


COMPLEMENTARY THERAPY IN PREGNANCY: INDONESIAN PREGNANT WOMEN'S INSIGHT

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ARTICLE INFO	ABSTRACT
Received: Revised: Approved:	<i>Complementary therapies are treatments not typically prescribed by physicians as part of integrated medical care. Pregnant women are suggested to benefit from complementary therapy because it carries fewer risks than conventional therapy and they have a high degree of control over their health. Aim: This study aims to explore pregnant women's insight into complementary therapy. Method: This study employed mix method to describe pregnant women's insight into complementary therapy. Result: More than 50% of pregnant women in Indonesia have a good perception of complementary therapy. Three themes, including 1) definition of complementary therapy, 2) positive perception of complementary therapy, 3) negative perceptions of complementary therapy; supported the insight on complementary therapy in pregnancy. Conclusion: This study demonstrates that pregnant women in Indonesia have a positive perception of complementary therapies. However, health promotion connected to complementary therapy is required as a supplement to conventional therapy.</i>
KEYWORDS	complementary therapy, pregnancy, pregnant women, perception
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INTRODUCTION

Complementary therapy is a group of non-traditional, non-integrated healthcare techniques (World Health Organization, 2022). It is a non-conventional therapy aiming at enhancing society's health, comprising preventive, therapeutic, and rehabilitative measures that have been clinically and scientifically evaluated for their safety and efficacy (Hayati, 2021). Research proves that complementary therapy can be a solution to reduce discomfort and even cure some diseases (Barnes et al., 2019; Pallivalappila et al., 2013; World Health Organization, 2022).

Complementary therapy is safer and has a lower risk than modern drugs with chemicals (Fugh-Berman & Kronenberg, 2003; World Health Organization, 2022). However, sometimes there are also patients who use traditional or complementary medicine but do not get the expected cure and even worsen the disease (Widyawati, 2020). Unlike conventional licensed drugs, some complementary therapy approaches to

health are backed by strong efficacy, effectiveness, or safety data, which raises potential concerns about the use of complementary therapy, especially in high-risk patients such as pregnant women with a history of risk in pregnancy (Fugh-Berman & Kronenberg, 2003; Pallivalappila et al., 2013). For this reason, it is necessary to understand the use of complementary therapies because although complementary medicine is relatively safer, it does not mean that it poses a risk and is safe to use.

Pregnant women are a group that is recommended to use complementary therapy or treatment in overcoming their perceived complaints because with complementary therapy, they can avoid the side effects of conventional medicine and have great control over their health (Barnes et al., 2019). The mass media influence the use of complementary therapy by pregnant women, information from a product, recommendations from family and friends, the nature of humans who want to always try new things and the ease of access to this treatment can affect a person's perception of using complementary therapy because it is considered natural (Hayati, 2021; Onyapat et al., 2011).

Through the phenomena mentioned above, this study aims to explore the insight of complementary therapy among pregnant women in Indonesia. This narrative is necessary to build knowledge about using complementary and alternative medicine in pregnant women.

RESEARCH METHOD

This research used the mixed method. In the first phase, the authors conducted a quantitative study with a descriptive approach to describe pregnant women's knowledge about complementary therapy. The subjects in this study were pregnant women in the first, second and third trimesters who were willing to become respondents after receiving an explanation and signing the informed consent form the researcher gave. Pregnant women with mental illness were excluded from this study. The authors used purposive sampling to meet the required participants.

The instrument used in this study is an instrument compiled by the author. There are 12 questions about the perception of complementary therapy in pregnancy. This instrument has been tested for validity and reliability in groups of pregnant women that differ from the sample group used in this study. This instrument has good validity and reliability, with Cronbach's alpha value of .89. While, for qualitative data gathering, the authors had a grand question for interviewing the participants.

100 pregnant women referred to community health center in Sukoharjo, Central Java were given a questionnaire about the utilization of complementary therapy in pregnancy. In the next phase, the authors randomly picked pregnant women for in-depth interview questioning about their insight on complementary therapy. The data collection was stopped on the 10th pregnant women due to data saturation or redundancy of the data given by the information giver. The authors employed statistical analysis on the distribution of frequency with SPSS version 22. For qualitative, the researcher utilized Collaizi's strategy to analyze the data.

RESULT AND DISCUSSION

Characteristics of Participants

Based on the results of the study, it is known that the distribution of the characteristics of pregnant women can be seen in table 1 below:

Table 1 Characteristics of Pregnant Women

Variable	Mean (STD)	Minimum	Maximum
Age	27 (3.966)	20	36
Parity	2 (.795)	1	3
Gestational age	17 (7.211)	4	28

The average pregnant women who participated in this study were of reproductive age (27 years old), multipara, and in the second trimester. Education, income, and job were supported variables, in which the mean of the participants had senior high school educational level, had a job with income around 1,500,000 IDR to 2,500,000 IDR. Age, education, occupation, and experience of pregnant women become supports for receiving and applying the information obtained, thus supporting perceptions of pregnant women about complementary therapy.

