional health care (Suharmiati et al., 2020).

The Indonesian government has issued regulations that integrate traditional health services so that they become an integral part of the health service system and empowering the community in reducing health problems in the community (Nuartini, 2019; Atmojo & Darumurti, 2021). One form of integration of traditional services is the formation of independent acupressure care groups. Acupressure is a complementary therapy that provides stimulation to the body's acupuncture points such as the ears, skin and head to influence bioenergy or qi so that the body returns to a balanced system (homeostasis) (Salajegheh et al., 2024). The formation of the Asuhan Mandiri group aims to increase access to quality traditional health services for the community (Tinungki et al., 2020). In this case, the government emphasizes the use of acupressure and medicinal plants as treatment or health maintenance as well as providing facilities, technical guidance and training to health workers who will be tasked with managing or providing traditional health services (Aprilla & Purwana, 2020).

Participation in the form of concern for preventing the spread and handling of disease early requires awareness among the community with the aim of improving the quality of health through self-care programs which is very important (Siburian & Ritonga, 2023). Health services serve as motivators and facilitators in providing motivation to health cadres, which is useful in increasing the role of the community regarding health programs, and the role of cadres as intermediaries in conveying health messages from health services that are closer to the community (Irdawati et al., 2023). There has been a lot of research on health cadres in Indonesia, especially research conducted by Primanda & Fatah (2021) related to the role of cadres in overcoming diabetes mellitus, as well as disease problems such as stunting which

were also mentioned in research conducted by (Wenang et al., 2022).

In research conducted by Kristinawati et al. (2023) There is an increase in knowledge among health cadres regarding the use of family medicinal plants for hypertension sufferers. This is different from research conducted by researchers. In this study, researchers wanted to find out the relationship between knowledge and health cadres' attitudes towards acupressure self-care. Health cadres have an important role in improving health, this involvement really helps health services in carrying out supervision in monitoring health problems that exist in the community (Kusumawati et al., 2023). So in this study the researcher wanted to observe the relationship between the level of knowledge and the attitudes of cadres regarding the self-care program which has been recommended by the Traditional Health Services Division of the Sukoharjo District Health Service. The Sukoharjo District Health Service recommended the Kartasura Community Health Center as a place for researchers to collect data, on the grounds that the self-care program is still actively holding programs related to the use of acupressure and the reason researchers conducted research in Nadirejo and Kartasura Villages was that these two villages had been given socialization and training on self-care in the form of acupressure.

In a study related to the influence of knowledge on cadre attitudes, it was found that the role of health facility providers in providing health services influenced an increase in cadre knowledge and attitudes. However, another fact was also found that one of the obstacles faced was that there were cadres who did not participate in every stage of the activity, resulting in different levels of knowledge between cadres. This results in a gap between the research that has been carried out and the facts on the ground. Based on preliminary studies conducted in Ngadirejo and Kartasura Villages, independent care program services in the form of using acupressure have not been widely utilized by village communities even though training has been provided to health cadres in performing acupressure. The importance of providing this training aims to emphasize the problem of disease in society, as well as reducing the number of patients in health facilities if the problem can be emphasized through acupressure, so in this study the researcher wants to see the relationship between the level of understanding regarding knowledge and the attitudes held by cadres from the presence of training that has been provided by health workers through acupressure training.

## METHODS

The design of this research is quantitative research with a cross-sectional approach. The population in this study was 159 people who were cadres in the Kartasura Community Health Center working area who had received Asman Acupressure socialization. This research used non-probability sampling with a total sampling technique of 159 people. This research was conducted in February 2024, and the instrument used in this research was a questionnaire. The questionnaire has gone through validity and reliability tests before being used. The results of the validity test are 15 questions about valid knowledge, because from the validity test results the correlation coefficient (r) table value is 0.1757. Researchers conducted a reliability test using the Cronbach's alpha coefficient technique and obtained a value of 0.749. The validity test carried out showed that 14 questions about attitudes were valid, because the correlation coefficient (r) table value was 0.1757. In the Reliability Test for attitude questions, a value of 0.846 was obtained. Data analysis used in this research used descriptive analysis in the form of frequency distribution and Chi-square test. This research uses data analysis based on the use of software in the form of the SPSS version 25 application. This research has received ethical clearance test No.056/KEPK-FIK/X/2023 which was published by the Muhammadiyah University of Surakarta on October 31 2023.

