

THE EFFECTIVITY of ACU PRESSURE THERAPY BY TAPPING TWO FINGERS AT BAIHUI POINTS (GV 20) FOR AUTISTIC TODDLER AT BUNDAQU HOLISTIC CARE & SPA JOMBANG

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AT BUNDAQU HOLISTIC CARE & SPA JOMBANG**

Abstract

Acupressure is one of physiotherapy by putting pressure and stimulating acupuncture points (acu points) on the body which aims to stimulate or stimula therapeutic points using the fingers. Baihui point (GV 20) is located on the head, the point of intersection of the median line of the head and the line connecting the apex of the left and right auricles. This point is innervation of the ophthalmic branch n. trigeminal and branch n. occipital. This study was to determine the effect of giving acupressure with 2 fingers tap at the Baihui point on autistic toddlers who do therapy at BundaQu Holistic Care & SPA. This study applied a combination of quantitative and qualitative approaches. A quantitative approach is applied to determine whether there is a correlation or influence of the independent variable on the dependent variable. this study applied a Single Case Experimental Design with the A-B-Follow up paradigm. Based on statistical tests, the results obtained p value of 0.00 in autistic toddlers who received treatment. It means that there is an effect of pressurizing two fingers 10 times with an interval of 12 times per day on the Baihui point (GV 20). Furthermore, it can also have an effect on the ability of social interaction in the form of eye contact, mastery of emotional control and a decrease in repetitive behavior in toddlers with autism symptoms. In this case, it is necessary to have the parent's active role, support willingness, motivation and patience in carrying out routine activities.

Keywords: *acupressure, baihui points toddler, autism*

Introduction

The children golden period takes from the womb until an early age of 0-6 years. Therefore, the period of baby in the womb, birth, until the age of 4 (four) years, is the most decisive period. Why? Because, at that time the child's brain is experiencing very rapid growth and development. And, the brain is the main key for the foundation of children's intelligence. This period starts from the fetus in the womb until the age of 6 years. The growth and development of a child's brain reaches 80% of his brain in adulthood. It means that, over this period, brain development is simply 20%. The rest is just an expansion of the surface of the brain and a more complicated network of dendrites¹.

Eentitled *Knowing Children with Special Needs (ABK)* explained that every child born in the world has different potentials. They will have different intelligence and talents from one child to another. Hence, parents or society should not generalize and compare one child with another. On the other hand, parents must understand the shortcomings, confines and privileges of children from an early age, both physically and psychologically. However, the confines on these children, often cause parents to not understand the potential of their children, almost all parents want their children to be perfect both in terms of physical, psychological and academic².

Based on the Regulation of the Minister of State for Women's Empowerment and Child

Protection of the Republic of Indonesia Number 10 of 2011, concerning Policies for Handling Children with Special Needs, it is explained that Children with Special Needs are children who experience confines of both physical, mental-intellectual, social, and emotional which have a significant influence in their process. growth and development compared to other children at their age.

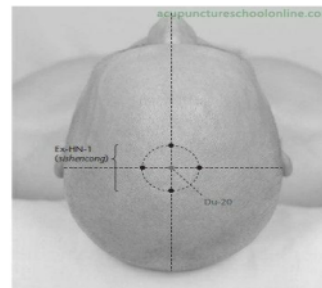
Children with special needs are children with specific characteristics, different to children in general. Their characteristic is confines of both physically, mentally-intellectually, socially, and emotionally. Based on the regulation of the Minister of Education and Culture of the Republic of Indonesia Number 157 of 2014, concerning Special Education Curriculum, Article 4 children with special needs can be grouped into Blind, Deaf, Speech Impaired, Mentally Impaired, Mentally Impaired, Learning Difficulties, Slow Learning, Autism, Motoric Disorders, Becomes Victims of Abuse narcotics, illegal drugs, and other addictive substances, Having other disorders.

Autism manifests in early childhood and it is characterized by qualitative abnormalities in social interactions, markedly aberrant communication skills, and restricted repetitive behaviors, interests, and activities³.

