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By Asep Sukohar



Research Article



EXPLORATION OF LAMPUNG TRADITIONAL MASSAGE TYPE AND SKILL

INTRODUCTION

Indonesia country is rich for its ethnics and culture. "Biro Pusat Statistik" (the Central Bureau of Statistics) noted that Indonesia has around 1.128 ethnic groups.¹ It potentially drives the availability of various traditional treatments that are hereditarily conducted and lasts until today.

Riset Kesehatan Dasar (Basic Health Research) in 2013 revealed that 30.4% of households in Indonesia utilized traditional health care. The highest proportion is those in South Kalimantan Province (63.1%), and lowest is in West Papua Province (5.9%). The types of traditional healthcare which is used by most households is one without tools (77.8%) and traditional medicine (49.0%). The main reason behind the choice of utilizing traditional healthcare is to maintain the health/vitality.²

Law No. 36 the year 2009 on Health States that the traditional healthcare is one of the implementation activities on the efforts to improve health.³ Based on the treatment, traditional healthcare is divided into two types: traditional healthcare skill and traditional healthcare using herbs. Each has its method, material, and tool with a different philosophy of science. It shows the diversity of traditional healthcare in Indonesia.

Traditional healthcare that uses skills and is found in the community is traditional massage. Based on the history, it has been known since 3000 BC. There are several types of massage: therapy, beauty, health, and sport. Massage for therapy heads for helping the healing process of muscle, ligament, and joint disorders.⁴

Massage arose in the mid-19th century with an expert named Mezger in Amsterdam that had given much energy and thoughts to contribute the massage progression. Helleday brought her massage method to Stockholm and repaired Ling method, named

Swedish massage. In 1915, a book has published from Dr. Muller entitled "Lehrbuch der Massage" in Munchen Gladbach. This essay had a scientific basis. Massage progress in Indonesia cannot yet be determined. It is expectedly developed in the 19th century.⁵

Traditional healthcare in Indonesia is rapidly developing, so that it is necessary to hold the gradual and holistic arrangement, in order to obtain traditional healthcare that is safe, high quality, useful, and reliable. Law No. 36 the year 2009 on Health in article 61 paragraph 2 states that the government regulates and supervises traditional healthcare based on the society's security, interests, and welfare.⁶

Based on "Riset Kesehatan Dasar 2013" of Ministry of Health in 2013, Indonesians utilize traditional healthcare as much as 30.4%. The largest traditional healthcare in Indonesia is the healthcare with the skills without using tools by 77.8%. The community in Lampung utilizes traditional healthcare without tools by 85.1%. Traditional healthcare without a tool is widely used; one of the examples is massage.

METHODOLOGY

The methods of this study were surveyed with the cross-sectional study. The total number of the subjects in this study was 40 traditional healers of massage with the inclusion criteria and exclusion that spread to 4 regencies/cities in the Province of Lampung, Indonesia. The research was conducted from August to November 2014 through in-depth interviews, observation and documentation of traditional massage practice. The instrument of the study was a questionnaire which includes education, traditional healers of massage, reason being of traditional healers of massage, how to gain knowledge, knowledge of traditional healers of massage, as additional work, the kind of massage and techniques, observation sheets assessing skills traditional healers of massage and traditional massage practice of documentation.

This study was done at homes of traditional healers of massage at 4 regencies/cities in the Province of Lampung, Indonesia. Statistical analysis used were: ANOVA and Chi-Square.

RESULT

The result of a study on the type of massage skills of the traditional massage in Lampung illustrates that traditional massagers (approximately 39%) graduated from elementary school. The majority of traditional massagers in Lampung comprise 90% Muslims and 93% married. The number of women is around 10% greater than that of men. This can be seen in Figure 1.

Table 1 shows that the reason that traditional massagers in Lampung do the massage therapy is for beneficence reason (37.5%) and only 5% for money.

Based on the data analysis, 20% of Lampung traditional massagers had received education, such as reflection course, various sinshe, ASPETRI course, Prof. Hembing courses, and others as shown in Table 2.

Data analysis shows that 65.8% of Lampung traditional massagers have no other job except massaging and the others 21.1% are farmers, while the rests are teachers, herbal traders, midwives, and prison inmates. It is shown in Table 3.

Table 1: Triggered Reason of Traditional Massagers Doing Their Job

Reason Doing Massage	Total
Others' beneficence	37.5%
Helps others	25.0%
Makes the best use of knowledge	10.0%
Money	5.0%
Reward	7.5%
Experiment	12.5%
Money and helps others	2.5%

Table 3. Other Job besides Traditional Massagers

Other Job	Total
None	65.8%
Farmer	21.1%
Teacher	2.6%
Religious teacher	2.6%
Tonic herbs seller	2.6%
Midwife	2.6%
Prison inmate	2.6%

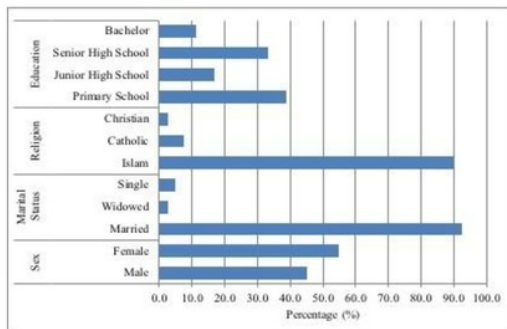


Figure 1: Based on Education, Religion, Marital Status, and Sex

Lampung traditional massagers never differentiate their patient's gender or age; male or female, adults nor toddler. This can be seen in Table 4.

