

Universitas Ngudi Waluyo
Program Studi Kebidanan Program Sarjana, Fakultas Kesehatan
Skripsi, Februari 2024
Suparti
NIM. 15221048

**EFEKTIFITAS PIJAT COMMON COLD DALAM MENGURANGI
KELUHAN BATUK PILEK PADA BALITA DI UPTD PUSKESMAS
MEKAR SARI BALIKPAPAN**

ABSTRAK

Latar Belakang: Common cold merupakan gangguan saluran pernafasan atas yang paling sering mengenai anak dan anak. Anak yang masih sangat muda akan sangat mudah tertular, penularan masih tetap terjadi karena seseorang yang batuk pilek akan sering memegang hidungnya karena rasa gatal atau membuang ingusnya. Salah satu metode non farmakologi untuk menurunkan keluhan batuk pilek pada balita adalah pijat common cold. Studi pendahuluan yang peneliti lakukan pada tanggal 26 Mei 2023 didapatkan jumlah anak usia 0-5 tahun yang mengalami batuk pilek datang berobat pada bulan Mei 2023 sebanyak 156 anak, dari 322 anak. Penelitian ini bertujuan untuk mengetahui efektifitas pijat common cold dalam mengurangi keluhan batuk pilek pada balita di UPTD Puskesmas Mekar Sari Balikpapan.

Metode: Jenis penelitian menggunakan pra-eksperimen dengan pendekatan kuantitatif dengan rancangan *One Group Pre-test Post-test*. Populasi penelitian adalah balita usia 2-3 tahun dengan diagnosis batuk pilek di UPTD Puskesmas Mekar Sari Balikpapan dan teknik pengambilan sampel menggunakan *purposive sampling* sebanyak 16 orang. Pengumpulan data menggunakan lembar observasi. Analisis data adalah analisis univariat dan analisis bivariat menggunakan uji *wilcoxon*.

Hasil: Gambaran keluhan batuk pilek sebelum diberikan pijat common cold pada balita di UPTD Puskesmas Mekar Sari Balikpapan didapatkan nilai Mean sebesar 5,63. Gambaran keluhan batuk pilek setelah diberikan pijat common cold pada balita di UPTD Puskesmas Mekar Sari Balikpapan didapatkan nilai Mean sebesar 1,13. Hasil uji statistik *wilcoxon* diperoleh $p\ value (0,000) < \alpha (0,05)$ menunjukkan bahwa H_0 diterima.

Simpulan: Pijat common cold efektif dalam mengurangi keluhan batuk pilek pada balita di UPTD Puskesmas Mekar Sari Balikpapan.

Kata Kunci: Pijat Common Cold, Batuk Pilek, Balita.

Ngudi Waluyo University
Midwifery Study Program, Faculty of Health Sciences
Final Project, February 2024
Suparti
NIM. 15221048

THE EFFECTIVENESS OF COMMON COLD MASSAGE IN REDUCING COMPLAINTS OF COUGHS AND COLDS IN TODDLERS AT THE MEKAR SARI COMMUNITY HEALTH CENTER BALIKPAPAN

ABSTRACT

Background: *The common cold is an upper respiratory tract disorder that most often affects children. Very young children are very easily infected; transmission still occurs because someone who has a cough or cold will often hold their nose because it itches or blow their nose. One non-pharmacological method for reducing complaints of coughs and colds in toddlers is common cold massage. A preliminary study conducted by researchers on May 26, 2023, found that the number of children aged 0–5 who had coughs and colds came for treatment in May 2023 was as high as 156 out of 322 children. This research aims to determine the effectiveness of common cold massage in reducing complaints of coughs and colds in toddlers at the Mekar Sari Community Health Center Balikpapan.*

Method: *This type of research uses a pre-experiment with a quantitative approach with a one-group pre-test and post-test design. The research population was toddlers aged 2–3 years with a diagnosis of cough or cold in Mekar Sari Community Health Center Balikpapan, and the sampling technique used was purposive sampling of 16 people. Data collection uses observation sheets. Data analysis includes univariate analysis and bivariate analysis using the Wilcoxon test.*

Results: *Description of complaints of cough and cold before being given common cold massage to toddlers at the Mekar Sari Community Health Center Balikpapan obtained a mean value of 5.63. The description of complaints of coughs and colds after being given common cold massage to toddlers at the Mekar Sari Community Health Center Balikpapan obtained a mean value of 1.13. The results of the Wilcoxon statistical test obtained p value $(0.000) < \alpha (0.05)$ indicating that H_a was accepted.*

Conclusion: *Common cold massage is effective in reducing complaints of coughs and colds in toddlers at the Mekar Sari Community Health Center Balikpapan.*

Keywords: *Common Cold Massage, Coughs and Colds, Toddlers.*