
Long Term Standard Analysis of Steam Shower Therapy and Health Care for Postpartum Mother

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Abstract

Background: According to the 2015 Indonesian Demographic Health Survey (IDHS), age in childbirth is large enough to target the Maternal Mortality Rate (MMR). This page looks at 228 / 100,000 KH modes as much as 28% of bleeding, 24% of eclampsia, 11% of infections and 26, 3% of AKI that occur during childbirth. From my previous research, more benefits of Steam Shower is can be used for postpartum mothers, removing toxins in the body, normalizing blood circulation, burning calories, improving stamina, freshness of the body, cleansing dirty blood. The purpose of this study was to find out the standard time for process Steam Shower to help for postpartum maternal health. The research method is descriptive, which is qualitative with an interpretive paradigm with ethical and ethnic approaches. This research is data-based naturalistic to see phenomena naturally. The results of processing of this study are noted that mothers will feel the benefits are sufficient within 15-20 minutes. According to informants within 15-20 minutes the steam produced from 21 kinds of spices can still be felt by the aroma of the Steam Shower therapy, but there are still mothers who do less than 15 minutes with the reason of not being able to. It does not matter whether it is necessary to inform the duration of Steam Shower therapy that is useful for health care for postpartum mothers. Suggestions for research results can be used as material for knowledge and information for health workers such as midwives in providing midwifery care without neglecting cultural aspects.

Keywords: Steam Shower, Postpartum Care, Time Process

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Introduction

Knowledge of traditional medicine is a tradition of the Indonesian heritage. Traditional medicine is part of the Indonesian culture that is passed down from generation to generation both orally and in writing (Djlantik, 1983). Every human being essentially wants to avoid any interference, including health problems. Therefore, the existence of drugs and traditional medicine is increasingly recognized in the health sector, following the results of health research which concludes that various plants are very beneficial for health and beauty (Supriadi, 2010).

Traditional medicine in Indonesia grows and develops in the social life of ethnic groups in Indonesia. Transcendental treatment is divided among community members in people's lives. In Indonesia according to data from the Central Statistics Agency (BPS), trends in traditional medical use and traditional medicines 2002-2014 are in 2002 as much as 32.24%, in 2003 29.82%, 2004 36.34%, 2005 38, 82%, 2006 42.11%, 2007 27.09%, 2008 20.56%, 2009 24.66%, 2010 26.48%, 2011 24.44%, 2012 25.82%, 2013 22.37% and in 2014 23.04% (source.bps.go.id). One of the traditional treatments is water therapy (Hypnotherapy). Water therapy has been known since 2400 SM. Treatment of water therapy is an integral part of the socio-cultural environment that has values that should be maintained and enhanced and contribute positively to health efforts (Sutawijaya, 2010).

Steam bath (sauna) is one type of specially designed water therapy. One of them is Steam Shower in the Karo tribe. Steam Shower is a type of traditional sauna from the Karo tribe that utilizes the diversity of plant species which historically are useful for health after birth and treat various types of diseases. There are 69 types of plants that are used as Steam Shower ingredients (Nasution, 2009). These herbs contain essential oils. Essential oils or also called essential oils, etherial oils, or volatile oils are natural extract commodities from plant species derived from leaves, flowers, wood, seeds and even pistils (Gunawan, 2009).

Postpartum mothers usually use enough because it has become a tradition and culture of the Karo tribe and still believes in traditional medicine and also because they want to treat the body, dry wounds, tighten skin, expel sweat, improve blood circulation, eliminate bad smell and fat in the body (Walujo, 2002).

In my previous research about the benefits of Steam Shower in Puerperal Mother's health care in Sempajaya Village, Berastagi District, Karo District in 2014 that every mother did enough with different periods of time, according to beauty expert Kray Hj Setianingsih Moerwengdiyah Anglingkusumo (2012) a good sauna is not may be done too long between 10-15 only and 2-4 times a week. Too long enough can cause dehydration of the body. Pore pores that are open during the Steam Shower process if not intensified can also cause disease. Therefore, the standardization of the time period must be set to support the treatment of transdisonal which is a cultural heritage that can be developed and used as a method of treatment for postpartum mothers as health care.

