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## Socialization of the Potential of Acupressure in Reducing Anxiety in the Elderly in Hobong Village, Jayapura Regency, Indonesia

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### ABSTRACT

Anxiety is a common feeling experienced by the elderly, especially due to changes that occur in their lives. Situations such as retirement, loss of a life partner, health problems, and physical limitations can trigger persistent feelings of anxiety. Acupressure is a technique that originates from ancient Chinese medical traditions, which involves applying pressure to specific points on the body using the fingers or special tools. The potential of acupressure in reducing anxiety in the elderly in Hobong Village, Jayapura Regency, Indonesia, is an interesting topic to be explored. The implementation of community service is carried out through 3 stages of the implementation process, namely preparation, implementation, and evaluation. As many as 100 respondents participated in counseling on the potential of acupressure in reducing anxiety in the elderly. There is an enhancement of knowledge score among respondents after being given counseling about the potential of acupressure in reducing anxiety in the elderly, with  $p < 0.05$ . The results of the study also showed that there was an increase in attitudes and behavior in choosing acupressure therapy modalities after the counseling process was carried out, with  $p < 0.05$ . Socialization activities are effective in increasing aspects of knowledge, attitudes, and behavior of the elderly in Hobong Village, Jayapura Regency, Indonesia, in choosing the modality of acupressure therapy to reduce anxiety.

### 1. Introduction

The elderly population, better known as the elderly, is an important segment of a country's population. In Indonesia, the number of elderly people continues to increase in line with increasing life expectancy and developments in the health sector. However, various health challenges often accompany this aging process, one of which is anxiety. Anxiety is a common feeling experienced by the elderly, especially due to changes that occur in their lives. Situations such as retirement, loss of a life partner, health problems, and physical limitations can trigger persistent feelings of anxiety. Anxiety that is not handled properly can have a negative impact on the quality of life of the elderly and cause more serious health problems.<sup>1-3</sup>

In an effort to reduce anxiety in the elderly, the approach is holistic and based on non-pharmacological becoming increasingly popular. One method that attracts attention is acupressure. Acupressure is a technique that originates from ancient Chinese medical traditions, which involves applying pressure to specific points on the body using the fingers or special tools. The potential of acupressure in reducing anxiety in the elderly in Hobong Village, Jayapura Regency, Indonesia, is an interesting topic to be explored. Kampung Hobong is an area rich in cultural heritage and alternative healing traditions, including acupressure. In this context, the socialization of the potential of acupressure can provide a broader understanding and

knowledge to the local community regarding the benefits of acupressure in dealing with anxiety in the elderly.<sup>4-6</sup>

In this study, efforts to socialize acupressure as an alternative treatment method, the impact of anxiety on the elderly, as well as the benefits and potential of acupressure in reducing anxiety will be discussed in more depth. In addition, the importance of socializing the potential of acupressure in Hobong Village will also be discussed, with the aim of increasing public awareness and encouraging the use of this method as an effort to maintain the mental health of the elderly. Through an integrated approach between local culture, medical knowledge, and alternative medicine techniques such as acupressure, it is expected to provide significant benefits for the welfare of the elderly in Hobong Village and the surrounding community. Socialization of the potential of acupressure is an important first step in realizing positive changes in the mental health of the elderly, reducing anxiety, and improving their quality of life.

## 2. Methods

The implementation of community service is carried out through 3 stages of the implementation process, namely preparation, implementation, and evaluation. The target audience for this community service activity is senior citizens (age > 60 years) who

live in Hobong Village, Jayapura Regency, Indonesia. In the preparatory stage, materials and educational materials were prepared related to the potential of acupressure in reducing anxiety in the elderly. Educational materials are provided in the form of the flyer, which contains what acupressure is, the potential of acupressure to reduce anxiety in the elderly, various studies related to the potential of acupressure to reduce anxiety in the elderly, acupressure procedures to reduce anxiety in the elderly and side effects that may be encountered in the application of this modality. At the stage of implementing the counseling, it was carried out directly in the multi-purpose building of Hobong Village, Jayapura Regency, Indonesia. Prior to the counseling process, the participants were given flyers related to the counseling material. At the evaluation stage, an assessment process is carried out related to the respondent's knowledge before counseling is carried out and after the counseling process is carried out. Data analysis of evaluation results was carried out univariate and bivariate using SPSS software. Univariate analysis was performed to present the sociodemographic data distribution of the respondents. Meanwhile, bivariate analysis was conducted to find out the differences in the mean scores of respondents' knowledge before and after counseling.

