



Empowerment of Covid Pandemic Women in Reducing Anxiety Using Acuyoga Techniques



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Abstract

Acuyoga is a combination of acupuncture/acupressure and yoga. Yoga movements accompanied by massage of acupressure points will open the energy blockage pathways that cause several disease complaints, increase children's brain intelligence, and endurance. Acupressure is a part of traditional Chinese medicine, and is widely used in Asia. The benefits of acuyoga are reducing anxiety, insomnia, stress, etc. And research that has been conducted in various countries reports that anxiety disorders cause psychological anomalies during the COVID-19 pandemic. The negative impact of anxiety disorders experienced by individuals is to reduce the body's immunity so that it is susceptible to disease. Anxiety disorders can even make a person commit suicide. If left unchecked, this can become a new problem for public health so it needs special attention. Research related to anxiety disorders of the Indonesian people shows that there are four variables that affect the level of anxiety disorders of the Indonesian people during the pandemic. Namely age, gender, education, and occupation. The methods of the research is total sampling. We put 20 respondents from reproductive woman to know their anxiety, and then we give the acuyoga techniques for resolve their anxiety, and then we put the result before treatment and after treatment. From the results of the research above the team tried to provide alternative solutions to reduce anxiety in the covid pandemic, namely by doing acuyoga treatment, so in this community service the team tried to do community service "Empowerment of women in the covid pandemic in reducing anxiety in the covid pandemic by using acuyoga techniques".

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INTRODUCTION

Situation Analysis

Acuyoga is a combination of acupuncture/acupressure and yoga. Yoga movements accompanied by massage of acupressure points will open the energy blockage pathways that cause several disease complaints, increase children's brain intelligence, and endurance. Acupressure is a part of traditional Chinese medicine, and is widely used in Asia. Acupressure is an ancient therapy that precedes acupuncture, acupressure is non-invasive, in contrast to acupuncture, it uses pressure instead of needles. Pressure is applied to certain points on the skin surface (acupoints), these points are the same as in acupuncture (Stern et.al, 2001). Yoga is something related to exercise or exercise to increase immunity in the body. (Wong, 2011)

Coronavirus disease 2019 (COVID-19) is a respiratory tract infection caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) or often called the Corona virus. This virus was a high mutation rate and is a zoonotic pathogen that can persist in humans and animals with a very diversified clinical presentation, ranging from asymptomatic, mild to severed symptoms, and even death. This disease is reported to have a mortality rate of 2-3%. Several risk factors can exacerbate patient outcomes, such as age > 50 years, immunocompromised patients, hypertension, cardiovascular disease, diabetes mellitus, lung disease, and heart disease. COVID-19 can be suspected in patients who have respiratory symptoms, such as fever >38°C, cough, runny nose, sore throat accompanied by a history of traveling to areas with local transmission or a history of contact with suspected cases or confirmed cases of COVID-19. The results of laboratory tests in COVID-19 patients are non-specific, but lymphopenia, elevated lactate dehydrogenase, and elevated aminotransferases are common. The finding of bilateral, multilobar ground glass opacification (GGO) with a peripheral or posterior distribution is characteristic of the appearance of COVID-19 on non-contrast thoracic CT scan imaging. Although less specific, ultrasonography (USG) and chest X-ray can also help establish the diagnosis of COVID-19. The diagnosis of COVID-19 can be confirmed by the detection of viral RNA in the nucleic acid amplification test (NAAT), such as RT-PCR of respiratory tract specimens, antigen tests, and serological tests. To date, there is no specific antiviral therapy and vaccine in the treatment of

COVID-19. However, some therapies, such as remdesivir, dexamethasone, lopinavir-ritonavir, and tocilizumab, have been found to have efficacy in the treatment of COVID-19 and are already in clinical trials of the drug. At the start of the pandemic, several other medications, such as chloroquine, hydroxychloroquine, and oseltamivir, had been studied but showed no effectiveness against COVID-19. COVID-19 patients with mild infections are generally only advised to isolate at home and use over-the-counter medications to relieve symptoms. In patients with severe infections, it is recommended to be hospitalized and sometimes intubation and mechanical ventilation are required in case of respiratory failure or acute respiratory distress syndrome. (dr,Audric Albertus,2019)

Policies to combat the spread of COVID-19 in Indonesia have affected various aspects of life. The implementation of large-scale social restrictions has the potential to trigger anxiety (anxiety disorders), depression, and stress in the community.

