

Health Education and Mental Support Pre-Circumcision for Elementary School Of Muhammadiyah Students

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Abstract

The development of circumcision methods today has also developed rapidly, including conventional and modern methods. Circumcision requires preparation not only in terms of physical maturity but also psychological maturity. Mental problems felt by pre-circumcision children are fear of pain or anxiety about the circumcision process. Lack of information is a need for children for pre-circumcision mental preparation. The subjects of this activity were 69 students of the Elementary School of Muhammadiyah 1, 2, and 3 Pontianak. Activities carried out on 21 February, 22 February, and third March 2023. This activity showed that the elementary school students were enthusiastic and active during the education provided. In addition to pre-circumcision health education, mental support for students aims to have mental readiness when circumcision time. At each venue, 60% of students were able to mention the purpose of circumcision, 70% of students were able to repeat deep breath relaxation techniques to reduce anxiety, and 78% of students stated that they were ready to be circumcised.

Keywords: Circumcision, Health Education, Mental Support, Elementary Students.

INTRODUCTION

Circumcision has been prescribed since the time of Prophet Ibrahim. Rasulullah SAW said which means "Prophet Ibrahim Khalilur Rahman circumcised after the age of eighty years" (H.R. Bukhari 6298 and Muslim 370) (Mianoki, 2014). Khitan or circumcision (derived from Arabic Al Khatnu (which means cutting). Al Khatnu means cutting the skin covering the head of the penis, and Al Khitan is the name of the cut part. In Indonesia, circumcision was the development of circumcision methods, including conventional and modern methods. The type of circumcision that is still performed in Indonesian society, especially Pontianak, circumcision methods are medical standard to increase the success of circumcision (Mursyida, 2019 in Ardiyani, 2020). Conventional circumcision is a method of circumcision performed to remove the foreskin covering the penis in men using scissors or scalpels. In Sharia, there is no specific time requirement at a certain age for circumcision, for example at the age of 5 years, 7 years, or 10 years or before and during puberty. At this age, the circumcision process requires preparation not only in terms of physical maturity but also psychological maturity (Mianoki, 2014).

Children's psychological factors are very influential in the process of mental readiness and smooth circumcision. Parents or families are expected to be more proactive in building their children's mental readiness. Explain everything about circumcision to the child, including the main reasons why he must be circumcised and the adverse effects if he does not do it immediately. Avoid talking about circumcision in a tense atmosphere and scaring him with threats (Honestdocs, 2019).

The phenomenon found at Elementary School of Muhammadiyah in Pontianak is that when children are asked to be circumcised or circumcised, they feel fear because the information that children often get is that circumcision is a process of injuring their genitals, so this causes fear and ultimately refuse to be circumcised. Survey data with students, parents, and class teachers of the Elementary School of Muhammadiyah 1, 2, and 3 in Pontianak, the majority of students who have not been circumcised refuse to be circumcised, so parents need a long time, and forced the child just wants to be circumcised. Mental problems such as fear or anxiety felt by children are certainly not expected to be

experienced or only last for a moment because have an impact on the child's mental unpreparedness for circumcision. Stressors that cause this response are due to minimal information or not understanding by children. (Khasanah, 2014) states that there is an effect of providing information on anxiety levels before circumcision in children.

Some students of the Elementary School of Muhammadiyah Pontianak generally said that they were afraid of pain during circumcision. Children and parents, especially at the Elementary School of Muhammadiyah in Pontianak, have never received information about circumcision. Therefore, information about circumcision and providing pre-circumcision mental readiness is very helpful for parents. (Sakinah, 2021) states that circumcision as a means of sex education in children is a form of teaching children the importance of maintaining health in themselves. The benefits of circumcision are generally for health, besides that it is mainly a form of a sign of the perfection of a Muslim, the genitals will be easier to clean, as a form of following the Prophet Muhammad's SAW, and avoiding various diseases. The health education method chosen is through discussion and simulation of one way of mental strengthening before circumcision, namely to reduce anxiety through deep breath relaxation techniques for students of the Elementary School of Muhammadiyah Pontianak City. Education provided with appropriate methods and media is one of the factors that influence a person to be interested and willing to carry out the recommendations given during education. Health workers as people who play a role in providing education also greatly affect the success of this education (Notoatmodjo, 2007; Sulistyoningtyas, 2016).

