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THE USE OF OLIVE OIL IN REDUCING COMPLAINTS OF ITCHING ON STRIAE GRAVIDARUM IN PREGNANT WOMAN Nita Dwi Astikasari, SST., M.Kes.1, Riza Tsalatsatul Mufida, SST.,M.Keb.2 Shanty Natalia, SST.,M.Kes3 1Lecture IIK Strada Indonesia Email : nieta.strada@gmail.com Abstract. The incidence of complaints of itching on pregnant women one of them caused by striae gravidarum.

Appearance of striae gravidarum, already triggered by the occurrence of stretch **the surface of the skin** due to the increase of the radical weight loss in a short time. The purpose of this research is to know the use of olive oil in reducing itching complaints on striae gravidarum expectant mothers in the village of Anyer Ponggok Ringin Blitar. The research design used was a True Experimental research.

The population examined was the whole pregnant women in the village of Ringin Anyar, with samples 30 most pregnant women, and Responden 27. with technical pre post test control grub design. The method of sampling is Simple Random sampling. The research instrument used is the awarding of the olive oil for 3 days. Research results are then analyzed using the wilcoxon test and mann-whitney.

The results of this study showed that the incidence of Striae Gravidarum itching due to pregnant women before given entirely in olive oil are itching occurs and after given therapy 57.1% of olive oil does not occur in treatment group at itch Ringin Anyar village Ponggok Blitar. **The results of the** analysis showed no difference after given olive oil against itching of pregnant women in the village of Ringin Anyar Ponggok Blitar.

The prevalence of events in Puskesmas ponggok states that on June 2, 2016 out of 28 pregnant women who examined 17 of them experienced itching called striae

gravidarum. Based on the results of the research are expected for all expectant mothers to keep the skin moist with gives therapy olive oil at the beginning of the II trimester to reduce itching in pregnancy Keyword: pregnant women, itching, olive oil Introduction Benefits of olive oil has been long very useful to maintain beauty.

Olive oil comes from olive plants that grows in the Mediterranean region that provide a lot of sun's intensity. Olive oil is very well known in the world of beauty and culinary and even health. This is due to the nutritional and olive oil content [1]. In every 100 grams of olive oil there are a number of nutritional values: Energy-3701 kj (885 kcal), Carbohydrates-og, Fat-100g, saturated fat (14g) monounsaturated (73g) polyunsaturated (11g) omega-3 fats (11g) <1.5 g) omega-6 fat (3.5-21 g), Protein - 0 g, vitamin E - 14 mg (93% of the recommended daily intake for adults), vitamin k - 62 mg (59% of recommended daily intake for adults).

The benefits of olive oil include providing skin's natural moisture, preventing premature aging, removing anti-inflammatory acne stains, controlling blood pressure, cholesterol, cancer prevention, stroke prevention, natural hair lotion, moisturizing hair growth [2]. In some articles olive oil can also be used to deal with the problem of discomfort in pregnant women, especially itching in the abdominal area where there is the emergence of striae gravidarum, because olive oil contains a lot of vitamin E which can moisturize the skin due to the onset of striae gravidarum.

Itching is an irritating skin sensation with marked discomfort that causes stimulation to scratch it. According to Dr.dr.Tjut Nurul alam Jacob Sp.KK (K) generally pregnant women have more sensitive skin than women who are not pregnant, everyday the skin stretches and eventually causes striae which eventually causes itching because the skin loses the dermis layer so the skin loses moisture [3]. Striae is a form of colorless scarring on the skin.

Over time it might decrease, but it won't disappear completely. Striae formed during pregnancy usually during the last trimester, sometimes appearing in the abdomen, but also often occurs in the breast, thighs, hips, lower back, and buttocks in medical terms known as striae gravidarum.

Striae gravidarum that appears during pregnancy often causes annoying itching, skin problems like this are very common, especially in women who are pregnant. The itching felt on the surface of the abdominal skin is the first signs of the emergence of striae gravidarum, itchy skin on the area that arises striae gravidarum occurs due to skin losing moisture or the skin becomes dry so that many pregnant women experience blisters or sores due to excessive scratching [4].