Other factors that can cause a person to experience anxiety disorders are environmental, emotional, and physical factors. In addition, the spread of false information (hoax) and conspiracy theories can also worsen people's mental health conditions. Research that has been conducted in various countries reports that anxiety disorders cause psychological anomalies during the COVID-19 pandemic. The negative impact of anxiety disorders experienced by individuals is to reduce the body's immunity so that it is susceptible to disease. Anxiety disorders can even make a person commit suicide. If left unchecked, this can become a new problem for public health so it needs special attention.

1.1. Partner problems

Based on the analysis of the situation that has been described, the following problems can beformulated:

1. The spread of Covid which has spread to various regions, especially Blitar Regency
2. Community groups who do not have permanent jobs
3. Environmental conditions that do not know about covid-19 and how to prevent the spread of covid-19.
4. The emotional condition of the community is not yet stable to deal with the covid-19 pandemic.

5. Different people's physical conditions where the symptoms of covid-19 that arise are also different, this causes public anxiety.
6. Lack of knowledge to overcome anxiety during the covid-19 pandemic.
7. There is still a lack of public awareness to prevent the spread of the Covid-19 Pandemic.
8. Lack of understanding about covid -19

METHODS

This community service activity is carried out by choosing a location in Jatinom Village, Jatinom Village, and Jatinom District, Kanigoro District, Blitar Regency, with the consideration that most community groups are dominated by housewives from different backgrounds, where during this pandemic, income is related to anxiety problems in dealing with the Covid-19 pandemic. Besides that public awareness about preventing the spread of covid 19 is also lacking. The methods of the research is total sampling. We put 20 respondents from reproductive woman to know their anxiety, and then we give the acuyoga techniques for resolve their anxiety, and then we put the result before treatment and after treatment. Therefore, we from the academics of STIKES PATRIA HUSADA took the initiative to provide counseling and training to reduce anxiety with the ACUYOGA technique. The training technique that will be carried out later is using a health protocol.

ACUYOGA Training

- a. The training was conducted into 2 sessions, 1 week for 10 people from group I, and another week for 10 people from the second group, using a strict health protocol. The health protocol carried out is 1) measuring the body temperature of the participants. 2) wash hands before and after doing activities. 3) wear a mask.,4). Keep a distance of 1-2 meters. This activity was carried out by resource persons from STIKES PATRIA HUSADA BLITAR and involved local health workers. This service activity also involves local government policy makers, especially village officials.
- b. Acuyoga for 4 times in 2 weeks found that almost all of them were at the level of no clinically significant anxiety. This is because respondents who do acuyoga therapy help so as to reduce anxiety.

RESULT

Research related to anxiety disorders of the Indonesian people shows that there are four variables that affect the level of anxiety disorders of the Indonesian people during the pandemic. Namely age, gender, education, and occupation. From the results of the research above the team tried to provide alternative solutions to reduce anxiety in the covid pandemic, namely by doing acuyoga treatment, so in this community service the team tried to do community service "Empowerment of women in the covid pandemic in reducing anxiety in the covid pandemic by using acuyoga techniques" with the result of decreasing the level of anxiety after doing acuyoga.

SUGGESTION

From the partner problems that have been submitted, there are several solutions that can be given. Educate the public about COVID-19 and how to prevent its spread. Provide training to prevent anxiety about the covid-19 pandemic with acuyoga. Activate community group activities to help prevent the spread of COVID-19. Preparing villages that are resilient for COVID-19 with the rules that have been set.

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The implementation of outreach activities about COVID-19 can be carried out. It is hoped that this activity can raise awareness about preventing the spread of COVID-19. It is hoped that the training carried out can improve acuyoga knowledge and skills in overcoming anxiety during the Covid-19 pandemic

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CONFLICTS OF INTEREST

The authors declared that there was no conflict of interest in publishing the article.

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