

THE EFFECT OF JINS THREE NEEDLE ACUPUNCTURE ON COMPLAINTS OF STIFT NECK TEACHERS OF SDN 01 KETINDAN LAWANG EAST JAVA

Mayang Wulandari^{1*}, Chantika Mahadini¹, Riki Ristanto¹

¹Prodi Akupunktur ITSK RS dr Soepraoen, Malang, Indonesia

*Corresponding: Mayang Wulandari

ITSK RS dr Soepraoen, Malang, Indonesia

Jl. S. Supriadi No.22, Sukun, Malang, East Java, 65147

E-mail: mayang.wulandari2017@gmail.com

ABSTRACT

Background: Neck stiffness is a condition that usually arises as a result of a number of disorders and diseases that affect the tissues around the neck such as degenerative disc disease, neck tension, and neck injuries including disc herniation which can cause pinched nerves (Stöppler, 2011). This complaint is experienced by everyone, including teachers, teachers are currently required to carry out distance learning (PJJ) which causes a lot of silence in one position, namely facing a laptop or looking down a lot at a cell phone which makes the neck and shoulders stiff. **Methods:** The research design used in this study is a pre-experimental design with a pretest-posttest design. Before and after treatment, the patient's neck stiffness was measured using the Nordic body map (NBM), then the results were compared. **Results:** It was found that respondents who experienced neck stiffness before acupuncture therapy had an average score of 2.10 with a standard deviation of 0.316, and an average of 1.20 who had been treated with acupuncture with a standard deviation of 0.422. Before Jins three needle acupuncture therapy, the average neck stiffness of SDN 01 Ketindan teachers was 2.10. After three-needle jeans acupuncture therapy, the average neck stiffness of SDN 01 Ketindan teachers was 1.20. There is a decrease in the level of neck stiffness after acupuncture therapy. **Conclusions:** The results obtained are the effect of Jins 3 needle acupuncture in cases of neck stiffness.

Keywords: Acupuncture, Jins Three Needle, Neck stiffness

INTRODUCTION

During the pandemic, teachers had very significant obstacles in transforming knowledge to students (students). There are still areas that lack technology infrastructure, internet networks, and electricity which hinder teachers. Even the internet quota is an obstacle for students. These obstacles make the implementation of Distance Learning (PJJ) ineffective (Furkan, 2021). Teachers as educators of course will not remain silent with this situation, education for students must

continue even though the pandemic is still ongoing, implementation of limited face-to-face learning in all education units has been opened since July 2021 through a decree of the Minister of Education and Culture, Minister of Health, Minister of Religion, and Minister of Home Affairs regarding guidelines for holding face-to-face meetings during the Covid-19 pandemic. Two things underlie the implementation of face-to-face learning because all educational staff have been vaccinated and during distance or online learning, the



quality of education has decreased and lagged far behind other countries during the pandemic (Onde, 2021).

The busyness of teachers who have to facilitate two activities for education, namely PJJ and PTM, of course, makes teachers not only more stressed and tired but also causes various complaints, including stiff necks. The pain you feel varies, from a dull ache to a sharp or burning pain. Complaints can also include muscle and joint stiffness, swelling in affected or problematic areas, redness, tingling, numbness, decreased sweating, and changes in skin color. Neck stiffness is a condition that usually arises as a result of a number of disorders and diseases that affect the tissues around the neck such as degenerative disc disease, neck tension, and neck injuries including disc herniation which can cause pinched nerves (Stöppler, 2011). The neck is the area that gets the most tension or stress, both during breaks and during serious work, for example when sitting all day in an uncomfortable sitting position or chair, this will accelerate the occurrence of neck stiffness, especially in the extensor muscles which play a major role in maintaining posture neck and supports the head, as a result the cervical extensor muscles are often disturbed in the form of spasm or tightness which triggers pain in the neck (Ariotejo, 2010).

Most musculoskeletal pain in the neck is not a serious condition. Stiffness of the neck due to tension or stretching of the muscles or ligaments does not require X-rays or scanning and significant treatment. Sometimes it can even be relieved with mild analgesics. However, in some cases neck pain can indicate serious injury and requires medical care, so you have to take analgesics for a long time. Side effects of using analgesics that may occur are fatigue, drowsiness, vertigo, blurred vision, constipation, hypotension, nausea, vomiting, and shaking (Asmiati, 2021).