Baihui point (GV 20) is on the head, the point of intersection of the median line of the head and the line connecting the apex of the left and right auricles. This point is the point of innervation of the ophthalmic branch of trigeminal and branch n. occipital. Indications of action can affect the tissues around the vertex, cerebral cortex, Depression Syndrome, with electro-acupuncture in Baihui (GV 20) and Yintang (EX HN), Meniere's syndrome, with moxibustion in Baihui, Cephalgia, with needlework in Baihui, Improvement of cerebral vascular circulation, regulation of brain function, Post-stroke Hemiparesis,

Neurasthenia, Baihui pinning through Sishencong, or moxibustion, Uterine prolapse, Baihui and Qugu pinning (CV 2), Nocturnal enuresis, with moxibustion in Baihui, Hypotension, with moxibustion in Baihui, Hypertension, with bleeding on Baihui⁴.

Picture 1. The position of Baihui (GV 20)
Reference : Acupuncturschoolonline.com



Material And Methods

This study applied a combination of quantitative and qualitative approaches. A quantitative approach is used to investigate a correlation or influence of the independent variable on the dependent variable. The qualitative approach is carried out by performing participatory observation to make descriptions, pictures, paintings or meanings in a systematic, in-depth, factual and accurate manner regarding the facts, characteristics and relationships between the variables studied⁵. As well as interviews with parents of toddlers.

The design in this study was a Single Case Experimental Design, which is a study used to evaluate the effect of a treatment (intervention) in a single case. Single case experimental design, serves to determine the effect of treatment by comparing the condition of the subject from time to time (time series)⁶. In this study, a single case experimental was designed with A-B-Follow up paradigm. A is a baseline measurement before therapy, B is a

measurement after 14 days of giving acupressure therapy with 2 finger taps at the Baihui point (GV 20) performed 10 times with an interval of 12 times per day, and follow-up is the final measurement. Differences in attitudes of children under five After 28 days of giving acupressure therapy, 2 finger taps at the Baihui point (GV 20) were performed 10 times with an interval of 12 times per day.

This study applied this method to observe the progress of the subject gradually from the time before being given therapy, after giving therapy within a period of 14 days and after therapy within a period of 28 days.

Additionally, this study applied quantitative and qualitative data analysis technique. Quantitative analysis was carried out by performing graphical analysis and equipped with statistical analysis. Graph analysis was performed from the measurement results during the baseline – therapy – follow-up period. And the qualitative data analysis technique used in this research is descriptive analysis. The analysis was carried out by examining all available data, both the results of observations, interviews and follow-ups obtained before and after the intervention⁷.

Furthermore, this study was conducted at BundaQu Holistic Care & SPA. Also, this was conducted in March – August 2020. The population and sample in this study were under-five patients with autistic symptoms who underwent acupressure therapy. The sampling technique in this study is incidental sampling technique, the technique of determining the sample is based on chance, that is, anyone who coincidentally / incidentally meets the

researcher can be the subject of the study if the person is in accordance with the criteria for the subject of data collection⁸. By using incidental sampling technique, it is hoped that the subject of this study is truly in accordance with the research to be carried out⁹.

Result And Discussion

At the first stage in the study, researchers applied qualitative research, with observation and interviews for the research data collection. In this case, observation and interview are techniques of data collection for in-depth data analysis¹⁰. From the results of the analysis, it can be understood that 7 toddlers that under the therapy have autism criteria in the table below¹¹.

The examination of children with autism must use international standards of autism, which is called ICD-10 International Classification of Disease 1993 and DSM-IV Diagnostic and Statistical Manual 1994. There are some of criteria for children that classified as autistic: 1. Not able to establish adequate social interactions such as very poor eye contact, 2. less lively facial expressions, less focused gestures, 3. Cannot play with peers, 4. Lack of empathy and unable to feel what other people feel, 5. Less able to hold social relationships and reciprocal emotional, speech development is delayed or not developed at all (Autistic children try to communicate non-verbally), 6. If the child talks, then his speech is not used to communicate, 7. Often uses strange language and performs repetitive movements¹².