Pregnant women's insight on complementary therapy in pregnancy

The perception or insight of complementary therapy in pregnancy among pregnant women is shown in figure 1. It is known that most mothers have a good perception of complementary therapy in pregnancy, as many as 64 people (64%).

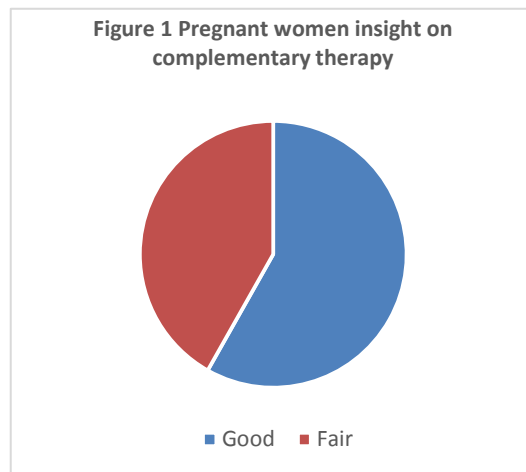
This data is supported by pregnant women's information about their insight of complementary therapy during pregnancy. Three themes were found, including 1) the definition of complementary therapy, 2) the positive perception of complementary therapy, 3) negative perceptions of complementary therapy.

For the first theme, the majority of respondents identify complementary therapy as herbal medicine or anything used in the kitchen or garden that has no preservatives that can harm our health (P01, P03, P04, P07, P08, P09). Some participants added "natural" as a keyword to define complementary and alternative medicine (P02, P05, P07). One of the participants has experience utilizing essential oil with mint sense while relaxing to reduce pain due to their false contraction (P02).

The second theme is reinforced by two subthemes, namely complementary therapy's efficacy and its contribution to well-being. Almost all pregnant women reasonably believed that alternative therapy is an effective treatment for their problems (P01 P03, P04, P06, P07, P09, P10). Pregnant women stated that this strategy improves symptoms they experienced during pregnancy, such as nausea and dizziness (P02, P06, P10). Three participants narrated that complementary therapy is better than conventional medicine (P01, P02, P07). In addition, the favorable perception of complementary therapies boosted emotions of health and happiness following their use (P04, P09, P10). Two of the participants mentioned that they were feeling good (P03, P08).

Besides the positive statements about complementary therapy, there are also some negative perceptions of this kind of therapy. Three individuals reported negative views regarding the application of complementary therapy, including a lack of scientific proof and limited government control (P05, P06, P10). One exciting statement from P05: "in my humble opinion, I can accept the complementary therapy as if I found the trials of the effectiveness of the therapy."

The themes synthesis in this study in line with the previous study conducted in adult population (Bahall & Edwards, 2015; Odegard et al., 2022). The participants in the previous study reflected the positive and negative aspects of complementary therapy as some demographical backgrounds were influenced. These built different perception in every individual. Perception is how individuals organize and interpret their sensory impressions to give meaning to their environment (Jubba, 2021). Perception can also be interpreted as a good, positive, or negative perception. Perception can be described as a file that has been stored neatly in an individual's subconscious mind, where the file will appear if there is a stimulus (Saputra, 2021).



Perception is a realm that is very important in shaping one's actions (overt behavior) in another sense that perception influences motivation for a person to behave (Ondang et al., 2021). Behavior based on perception will form certain beliefs so that someone acts accordingly with confidence. Perception is the initial factor of behavior that is generally correlated with behavior. Perception of a thing causes someone to do activities related to what he knows (Notoatmodjo, 2012).

The results showed that most of the mothers were of reproductive age.

Within that age range are also individuals in the mature period, where age can make a choice and can solve problems in their lives (Cicchetti & Rogosch, 2002). Moreover, discussing educational level, the average participants have a senior high school. A person's education will have an impact on his level of knowledge. Mothers with higher education will have a broader perspective than mothers with lower education. One of the external factors that shape perceptions come from personal learning. The educational level contributes to the positive perception of mothers about complementary therapies. Individual perceptions are supported by their formal education. In formal education, there is a process of developing and directing one's abilities programmatically and deliberately, so that the higher the education is taken, the more the process of development and direction that is passed and obtained by someone who can influence their perception (Barnes et al., 2018, 2019).

Most of the participants were multiparous mothers or not in their first pregnancy. More than 50% of mothers have had more than one child, so mothers have experience in previous pregnancies. This experience plays a role in shaping the positive perception of pregnant women about complementary therapy in pregnancy because past experiences are wrong one perceptual functional factor (Hayati, 2021; Widyawati, 2020)

CONCLUSION

The novelty of this study is illustrated by the support for a qualitative description of the perception of pregnant women about complementary therapy in pregnancy. This study shows that pregnant women in Indonesia have a good perception of the use of complementary therapies in pregnancy. However, it is necessary to do health promotion related to complementary therapy as a companion to conventional therapy. This will be more beneficial by suppressing the side effects that may be caused by conventional therapy that has been undertaken by pregnant women, especially those who have risky pregnancies. Hopefully, this research will add insight to nurses in carrying out nursing practice.

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