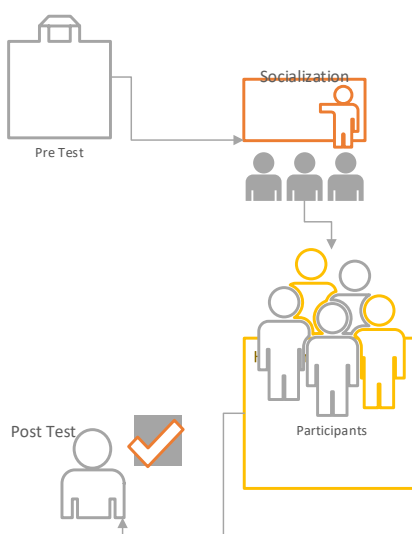


Figure 1. Workflow of socializing the potential of acupressure in reducing anxiety in the elderly.

### 3. Results and Discussion

Table 1 presents the characteristics of the respondents. As many as 100 respondents participated in counseling on the potential of acupressure in reducing anxiety in the elderly. The majority of respondents are over 50 years old. The

majority of respondents were female. The majority of respondents have their last education in secondary education. The majority of respondents are retirees, considering that the majority of respondents are elderly people aged over 50 years. The majority of respondents have complaints of anxiety.

Table 1. Characteristics of respondents.

Variable	Frequency
Age	
< 50 years	36
≥ 50 years	64
Gender	
Male	35
Female	65
Education	
Primary	24
Secondary	65
Tertiary	11
Occupation	
Private	10
Civil servant	31
Retired	59
Health disorder	
Diabetes mellitus	15
Hypertension	21
Anxious	62
Insomnia	2

Table 2 shows a comparison of aspects of knowledge, attitudes, and behavior of respondents before and after counseling about the potential of acupressure in reducing anxiety in the elderly. Counseling activities seem to be able to increase respondents' knowledge about the potential of acupressure in reducing anxiety in the elderly. There is an enhancement of knowledge score among

respondents after being given counseling about the potential of acupressure in reducing anxiety in the elderly, with  $p < 0.05$ . The results of the study also showed that there was an increase in attitudes and behavior in choosing acupressure therapy modalities after the counseling process was carried out, with  $p < 0.05$ .

Table 2. Comparison of aspects of knowledge, attitudes, and behavior of respondents before and after counseling.

Variable	Before counseling (Mean±SD)	After counseling (Mean±SD)	p-value*
Average knowledge score (score 0-100)	24,6±3,2	89,9±6,8	0,001
Average score of attitudes and behaviors (score 0-100)	35,6±2,2	95,8±8,8	0,001

\*Dependent T-test,  $p < 0.05$ .

Socialization of the potential of acupressure in the elderly in Hobong Village, Jayapura Regency, Indonesia, can provide an important introduction to acupressure as an effective alternative treatment method for reducing anxiety. Through socialization, the elderly will be given knowledge about the basic principles of acupressure, relevant acupressure points, and techniques they can apply to themselves. First of all, seniors will learn about the basic principles of acupressure. They will understand that acupressure is based on the concept that the body has pathways for energy to flow through, known as meridians. The acupressure points on these meridians are places where energy can be regulated and stimulated to affect the body's balance and overall health. Socialization will also introduce relevant acupressure points to reduce anxiety in the elderly. For example, the "Yintang" acupressure point located halfway between the eyebrows can help relieve anxiety and promote calm. In addition, the "Shen Men" acupressure point located on the ear can help reduce overall stress and anxiety. By knowing the location and function of these points, the elderly will be able to direct acupressure stimulation correctly. Furthermore, the elderly will learn acupressure techniques that can be applied to themselves. They will learn how to apply proper pressure to the acupressure points using their own fingers or suitable aids. Techniques such as constant pressure, gentle pressure, or circular motions can be used to stimulate acupressure points with the goal of reducing anxiety. With this knowledge, seniors will have a better understanding of how to manage and relieve anxiety naturally through acupressure. They can develop skills in finding the right acupressure points and using them as part of their daily routine to reduce the level of anxiety they experience. Through this socialization, the elderly in Hobong Village will be able to take advantage of the potential of acupressure to deal with anxiety in a way that is simple and natural, and they can do it themselves. Knowledge of the basic principles, acupressure points, and stimulation techniques will provide them with effective tools for

