
The Effect of Back Massage For Health: Literature Review

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ABSTRACT

Health is a state of overall being, not just disease and weakness. Health efforts must be directed so that every human being has adequate health, pharmacological and non-pharmacological treatments can be one of the efforts to maintain health. Non-pharmacological therapy that can be used is back massage. Back massage is a complementary therapy of manipulation practice because touch and pressure provide health effect. This study aimed to determine the use of back massage for health. This study used Literature review with a prisma approach amounting to 9 journals. The results of this study that have been analyzed show back massage is very effective for health, especially can improve sleep quality, reduce pain intensity, accelerate milk production, and improve cognitive. Giving back massage is very effective for non-pharmacological therapy.

Keywords: Back Massage, Health, Non Pharmacological Therapy

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BACKGROUND

Health is a state of well-being which includes physical, mental and social conditions that are not only free from disease or disability, according to WHO, there are three important components which form a unity in the definition of health, namely, physically healthy, mentally healthy, and spiritually healthy (WHO, 2015). Health is also a state of physical, mental and social well-being as a whole and not only free from illness or weakness (Nies, 2019). Human life is increasingly modern in the health aspect along with the time, various efforts are made through advances in science and technology (IPTEK), such as finding cures for sharing diseases, discovering new medicines, more modern medical techniques, and so on. However, recently in the world of health, the development of complementary nursing has received attention recently, nurses who use complementary measures in their services are known as providing complementary therapy. The term complementary is often referred to as alternative medicine, *National Center Complementary and Integratif Health* (NCCIH, 2016) explaining the term alternative therapy is a major way of replacing conventional medicine.

Complementary measures are given as part of health nursing, consisting of various forms of health practice, aimed at improving health degrees and obtained through special education based on health sciences. Complementary therapy is a means or additional therapy in conjunction with conventional medicine. There are several complementary therapy techniques that are widely used, including: meditation, acupressure, massage therapy, yoga, cupping, benson therapy, hypnotherapy, and food combining (Kramlich, 2014). One of the complementary therapies that are in great demand by the public is massage therapy, massage is a technique by pressing, rubbing, and manipulating muscles and other soft tissues in the body. In Indonesia, massage has been known as massage or massage and has been known for a long time.

Massage is a technique that is mostly used by humans to improve health. According to the Directorate of Course and Training Advisors (2015) massage is one of pampering oneself because the touch has miracles in itself which is very useful to relieve fatigue in the body, stimulate the body to remove toxins and improve the health of the mind. Currently the importance of massage has been widely recognized by the public, it can be seen that massage has the goal of relaxing, relaxing muscles, and improving blood circulation (Nies, 2019). One of the massage techniques used is back massage.

Back massage is a relaxation therapy that uses a physical approach, back massage is also a relaxation therapy that uses touch designed to increase comfort, reduce stress and create calm (Basford & Selvin, 2010). The benefits of back massage itself can help reduce pain, help postpartum mothers to increase milk production, help the elderly's memory, and help sleep quality so that sleep disturbances do not occur.

METHODS

The research design used was Literature Review. In this study the material sources were obtained from several articles and books, journal searches using Indonesian and English with the keywords "back massage" or "benefits of back massage / health bene. During the search for journals, researchers used google scholar and DOAJ (directory of open access journals). With the inclusion criteria of respondents who have rheumatism, sleep quality disturbances, hypertension, pain, and insufficient milk production.

RESULTS AND DISCUSSION

The results of the articles from various research sources that have been conducted, show that the provision of back massage has an effect on health. Because back massage relaxes the body, relaxes muscles, and improves blood circulation (Nies, 2019).

The Effect of Back Massage Techniques on the Decrease in Pain Intensity in Postoperative Appendicitis Patients at the Royal Prima Hospital in Medan in 2019. Based on the results of the statistical test, the Z value = -2,121 is significant, the p-value is 0.034, this means the p-value $< \alpha$ (0.05) so that it shows that there is an effect of back massage on reducing pain intensity in postoperative patients.

The Effect of Giving Back Massage Using Lavender Aromatherapy on Decreasing Pain Intensity in Patients with Laparotomy Surgery in 2020. Based on statistical tests, the p-value is 0.001 which means p-value < 0.05 so that there is an effect that giving back massage using lavender aromatherapy can reduce the intensity. pain in postoperative laparotomy patients.

