

Analysis Of The Implementation Of Neonatal Emergency Measures With The Intervention Of 'Overcoming Using Ball Chair' Application And The Provision Of Lemon Suanggi Aromatherapy As An Innovation To Reduce Stress Among Nurses At Puskesmas Poned In North Minahasa Regency And Minahasa Regency

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ABSTRACT

Neonatal health services begin before the baby is born. The growth and development of the baby during the neonatal period are the most critical because they can cause infant pain and death. In the working area of the North Minahasa Health Department and Minahasa Regency, there are 13 health centers implementing emergency measures known as Poned (Basic Neonatal Obstetric Emergency Services). There has been an increase in emergent Neonatal cases, causing anxiety and discomfort among healthcare personnel. Currently, there is no Standard Operating Procedure (SOP) for Neonates, and not all healthcare professionals, particularly nurses, have undergone Neonatal Emergency Training. The research objective is to ascertain the stress level of healthcare nurse practitioners by utilizing the existing Ball Chair Application and administering Lemon Suanggi aromatherapy. The research methods involves qualitative research presented descriptively through in-depth interviews using open-ended questions and observing the execution of emergency measures by providing the existing Ball Chair and applying Lemon Suanggi aromatherapy to healthcare nurse practitioners during emergency procedures. The research findings indicate that the Implementation of Neonatal Emergency Measures using the 'Overcoming using the Ball Chair application and providing Lemon Suanggi aromatherapy can relieve stress among nurses, although not all nursing staff have participated in neonatal emergency training. In conclusion, the stress level of healthcare nurse practitioners carrying out neonatal emergency procedures can be reduced through the utilization of the existing Ball Chair and the application of Lemon Suanggi aromatherapy.

Keywords: Implementation, Emergency care, Nurses

1. Introduction

Maternal and neonatal health services are one of the determinants of health status. Neonatal health services begin before the baby is born, through health services provided to pregnant women especially, the growth and development of babies in the neonatal period. Emergency measures in preventing neonatal deaths, namely infants aged 0-28 days, need to be of particular concern in the implementation of the actions given, and the readiness of health workers who become professional helpers must be given the best possible attention to prevent neonatal deaths.

Data obtained from the North Minahasa Regency Health Office, the number of infant deaths in 2021 was 257 with causes of asphyxia in 56 (22%) babies, LBW babies 59 (25%), pneumonia 12 (5%) babies, congenital abnormalities 23 (10%) and other causes 112 (50%) . The most common cause of neonatal death is asphyxia or other newborn problems so that nurses and midwives must have adequate skills and skills regarding emergency care, namely newborn resuscitation and handling of sick neonates, which are very important in efforts to reduce infant mortality.

From the preliminary study conducted at the health centers in the working area of the North Minahasa District Health Office and Minahasa District, it was immediately observed that the Community Health Centers implementing Poned in North Minahasa District and Minahasa District had carried out emergency measures or what was called Poned (Basic Emergency Neonatal Obstetric Services), but have not used the Overcoming Application using a ball chair and get the aroma of Lemon Suanggi therapy so that many health workers, especially nurses,

have not optimally provided emergency measures, because they are still afraid, stressed with emergency situations without Neonatal SOPs (Standard Operational Procedures), with the excuse of SOPs for neonatal emergencies not yet clear, and only maternal SOP, This is because there are still health workers who have not all attended emergency training in Maternal and Neonatal.

The results of interviews with 7 (seven) Heads of Community Health Centers who have been Poned in North Minahasa Regency and Minahasa Regency and several health workers, namely nurses, said that they are very lacking in confidence and feel afraid that they are not comfortable, sometimes they are stressed with emergency work that must be handled immediately every day, the most cases is Asfection.

Thus the implementation of neonatal emergency measures in 7 (seven) health centers in the working area of the North Minahasa and Minahasa District Health Offices has not been carried out comprehensively, this is a problem that seems simple but, the impact will be a high risk of death in infants, and needs to be of great concern. seriously for the puskesmas and the health office of North Minahasa and Minahasa Districts, this problem must be investigated considering that the infant mortality rate (IMR) in 2021 in North Minahasa and Minahasa Districts is 426 babies who died due to asphyxia 57 (23%) babies, LBW 51 (21%) infants, pneumonia 10 (4%) infants, congenital abnormalities 21 (9%) and other causes 107 (43%), and many nurse health workers are very uncomfortable, stress with emergency work almost every day there are emergency cases in where they work.

2. Research Methods

This study uses a research design with a qualitative approach which is presented in an exploratory descriptive manner. Approach to the time of data collection is cross sectional. The sample of this research were 7 nurse health workers and 7 heads of puskesmas. The data used in this study were primary data, namely in-depth interviews (Indept Interview). carried out to 7 heads of puskesmas with educational background in S1 Medicine. Data analysis was processed according to characteristics with content analysis, namely data collection, data reduction, verification presented in a descriptive form, then conclusions were drawn.

