

ALTERNATIVE MEDICINE AS AN EFFORT TO CURE DISEASES: REVIEWEma Harta Lestari^{1*}, Amirudin Salem¹, Umi Hasanah¹, Nehayatul Sunnah¹¹*Department of Midwifery, Sari Mulia University, Banjarmasin, Indonesia*

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In modern times, a variety of advanced technologies have been present in various fields, one of which is health. Rapid developments in the health sector include medical care. Medical treatment experiences a lot of progress that gives hope for the patient's recovery. This certainty is because medical treatment has been considered a rational and scientific treatment. On the other hand, in reality, many patients still use alternative medicine. Patients have trust or believe that alternative medicine is a treatment that can heal their illness because they have economical prices, minimal side effects, and are easy to find. The purpose of this literature study is to find out the reasons for patients choosing alternative medicine to heal the disease so that patients choose alternative medicine to try to heal diseases other than using medical treatment.

1. Introduction

According to the World Health Organization (WHO), health is a complete physical, mental, and social condition free from disease or infirmity. The definition of health, according to Law Number 36 Article 1 of 2019, is a healthy physical, mental, spiritual, and social state enabling everyone to live a productive life socially and economically. Health is essential for human life, so the patient will visit a doctor for medical treatment when the body's condition is unhealthy. Medical treatment was chosen because it is considered a rational and scientific treatment believed to provide healing to patients. Of course, with the hope that medical treatment will make the patient healthy as usual or recover from his illness. The fact that occurs in patients is that patients become distrustful of medical treatment because patients do not feel any significant recovery. Rayner, McLachlan, Foster & Cramer explained that there was dissatisfaction and unfavourable results with medical treatment. This causes patients to no longer use medical treatment and finally choose and use alternative medicine.

Alternative medicine is a non-medical treatment where the equipment and materials used are not included in standard medical treatment. Alternative medicine is not carried out by professional health workers such as doctors. National Institute of Health, 2005 states that alternative therapy is a set of medical and healthcare systems, practices, and products that are generally not part of conventional medicine. Savitri explained that there are various alternative treatments, including acupuncture, cupping, aura treatment, herbal and herbal medicines, reiki, courage (jade massage),

reflexology, hypnosis, and gargling. In addition to these kinds of alternative medicine, water treatment is also part of the kinds of alternative medicine. They mentioned that water treatment is an alternative treatment many people still practice. Water treatment is carried out by reading a prayer by a murshid so that the water is believed to cure the patient's illness. Ardani explained in his research that many patients still choose alternative medicine through traditional healers. The patient believes in the dukun because the dukun is believed to cure his illness. Alternative medicine to traditional healers is universal so that traditional healers can treat various patient ailments. Patients still widely choose alternative medicine because it is cheap, easy to find and efficacious. Kamaluddin explained that patients choose to use alternative treatments, apart from the cheap price, because of the minimal side effects that will occur in the body. It was further explained that the patient wants to be free from the side effects of drugs obtained from conventional medicine. The reason patients choose alternative medicine is also because alternative medicine has a simpler process compared to medical treatment.

Based on the explanation above, the purpose of writing this literature study is to find out why patients choose alternative medicine to cure their illnesses from a psychological perspective. This paper is expected to provide benefits for patients that alternative medicine can be used as a reference in addition to medical treatment to cure disease. The benefit for the patient's environment (family, friends) is encouraging the patient to continue taking medicine well. Benefits for medical personnel, it is hoped that they will be closer to the patient so that the patient's trust in medical personnel appears in undergoing the treatment process so that the disease can be cured.

2. Discussion

Alternative medicine is one of the treatments that can cure disease, and until now, alternative medicine is still widely chosen by patients. The phenomenon of patients choosing alternative treatments is mainly carried out by starting with trying medical treatments. The selection of medical treatment is the initial treatment chosen by the patient before finally selecting an alternative treatment. This is because medical treatment until now is a treatment that has been scientifically proven and has become a sophisticated treatment with various medical sciences and tools. In medical treatment, medical professionals will examine the patient's condition and then provide a diagnosis to the patient regarding the type of disease. After that, the professional staff will give the medicine according to the patient's diagnosis, determined within a certain period until the patient's condition improves or is declared cured. Sometimes the process does not go well because the patient has not yet been diagnosed with the disease he is suffering from.

Self-acceptance or self-acceptance has a vital role for patients in efforts to cure their illnesses. According to Sartain, self-acceptance is an individual's ability to accept himself and acknowledge

his existence objectively. It was further explained that this does not mean that an individual loses his ambition but that the individual still has a purpose and the desire to improve the situation and develop himself to improve. Feist, Feist & Roberts stated that self-acceptance is part of the theory of self-actualization put forward by Maslow. Self-acceptance is one of the 14 B values (life values). Maslow noted that self-actualizing people can accept themselves as they are without the need to be defensive, pretend and have no feelings of guilt that destroy them. Maslow explained that individuals with good self-acceptance have good taste for food, sleep, and sex, do not criticize their shortcomings, and are not burdened by excessive anxiety or shame.

