

Socialization and Counseling About Health Traditional/Complementary Alternative Medicine for Mothers Pregnant

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ABSTRACT

Introduction: Health traditional / CAM (Complementary and Alternative Medicine) has Lots of Mothers interested in pregnant to overcome several complaints and objections to comfort during pregnancy. Besides they feel worried about consuming therapy However attention exists several side effects requires enough information Objective: Know description effort counseling about health traditional or CAM to Mother Pregnant Method: studies literature about counseling /educational use of Health traditional or CAM for Mothers pregnant. Library data collection, or object research his research dug through diverse information bibliography. Using secondary data, via several related articles with health traditional /CAM. The analysis uses an annotation bibliography, which can be interpreted as a list of sources used in something study given a conclusion related to what is written in it Results: Review from the article as many as 5 and with the essence society uses a type of health method traditional / CAM to avoid the effect of side treatment Because the public considers treatment traditional/complementary relatively safer. There are many types of methods during pregnancy medicines and herbal plants. However, it means without risk rise, a pregnant must have competent knowledge about the utilization of therapy safe complement during pregnancy That reason CAM is used because CAM is easily obtained and cheaper costs. Conclusion: Socialization and Counseling health traditional /CAM required concerning utility type/modality Health Traditional /CAM safety or side effect necessary attention and condition Mother pregnant That Alone. Counseling involves husband, family, and energy health and midwives at the Community Health Center. Furthermore, more exploration carries on about the perception and meaning use health traditional. Next expected can increase synergy between service health conventional and health traditional/CAM.

Keywords: Socialization-Counseling health traditional, complementary alternative medicine, mother pregnant

INTRODUCTION

Health traditional or Complementary and alternative medicine (CAM) concerns various businesses' existing health develop several decades. Its use covers various types like the use of herbs, spiritual healing, manual manipulatives, or bone setting. Represents different parts with waiter health conventional However end This with the more found a lot of proof empirical so start Lots used in various countries well in a way independent nor in a way integrated (Houdek, 2023).

Service Health in Indonesia is all over existing services in society are divided into 2 groups big that is service health traditional ingredients and service health traditional Skills. Things are growing moment This is existing services stated safe and useful as well as an integrated into facility service health. According to results of research in the United States, therapy complementary alternatives have made action interventions and already the more interesting attention national past various media, services medical, department government, and society-wide (Carnes et al., 2024)

Mothers in pregnancy in general experience several complaints and discomfort during pregnancy However feel worried about consuming therapy conventional for overcoming complaints. Afraid will have side effects _ Can dangerous to babies be one _ reason for avoiding therapy conventional and selecting alternatives (Barnes, 2019). Health traditional or CAM (Complementary and Alternative Medicine) gets attention in the eyes of society and becomes a choice for reducing intervention medical.

The use of CAM in general done with the hope that the benefits arising are capable replace efficacy drugs. Therefore, CAM is also used complement To support recovery patients. Use of CAM is even used by mothers pregnant and mothers postpartum. The most frequent CAM service used is the use of medicinal and herbal plants (Birdee et al., 2014). Mothers pregnant and mothers postpartum use the highest CAM in the population in general. A survey conducted on women in the United States found that 37% of mothers pregnant and 28% of mothers postpartum using CAM within 12 months recently (Birdee et al., 2014). Study others were carried out on 810 mothers (354 mothers pregnant and 456 mothers breastfeeding) in Australia states percentage use CAM therapy was 57.3%. During pregnancy in particular, the prevalence of CAM use is 73.2% of women in Australia (Tomas et al., 2024). Similar things also happen in several countries, such as Malaysia, using ovation alternative complementary Lots used by post-partum mothers for guard health Mother. Prevalence of maternal use of CAM postpartum is 85.5% and more dominant in mothers who give birth in a way spontaneously (Nik Yusof Fuad et al., 2020) Research conducted in several countries shows that group Mother pregnant and mothers postpartum tend to use drug herbal medicine with reason For get benefits of CAM directly holistic (Barnes, 2019) (Quzmar et al., 2021).