3. Results And Discussion

The results of the study showed that the number of main informants was 7 nurse health workers whose average age was 36 years called IU1, IU2, IU3 IU4, IU5, IU6, IU7 the status of the last education health worker was D.III Nursing, D.IV Nursing. For triangulation informants, there were 7 people as heads of puskesmas called IT1, IT2, IT3, IT4, IT5, IT6, IT7 with an average age of 50 years, last education was Bachelor of Medicine.

1.Reducing stress levels on nurses by using a Ball Chair.

Information to be obtained from in-depth interviews about neonatal emergency measures to reduce stress on nurses by using a Ball Chair is, How to prepare yourself for carrying out emergency actions, obstacles/problems encountered, readiness at work, how the stress level of nurses can be seen from results of in-depth interviews with key informants from health workers, nurses and triangulation informants from the head of the puskesmas.

Based on in-depth interviews with key informants, namely nurse health workers, all of them said that readiness in carrying out emergency actions in Neonatal, lack of confidence, fear, feeling worried Neonatal SOP (standard operational procedure) was not clear. All of the above can be seen in box 1 below this :

Box 1

".....We lack confidence in carrying out neonatal emergencies because not all of them have attended training on these procedures" (IU1)

".....Feeling worried because the SOP for Neonatal Emergency is not clear at our place" (IU2)

".....We are afraid of high stress in carrying out neonatal emergency measures" (IU3)

".....Before giving action we stress too much" (IU4)

".....The worry is growing because they have never participated in Neonatal emergency training" (IU5)

".....I thought the implementation of the action was not a problem but after we faced it the fear was very high" (IU6)
".....Haven't done the work we faced a lack of confidence first" (IU7)
We always face feelings of anxiety, fear, worry in carrying out neonatal emergencies (IU1, IU2, IU3, IU4, IU5, IU6, IU7)

From the description above, it can be explained that all the main informants, namely nurse health workers, in carrying out emergency actions in the Neonatal feel less confident, afraid and worried, because the neonatal SOP is not clear, not all have been given training on handling neonatal emergencies.

A different statement was conveyed by the triangulation informant, namely the head of the puskesmas that the nurse health workers were still willing to carry out emergency actions in the Neonatal, there were no problems or obstacles in carrying out emergency work. This can be seen in box 2 below:

Box 2

"All nurses are always willing to carry out their duties in handling emergency cases at the puskesmas (IT1)

".....Where all nurses can work according to their respective duties there is no problem" (IT2)

".....Nurses can work according to their performance even though there is no SOP" (IT3)

".....They can all carry out emergency measures as usual without fear and stress" (IT4)

".....Their work can be completed properly without any complaints of fear and lack of confidence" (IT5)

".....Emergency measures in the Neonatal went well according to the standards that have been set" (IT6)

".....The health workers, namely nurses, are always ready to work without any problems, everything runs smoothly" (IT7).

Neonatal emergency measures went well with no problems and obstacles, all nurses were willing to carry out their duties. (IT1,IT2,IT3,IT4,IT5,IT6,IT7)

From the description above, it can be explained that all triangulation informants said that the implementation of neonatal emergency measures can be carried out properly, there are no problems for nurses, there is no fear and worry about the work they are doing.

From the above, it can be concluded that the nursing staff and the head of the puskesmas are different in providing explanations about the implementation of neonatal emergencies before being given the Ball Chair.

In this variable, it can be concluded that there are differences of opinion, differences in perceptions, and differences in responses to reducing stress levels in nurses. For this reason, it is necessary to provide an innovative Ball Chair with the aim of reducing stress levels in nurses so that they feel calm, relaxed, and remain enthusiastic in provide emergency measures.

Re-evaluating the readiness of nurse health workers in dealing with emergency actions in their respective places, among others, by providing a Ball Chair to reduce stress levels so that they feel comfortable, calm in carrying out emergency actions at the Poned Health Center.

According to Syamsudin 2021, discomfort in carrying out emergency work can affect the implementation of nursing actions which should be carried out very carefully. Giving a Ball Chair can give a feeling of calm, relaxed, relaxed, resting quietly while thinking about the next action to be given, and can reduce stress levels. The management of giving the Ball Chair by providing a comfortable and conducive place, nurses are welcome to rest by using the Ball Chair while providing the aromatherapy of Lemon Suanggi as room air conditioner.

3.1 Nurse Health Officer with Provision of Suanggi Lemon Aromatherapy

The information to be obtained from in-depth interviews about giving Aromatherapy is, how to prepare yourself, in the implementation of emergency departments, obstacles and problems encountered, how to be prepared for emergency actions, can be seen from the results of in-depth

interviews with key informants, nurse health workers, and chief triangulation informants. Public health center.