The stages of self-acceptance are denial, anger, depression, bargaining, and self-acceptance. Disclaimer will appear when the patient accepts the diagnosis that medical professionals have determined. The patient becomes distrustful of the condition he is experiencing, feels nervous, and feels anxious until finally; the denial phase enters the next stage, namely the anger stage. In the anger stage, the patient feels very angry at the diagnosis he has received. The patient is angry because why is he the one affected by the disease? Why not someone else? Whether or not the patient can undergo the disease process. Then move on to the next stage, namely depression, which is a feeling of helplessness, feelings of hopelessness, causing behavior such as no appetite, frequent crying, and even feelings of fear of death and so on. When it has entered the depression stage, over time, the patient enters the bargaining stage, where the surface is to make a bargain or agreement with God. Only then does the patient enter the location of self-acceptance, namely accepting well the conditions and the disease they are experiencing?

When a patient has good self-acceptance, it does not mean that the patient gives up or does not want to do any treatment, but the patient will still try to get good treatment so that the disease can be cured. Medical treatment will continue after the patient is "at peace" with his condition. Medical treatment is continued because the diagnosis and medication have been given by professionals, so it is necessary to follow what has been given. As time went on in carrying out medical treatment, no significant changes were felt by the patient. It was further explained that the condition improved only after taking the drug; a few hours after that, the body was not well. Kamaluddin explained that the use of medical drugs was feared by patients would cause side effects that were not good for the body. The impact on economic matters is also a matter of concern, as medical treatment costs are expensive, but the body's condition does not improve, causing patients to be reluctant to use medical treatment and prefer alternative treatments.

The phenomenon of patient distrust of medical treatment eventually makes patients turn to alternative medicine. Of course, patients will choose alternative therapies that they feel are suitable for their body conditions because there are also many alternative treatments. Selection of

alternative treatments is made chiefly, such as obtaining information from the surrounding environment, such as family and friends, to choose an alternative treatment suitable for the patient's condition. It was further explained that patients could trust alternative medicine information from the surrounding environment. Alternative medicine is also a treatment used since ancient times by our ancestors and has been believed in society for generations. The same thing was also explained by Fanani & Dewi that alternative medicine has often been chosen and carried out by families long ago.

Patients believe in alternative treatments suggested by the surrounding environment by the notion of trust put forward by Chen that trust is a psychological condition consisting of an intention to accept vulnerability based on positive expectations regarding the choices or behavior of others without the ability to monitor or control the other party. Mayer, Davis, and Schoorman explain that trust is the willingness of one party to trust another party based on the hope that the other party will perform certain actions that are important to the party that trusts it. When the patient believes in alternative medicine that has been suggested by the surrounding environment, then the patient will choose and use alternative medicine to cure the disease.

Mayer, Davis, and Schoorman stated that trust has several dimensions, namely ability, benevolence, and integrity. The ability has a definition where the trustor can influence the trustee. Competence, experience, and ability in science are also things that surround the meaning of ability. In this case, the environment around the patient acts as a trustor who can influence patients who act as trustees to choose alternative treatments. Patients choose alternative treatment on the influence of the surrounding environment, such as family. Fanani & Dewi explained that patients switch from medical treatment to alternative medicine because of the family's invitation. The family has been using alternative medicine for a long time, so the patient follows it. Kamaluddin also stated that patients choose alternative treatments because of the advice and support from their families and the experiences of other people who have tried alternative therapies.

The second dimension, namely benevolence, is the best thing given by the trustor to the trustee regardless of egocentric motives. In this case, people who are family, friends, and other people can provide understanding, information related to alternative medicine to patients. This is by research conducted by Kamaluddin that the patient's family leads discussions regarding alternative treatment to patients. Families not only give advice but also give their time and energy to discuss with patients. Triratnawati explained that families who act as trustors want to "hand in" to provide patients with alternative treatments, such as buying herbs.

Integrity is the third dimension, which means that the trustee will carry out what has been

conveyed by the trustor to ensure that the trustee can do well what has been informed. The trustor will provide all information and facts to the trustee. In the case of this alternative treatment, the patient will be given information and facts by family, friends, and other people in the hope that the patient will follow this information. Wardiani and Gunawan stated that the water treatment carried out by worshipers at the Suryalaya Pagerageung Tasikmalaya Islamic Boarding School had hundreds or even thousands of worshipers who came carrying bottles filled with water from home to be prayed for by the murshid. This means that the congregation who visits the Islamic boarding school has adequately carried out the information provided by people in the surrounding environment to carry out alternative medicine.

3. Conclusion

Alternative medicine is a treatment that can be done to cure disease. Patients choose alternative medicine to cure their diseases because it is economical, has minimal side effects, and is easy to find. Good self-acceptance from the patient will make the patient try to find a good treatment for his recovery. Patients choose and use alternative therapies because patients believe that these treatments can cure their disease. Furthermore, suggestions for patients who use alternative medicine to continue to have their health checked by medical personnel or professional health workers so that the body's health can be adequately monitored. Suggestions for future researchers are expected to examine individuals who practice alternative medicine from a review of hardiness and social support.

4. References

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