

The Differences In The Effectiveness of Benson Relaxation and Massage Efflurage On The Intensity of Back Pain With History of Low Back Pain In Adults

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ABSTRACT

Low Back pain is a complaint of back pain due to the non-ergonomic position of activities. Low back pain is not a serious disease but complaints of pain if not treated will disrupt activities. One of the complementary treatments for patients with low back pain is the provision of benso relaxation therapy and eflurage massage. The purpose of this study was to determine the differences in the effectiveness of massage therapy and relaxants in reducing pain levels. The population in this study were people with a history of low back pain with complaints of mild to moderate pain. The number of samples was 20 people. conducted for 1 month. there are 2 treatment groups. each group was given therapy sessions as indicated. Data was collected using numerical pain scalers at the beginning and at the end of the treatment. Data were processed using univariate and bivariate analysis with computerized assistance. Univariate data were analyzed with frequency distribution. One group test bivariate data were analyzed by Wilcoxon test while the two group design bivariate data were analyzed by man-whetnet test. The results showed that there was an effect of giving benson relaxation on the level of back pain in residents with a history of low back pain. in the second group it was also found that there was an effect of eflurage massage on the level of pain. The results of the comparison of the two therapies show that there is a difference in the effectiveness of the two therapies on the level of pain. Efflurage massage is more effective in reducing pain than benson relaxation.

Keywords: Benson Relaxation, Effleurage Massage, Level of Back Pain

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BACKGROUND

Low Back Pain or low back pain is a musculoskeletal disorder caused by poor body activity (Mahel, Salmond & Pellino, 2002). Low back pain can also be caused by various musculoskeletal diseases, psychological disorders and incorrect mobilization (According to Rakel 2002), low back pain is a low back pain that originates from the spine, nerve muscles or other structures in the area.

Back pain in Indonesia is a real health problem. It is the number two disease in humans after influenza (Rahajeng Tunjung, 2005). About 80% of the population has had low back pain at some point in their lifetime. At any time more than 10% of the population suffers from low back pain. The incidence of low back pain in some developing countries is approximately 15-20% of the total population, most of which are acute and chronic low back pain. The incidence of low back pain with a history of low back pain in the city of Kediri continues to increase.

The causes of low back pain are complex, it can be caused by inflammation or injury to the ligaments or muscles of the waist, not only that abnormalities in other organs such as infection or kidney stones, pregnancy, reproductive organ problems or local tumors in the pelvic bones that has spread to the spinal cord can also cause low back pain. In general, musculoskeletal complaints begin to be felt at the working age, namely 25-65 years. Research conducted by Garg in Pratiwi (2009) shows the highest incidence of low back pain is at the age of 35 - 55 years and increases with increasing age.

The impact of low back pain is the appearance of pain. If this condition is not handled, it will disturb the client in carrying out their daily activities. Pain in low back pain will cause discomfort that will interfere with rest or sleep or even reduce appetite. From the results of interviews with clients with low back pain, they complained of pain in the mild to moderate range. Most of them have not sought much treatment or related care (Yusliana, 2015).

There are various ways to reduce pain, including relaxation techniques and massage. One of the relaxation techniques that can reduce pain is Benson relaxation and one of the massage techniques that can reduce pain is by using efflurage massage (Amruhu, 2017). Benson relaxation is done by combining the relaxation given with the trust the client has. Benson relaxation in this study the management uses the belief of Muslims, where clients will be asked to mention the Name of Allah repeatedly with a special attitude (Datak, 2008).

Efflurage massage is to perform massage on the patient in a sleeping or half-sitting position, then place both palms on the back, massage using a circular technique in which the skin and underlying structures are moved in a circular circular motion to the underlying structures (e.g. muscles, tendons, ligaments, etc. bone). The tissue is lifted and rolled away from the bone, and then returned to the bone with a squeezing compressive action. Other variations on this technique depend on the area at work (Lane, 2009).

A study is needed to determine the difference in the effectiveness of Benson relaxation techniques and efflurage massage on low back pain intensity with a history of low back pain in adults.

METHODS

The design used in this study includes the type of inferential (quantitative) research. This is a pre-experimental research in the field with a survey type. With the one group pre test and post test design approach. The population in this study were all adults who experienced low back pain with a history of low back pain in the category of mild and moderate enthusiasm for 25-55 years at the Kediri City Health Center. The number of samples was 20 people who were taken by simple random sampling. The number of samples

for those treated with the Benson relaxation technique was 10 people, while those who were treated with the efflurage massage technique were 10 people. The research material used in this research is coconut oil for massage. The research lasted for 1 month located at the Puskesmas Kota Kediri.