managing everyday anxiety, improving quality of life, and achieving greater mental well-being. Through socialization of the potential of acupressure, the elderly in Hobong Village, Jayapura Regency, Indonesia, will experience a change in attitude that is more open and positive towards this alternative medicine. Socialization will provide a deeper understanding of the benefits and effectiveness of acupressure in reducing anxiety so that the elderly can develop confidence that acupressure is a feasible and reliable approach.<sup>7-11</sup>

An open and positive attitude towards acupressure will have an impact on the elderly's acceptance of this method. They will be more accepting and willing to try acupressure as a treatment approach to deal with the anxiety they experience. This open attitude is important because the elderly who have a skeptical or negative attitude towards alternative medicine methods tend to be reluctant to try it. With a better understanding of the benefits and effectiveness of acupressure, seniors can also develop confidence that this method can provide positive results in reducing anxiety. This belief will motivate them to try and apply acupressure consistently, as they believe that the method can provide significant benefits to their mental and physical well-being. Changes in this open and positive attitude will also affect the perception of the elderly towards alternative medicine as a whole. They may become more open to other approaches based on traditional or natural concepts and be more willing to try other alternative healing methods that can help with their health problems. Thus, the socialization of the potential of acupressure can change the attitude of the elderly to be more open, positive, and accepting of alternative treatment methods such as acupressure. This will affect their readiness to try acupressure as an effort to reduce anxiety and also open the door for acceptance of other alternative treatment methods that can improve the quality of life and welfare of the elderly in Kampung Hobong.<sup>12-15</sup>

Increasing the behavior of using acupressure is one of the important benefits of socializing the potential of acupressure in the elderly in Hobong Village, Jayapura

Regency, Indonesia. Through socialization, the elderly will learn how to use acupressure effectively in reducing anxiety. They will be given a practical guide covering specific acupressure points, proper techniques, and recommended frequency of use. This knowledge will give the elderly self-confidence and motivation to apply acupressure in their daily lives as an effort to manage anxiety. In socialization, the elderly will be introduced to specific acupressure points that can help reduce anxiety. They will be taught the location and how to stimulate these points using their own fingers or appropriate aids. This practical guide will give seniors a better understanding of techniques they can use to relieve anxiety. In addition, the elderly will also learn proper acupressure techniques. They will be given guidance regarding the pressure to apply to the acupressure points with the appropriate intensity and duration. Techniques such as constant pressure, slow pressure, or circular motions will be taught so that the elderly can apply them properly. The outreach will also include information about the recommended frequency of using acupressure. The elderly will be given guidance on how often and for how long they should do acupressure to effectively reduce anxiety. This guide will help seniors develop a consistent and regular routine of using acupressure. With this practical knowledge and guidance, the elderly will feel more confident and motivated to apply acupressure in their daily lives as an effort to manage anxiety. They will have a better understanding of the techniques they can use and be confident that acupressure is an effective method of reducing anxiety. Seniors will feel more empowered in taking control of their own emotional states. With an increase in the behavior of using acupressure, the elderly in Kampung Hobong will be able to take full advantage of the potential of acupressure to reduce their anxiety. They will apply the acupressure technique consistently and integrate it into their daily routine. This will help them achieve greater mental well-being and improve their overall quality of life.<sup>16-20</sup>

#### 4. Conclusion

Socialization activities are effective in increasing aspects of knowledge, attitudes, and behavior of the elderly in Hobong Village, Jayapura Regency, Indonesia, in choosing the modality of acupressure therapy to reduce anxiety.

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