The use of CAM in particular medicines and herbal plants in mothers pregnant and mothers postpartum based on the desire To get benefits based on experience before, dissatisfaction with treatment conventional and get treatment in a way holistic approach, as well worries about effect side drugs from chemistry. Mother Pregnant states that mothers pregnant who do not obtain

quality antenatal care tend to utilize CAM services for various reasons, among others more costs _ cheaper and perceived safer (Alemu Anteneh et al., 2022). Besides that CAM can used as prophylaxis For disturbance chronic and treatment psychological during the perinatal period (Deligiannidis et al., 2014). Studies show that in developing countries almost 80% of people use therapy complementary, mainly For treating disease chronic (Shi et al., 2024). Research conducted on mothers _ pregnant state that the use of CAM becomes a choice, however, There are several things to consider ie recognize the need and usefulness of CAM, assessing potential CAM before use (Alemu Anteneh, 2022) and matching use of CAM with trust personal and evaluating in a way sustainable. In Indonesia, several methods such as banquets have been used for thousands of years and growing fast. Many mothers choose to use treatment complementary and alternative, esp during pregnancy and childbirth.

However until moment This Not yet There is proof clearly that shows the effect of the use of CAM in particular in pregnancy. Several studies mention that CAM use is associated with the condition of babies born. The study mentioned that 89.9% of mothers pregnant use herbal medicines without announcement to power health or that the doctor did it to maintain pregnancy (Mekuria et al., 2017).

The decision to use CAM is usually based on source non-formal information such as suggestions from Friends or family and not followed by a discussion with Power Health (Bowman et al., 2018) (Thipanyane et al., 2022). This matter Still has debate related to effect side effects and benefits of CAM. However _ the public until the moment This Still still believes that using deep CAM handles disease well during pregnancy and postpartum (Sarecka-Hujar et al., 2022).

Based on the description above need description effort counseling about health traditional or CAM Mother Pregnant

METHOD

Done with studies literature about counseling /Educational use Health traditional or CAM for Mother pregnant. A literature review is a series of related research _ with library data collection methods, or object research _ his research dug through a diverse information bibliography. Data used in the study This is secondary data, through several related articles _ with health traditional or CAM. Analysis of the data used in the study This is an analysis annotation bibliography, which can interpreted as a list of sources used in something study given a conclusion related to what is written in it

RESULTS AND DISCUSSION

Ade Herman Surya Direja , Tria Nopi Herdiani Sosialisasi Terapi Komplementer Dalam Pelayanan Kebidanan Di Posyandu Kasih Ibu, *Jurnal Pengabdian Masyarakat Mandira Cendikia Vol.1 No. 1 Agustus 2022*

The health public can be improved by giving health information is one of them with information health traditional or complementary alternatives through activity counseling to mothers pregnant during pregnancy, childbirth, and postpartum can go wrong Increasing knowledge of Mothers so that influence their behavior in maintenance pregnancy, childbirth, and postpartum. The implementation method is with counseling about therapy complementary in service midwifery namely hypnobirthing, prenatal massage, and massage oxytocin. Activity This involves. power health Midwife Padang Serai Health Center and the community specifically

mothers pregnant and mothers postpartum. Implementation carried out at Posyandu Kasih Ibu in the Working Area Padang Serai Health Center Ward Sumber Jaya Bengkulu City. April 2022 Participants __ activity Devotion to the public This is mothers pregnant and mothers postpartum with a total of 20 people. Activity done with the stage (1) explains objective activity ; (2) provides education about therapy complementarity and its benefits for healthy mothers (3) trains mothers pregnant and mothers postpartum to do prenatal massage, hypnobirthing, and massage oxytocin. Results of activities show There is enhanced knowledge of mothers during pregnancy and mothers postpartum about therapy, after the prenatal massage, hypnobirthing, and massage are carried out oxytocin Mother pregnant and mothers postpartum feel There is a benefit for health physical and psychological. After following the activity here, the mother pregnant and mothers postpartum will carry out activity the At home, and if There is class Mother so willing To follow him in a way routine.