Treatment of respondents by giving benson relaxation 2 times a day for 2 weeks. each session lasts 10-20 minutes. while the eflurage massage was given once a day for 2 weeks. each session lasts 15 minutes. Back pain was measured using the numerical pain assessment scale instrument sheet. Pain data was collected at the beginning before giving therapy and at the end after therapy was completed at 2 weeks. Furthermore, the data obtained is written on the observation sheet. Performed tabulation and data processing with the help of computerization. Univariate data processing with frequency distribution. Bivariate data in one group before and after treatment were processed with the Wilcoxon test. while the post-test data in both groups were processed using the Mann whietney test

RESULT

The research was conducted in 2 treatment groups. Group with giving massage and relaxation benson. The results obtained were in the form of univariate and bivariate data. Univariate data are presented in the form of a frequency distribution table. In the form of general characteristics of respondents based on occupation, age and gender

Table 1.Distribution of general characteristics of respondents

Caracteristic	Frekuensi	Prosentase (%)
Working :		
Goverment	2	10
employ	8	40
house wife	6	30
Farmer	4	20
Swatas		
Age:		
< 30	4	20
31-50	10	50
55 >	6	20
Gender :		
Female	4	20
Male	6	80

From table 1 it is known that most of the responses have jobs as housewives, most of the time they work at home. with a maximum age range of 30-50 years. Most of the respondents who experience low back pain are women

Bivariate data is respondent data before and after receiving treatment in each group. Data were analyzed using the Wilcoxon test with computer assistance. Post-test bivariate data in both groups were tested using the Man Withney test.

Table 2. Frequency distribution of respondents' pain levels before and after treatment in each group

Pain level	Benson Group				Efflurage Group			
	Pretes		Postes		Pretes		Postes	
	f	(%)	f	(%)	f	(%)	f	(%)
Confert	0	0	1	10	0	0	9	90
Low Pain	0	0	5	50	10	100	1	10
Midle pain	10	100	4	40	0	0	0	0
Total	10	100	10	100	10	100	10	100
Analisa	Uji tes wilcoxon Benson Pv= 0,026, a: 0,05				Uji tes wilcoxon massage Pv= 0,006, 0,05			

Characteristics of Respondents Based on the level of pain before and after being given the first treatment in the form of giving benson relaxation to the respondent. It is known that all (100%) of the respondents had moderate pain levels before being given the Benson relaxation technique. and Half (50%) of the respondents experienced mild pain after being given the Benson relaxation technique.

In the second treatment, there are respondent characteristics based on the level of pain before and after efflurage massage. Based on the table above, it can be interpreted that all (100%) of the respondents had a mild pain level before being given efflurage massage. It is known that almost all (90%) of the respondents became painless after being given efflurage massage.

From the analysis of each group before and after treatment, the following results were obtained: the Benson group with Wilcoxon test at alpha 0.05 obtained a Pv value: 0.026. It shows that $P_v < \alpha$, so that H_0 is rejected and H_1 is accepted, it can be concluded that there is an effect of giving benso relaxation on the intensity of back pain in the respondent. In the second group, namely the efflurage massage group with the Wilcoxon test with computerized assistance at alpha 0.05, the Pv value was 0.006. It shows that $P_v < \alpha$, so that H_0 is rejected and H_1 is accepted, it can be concluded that there is an effect of massage efflurage on the intensity of back pain in respondents

Post test data of the two groups were analyzed to determine the difference in the effectiveness of the two therapies to the respondent

Table 3: Frequency distribution of pain levels after massage and after relaxation

Pain Level	Post Test Relaksasi		Post Test Massage	
	F	%	F	%
Confert	1	10	9	90
Low Pain	5	50	1	10
Midle pain	4	40	0	0
P=value = 0,001				$\alpha=0,05$

Based on table 3 above, it shows that after being given relaxation most (50%) of the respondents experienced mild pain, while after being given massage almost all (90%) of the

respondents complained that they were no longer painful. In the bivariate analysis test, it was found that the error level (α) was 5% (0.05%) and p value 0.001. In conclusion, $p < \alpha$, then H_0 is rejected by H_1 with the interpretation that there is a difference in the effectiveness of Benson relaxation techniques and efflurage massage on the intensity of low back pain in adults. From the data, it is known that mass efflurage provides more significant results than Benson relaxation in reducing back pain in respondents

DISCUSSION

The level of back pain in adults with a history of low back pain before being given the benson relaxation technique.

Low back pain is a disorder of feeling of safety and comfort that is most often complained of, namely pain before, during or after doing activities. If the pain is mild and you can still do activities, it means that it is still normal and if the pain that occurs is so severe that it interferes with activities or is unable to carry out activities, it is considered a disturbance. (Abedian, Dewi, et al, 2011). One way to treat low back pain non-pharmacologically is by using the Benson relaxation technique by diverting attention to relaxation so that the client's awareness of the pain is reduced.

According to researchers, everyone who experiences low back pain with a history of low back pain experiences an average pain intensity, whether it is painless, mild or moderate pain. In adults aged > 40 years (60%) more than adults aged 25-40 years (40%) who experience pain because at age > 40 are emotionally unstable, if they do not get good lighting about the pain process waist with a history of low back pain (LBP) so they are not easy to overcome low back pain. Likewise, the respondents who were studied before being given the Benson relaxation technique turned out that on average they had moderate pain intensity, because from the results of research conducted by researchers, low back pain experienced by respondents, most of the pain began to arise after carrying out daily low back pain activities and disappeared within 1 day, and respondents can still carry out their daily activities as usual without taking medication.

