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PUBLIC HEALTH COUNSELING THROUGH THIBBUN NABAWI TREATMENT IN DRAMAGA VILLAGE, DRAMAGA DISTRICT, BOGOR REGENCY

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ABSTRACTS

The ultimate goal of any development boils down to improving the quality of human resources. Human resources are both the subject and object of development, covering the entire human life cycle, from conception to the end of life. In this case, the public health condition is very important to pay attention to, especially by the government and social observers. In this case, efforts are needed to provide alternative solutions that can improve public health, one of which is through direct assistance and counseling to the community and of course coordinating with local government officials and also community leaders in villages and sub-districts. The STAI Al-Hidayah PKM implementation team provides outreach in the field of public health through the practice of Thibbun Nabawi medicine located in Dramaga Village, Dramaga District, Bogor Regency. Some of the service programs include: health education, Thibbunabawi treatment, medical therapy using electricity and leeches, and distribution of basic food packages. The number of participants who received benefits from Thibbunabawi's counseling and treatment services was 61 patients, civilians, village officials and educators. By holding this activity, the target community feels great benefits, especially in terms of maintaining and improving their physical and spiritual health.

A. INTRODUCTION

Community Service (KPkM) is essentially a manifestation of one of the duties of the tridharma of higher education, namely carrying out a community service that is cross-disciplinary (*Interdisciplinary*) and is a component of science, expertise, and the art of socialization applicatively to help life in the community. With PkM activities, it is hoped that lecturers and students can help the community in facing the difficulties faced in accordance with their respective scientific contexts. Through this PkM, lecturers and students can also help realize government programs in order to accelerate the program building (Ginanjari 2020).

Meanwhile, PkM is an activity that is considered important both for the implementing team (lecturers and students) and for the surrounding community. For lecturers and students, PkM activities are learning activities carried out across disciplines in order to explore, appreciate and find solutions to various problems in the community. For the community, PkM is expected to provide a new spirit to drive and optimize community development, especially at the village/sub-district and sub-district levels to realize social reform" in the sense of wanting continuous change towards progress based on the values of truth that refer to the vision of an Islamic, Superior and Sharia campus.

As academic people, lecturers and students of STAI Al-Hidayah Bogor must in essence be ready to shoulder great responsibilities in carrying out their duties and functions as educated intellectuals. They are always aware of the importance of making positive changes to people's lives, today and in the future. The thing according to the opinion that states that A program is created with the aim of providing benefits to the community which ultimately has an impact on improving welfare. But in providing these programs, we must be more careful so as not to make the community dependent on the social program providers (Putra, Nasir, and Rozaini 2018). This aims to improve knowledge, attitudes and behaviors in order to be able to apply a healthy way of life in order to maintain, maintain, and improve health (Patilaiya, Hamidah Rahman 2018).

Therefore, with its critical nature and character, lecturers and students as well as the community of the target program must both play a role as a "moral force" or *moral force* that always carries out the function of "*social control*". For this reason, the STAI Al-Hidayah PkM implementation team consisting of lecturers and students is free from any interests except the interests of truth and objectivity for the good and happiness of the community today and in the future. Al-Hidayah Islamic College of Bogor as a higher education institution has an obligation to implement the Tridharma of higher education, one of which is by carrying out PkM activities. Based on the results of coordination with various parties, especially between campuses, village officials, government leaders, and local communities, PKM in 2024 will be held in the village community, precisely in the Dramaga Village area, Dramaga District, Bogor Regency, West Java.

On that basis, we the PkM implementation team who chose the location in Dramaga Village are obliged together with the local community to realize the substance of the PKM in accordance with the theme carried, namely; "Public Health Counseling through Thibbun Nabawi Treatment in Dramaga Village, Dramaga District, Bogor Regency".

Based on the theme above, there are several programs/activities that we carry out in accordance with the abilities that are arranged in several work program items.

However, we also realize that the funding for PKM activities is adjusted to the budget and priority scale of the PkM program that has been set by the Leadership of STAI Al-Hidayah (STAIA) which is allocated in the budget of the Institute for Research and Community Service (LPPM) STAIA Bogor.

B. METHOD

The approach used in this service activity is service to the community. This service focuses on health services to the people of Dramaga village. The service activity lasted for four months, starting from December 2023 to March 2024. This service focuses on counseling in the field of public health through Thibbun Nabawi's medical practice. Data collection from the subjects of the community service program used the snowball sampling technique. The subjects selected for this service program are considered competent to provide knowledge related to data and information in the field, including (1) the Head of Dramaga Village, (2) Therapists/Instructors from Indonesian Sunnah Cupping, (3) Lecturers and Students of STAI Al-Hidayah Bogor.