## RESULTS

**Tabel 1. Test of Distribution of Respondent Characteristics (N:159)**

<b>Cadre Characteristics</b>	<b>Frequency (n)</b>	<b>Percentage (%)</b>
<b>Gender</b>		
Woman	159	100.0
<b>Age</b>		
< 30 years	1	6
30-40 years	12	7.5
> 40 years	146	91.8
<b>Work</b>		
Self-employed	6	3.8
Private employees	7	4.4
Housewife	146	91.8
<b>Level of education</b>		
SD	2	1.2
SMP	11	6.9
SMA	121	76.1
Bachelor	25	15.7
<b>Old Cadre</b>		
<5 years	40	25.2
5-10 years	34	21.4
>10 years	85	53.4

Table 1. above shows that the percentage of respondents who are female with a total of 159 respondents shows 100%. The largest number of respondents in this study was > 40 years

old with 146 respondents with a percentage of 91.8%, while the fewest respondents were only 1 respondent aged < 30 years with a percentage of 6%. The results in the table above show that the most dominant cadre is housewives, namely 146 respondents with a percentage of 91.8%. The highest level of education of respondents was high school with a percentage of 76.1% (121 respondents) and the lowest level of education was elementary school with a percentage of 1.3% (2 respondents). The largest number of people who have joined as health cadres with a percentage of 53.5% for >10 years is 85 cadres, and the average cadre with a percentage of 21.4% is 34 cadres with an average of 5-10 years joining as cadres, and for 40 respondents with <5 years the percentage is 25.2%.

**Table 2. Cadre Knowledge and Attitudes (N:159)**

Variable	Frequency (n)	Percentage (%)
<b>Knowledge</b>		
Good	118	74.2
Not good	41	25.8
<b>Attitude</b>		
Good	98	61.6
Not good	61	38.4

Table 2. shows that the description of cadres' knowledge regarding the self-care program using acupressure in the working area of the Kartasura Community Health Center, especially in Ngadirejo Village and Kartasura Village, has good knowledge (74.2%) and good attitudes (61.6%) in the self-care program using acupressure.

**Table 3. Relationship between Knowledge and Attitudes of Cadres**

	Attitude		Total n%	P-Value
	Not enough n%	Good n%		
<b>Knowledge</b>				
Not enough	22 (53,7%)	19 (46,3%)	41 (100%)	0,031
Good	39 (33,1%)	79 (66,9%)	118 (100%)	

Table 3. shows that based on the results of statistical tests using the chi-square test, there is a significant relationship between cadre knowledge and cadre attitudes towards the self-care program using acupressure in the Kartasura Health Center working area, especially Ngadirejo Village and Kartasura Village with a p-value of  $0.031 < \alpha 0.05$ .

## DISCUSSION

The research results are based on Table 1.1, all respondents are female with a percentage of 100%. The largest age range in this study showed a percentage of 91.8% (146 respondents), namely in the age range > 40 years, so it can be concluded that the cadres of the self-care program using acupressure in the Kartasura Health Center working area are cadres of productive age. Different from research conducted by Aprilla (2022) which explains that age

is an unimportant factor and is not related to cadre performance, because there are no regulations that state the length of service and the age at which someone can become a cadre. The age range of 36-45 years is a mature age that has good understanding patterns and thinking power so that the knowledge they have will also improve (Wulandari et al., 2021). In this study, the dominant occupation of respondents was housewives with a percentage of 91.8% (146 respondents) while mothers who worked as private employees had a percentage of 4.4% (7 respondents). This illustrates that the Kartasura Community Health Center also participates in community empowerment. Many housewives become community health center cadres because this job offers flexible hours, utilizes family health knowledge, involves them in the community, as well as support from the surrounding environment.