Methods

In qualitative research carried out through an emic approach and ethical approach. The emic approach is intended to obtain data about the public's knowledge of Steam Shower according to their eyes and language, without having to test the truth. While the ethical approach, is used in analyzing data from the community's knowledge scientifically. Semi-structured interviews based on a list of questions (interview guidelines) as a guide for researchers to ask questions to resource persons as key informants, and conducted openly. The interviews were conducted with Karo people. For interviews selected resource persons who are considered to have more knowledge about the tradition of Steam Shower for the Karo community. Key informants consist of Steam Shower users, traditional healers (traditional healers / physicians), sufficient entrepreneurs and markets. All information obtained from informants is recorded, recorded using tape recorders and then tabulated. Data collected includes primary data and secondary data. The type of primary data is done with Interviews include: growing species diversity used in sufficient ingredients, Steam Shower utilization, and ways of utilizing Steam Shower. Primary data also includes an inventory of the diversity of plant species used as sufficient ingredients. The type of secondary data is taken by means of literature study, namely studying reports, records relating to the physical condition of the area, such as a map of the location of the study. Data analysis method In accordance with the research method, the data analysis technique used in this study is to use qualitative techniques. Describe and interpret data obtained from the field obtained from the informants. This analysis is obtained based on the reasoning ability of researchers in connecting facts, data and informants and then analyzing them, so that from this analysis a clear picture is expected to appear about the object under study and can reveal research problems. The collected data will be presented through a single data analysis. Data analysis method used in this research is using steps such as those put forward by Burhan Bungin namely data collection, data reduction, data display

Display Data is a description of a set of structured information that gives the possibility of drawing conclusions and taking action. Presentation of qualitative data is presented in the form of narrative text. While the purpose of qualitative data analysis according to Bungin is to analyze the process of going on a social phenomenon and obtain a complete picture of the process. Analyze the meaning behind information, data and processes social phenomenon.

Result and Discussion

Steam Shower Implementation Process Scientifically research stating that the implementation process is enough after 69 spices are included in a container with a duration of 20-40 minutes then boiling water will change the color and ingredients of the spices will appear wilted. After that the Steam Shower -filled container was placed under the feet of the mother in a sitting position and covered with a mat and blanket on top so that the mother could feel the steam and aroma of the therapy from the ingredients of the cooked spices. Little by little, it is slowly

cooked using a plant stem in a clockwise direction so as not to drain Mother's energy. This is consistent with what Walujo stated in Lidya Sinuhaji (2014) how this treatment is then practiced for generations and is a tradition that is typical for Karo people. with the development of the times, this tradition continues to experience change and development. Although the changes that are encountered are the way of modeling and evaporation techniques, but the main ingredients do not experience many fundamental changes. If there were developments in the number of types of herbs only limited to alternative ingredients and adapted to environmental conditions, especially the structure and composition of vegetation in each region, as well as the cultural philosophy behind it.

Utilization of Health Care for Postpartum Mothers through "Steam Shower " The Karo tribe relies heavily on traditional medicine. The Karo tribe relies heavily on traditional treatments. Culture and customs in Indonesian society are beneficial, some are detrimental to the health status of pregnant women, mothers and postpartum mothers (Syafudin, 2009).

People pay attention to the care of postpartum women so that they have their own set of treatments for postpartum mothers. The series of treatments are Steam Shower , using param, eating rules and fresh drinks (a kind of herbal medicine) as a complement to postpartum maternal care. It should be done the next day after giving birth for 4 consecutive days. Steam Shower is believed to be a stamina return, cleansing dirty blood, improving blood circulation and skin rejuvenation for postpartum mothers (Nasution 2009). At this time sufficient functions develop to launch ASI.

In general, all people tend to follow culture, they are bound to their own traditional ways and beliefs and assume that these methods are the same and may be better than other ways of society. With regard to the complex of beliefs and values related to food, health and disease, this seems right. The views of each community about health and disease are part of his deepest personality that cannot be simply removed before there is very tangible evidence that gives an indication of no better settlement (Foster, 2005).

Period of "Steam Shower " Length of time is 15-30 minutes or according to the ability of the person who has enough. This is because humans have different abilities. The steam temperature used is sufficiently 60-80°C. In line with the opinion of Crinnion (2011) who said that the temperature used for steam baths and saunas is around 80-90 °C (176-194 °F). Sufficient duration can also be influenced by experience from sufficient. Usually a person can hold hot steam for 15 minutes after doing 3-5 times before. Implementation can be done morning, afternoon or evening. However, it is recommended to do it at night before going to bed. This is so that enough people can rest / sleep after doing enough. People with heart disease, shortness of breath, women who are pregnant, drunk or have other serious illnesses are usually asked to consult first with a traditional doctor or doctor.

This is because the influence of alcohol during sufficient time can increase the risk of hypotension, arrhythmias and sudden death so it should and should be avoided (Ellahham and Hannuksela 2001).

Conclusion

Sufficient for the Karo tribe as traditional medicine that still persists and even develops very rapidly. Steam Shower is one of the traditional Karo ethnic medicines that uses all natural ingredients. Steam Shower treatment that was formerly only done by mothers after childbirth which aims to increase freshness in these mothers, is now carried out by all sexes, and age. There are 69 spices or "spice hundreds" sold on the market used for enough to be boiled with water in a large pan container and the hot steam is channeled through a pipe hose into the Steam Shower room. Length of time is 15-30 minutes or according to the ability of the person who has enough. This is because humans have different abilities.

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