Figure 2 gives the information that the traditional massage skill in Lampung Province was obtained from hereditary (38%), the rest is obtained from inspiration, courses, qorin, reading, and study.

Figure 3 provides information that massage consumes time more than 60 minutes (60%), 30-60 minutes (28%), and less than 30 minutes (<8%).

Figure 4 provides the information about the movement of traditional massage. It can be done from the distal (D) toward the proximal (P) or otherwise, or combination between distal to proximal direction. The most used traditional massage move in Lampung is 35% distal to proximal and 25% distal to proximal direction.

Figure 5 provides information that the most massage technique in Lampung is picking up technique by 80%, effleurage is placed as the second highest (56.4%) and the least is alternating (<3%).

Figure 6 provides information that avoidance after the traditional massage is 32% about eating and drinking. The other avoidances are to have no certain activities, should not wash feet, should not massage the whole family together all at once, and not to practice on a certain day.

Table 2: Skill/Course Followed by Lampung Traditional Massagers

Massage Skill/Course	Total
Sinshe in Surabaya	10.0%
Prof. Hembing	10.0%
Reflection course	20.0%
Bone fracture and joint massage course	10.0%
Massage course	10.0%
Toyama course in Jakarta	10.0%
Prima reflection course in Jakarta	10.0%
dr. Harto course	10.0%

Table 4. Service that is Given to Patient

Other Job	Total
All	90.0%
Men only	2.5%
Women only	5.0%
Women and toddlers	2.5%

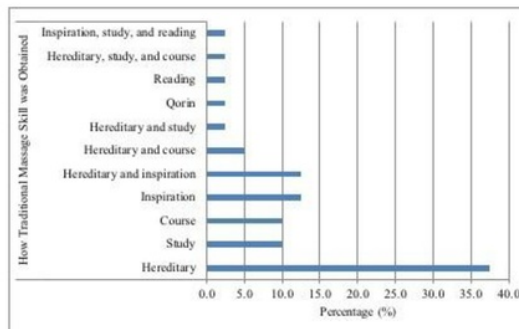


Figure 2: How Traditional Massage Skill was obtained

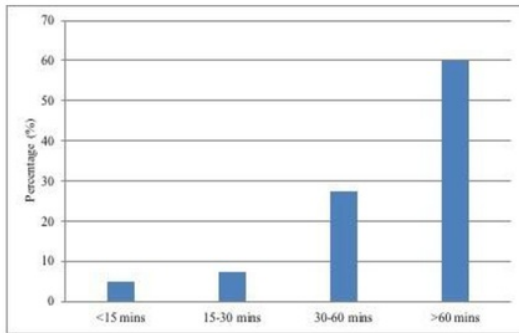


Figure 3: Time for Massaging

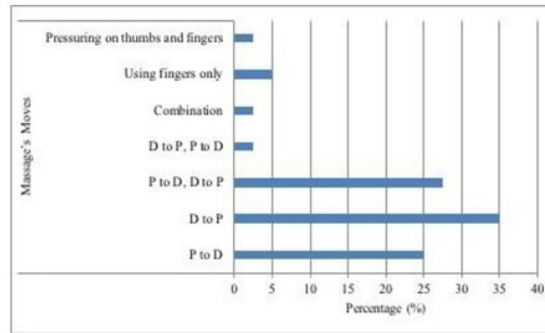


Figure 4: Massage's Moves

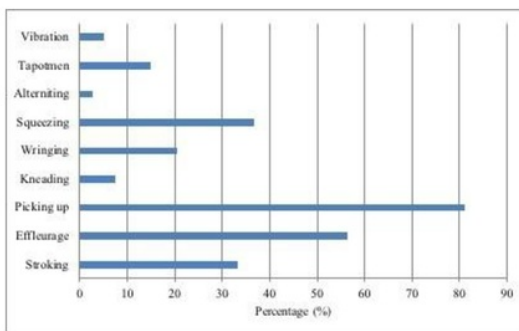


Figure 5: Traditional Massage Techniques

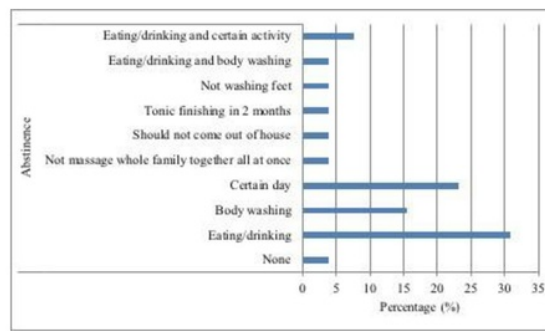


Figure 6: Abstinence after Getting Massaged

DISCUSSION

History informs us, specifically health care providers that massage has contributed to prevention and help for the healing process for a long time. Massage rapidly grows in the world, including in Indonesia so that variety of massages from Sumatra to Papua are found. Lampung SP3T team has conducted screening in 2013 recording 2.911 batra spread across 12 districts and 2 cities. In 2014, Lampung SP3T (Sentra Pengembangan dan Penerapan Pengobatan Tradisional/Center of Traditional Medicine Development and Application) team got a chance to take the survey of the type and specific massage skills. The survey was restricted in two districts (South Lampung and Pringsewu) and 2 cities (Bandar Lampung and Metro) because of funding issue.⁸