Ernawati Tri Handayani Pengetahuan Ibu Hamil Tentang Konsumsi Jamu Tradisional Selama Kehamilan Jurnal Ilmiah Ilmu Kebidanan Vol. 8 No. 1 (2018):

The journal aims To know the level of knowledge among Mothers pregnant about the consumption of jamu traditional during pregnancy in BPM Latifatus Zahroh Village Betak Subdistrict Kalidawir Regency Tulungagung . As a variable is the level of knowledge Mothers pregnant about the consumption of Jamu traditional during pregnancy. Sample study all mothers pregnant a total of 40 people with technique-*saturated sampling*. Analyze data with a technique descriptive that depicts the results study with percentages. Research result knowledge at level 30 respondents (75%) know with criteria Good. At the level of understanding 21 respondents (52.5%) know with criteria less and at the level of application, 31 respondents (77.5%) have knowledge with criteria less, and 22 respondents (55%) have knowledge Enough about consumption jamu traditional during pregnancy. Conclusion of knowledge respondents about consumption Jammu traditional during pregnancy almost all over from respondents know with criteria Enough that is as many as 22 respondents (55%). Recommended midwives can give counseling about the effect side from consumption jamu traditional during pregnancy, so capable increase knowledge and understanding for Mothers pregnant. Done study advanced especially Because information regarding the consumption of drink jamu during pregnancy is a new thing _

Almira Gitta Novika¹, Dewi Setyaningsih, Henny Safety Gambaran Penyuluhan Tentang Penanganan Ketidaknyamanan Selama Kehamilan Dengan Pendekatan Komplementer Pada Suami Ibu Hamil Prosiding Seminar Nasional Multidisiplin Ilmu, 2020•prosiding.respati.ac.id

Based on data at the Community Health Center Piyungan in the month of August 2019 from 582 mothers pregnant as many as 21.13% are Mothers pregnant with high risk. Mothers pregnant very need support from family especially their husbands To undergo pregnancy, childbirth, and postpartum _ with safe. During pregnancy sometimes Mothers experience problems or related discomfort _ with her pregnancy. This approach used _ Still Lots done with approach conventional. Therapy complementary is one of action possible interventions _ given and done to the more interesting attention public. Type therapy complementary that can be used by women pregnant including *massage, aromatherapy*, and the use of herbs. Devotion public This aims to increase the knowledge and skills of husbands about inconveniences during pregnancy as well as handling them with approaches complementary. Devotion was carried out on October 18 2020 with participant 14 husband and Mother pregnant. Devotion This is given in the form of counseling about handling inconveniences during pregnancy with a approach complementary.

Form evaluation was carried out by giving a related *pretest* and *posttest* material counseling to the husband's Mother pregnant. There is enhanced knowledge husband and Mother pregnant about inconvenience as well as handling it during pregnancy.

Ni Komang Tri Agustini, Putu Noviana Sagitarini, Komang Rosa Tri Anggaraeni
Pemanfaatan Complementary and Alternative Medicine pada Ibu Hamil

Jurnal Ilmiah Keperawatan Vol. 18 No. 01 March 2023 <https://doi.org/10.30643/jiksht.v18i2>

The use of CAM in particular medicines and herbal plants during pregnancy done To give treatment of the problem problems experienced by _ Mother like complaints of coughs, colds and flu, nausea and vomiting, stomach complaints, and other disturbing complaints Mother during pregnancy. Use of CAM during pregnancy has 3.14 times the odds higher in mothers who have experience using CAM compared with those who don't Use CAM (Addis et al., 2021). Perception Mother in using CAM is very influential to the decision Mother in using CAM. There is experience the use of CAM that provides good efficacy _ will increase the confidence of Mothers about the effective use of CAM(Barnes et al., 2019a). The use of CAM in particular medicines and herbal plants during pregnancy _ is very interesting Mother pregnant. Benefits obtained _ during the use of CAM are one reason mothers use CAM. Source information uses CAM in particular the most medicinal and herbal plants obtained from family and friends nearby, The reason CAM is used during pregnancy is because CAM is easily obtained and costs cheap. The use of CAM in particular medicines and herbal plants is carried out To treat complaints experienced _ by Mothers during pregnancy. _ Need exists study advanced about perception Mothers in use of CAM for exploring more in perception Mothers in CAM use. Besides that, a possible suggestion given For Public health centers is to improve health programs traditional so that service health medical, and treatment alternatives synergize to increase the well-being of Mothers.