A research study from the British Journal of Dermatology that the incidence of shows striae gravidarum in pregnant women ranges from 50-90%, and from 27 skin samples of pregnant women state that striae gravidarum has just formed more in the area around the abdomen and less in the hip area [5]. The prevalence of events in Puskesmas ponggok states that on June out of 27 pregnant women who examined 17 of them experienced itching called striae.

gravidarum and some of these pregnant women did not pay attention to these symptoms so many pregnant women experienced blisters to sores on the skin due to scratching excessive because of the onset of itching sensation [6]. The emergence of striae gravidarum, is thought to be triggered by stretching **the surface of the skin** due to radical **weight gain in a short** time. According to Dr.

Hardy Suwita, Sp.KK, a specialist from Satya Nagara Hospital, striae gravidarum will appear in areas of skin that are easily stretched. The process of formation striae begins with **the accumulation of fat under the** skin. As is known, a large part of a woman's body is formed by fat which is concentrated in certain parts when the body weight increases drastically, the dermis layer which is above the fat layer becomes stretched radically.

As a result of being too stretched, the skin layer containing many blood vessels and young skin cells be broken. So, it will bring out the purple streaks accompanied by itching. This purple color appears as **a result of the** activity of skin pigment through melanocytes caused by **tears in the dermis** of the skin.

The longer will change color to white, as a sign of the formation of new tissue, which has a different color from the original skin color [7]. Olive oil for striae during pregnancy is one of the best alternatives, use warm olive oil to massage the area where there is emergence striae gravidarum. This will help in improving blood circulation to the skin. Leave for one hour so that the skin absorbs vitamins to the maximum.

Do it regularly every day at least 2-3 times when the skin is moist, for example after bathing [8]. Based on this description, researchers are interested in conducting research with the title "the use of olive oil (virgin olive oil) in reducing complaints of itching in striae gravidarum pregnant women in the village of Ringin Anyar Ponggok Blitar".

Method This research is a type of "True Experimental" with research pre-test control group design. This design involved two groups of subjects, one was given an experimental treatment (the experimental group) and the other was given nothing (the control group) The sample in this study was a portion of pregnant women who were

experiencing complaints of itching due to striae gravidarum.

The Technique sampling was accidental sampling with a homogeneous sample which was chosen by the researchers [9]. Result Differences in itching due to striae gravidarum pregnant women before and after being given olive oil(virgin olive oil) Table. 1 Cross tabulation between itching before and after being given virgin olive oil to the control group in Ringin Anyar Village, Ponggok District, Blitar Regency, October 2016 (n = 7).

Itching _Before _After __S_% _S_% __Mild _1 _14,3 _0 _0 __ medium _6 _85,7 _6 _85,7 __Severe _0 _0 _1 _14,3 __Wilcoxon signed rank test, p value= 0,157 __Source: Results of data analysis Based on table 4.1 can be known in the control group, respondents with moderate itching tended to experience moderate itching before and after being given olive oil (virgin olive oil) in the amount of 71.4% (5 respondents). From the statistical test results Wilcoxon obtained p value = 0.157 (less than 0.05) so it can be concluded that there was no difference in itching before and after being given olive oil (virgin olive oil) in the control group in Ringin Anyar Village, Ponggok District, Blitar Regency. Table.

2 Cross tabulation between itching before and after being given virgin olive oil in the treatment group in Ringin Anyar Village, Ponggok District, Blitar Regency, October 2016 (n = 7). Itching _Before _After __S_% _S_% __Mild _0 _14,3 _3 _42,9 __ medium _6 _85,7 _4 _57,1 __Severe _1 _14,3 _0 _0 __Wilcoxon signed rank test, p value= 0,046 __Source: Results of Data Analysis Based on Table 2 can be known in the treatment group, respondents with moderate itching tend to experience mild itching before and after being given olive oil (virgin olive oil) which is equal to 42.9% (3 respondents). From the statistical test results Wilcoxon obtained p value = 0.046 Differences in itching due to striae gravidarum pregnant women in the control group and the treatment group Table.

3 Differences in percentage of itching due to striae gravidarum for pregnant women in the control group and the treatment group in Ringin Anyar Village, Ponggok District, Blitar Regency, (n = 14). Post Itching _Control group _Treatment group __Mild _0 _42.9 __ medium _85,7 _57,1 __Severe _14,3 _0 __Mann Whitney test, p value= 0,044 __Source: Results of data analysis Based on table 3 it can be seen the itching caused by striae gravidarum pregnant women in the control group in the moderate category at 85.7% (6 respondents) and itching due to striae gravidarum for pregnant women in the treatment group in the moderate category at 57.1% (4 respondents).

