
THE EFFECTIVENESS OF COMMON COLD MASSAGE IN HEALING COUGHS AND COLDS IN BABY AND TODDLERS IN RAHMA MEDIKA CLINIC

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ABSTRACT

Health problems most often experienced by a baby toddler are cough and cold due to respiratory tract irritation problems, allergies, and decreased immunity. Non-pharmacological handling of cold cough is safer to use because it does not use side effects such as drugs. One non-pharmacological way is common cold massage. The purpose of this study was to analyze the effectiveness of common cold massage on the healing time of cold cough in baby and toddlers at Rahma Medika clinic. This study was an *experimental quasy* design, where the researcher only intervened in one group and the other group would act as a control without randomization. This research was conducted for 1 month, April – May 2024 at the Rahma Medika clinic. The samples used in this study were 32 in the intervention group and 32 in the control group. Univariate analysis results mean cure time of the intervention group was 2.6 days and the control group was 3.25 days. The analysis of the *t-test* stated that there was an effect of giving common cold massage on the acceleration of the healing time of cold cough in baby and toddlers and statistically the difference was considered significant, because the *p-value of* $0.003 < 0.05$. The combination of Common Cold Massage can speed up the healing time of cold cough symptoms.

Keywords: baby; common cold massage; cough; toddler

INTRODUCTION

Infancy is the golden age as well as a critical period of a person's development. Infancy is known to be a critical period because at this time the baby is very sensitive to the environment and the golden age because the infancy lasts very short and cannot be repeated. (Waluyo, 2023) Health problems most often experienced by a baby toddler are cold coughs caused by respiratory tract irritation, allergies, weakening of the immune system and a bad environment. Early symptoms include a bad taste from the nose or throat. Then start sneezing, runny nose and feel mild pain. Sometimes accompanied by low-grade fever. The nose secretes a watery, clear discharge in the first days. Furthermore, the nasal secret becomes thicker, yellow-green. (Yulianti, 2021).

Cold cough is an upper respiratory tract disorder that most often attacks baby and children. Very young babies will be very easily infected, transmission still occurs because someone who has a cold often holds the nose because it itches or blows your nose. If you do not wash your hands immediately, it will become a source of infection. Cold cough is a primary infection of the nasopharynx and nose that often attacks baby and children (Kemenkes, 2021) Cold cough experienced by children is caused by several factors, these factors can be divided into two, namely internal factors and external factors. Internal factors include age, sex, immune system, nutritional status, inadequate breastfeeding, low birth weight, and immunization status. External factors, namely external factors include environmental factors, namely the climate environment and very extreme

weather, physical condition of the house, temperature and humidity, air pollution, diet, quality of parental care, attitude or behavior of children. In addition, there are socioeconomic factors, knowledge factors and the quality of health services. (Syahidi, 2016).

Cold cough can also attack adults but has different characteristics. In baby and children, this disease tends to be more severe because the infection includes the paranasal sinuses, middle ear, and nasopharynx accompanied by high fever, while in adults it is limited and does not cause high fever. Upper Respiratory Tract Infection or abbreviated as ARI (in Indonesia) often occurs in children. Cold cough in toddlers in Indonesia. It is estimated that 3-6 times per year (an average of 4 times per year), meaning that the average toddler gets cold cough attacks 3-6 times a year (Akseer, 2020). ARI is very common in baby and children, mostly caused by viruses, so there is no specific treatment (Alhamda, 2014). The common cold is defined as an ARI characterized by runny nose, mild cough, and low-grade fever (Manal, 2008).

Ways that can be used to treat coughs and colds are pharmacological and non-pharmacological methods. Non-pharmacological handling of cold cough is safer to use because it does not use side effects such as drugs, non-pharmacological therapy uses physiological processes, one way that can be used to meet these needs is cold cough massage (common cold Baby Massage). (Nurjanah, 2020). Babies or toddlers who are massaged will be able to sleep soundly, while when they wake up, their concentration power will be fuller. Baby massage has several positive effects in terms of weight gain, better sleep patterns, improved neuromotor development, better

emotional bonding, decreased rates of nosocomial infections, one of which is the common cold. Baby Massage Therapy has shown positive effects for treating digestive problems in baby including constipation and diarrhea, as well as for respiratory diseases such as asthma and the common cold (Sofiyanti, 2020) Based on data from visits of 524 baby under five who sought treatment at the Rahma Medika Clinic in 2022, around 56% (293 people) experienced cold cough problems. Most of the health workers at the Rahma Medika clinic have not conducted counseling about cold side dishes for baby (common cold massage). Based on the description above, the author is very interested in conducting research on the effectiveness of common cold massage on the healing time of cold cough in baby and toddlers at the Rahma Medika clinic.