The Effect of Back Massage Therapy on Stress Scores in Post Partum Mothers at RSA Sakina Idaman in 2019. Based on the statistical test, the decrease in the average stress score is 1,950 so that the p-value is 0,000 ($p < 0.05$) so that there is an effect of giving back massage on stress scores in Post Partum mothers.

The Effectiveness of Slow Stroke Back Massage on Improving Sleep Quality in the Elderly in 2019. Based on the results of statistical tests, it was found that the value of $p = 0.012$ ($p < 0.05$) means that there is an effect of the effectiveness of slow stroke back massage on improving sleep quality in the elderly.

The Effect of Back Massage Performed by Husband on the Acceleration of Breastfeeding in Mother's Post Partum Day I and Day II at the Sebrang Padang Public Health Center in 2019. Based on statistical tests, a significant value was obtained ($p < 0.05$) which means that there is an effect of back massage performed by the husband to accelerate the release of breastmilk.

The Effect of Back Massage on Decreasing Blood Pressure in Elderly Patients with Hypertension in Tresna Werdha Gau Mabaji, Gowa Regency in 2018. Based on statistical tests, it was obtained that the value of $p = 0.46 < 0.05$, which means that there is an effect of back massage on reducing blood pressure.

The Effect of Back Massage on the Intensity of First Stage Pain in Bogor City in 2018. Based on the statistical test, it was found that the p value < 0.01 means that statistically there is a significant difference in the average pain intensity before and after back massage is carried out in laboring mothers. shows that back massage has an effect on the intensity of pain during the 1st stage of labor.

The Effect of Back Massage Relaxation Therapy in Patients with Pre-Major Surgery at Tologorejo Hospital High School in 2015. The result of $p < 0.05$ shows that the value of $t = 13.809$ and p value = 0.000 means that back massage has an effect on reducing the level of anxiety in patients with preoperative major surgery.

Implementation of Back Massage Using Jasmine Oil to Reduce Anxiety of First Stage Maternity in the Active Phase in 2019. It was found that there was an effect that back massage using jasmine oil could reduce maternal anxiety during the first active phase.

Treatment Modality of Back Massage Nursing as Memory Care (Language) of the Elderly in the Technical Implementation Unit of the Social Home for the Elderly of Jember Regency in 2017. There was a significant value of $p = 0.034$ because the p value < 0.05 , there was an increase in the mean difference between the pre-post test of 0 , 5. So it can be concluded that there is an effect between before back massage and after back massage.

Healthy is a means or tool for productive daily life, health efforts must be directed so that every human being can have sufficient health and can live productively.

Back massage is a healing effort that is safe, effective, and without harmful side effects and can be done by health workers and other people who are equipped with back massage knowledge (Firdaus, 2011). From the results of the 5 articles that have been selected through the prism test by comparing 9 articles, the researcher found that out of the 5 articles they had significant results or had an effect after being given back massage.

There are only two deficiencies in each journal, namely the first there is no time duration and the duration of how long to give back massage to be done, there are only 6 journals that explain how long back massage can be done for maximum results. Then the second in every journal there is no way how to massage the back properly and correctly, almost all journals do not explain how to massage the right back. As Kushariyadi (2017) does not explain how long the duration of back massage is and does not explain how to do back massage properly, as for studies that only mention the duration of back massage such as Supliyani (2017) only explains that back massage is carried out for 30 minutes and does not explain how to massage the right back. This is very unfortunate because this back massage has a lot of benefits for health, one of which can reduce blood pressure, such as a study conducted by Bertolomius and Harkas (2018) which states that systolic and diastolic blood pressure decreased by + 20 mmHg after a back massage.

CONCLUSION

Based on the literature review of research articles that have been carried out, all of them have an influence on providing back massage. Back massage itself has good health benefits, it can reduce pain intensity, lower blood pressure, anxiety levels, stress levels, improve sleep quality, and increase milk production. Lavender oil which is most often used for back massage, back massage is carried out for 15-45 minutes to get maximum results, therefore giving back massage can be recommended as one of the non-pharmacological interventions because back massage has good benefits for health

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