



## REDUCE ANXIETY LEVELS WITH THE CUPPING METHOD

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### ABSTRACT

The COVID-19 pandemic is a non-natural disaster that can have an impact on everyone's mental and psychosocial health conditions. According to WHO (2020), the emergence of a pandemic causes anxiety at various levels of society. Anxiety management consists of pharmacological and non-pharmacological therapy. One of the non-pharmacological therapies that can be used is wet cupping. Cupping will stimulate the secretion of the hormone -endorphin which will have an anti-pain and anxiolytic (anti-anxiety) effect. The method used in the introduction of the cupping method as a decrease in anxiety levels is to conduct lectures and discussions which are attended by female students of the Nurul Jadid Islamic Boarding School, especially in the Az-Zainiyah Region. To respond to the COVID-19 pandemic, not a few of the community, especially in Islamic boarding schools, are experiencing concerns or feelings of anxiety, so counseling related to cupping therapy is carried out to students at Nurul Jadid Islamic Boarding School. This counseling aims to provide new knowledge to students that cupping is one way to reduce anxiety. There are 30 students from various institutions who are participants in this counseling who can understand and become new knowledge from the results of the reviews given. students were so enthusiastic to know about cupping therapy in reducing anxiety levels with some critical questions that were asked in counseling activities, with that the students had new knowledge in the health field.

Kata kunci: Indonesian islamic boarding pesantren students; knowledge; wet cupping

### INTRODUCTION

Health workers in carrying out their duties as the frontline in handling, preventing, and treating patients experience anxiety due to several factors, one of which is the availability of personal protective equipment (Fadli et al., 2020). Self-protection in taking action for nurses does not rule out the possibility of not being infected with covid 19. Often nurses are hit by depression, excessive anxiety, and stress because they are always on the front line in handling this pandemic (Covid- & Lubis, 2020). Cupping is one of the complementary treatments that can reduce anxiety.

Anxiety or anxiety is a sense of worry that arises because it is felt that something unpleasant will happen (Widyartini & Diniari, 2016). Meanwhile, in Indonesia, based on the results of research by FIK-UI and IPKJI (2020), the response that most often appears in nurses is feelings of anxiety and tension as much as 70%. The results of Lai et al's (2020) study on health workers at risk of experiencing psychological disorders in treating patients, showed that 50.4% of respondents had symptoms of depression and 44.6% had symptoms of anxiety due to feeling depressed. Management of anxiety in nurses consists of

pharmacological and non-pharmacological therapy. One of the non-pharmacological therapies for nurses with anxiety is using a complementary approach to therapy. One of the complementary therapies that can be used is document wet cupping. In Islam, wet cupping (cupping) known as "Hijama," is one of the treatments recommended by the Prophet Muhammad, and is used as a preventive, curative, and rehabilitative effort (Ahmedi & Siddiqui, 2014)

Wet cupping (cupping) is a method of treatment by suctioning the skin in certain parts to remove toxins and oxidants in the body through thin incisions that hit the capillaries in the epidermis (Setyawan et al., 2020). Trauma to the skin due to cupping and nicks will stimulate the secretion of  $\beta$ -endorphin hormone which will provide an anti-pain effect and also an anxiolytic (anti-anxiety) effect (Benli & Sunay, 2018). Assistance to nurses at the Az-Zainiyah Clinic in reducing anxiety using the cupping method is aimed at providing cupping therapy to nurses, reducing anxiety levels, and providing knowledge about cupping in reducing anxiety levels. To respond to the COVID-19 pandemic, not a few of the community, especially in Islamic boarding schools, are experiencing concerns or feelings of anxiety, so counseling related to cupping therapy is carried out to students at Nurul Jadid Islamic Boarding School. This counseling aims to provide new knowledge to students that cupping is one way to reduce anxiety.

## **METHOD**

Counseling on Reducing Anxiety Level With The Cupping Method was conducted at the Nurul Jadid Islamic Boarding School and was attended by 30 participants from various institutions. The method used in introducing cupping in reducing anxiety levels in the students of Nurul Jadid Islamic Boarding School Paiton Probolinggo are:

Counseling about the benefits of cupping to reduce anxiety levels. Counseling is carried out using lecture and discussion methods so that students can find out about the benefits of cupping in reducing anxiety levels

- a. Lectures, this method is used by the facilitator when delivering material verbally or in writing. In the implementation of counseling, this method tends to be used at the beginning of the activity.
- b. Discussion, the use of this method requires the participation of extension participants to exchange information orally and face to face. The purpose of using this method is for active counseling participants to give empirical experience and understand more deeply the material given by the presenter.

## **RESULT AND DISCUSSION**

Counseling on cupping methods in reducing anxiety levels at the Nurul Jadid Islamic Boarding School is running as it should. The analysis showed a significant difference with a p-value of 0,000. Wet cupping (cupping) is effective for reducing risk in hypertensive patients in Posbindu PTM Wijaya Kusuma Taskombang Palbapang, Bantul, Special Region of Yogyakarta (Setyawan et al., 2020). Cupping is a classic treatment method that has been used to treat various disorders such as insomnia, hemophilia, hypertension, gout, rheumatic arthritis, sciatica, back pain, migraine, vertigo, anxiety, and other common ailments both physical and mentally (Sirotujani & Kusbaryanto, 2020)



Knowledge of the students increased. Initially, they did not know that the cupping method could reduce anxiety. From the results of this activity, it was found that on average the students had higher knowledge than before the health education activity began. This can be seen from the responses to questions given by the students. Of the 30 students who have participated in this activity, 23 students responded to questions properly and correctly. The counseling activity to reduce anxiety levels with the cupping method went smoothly, all students enthusiastically participated in this counseling. Based on the results of the pre-test and post-test, this activity was able to provide new knowledge in dealing with anxiety. (Arnata et al., 2018).

## **CONCLUSION**

The community service activity with the theme "Reducing Anxiety Levels with the Cupping Method" which was attended by 30 students was carried out on Monday, March 23, 2021, well and smoothly. The expected output can be achieved well where there is an increase in the knowledge of the participants of service activities. It is hoped that service activities like this can be carried out routinely both in the same location and in different locations with student targets as an important period to increase knowledge.

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