METHOD

This research is a type of intervention research with *experimental quasy* design or pseudoexperiments. where the researcher only intervenes in one group and the other group will act as a control without randomization. This research was conducted for 1 month, April – May 2024 at the Rahma Medika clinic. The samples used in this study were 32 in the intervention group and 32 in the control group. The inclusion criteria are as follows: baby or toddlers who come to the clinic with the main complaints of cough and cold, no indication of severe infection or emergency, are willing to become respondents by signing *informed consent*. Exclusion Criteria: baby or toddlers with fever over 390C, diagnosed with lung disorders, family suffering from tuberculosis. Massage is given along with cold cough medicine in baby and toddlers when symptoms of cold cough occur for 10-15

minutes aimed at curing cold cough symptoms. The sequence of movements is: (1) pushing sideways across the chest between the nipples. (2) Press and turn the nostril sideways. (3) Press 1 finger on toracal 3. (4) Pinch the back This technique is to improve circulatory circulation and strengthen the body. (5) Pushing motion with two fingers from bottom to top on the arm of the little finger (ulna). The control group will get drug therapy as usual.(Yulianti, 2021) The bivariate analysis used in this study is to determine whether there is a relationship between two variables (independent and dependent variables), namely with *the independent t test*. The outcome variable is the duration or length of healing time for cold cough.

RESULTS AND DISCUSSION

Table 1.

Univariate analysis of the time required for healing in the intervention and control groups

	Mean	Std Deviation	Minimum	Maximum
Common cold massage intervention group (n=32)	2.63	0.75	1	5
Control group (n=32)	3.25	0.84	1	5

Table 1 based on the results of univariate analysis, it was seen that the common cold massage intervention group had an average healing time of cold cough 1 day faster than the control group, which was 2 days, while the control group needed an average healing time of 3 days.

Table 2.

Bivariate analysis of the effectiveness of giving common cold massage

	Mean	P value	95% CI
Intervention group	2.63	0.003	0.23
Control group	3.25		1.02

Table 2 it can be seen that the results of bivariate analysis show that there is an effect of giving common cold massage on the acceleration of healing time for cold cough in baby and toddlers and statistically the difference is considered significant, because the *p-value* is $0.003 < 0.05$.

The results of this study are also in accordance with previous research conducted by those who reported that the combination of common cold massage can accelerate the time or duration of healing cold cough in toddlers aged 4-5 years at Puskesmas Keling II Jepara with a p value of 0.000, so it is recommended to midwives to use a combination of common cold massage as a non-pharmacological method to accelerate the healing of cold cough in toddlers.(Mulyaningsih, 2022) The problem of cold cough in toddlers is very often found, because the toddler's immune system is still low so it is easy to contract the virus. The problem of coughing colds must still be watched out for parents even though it easily heals by itself. If the child coughs too often and not done proper cold cough handling, it can aggravate the child's condition.(Sagita, 2021)

Common cold massage is part of touch therapy, which means that it is a technique that combines the physical benefits of human touch with emotional benefits such as bonding. Massage therapy has shown positive effects to overcome various problems in baby even in babies born prematurely, digestive problems including constipation and diarrhea, as well as for respiratory tract diseases such as cough and cold accompanied by fever or not. (Hamzah, 2023) The benefits of baby massage in general can make the baby feel comfortable, and relaxed, massage makes the baby's muscles become tenuous, baby

massage can help concentration, trigger brain development, relieve digestion, and help oxygen to the brain. Massage (Saputri, 2019) *Common cold* also in its movements can provide the following benefits: relieve breathing, relieve cough, thin sputum, strengthens the lungs, Pinch the back movement to improve circulatory circulation and strengthen the body. Emphasis on Toracal 3 This technique is to relieve cough. As well as the movement of pushing with two fingers from bottom to top on the arm of the little finger (ulna) is useful for lowering heat, and overcoming colds. (Yulianti, 2021).

CONCLUSION

The combination of Common Cold Massage can speed up the healing time of cold cough symptoms.

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