Based on in-depth interviews with key informants, namely nurse health workers, some said that readiness in carrying out emergency actions in the Neonatal, lack of confidence, fear, feeling worried that the Neonatal SOP (standard operational procedure) is not clear, but when given the Ball Chair the stress level is reduced compared to before being given a Ball Chair as a tool to provide a feeling of comfort and calm, a Ball Chair is a seat that can provide calm, relax without any burden, can continue work while thinking about the next action with a feeling of safety and comfort as a place to rest for a moment to be able to continue work that is at risk but nurses need to be given facilities to rest for a while. All of the above can be seen in box 3 below:

Box 3

".....It's quite calm after being given a ball chair as a tool for taking a short break while the body movements are rotated or can be left and right" (IU1)

".....We feel safe, not worried and afraid in giving neonatal emergency measures because we can rest a little by using a Ball Chair" (IU2)

".....After being given the Ball Chair it was quite calm but sometimes there was a feeling of fear" (IU3)

".....After being given the Ball Chair and Lemon Aromatherapy, we feel a little calmer" (IU4)

".....Currently it's a bit less but sometimes there is a feeling of anxiety" (IU5)

".....How come we still have a feeling of lack of confidence" (IU6)

".....Our job is that in an emergency, worry is always in our minds" (IU7)

Some nurses feel calm and comfortable but some are still worried and lack confidence (IU1, IU2, IU3, IU4, IU5, IU6, IU7)

From the description above, it can be explained that some of the main informants, namely nurse health workers, felt calm and comfortable, some felt that there were still feelings of worry and fear about the neonatal emergency department.

The same statement was conveyed by the triangulation informant, namely the head of the puskesmas that after being given the Ball Chair some nurses felt comfortable and some felt they had not carried out their duties optimally.

In relation to giving Lemon Suanggi aromatherapy, it can help nurse health workers to be calm and carry out their usual activities, prevent feelings of stress and can work in a cool atmosphere with the scent of Lemon Suanggi as a local wisdom of the culture of the Minahasa people in North Sulawesi, so as to reduce stress levels in everything can be done and the way to use aromatherapy is to start entering the administration room into the action room, aromatherapy has been given to reduce stress levels. Reducing stress levels with unclear neonatal SOP rules can be given lemon suanggi aromatherapy continuously and avoid a tense atmosphere at work so that you can work optimally.

The same statement was made by the triangulation informant, namely the head of the puskesmas that all nurse health workers after being given the aromatherapy of Suanggi lemon can reduce stress and provide peace in doing work. This can be seen in box 4 below:

Box 4

We noticed that after the aromatherapy of Lemon Suanggi, the health worker was a nurse who looked calm and pleasant, her facial expression was rather calm, (IT1)

All nurses feel happy because someone is paying attention to their whereabouts, (IT2)

Calmer, less anxious, and able to carry out emergency measures...." (IT3)

They can work well without any burden (IT4)

The nurse after being given the Lemon Suanggi therapy looks happy while smelling the aroma of Lemon Suanggi....(IT5)

romatherapy Lemon Suanggi gives a pleasant feeling so that all health workers can serve patients well (IT6)

All is good and comfortable while smelling Lemon Suanggi as the local wisdom of the Minahasa people (IT7)

By giving Lemon Suanggi aromatherapy, all nurses in carrying out emergency actions can work calmly. (IT1, IT2, IT3, IT4, IT5, IT6, IT7)

The statement above is in line with the triangulation informant, namely the head of the puskesmas said that the nurse health workers carrying out neonatal emergency measures worked quietly following the rules.

From the description above, it can be concluded that after being given the Suanggi Lemon Aromatherapy, it is rather calm, not visible when there is a burden on the job.

According to Kelvin's research (2020), states that when carrying out neonatal emergency measures, sometimes there is a feeling of worry, fear, so support is needed, and motivation or any form of therapy can reduce stress levels in workers.

4. Conclusion

Based on the results of research on the Analysis of Implementation of Neonatal Emergencies with Intervention Applications Overcoming using ball chairs and Giving Lemon Suanggi Aromatherapy as an Innovation to reduce Stress in Nurses at the Poned Health Center in North Minahasa Regency and Minahasa Regency.

can be concluded as follows:

1. By providing a ball chair, it can reduce the stress level of nurse health workers in carrying out neonatal emergency measures.
2. By giving Lemon Suanggi aromatherapy, it can reduce the level of stress on nurse health workers in carrying out emergency actions in the Neonatal.

5. Suggestion

Nurse health workers can be rewarded by providing additional Ball Chair facilities as an encouragement to face neonatal emergencies, and given the opportunity to take part in emergency training. It is expected to be able to use the Ball Chair and Lemon Suanggi aromatherapy in carrying out emergency actions to the fullest because as an aid in providing services to patients without being burdened and reducing stress levels.

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