The level of back pain in adults with a history of low back pain after being given the Benson relaxation technique.

Benson relaxation technique is a way to reduce pain by diverting attention to relaxation so that the client's awareness of the pain is reduced, this relaxation is done by combining the relaxation given with the client's trust. Benson relaxation in this study, the management uses the belief of Muslims, where clients are asked to be special (Datak, 2008). With relaxation, clients can change their perception of pain and have a direct effect on bodily functions such as lowering blood pressure, pulse and respiratory rate, decreasing oxygen consumption by the body, decreasing muscle tension, increasing concentration ability, reducing attention to environmental stimuli.

According to researchers, moderate low back pain with a history of low back pain (LBP) can be overcome with the Benson relaxation technique, because some respondents after being given the Benson relaxation technique the pain experienced by the respondents decreased. This is because relaxation techniques can stretch to reduce muscle tension, feelings of boredom and anxiety, thereby preventing increased pain stimulation. So that the respondents who use the benon relaxation technique reduce the pain experienced by the respondent. However, there were some respondents who still experienced mild pain after being given relaxation techniques due to the possibility that the respondents were less focused when doing the Benson relaxation technique.

The level of back pain in adults with a history of low back pain before being given efflurage massage

In adults who are emotionally unstable, especially if they do not get good information about the process of low back pain with a history of low back pain, pain is easy to develop. Most of them experience varying degrees of pain, in some it appears in the form of discomfort and fatigue. In patients with mild back pain it lasts for a while and can still do daily activities. One way to treat low back pain non-pharmacologically is by using massage (Ananda, 2017).

According to researchers, everyone who experiences low back pain experiences an average pain intensity, whether it is painless, mild or moderate pain. Likewise, the respondents who were studied before being given efflurage massage turned out to have a mild pain intensity on average. This is because the respondents' daily activities are not disturbed and their communication is still effective (Riyalti, 2016)

Low back pain levels in adults who experience low back pain after being given efflurage massage.

Efflurage massage is treating the patient in a sleeping or half-sitting position, then placing the palms of the hands on the stomach and simultaneously moving them in a circular direction towards the sympathetic center or you can also use one palm in a circular motion or in one direction (Lane, 2009). also performed on the back. kneading massage is a circular technique in which the skin and underlying structures are moved in a circular circular motion to the underlying structure (eg muscles, tendons, ligaments, bones). The tissue is lifted and rolled away from the bone, and then returned to the bone with a squeezing compressive action. (Midwifery Journal, June 2013). Effleurage when done slowly has a sedative action and is very useful for calming nerves, stress and tension may relieve headaches, pain during menstruation, tension is dispelled and patterns of insomnia are damaged (Mithayani, 2012). According to researchers, the level of mild and moderate pain in low back pain can be partially managed with efflurage massage. The duration of low back pain in adults 25-55 years also affects after giving this technique, most adults experience 1 day of pain (55%) so that low back pain with a history of low back pain can be treated with The non-pharmacological way is by giving the efflurage massage technique the pain before turning into painless 9 respondents (90%) because the efflurage massage has a sedative action and is very useful to calm nerves so as to reduce pain during menstruation, relieve stress and tension, but there are also Respondents who still experience mild pain after being given efflurage massage due to excessive muscle tension when given efflurage massage which causes respondents to still experience mild pain. So that respondents who use efflurage massage need physical relaxation to be able to reduce pain (Ananda, 2017)

Differences in the level of low back pain in adults with a history of low back pain after being given the Benson relaxation technique and after giving efflurage massage.

Based on the results of the study, it was found that the category of no pain after being given the Benson relaxation technique was 1 respondent, 5 experienced mild pain and 4 experienced no change from moderate pain after being given the Benson relaxation technique. The category of painless after being given efflurage massage was 9 respondents. There is 1 respondent in the category of mild pain after being given efflurage massage. From these data it can be seen that there are differences in the effectiveness of Benson relaxation techniques and efflurage massage on the intensity of low back pain with a history of low

back pain. The Benson relaxation technique states that meditation can inhibit the negative effects of the sympathetic system which can lead to aggressive attitudes in humans if threatened (Yusliana, 2015)

The benefits of the Benson relaxation technique include reducing pain by turning attention to relaxation so that the client's awareness of the pain is reduced. While the benefits of efflurage massage are to calm nerves, stress and tension headaches, menstrual pain, dispelled tension and damaged insomnia patterns. Therefore it can be seen from the advantages and disadvantages of Benson relaxation techniques and efflurage massage that there are more benefits of efflurage massage because it can quickly overcome pain, can be done alone and is very easy to do without any costs (Baradero, 2019)

CONCLUSION

The conclusion from the research results shows that there is an effect of giving benson relaxation in reducing back pain in clients with a history of low back pain. In respondents with massage, it was also found that there was an effect where the client's back pain was reduced after giving therapy. From these two treatments, it was found that there was a difference in effectiveness in reducing the level of back pain in adults with a history of low back pain. Efflurage massage is more effective in reducing pain than benson relaxation.

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