METHOD

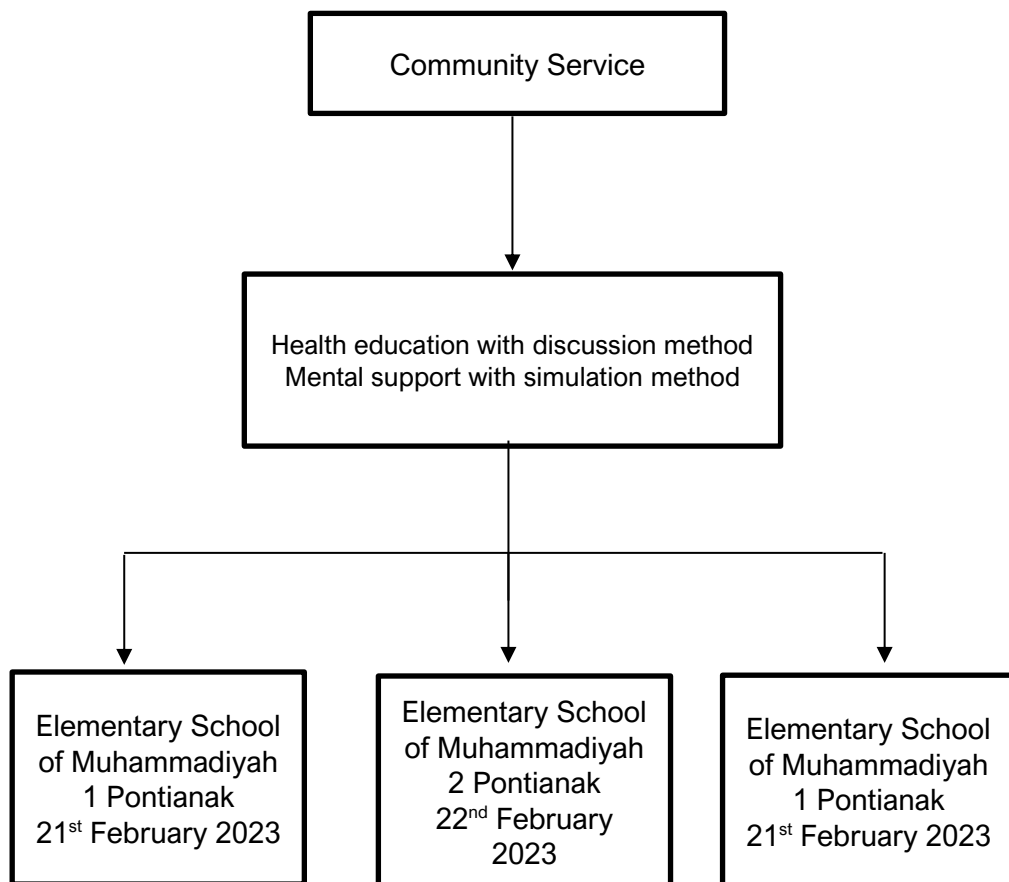


Figure 1. Method of Community Service

RESULTS and DISCUSSION

This health education activity was followed by 69 students of Elementary Schools 1, 2, and 3 Muhammadiyah Pontianak. This activity showed that the elementary school students were enthusiastic and active during the education provided. In addition to pre-circumcision health education, mental support for students aims to have mental readiness when circumcision time. At each venue, 60% of students were able to mention the purpose of circumcision, 70% of students were able to repeat deep breath relaxation techniques to reduce anxiety, and 78% of students stated that they were ready to be circumcised.