Many people are starting to switch to non-pharmacological therapy where the

therapy does not cause side effects. One of them is the non-pharmacological therapy that is in great demand, such as acupuncture. Acupuncture is a health therapy part of the oldest traditional Chinese medicine in the world. The use of acupuncture as a pain relief therapy has been carried out since 4700 years ago. The father of Chinese Medicine, Shen Nung uses needle acupuncture therapy on the "Ah Shi" point to relieve pain such as neck stiffness. One of the acupuncture methods is the Jin's 3 Needle method. Jin's 3 Needle is an acupuncture method using 3 acupuncture points as the main formula (Peng, 2000; Yuan, 2004).

METHODS

The research design used in this study is a pre-experimental design with a pretest-posttest design. Experimental research or experiment (experiment research) is an experimental activity (experiment), which aims to find out a symptom or effect that arises, as a result of a certain treatment (Sugiyono, 2011). In this study, researchers wanted to know the effect of 3-needle jeans acupuncture on neck stiffness complaints of teachers at SDN 01 Ketindan Lawang. The population in this study were all teachers at SDN 01 Ketindan Lawang who had neck stiffness.

The sampling technique of this research uses Accidental sampling, which is a sampling method by choosing who happens to be there/meet. The materials and tools used were acupuncture needles, alcohol cotton, and instruments which were measuring tools in this study in the form of a Nordic Body Map questionnaire containing respondent data, complaint areas and the degree of neck stiffness of the respondent.

RESULTS

In this study, researchers used NBM sheets as a media for questionnaires to teachers who suffer from neck stiffness at SDN 01 Ketindan Lawang. The NBM that



had been distributed was then filled in by the researcher before acupuncture treatment and after five acupuncture treatments to see if there was a difference in neck stiffness before and after acupuncture therapy.

Table 1. The results of measurements of NBM stiffness of the neck of SDN 01 Ketindan Lawang teachers

NO	Before acupuncture therapy	After acupuncture therapy
1	3	2
2	2	2
3	2	1
4	2	1
5	2	1
6	2	1
7	2	1
8	2	1
9	2	1
10	2	1

It was found that respondents who experienced neck stiffness before acupuncture therapy had an average score of 2.10 with a standard deviation of 0.316, and an average of 1.20 who had been treated with acupuncture with a standard deviation of 0.422.

DISCUSSION

Neck stiffness refers to pain, stiffness, and limited neck movement. It is clinically characterized by pain and stiffness that usually radiates to one or both shoulders and upper arms, accompanied by neck muscle tension. According to CM, a stiff neck is called Luo Zhen, caused by improper sleeping position, sprain, or Wind-Cold attack, resulting in Qi-Xue obstruction in the Collateral-Meridians (Yin, 2000). Neck stiffness is a symptom of a disease in the form of stiffness, pain, limited motion of the nape of the neck, which is acute and simple, also known as the tendons in the neck where it is injured. According to western medicine (Western Medicine) the occurrence of this disease is due to sprains in the neck area, or due to

improper sleeping position, the height of the pillow is not suitable, or the local area is attacked by Cold Wind, so that the muscles, joints, bones in the neck area are too stretched for a long time resulting in spasm seizures (Peng, 2000).

According to Peng (2000). This disease is caused by Cold Hot Humidity Wind attacking the neck and nape, or sprains occurring in the neck and nape area resulting in the formation of Stopped Blood Qi Stasis. The principles and methods of therapy are Relieving Tendons, Activating Collateral Meridians, Expelling Wind, Spreading Cold. The points used are Jianjing (GB 21), Jianzhongshu (SI 15), and Quchi (LI 11). Apart from being attacked by the Cold Wind pathogen, this disease can be caused by poor sleeping posture which causes the neck muscles to be pulled for a long time, so that the muscles on one side of the neck are pulled and this causes Qi and Xue to not be smooth.

The principle and way of therapy is to flex the tendons and muscles, launch Qi and Xue to reduce pain. The point used by Tian Liao (SJ15), Tian Zhu (BL10), and WaiGuan (SJ5). In general, neck stiffness occurs easily in patients aged 45 years and over where the neck feels painful and stiff, the radiation sometimes spreads to the back and arms, often not or difficult to heal in a short time. Sometimes accompanied by a feeling of weakness in the knees and aching waist.

The principles and methods of therapy are adding Jing and Xue in Shen / Kidney and Gan / Liver, Strengthening Shen / Kidney and Gan / Liver, and flexing muscles and tendons again. Point used by GanShu (BL18), ShenShu (BL23), Tian Liao (SJ15), Tian Zhu (BL10), Qu Quan (LV 8), and Taixi (KI 3)

CONCLUSION

Before Jins three needle acupuncture therapy, the average neck stiffness of SDN 01 Ketindan teachers was 2.10. After three-needle jeans acupuncture



therapy, the average neck stiffness of SDN 01 Ketindan teachers was 1.20. There is an effect of three-needle jeans acupuncture on neck stiffness of SDN 01 Ketindan teachers.