Table 1. Observation on 7 toddlers by applying ICD-10 International Classification of Disease 1993 and DSM-IV Diagnostic and Statistical Manual 1994, autism international standard.

children with autism	A : Baseline Measurements	B : 14 days	Follow Up : 28 days
1	7 toddlers had no eye contact	Several times, 3 from 7 toddlers had eye contact with therapist	Several times, 6 toddlers had eye contact with therapist, while 1 toddler had 5 minutes eye contact
2	7 toddlers ignored their environment	1 toddlers gave respond by looking toward sudden movement	6 toddlers gave respond by looking toward sudden movement, while 1 toddler gave respond to play
3	7 toddlers ignored their environment	7 toddler did not make any changes	7 toddler did not make any changes
4	7 toddlers ignored their environment	7 toddler did not make any changes	7 toddler did not make any changes
5	7 toddlers ignored their environment	7 toddler did not make any changes	7 toddler did not make any changes
6	7 toddlers ignored their environment	7 toddler did not make any changes	7 toddler did not make any changes
7	7 toddlers showed their fear to the therapist, refused to have physical contact with therapist, , crying, screaming, Perform repetitive, irregular movements, such as shaking head, waving hands and kicking	7 toddler did not give reaction, such as crying or fear to therapist, 2 toddlers did not perform repetitive movements while crying	7 did not give reaction, such as crying or fear to therapist, 2 toddlers did not perform repetitive movements while crying or did not cry for more than 10 minutes.

The results of interviews with the parents of 7 toddlers show that they had checked their children condition to the pediatrician and were advised to do supporting therapy other than drugs, after being advised by the therapist to do the 2 finger tap action at the *baihui* point they responded that after the acupressure action, tap 2 the finger at the *baihui* point 10 times with an interval of 12 times per day, there are indeed some significant changes in some of the habits of the child, such as eye-to-eye

interactions longer than before, and reduced activity. Repetitive movements and emotional responses of children are more controlled¹³.

Regarding above explanation, management of autism must be integrated, covering all related disciplines: medical personnel (psychiatrists, pediatricians, neurologists, medical rehabilitation doctors) and non-medical (educators, psychologists, speech/occupational/physical therapists, social workers)¹⁴. Multidisciplinary management can be divided into two, which are called non-

medical and medical. Non-medical therapy includes educational therapy, behavioral therapy, speech therapy, occupational/physical therapy, sensory integration, AIT (Auditory Integration Training), and family interventions.

While medical therapy is divided allowing to the target of therapy based on symptoms, specifically therapy for destructive, repetitive, inattention, insomnia, or metabolic disorders¹⁵.

Tabel 2. Result of test on the effect of the Acupressure treatment group tapping two fingers at the baihui point (GV 20)

Acu pressure	Mean	P Value	Decision
Pre	144,3	0,000	Ha accepted
Post	111,2	0,000	Ha accepted

The results obtained by the condition of toddlers before and after acupressure showed a p value of 0.000. Thus $p < 0.05$ so H_a is accepted which means that there is a significant effect on reducing blood pressure.

interval of 12 times per day on the Baihui point (GV 20). Furthermore, it can also have an effect on the ability of social interaction in the form of eye contact, mastery of emotional control and a decrease in repetitive behavior in toddlers with autism symptoms. In this case, it is necessary to have the parent's active role, support, willingness, motivation and patience in carrying out routine activities.

Acupressure is one of physiotherapy by putting pressure and stimulating acupuncture points (acu points) on the body which aims to stimulate or stimula therapeutic points using the fingers¹⁶. Baihui point (GV 20) is located on the head, the point of intersection of the median line of the head and the line connecting the apex of the left and right auricles. it is understood that stabbing at acupuncture points can stimulate the pineal gland to secrete melatonin which functions to regulate the circadian cycle in the body¹⁷. The neurohormone melatonin has anxiolytic and antinvolusant hypnotic effects. The 24-hour pattern of melatonin secretion is widely accepted as a measure of circadian activity in humans. Based on the results of interviews, the management carried out by parents also plays an active role in supporting success, because it requires parental support, willingness, motivation and patience in carrying out routine activities.

Ethical Clearance: Not Taken

Source of Funding: Self

Conflict of Interest: Nil

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Conclusion

Based on statistical tests, the results obtained p value of 0.00 in autistic toddlers who received treatment. It means that there is an effect of pressurizing two fingers 10 times with an

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