The mean age of the children who were being circumcised was 8.16 ± 1.1 ($n=107$, $\text{min}=6.5$, $\text{maks}=13$ years). The main reason why the mothers were planning to circumcise their male children were medical benefits (66.3%) but for the fathers, the main reasons were tradition (43.9%) and religion (35.5%). There was a significant relationship between the educational level of mothers and preference of the age for circumcision (Cramer's $V=0,431$ $p < 0.001$). As educational levels increased, the ratio of mothers who wanted circumcision for medical benefits increased. The parental preference (97.4%) about their child's circumcision was performed by a pediatric surgeon or urologist and expressed the reason to intervene more quickly to the problems that may develop due to circumcision in the hospital setting (88.8%). It is important to guide parents about the appropriate age for circumcision, the complications, and the preparation of the children for the procedure (Yildiz, et al, 2021).

With some men claiming to have been adversely affected by their circumcision, it questions whether becoming circumcised could have any potential negative psychological consequences. More specifically, whether it could be viewed as a traumatic experience for the male. If a psychologically traumatic reaction to the experience is present, it would necessitate updated health information, improved recognition for those affected, and a review of the ethics and prescription of using circumcision as a prophylactic or remedy for conditions affecting the penis (Batterly, Metters and Smith, 2022).

The average age of the children, who participated in the study was 10.41 ± 1.87 . It was found that over one-quarter of the children were not consulted before circumcision while 55.8% received information from family members and 16.9% were given information from their physician. As for the reasons that circumcision was performed, 69.3% said it was due to religious beliefs and 55.8% said it was because they wanted to be a man. Fifty-one point-eight percent of the children stated that they thought the circumcision ceremony was necessary. Of the children, who participated in the study, 64.7% stated that they experienced different levels of fear during circumcision, 54.6% stated that they experienced different levels of pain and 48.2% stated that they felt grief. A significant relationship was found between the person, who performed the circumcision, the place where it was performed, the type of anesthesia used, and the child's levels of pain and grief; there was also a significant relationship between the person, who performed the circumcision, the place where it was performed, the type of anesthesia used, the age at which it was performed and the level of fear ($P < 0.05$) (Rizalar S, Tural B.E, Yildirim N., 2016).

Circumcision is the process of injuring the genital organs, so this causes fear, especially in children, and eventually refuses to be circumcised. Mental problems such as fear or anxiety felt by children are certainly not expected to be experienced and if there is it lasts for a moment because it can have an impact on the child's mental unpreparedness when circumcised. Pre-circumcision anxiety stimulates the autonomic nervous system resulting in increased blood pressure, heart rate, and respiration rate. High heart rate and blood pressure aggravate the cardiovascular system and increase oxygen demand and heart work to strengthen the pain stimuli received because anxiety causes pain-inhibiting substances that cannot be secreted (Prasetyo, 2015).

Valentina (2016) showed that there was an effect of deep breath relaxation techniques in improving mood, thus reducing stress levels, heart rate, and salivary cortisol levels. The deep breath relaxation technique based on the results of the study is a technique that is easy to learn (<10 minutes) and effective for use at all ages, especially children aged 5 years, and effectively reduce anxiety or fear before circumcision. Another technique as an alternative to deep breathing techniques to reduce pre-circumcision fear or anxiety is the visual distraction technique of cartoon films, which tells the process of circumcision that is not scary. Safari (2019) states that there is an effect of cartoon film visual distraction techniques on the anxiety level of children aged 4-6 years pre-circumcision as an alternative non-pharmacological way to reduce pre-circumcision anxiety levels.

CONCLUSIONS and RECOMMENDATIONS

Boys were not adequately informed before circumcision, and this procedure was performed in almost half of the boys at an unsuitable age and outside the hospital environment, and the boys experienced too much pain and fear during the process. A significant relationship was found with the person, who performed the circumcision. Health education about circumcision and mental support is important for students in elementary school because generally this age is often planned by their parents for circumcision. Elementary school age can receive and remember information, so this health education and mental support effort has a positive influence on the mental readiness of pre-circumcision children. deep breath relaxation techniques in improving mood, thus reducing stress levels, heart rate, and salivary cortisol levels.

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APPENDIX



Figure 2. Health education and mental support in Elementary School 1 Muhammadiyah Pontianak



Figure 3. Health education and mental support in Elementary School 2 Muhammadiyah Pontianak



Figure 3. Health education and mental support in Elementary School 3 Muhammadiyah Pontianak