Nur Ekawati Pendidikan Kesehatan Tentang Terapi Komplementer Dalam Kehamilan Di TPMB Lestari Kabupaten Gowa Tahun 2021 **Al-Amanah: Jurnal Pengabdian Masyarakat** Volume 3 | Nomor 2 | Juni |2022 e-ISSN: 2985-6388 || DOI: <https://doi.org/>

Therapy complementary in-service health is targeted non - non-conventional treatment For increased degrees health public. which has tested quality safety, and effectiveness based on research and science (Evidence Based Medicine). In therapy, complementary therapists overcome various diseases or complaints with technique traditional and not done with action surgery and medicine or product pharmacy, however utilize various types of therapy and herbs. Utilization therapy complementary to field midwifery must prove its security with the study. Mother pregnant is recommended group _ utilize therapy or treatment complementary to overcome perceived complaints because _ therapy can avoid the effects of side treatment and own great control _ over health Alone. Although treatment traditional/complementary is relatively safe However No means No give rise to risk, for That Mother pregnant must have competent knowledge _ about the utilization of therapy safe complement _ during pregnancy. Health education about therapy complementary in pregnancy given with counseling methods moment Mother pregnant carryout class mother at TPMB Lestari Regency Gowa

On the results of the review, the aim is is give information and knowledge about type type health traditional For apat understood or in use in a way practical by society. Usage term education can be interpreted effort To influence others, well individuals, groups/society, and so on they do what is expected by education/ promotion actors health currently counseling is combined from several based activities and opportunities principle Study For reach

circumstances, where individual, family, group/society in a way whole want to live healthy, you know How The method do enhancement health. By principle, the main thing is to reach life Healthy with method influence behavior public Good That in a way individual/group with convey the message

(Purnamasari et al., 2016) Next, There is the term socialization Which means more toward norm you know beliefs and values required by society. Counseling traditional Health /CAM most For Mothers her pregnancy Alone However There are suggestions For husband and energy health esp midwife Public health center. Types of health methods traditionally used _ include hypnobirthing, prenatal massage, massage oxytocin and *massage, aromatherapy*, and the use of herbs, also uses herbs and with effect mapping is a must-noticed. The use of CAM in particular medicines and herbal plants during pregnancy is done To give treatment of the problem problems experienced by _ Mother like complaint coughs, colds and flu, nausea and vomiting, stomach complaints, and other disturbing complaints Mother during pregnancy. Use of CAM during pregnancy has 3.14 times the odds higher in mothers who have experience using CAM compared with those who don't Use CAM.

In comparison in the country of Ghana, types /methods used Pregnant women often use herbal medicines, the most common of which are ginger, peppermint, thyme, chamomile, anise, green tea, tea leaves, raspberries, and echinacea leaves consistently during the three trimesters of pregnancy. Cultural norms and health beliefs in the form of personal philosophies, the desire to manage one's health, perceptions of illness, and holistic healing approaches are associated with the widespread use of herbs. (Agyemang-Duah et al., 2019). People who use a type of health method traditional / CAM mostly want to avoid the effects of side treatment Because the public considers treatment traditional/complementary relatively safer. Perception Mother in use of CAM is heavily influential in the decision Mother in using CAM. There is experience the use of CAM that provides good efficacy _ will increase the confidence of Mothers about the effectiveness of CAM use.

The use of CAM in particular medicines and herbal plants during pregnancy _ is very interesting Mother pregnant. Benefits obtained _ during the use of CAM are one reason mothers use CAM. However No means No give rise to risk, for That Mother pregnant must have competent knowledge _ about the utilization of therapy safe complement _ during pregnancy (Nur Ekawati; 2021) Source information use of CAM in particular the most medicinal and herbal plants obtained from family and friends nearby, reason CAM use during pregnancy because CAM is easy obtained and costs cheap.

Need study advanced on the perception of Mothers in the use of CAM to explore more in perception Mother in CAM use. Besides that, a possible suggestion given For Public health centers is to improve health programs traditional so that service health medical and treatment alternatives capable of synergizing to increase the well-being of Mothers.

CONCLUSION

Counseling health very traditional /CAM required concerning utility type/modality Health Traditional /CAM security or effect necessary side _ attention and condition Mother pregnant That Alone. Counseling involves husband, family, and energy health and midwives at the Community Health Center. Need exploration more carry on about the perception and meaning

use health traditional /CAM with study quantitative or qualitative. Next expected can increase synergy between service health conventional and health traditional /CAM

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