

The Application of Traditional Steam Therapy to An. N With Influenza in Jetis Sukoharjo Village

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ABSTRACT

Background of Study : Cough is a natural reflex of the body, where the respiratory tract try to remove the foreign object or poduce too much mucus. The steam therapy is one of the applications that can reduce the infuenza in children by inhaling the warm steam that has been dropped by eucalyptus oil.

The Purpose of the Research : The aim of this research is to understand the differences of indications in the children with influenza between before and after the traditional steam therapy.

The Method the Research: This research design used is descriptive research with An. N as the respondent. The respondent inhaled the traditional steam therapy during \pm 15 minutes in the morning, in the afternoon and in the evening. Than the researcher observes the indications of influenza with used observation sheet.

The Result of the Study : There were seven indications of influenza in An. N before being given traditional steam therapy. After An. N has been traditional steam therapy during seven times, four of the indications of influenza has been reduced or lost.

The Conclusion of the Study: There is a decrease in symptoms of influenza in An. N before and after the application of traditional steam therapy are seven signs of cold cough symptoms in An. N starts to decrease / disappear.

The Suggestion : According to the people the application of traditional steam therapy can be applied to all ages. So, this application can be the first treatment if they have influenza at home.

Key word : Steam Therapy, Traditional, Influenza, Pre-school children

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