REFERENCES

- A. Supriyatna and V. Maria, "Analisis Tingkat Kepuasan Pengguna dan Tingkat Kepentingan Penerapan Sistem Informasi DJP Online dengan Kerangka PIECES," *Khazanah Inform. J. Ilmu Komput. dan Inform.*, vol. 3, no. 2, pp. 88–94, Jan. 2017.
- A. William J. Doll and G. Torkzadeh, "The Measurement of End-User Computing Satisfaction," *MIS Q.*, vol. 12, no. 2, pp. 259–274, 1988.
- Asmuji, *Manajemen Keperawatan*, 1st ed. Yogyakarta: Ar-Ruzz Media, 2012.
- Willoughby, F.W. & Edens, J.F. (1996).
- C. J. Bonk, "Online Teaching in an Online World (executive summary)," *USDLA Journal*, vol. 16, no. 1, 2002.
- Carolina, I, Adi Supriyatna, Diah Puspitasari. *Analisa Tingkat Kepuasan Mahasiswa Terhadap Perkuliahan Daring Pada Era Pandemi Covid 19*. Prosiding Seminar Nasional Riset Dan Information Science (SENARIS) 2020 Vol. 2, (2020), pp. 342-347. ISSN: 2686-0260
- Ermayulis, S. (2020). *Penerapan Sistem Pembelajaran Daring dan Luring di tengah Pandemi Covid-19*. www.stit-alkafayahriau.ac.id. Diunduh 6 Februari 2021, pk 22.00 WIB.
- F. P. Suprobo, D. Suteja, and A. S. D. S, "Desain Sistem Informasi Aplikasi Kuis dengan Skala Guttman Atas Pengembangan Model Audit Pertanggungjawaban Sosial Berbasis Human - Centered Design Laba -," no. November, pp. 265–270, 2013
- I. Purwandani, "Pengukuran Tingkat Kepuasan Mahasiswa Pengguna Elearning dengan Menggunakan End User Computing (EUC) Satisfaction Studi Kasus: Akademi Bina Sarana Informatika", Seminar Nasional Inovasi dan Tren (SNIT), 2018.
- Ketut. Suprpta, *Analisis Kepuasan Mahasiswa Terhadap Sistem Pemilihan Konsentrasi Dengan Menggunakan Metode EUCS*, *Jurnal Sistem Dan Informatika* Vol. 13, p-ISSN: 1858-473X | e-ISSN: 2460-3732 No. 1, pp.6-11, November 2018.
- M. Ali, S. M. K. Hossain, and T. Ahmed, "Effectiveness of E-learning for university students: evidence from Bangladesh," *Asian Journal of Empirical Research.*, vol. 8, no. 10, pp. 352-360, 2018.
- M. I. Mustofa, M. Chodzirin, and L. Sayekti, "Formulasi Model Perkuliahan Daring Sebagai Upaya Menekan Disparitas Kualitas Perguruan Tinggi," *Walisono J. Inf. Technol.*, vol. 1, no. 2, p. 151, 2019.
- M. L. Cheok, and S. L. Wong, "Predictors of E-Learning Satisfaction in Teaching and Learning for School Teachers: A Literature Review," *International Journal of Instruction.*, vol. 8, no. 1, pp. 75-90, 2015.
- Paryanto, et. al., "Implementation of problem based learning to improve student learning achievement in turning machining lesson," *Journal of Physics: Conference Series*, 1446 012007, 2020.
- Surono, and C.T.Harjanto, "Pengembangan paket latihan dan penilaian



berbantuan komputer untuk pemebelajaran alat ukur mekanik presisi,” Jurnal Dinamika Vokasional Teknik Mesin., vol. 4, no. 2, pp. 134-143, 2019.

Tri. A.Prasetya , Chrisna.T.H, *Pengaruh Mutu Pembelajaran Online Dan Tingkat Kepuasan Mahasiswa Terhadap Hasil Belajar Saat Pandemi Covid19*, Jurnal Pendidikan Teknologi dan Kejuruan Vol. 17, No. 2, Juli 2020 P-ISSN : 0216-3241 E-ISSN : 2541-0652 188

Yi-Shun Wang, "*Assessment of learner satisfaction with asynchronous electronic learning systems,*" Information & Management., vol. 41, no. 1, pp. 75–86, 2003.