From the results of the statistical test Mann Whitney p values ??= 0.044 (smaller than 0.05) so that it can be concluded that there are differences in itching due to striae gravidarum pregnant women between the control group and the treatment group so

that it means there is the effect of giving olive oil (virgin olive oil) on itching due to striae gravidarum pregnant women in Ringin Anyar Village, Ponggok District, Blitar Regency.

Discussion Itching due to striae gravidarum pregnant women before being given olive oil (virgin olive oil) From the results of data collection to 14 pregnant women in Ringin Anyar Village, Ponggok District, Blitar Regency, was found in the control group and the treatment group, most pregnant women experienced moderate itching before being given olive oil (oil virgin olive oil) each at 86.7% (6 respondents).

Itching due to striae gravidarum pregnant women after being given olive oil (virgin olive oil) From the results of data collection of 14 pregnant women in Ringin Anyar Village, Ponggok District, Blitar Regency, it was found in the control group that most pregnant women experienced moderate itching at 85.7% (6 respondents) and in the treatment group the majority of pregnant women experienced moderate itching after being given olive oil (virgin olive oil) which amounted to 57.1% (4 respondents).

in the control group found pregnant women with moderate itching tend to still experience moderate itching before and after being given olive oil (virgin olive oil) that is equal to 71.4% (5 respondents). In the treatment group, pregnant women with moderate itching tend to experience mild itching after being given olive oil (virgin olive oil) which is equal to 42.9% (3 respondents).statistical test results Wilcoxon obtained p value = 0.157 (smaller than 0.05) so it can be concluded that there was no difference in itching before and after being given olive oil (virgin olive oil) in the control group.

While the statistical test results Wilcoxon in the treatment group obtained p value = 0.046 (smaller than 0.05) so it can be concluded that there are differences in itching before and after being given virgin olive oil in Ringin Anyar Village, Ponggok District, Blitar Regency. This indicates that administration of olive oil (virgin olive oil) can reduce the itching due to striae gravidarum pregnant women Effect of itching due to striae gravidarum pregnant women on groups that were given and not given olive oil(virgin olive oil) Based on the results of the study can be known that itching due to striae gravidarum pregnant women in the control group in the moderate category amounted to 85.7% (6 respondents) and itching due to striae gravidarum pregnant women in the treatment group in the moderate category amounted to 57.1% (4 respondents).

From the results of the statistical test Mann Whitney p value = 0.044 (smaller than 0.05) so that it can be concluded that there is a difference in itching due to striae gravidarum for pregnant women between the control group and the treatment group so that it means there is an influence of olive oil (virgin olive oil)) against itching due to striae

gravidarum pregnant women in Ringin Anyar Village, Ponggok District, Blitar Regency. This reinforces that olive oil (virgin olive oil) gives a good effect which is to reduce itching in pregnant women due to striae gravidarum.

In the control group, itchiness experienced by pregnant women tended to experience persistent itching and there was a severe direction due to constant scratching. The high content of vitamin E in olive oil is **beneficial for skin health** as it is known that vitamin E has been proven to maintain skin health and elasticity. Diane Irons, author of the "911 beauty secret: an emergency guide looking Great at Every Age, Size and Budget" explains that the powerful antioxidant power in vitamin E also helps in the production of collagen which gives skin elasticity and moisture to the skin that is caused by strokes or scars. striae gravidarum [10].

With regular treatment using olive oil in striae gravidarum will certainly reduce the incidence so as not to cause excessive itching. Itching **is not dangerous for the mother and** the fetus it contains. This itching does not cause infant death and does not cause interference with the growth of the baby's weight.

However, good care is needed to avoid scars that lead to the negative image of women due to unclean skin. In addition, to reduce itching can be overcome by wearing. Clothes that are not too tight and pregnant women with a relaxed state due to excessive anxiety, tension, and emotional instability can be a trigger for itching [11].

Conclusion and Acknowledgement There is a difference in itching due to striae gravidarum pregnant women before being given and after being given olive oil (virgin olive oil) so as to reduce the incidence of itching due to striae gravidarum during pregnancy. This research was supported / supported in part by the head of Ringin Anyar Village Ponggok Blitar.

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