The education level of most respondents in this study was high school with a percentage of 76.1% (121 respondents). This level of high school education does not rule out the possibility of having acquired basic health knowledge while at school. Their communication skills and understanding of health concepts can be an added value in fulfilling their role as public health agents. Even if you don't hold a higher education qualification, a high school education level can provide a strong foundation for outreach, health monitoring and advocacy tasks at the local community level (Melyza & Aguss, 2021). The factor of length of time joining community empowerment activities, or people who have become health cadres also makes good attitudes and levels of knowledge different for each individual, for levels of service that have reached >10 years the number of members is 85 cadres with a percentage of 53.5%, whereas for The duration of membership in the cadres is 5-10 years, amounting to 34 cadres with a percentage of 21.4%, and for cadres who have been involved for <5 years, there are 40 cadres with a percentage of 25.2%.

The results of the research conducted by the researchers themselves showed that the majority had good knowledge regarding the self-care program using acupressure, namely 74.2% and 25.8% of respondents had poor knowledge. The results of this research regarding the level of knowledge of respondents who have a good attitude towards the self-care program that has been provided regarding acupressure training is 61.6%, they have a good attitude and the percentage of unfavorable attitudes is 38.4%. This research is in line with research conducted by (Nuartini, 2019), which has results for a level of knowledge that can be said to be good at 26.7%, while for a fairly good level of knowledge it is 37.3% and for a level of knowledge that is not good it is 19.8%. From the attitude results obtained from this research, it also has a better attitude of 62.7% compared to the negative attitude level which has a percentage of 37.3%. Knowledge has a very big influence on changes in attitudes held by

respondents, because good knowledge will influence a better lifestyle as well, on the other hand, increased knowledge will make people more confident and able to provide the best treatment for themselves and others. people around (Sudiantara et al., 2022).

Knowledge is an important component in the formation of human health behavior, so the better the knowledge obtained, the better the health attitude will be (Fajriani et al., 2020). Good knowledge will make it easier for someone to change their attitude towards the practice of acupressure self-care. The implementation of independent care practices is based on knowledge and supported by attitudes so that a person is declared capable or competent in providing care independently (Gegen & Santoso, 2021). Improving health status by efforts to control disease or prevent disease through traditional health service programs provided by health facilities and researchers aims to improve the integrity of traditional services in the form of acupressure by increasing the capacity of independent care groups (Rukmini & Kristiani, 2021).

In this research, acupressure becomes a tool or a program for controlling or preventing disease in the community, especially degenerative diseases, where in this acupressure training it can be a good initial treatment for health problems in the community, because the benefits of acupressure itself aim to stimulate the nervous system, as well as provide a feeling of comfort or relaxation (Sutriyanti et al., 2023). Acupressure is based on distributing energy to body points so that it can relieve the body organs associated with these points (Türkmen et al., 2024). Acupressure regulates blood flow and increases the secretion of oxytocin and endorphins, reducing the release of adrenaline and noradrenaline (Safdari et al., 2024). In the health sector, acupressure is a powerful way to relax. This process is achieved when oxytocin is released when we massage the feet with our hands at certain points (Fricker et al., 2024). Acupressure has many benefits for the human body as per research conducted by (Cheng et al., 2024) which states that ear acupressure can be used as an additional therapy for allergic rhinitis. Therefore, the results that can be taken from this research are in the form of training provided by health workers to cadres which has important benefits in increasing knowledge and also changing attitudes, both of the cadres themselves and the community when carrying out initial treatment to reduce existing health problems in the community. the community without having to provide all treatment to health workers or health facilities.

## CONCLUSIONS

Based on the results of research that has been carried out, it can be concluded that on average cadres have a good level of knowledge and attitude towards self-care programs using acupressure. So with this program researchers have succeeded in increasing cadres' understanding of the acupressure method as part of independent care to increase knowledge of the benefits of acupressure in reducing disease problems in society. Suggestions for cadres who have poor knowledge scores are expected to increase their knowledge scores in the form of diligently following training held by the Kartasura Community Health Center and suggestions for community health centers to increase the knowledge of cadres by providing several different trainings in each training apart from the acupressure book that has been given to cadres and is necessary. There is testing at the end of each training. It is hoped that this assessment will monitor the level of understanding of the material that has been presented.

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