The types and techniques of massaging in Lampung are certainly different from those of other regions, as well as in each district are different from other areas. Variations in the types and techniques of massaging are influenced by culture, religion, environment, and knowledge of traditional massagers. Variation in massage techniques are such as stroking, effleurage, petrissage (kneading, picking-up, wringing, squeezing, friction), tapotement (clapping, pounding, beating, hacking), vibration, and shaking.^{9,10}

Stroking is a type of soft caressing, light, and random move which aims to set the precondition so that the patient/client will relax, usually done by applying lubricant. Effleurage is rubbing/quite hard massage to facilitate the venous and lymphatic flow. Its direction is from distal to proximal or from insertion to muscle origo (as same as the direction of muscle fibers) or otherwise as according to the belief (philosophy).

Petri sage consists of: a) Picking up is lifting techniques by using thumb and fingers; it can be done with one or two hands depending on the size of muscle. The purpose is to separate the tissue from its underlying tissue, and to improve blood flow (pumping action); b) Wringing is pushing and pulling tissues with two hands from the opposite side resulting in push and drag on the tissue. Its purpose is to separate the tissue from its both sides; c) Kneading is a rotating pressure on the tissue using hand palm (palm kneading), thumb (thumb kneading), knuckles (knuckle), elbow, and forearm. The purpose is to reduce muscle tension, destroy the fat and improving circulation; d) Squeezing is a tissue kneading technique, a combination of picking-up and wringing. The purpose is to relax and stretch the muscles to be more pliable/flexible; e) Alternating is kneading/combination with the picking-up with the purpose to improve the circulation; f) Friction is harder pressure using the fingertip/thumb at the end of the muscle (tendon) or ligaments. It can be done by transversal for mobilization, and longitudinal for circulation. The purpose is to destroy tissue adhesions and create new inflammation resulting in a better healing process.⁹

Tapotement is kind of a blow on the tissue through the skin surface to dilate capillary skin and restore muscle tone and destroy fat. There are 4 variations of tapotement: a) cupping (concave palms); b) Hacking (palms tilt/minced); c) Pounding (hand clenched/punch side); d) Beating (hand clenched blow). Especially, cupping along vibration can clear the airways on postural drainage.

Vibration is settled vibration with direction heading into the deep tissue so that the tissue vibrates in longitudinal waves. The purpose is to reduce pain, provide chest cavity compression to push fluid out from airways. Shaking is a technique of shaking

the skin tissue, muscles, or joints with transverse direction waves. The purpose is to release the tissue adhesions (loosening). Skin rolling motion is a technique like a crab roll skin; the purpose is to release it's under tissue.

Based on the results of demographic data study about types and skills of massage traditional in Lampung shows most traditional massagers (39%) are elementary school graduates, 90% Muslims, 93% married, and women is more 10% than men, This can be seen in Figure 1. These conditions certainly contribute to the skills of massagers.

Payment or wage is not the main reason for doing this work, 37.5% is because of beneficence and only 5% for money (Table 1). As many as 20% had received training massage such as reflection courses, while other trainings were from sinshé, ASPETRI course, Prof. Hembing courses and others (seen at Table 2). Other information obtained about the traditional skills of massage in Lampung Province is gained from hereditary (38%), the rest is gained from inspiration, courses, qorin, reading, and studying (Figure 2).

Massage care is not picking patients whether adult or children, male or female. A great number of the massagers (65.8%) purely work as massagers, 21.1% work as farmers (Tables 3 and 4). All patients could have the traditional massage. Massage takes time over 60 minutes (60%), 30-60 minutes (28%) and less than 30 minutes (<8%) (Figure 3). The most traditional massage direction in Lampung is 35% of the distal (D) to the proximal (P) and 25% of proximal to distal direction (Figure 3). Philosophy of distal to proximal direction is taken from the blood flow to the heart.

The most used massage technique is picking up by 80%, effleurage is placed as the second highest (56.4%), and the smallest is alternating (<3%) (Figure 5). This reason is because this method has been taught from generation to generation. Avoidance after traditional massage is 32% about eating and drinking. The other avoidances are: doing certain activities, washing the feet, sequencing together (one family) and practicing on certain days (Figure 6).

CONCLUSION

The principle of beneficence in doing massage is the philosophy of traditional healers in Lampung with various types of massage. The majority of massagers are primary school graduates (39%), Muslims (90%), married (93%), female (60%), Javanese and only work as massagers (65.8%). Expertise is gained from hereditary with massage time takes more than 60 minutes (60%) from distalto proximal (35%).

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