The target audience of this community service activity is the people of Dramaga Village, Dramaga District, Bogor Regency, West Java. The people invited to this training activity in accordance with the title of the PkM activity are elderly gentlemen, Posyandu Cadres, Posbindu and RT/RW in Dramaga Village. The target of this health counseling participant is targeted to reach 60 people.

In overcoming the problems that occur in partner communities as previously described, the Community Partnership Program offers several approach methods that can help in solving the health problems of local residents, namely by conducting Counseling Methods and training in the practice of Thibbun Nabiawi medicine, including through treatment by means of hijamah (cupping), electrical therapy, leech therapy and self-care guidance, so that the people in Dramaga Village feel a healthy, prosperous and happy life.

The Community Partnership Program Implementation activities are divided into three stages, namely preparation, implementation, and monitoring stages. The following are the details of each stage that has been implemented, referring to the opinion of Hilmiana, et al, who argued that the stages of PkM activities can be carried out by, among others: (1) identifying the demographic conditions of the population in the village, (2) identifying potential that can be developed, (3) holding discussions, interviews and observations, (4) conducting needs analysis, (5) designing training materials, (6) carrying out training and service activities, and (7) conducting evaluations (Hilmiana, Desty Hapsari Kirana 2020). The PkM activities in Dramagama Village, Dramaga District, Bogor Regency will be carried out from December 2023 to March 2024.

At this stage, the implementation team carried out several stages, including: (a) Preparation of counseling and training work programs. Preparation of counseling programs and training work programs so that the activities carried out become more regular and directed. The program covers all technical, managerial and scheduling matters (*Time Schedule*), (b) Preparation of training modules. The management module includes mentoring techniques, handling and continuous counseling. Preparation of training facilities and infrastructure. This preparation includes the provision of facilities and infrastructure for training and counseling. In this case, the facilities that can be used are the Dramaga Village Multipurpose Hall building, (c) Field coordination. Field

coordination will be carried out by the Team. The socialization of the health counseling program with Thibbun Nabawi treatment for the community was carried out at the location of the activity, namely according to the area to be agreed. This socialization activity will be carried out 2 (two) times so that there is an understanding and common perception of the purpose of the activity and its application, and (d) Socialization. The first socialization is non-formal, namely communicating with the Secretary of Dramaga Village and later being socialized to the residents of Dramaga Village as partners of PkM activities. lectures, discussions, questions and answers, material presentations, and technical guidance. Questions and answers and discussions with the target object of PkM make the socialization activities held very interactive (Widianto et al. 2019).

Before the implementation of PkM activities first, the PkM Team prepares an activity plan, makes a schedule time, prepares a cost budget plan (RAB) needed for the success of service activities. This is very important to be used as a reference in implementing the program that has been agreed upon by the PkM STAI Al-Hidayah Bogor Team. To be able to understand the conditions in society. In this regard, it is necessary to carry out social planning and mapping. In conducting social mapping, the community is not only the object of social mapping, the community is made a subject in data collection. Social mapping is carried out not only to collect data and study people's lives, but also as a medium for students to be able to experience community life based on observation and be directly involved in various activities in the community. In this case, students and supervisors will be directly involved in planning and mapping, data collection, data analysis and discussion about the potentials and problems faced by the community of a region (Memed Sueb, Euis Nurhayati 2019).

PkM activities in Sukaharja Village involve many parties, so socialization needs to be carried out because it will be involved in empowerment activities and directly play a role in the success of the PkM program. lectures, discussions, questions and answers, material presentations, and technical guidance. Questions and answers and discussions with the target object of PkM make the socialization activities held very interactive (Widianto et al. 2019). The socialization of PkM activities in Dramaga Village will be carried out from December 2023 to January 2024.

The implementation stage of the PKM program is divided into two stages, namely: (a) Socialization of Thibbun Nabawi's health and treatment counseling activities. The second socialization aims to explain in more detail the goals and benefits of Thibbun Nabawi's treatment and provide an explanation of the training material. This socialization was facilitated by the distribution of health materials packaged in training modules. This activity was attended by the Village Head, Village Secretary, STAI Al-Hidayah PKM Team, and PKK groups and Posbindu Cadres who will participate in the program, and (b) Thibbun Nabawi's Medical Training and Practice. This training and practice of Thibbun Nabawi treatment is a follow-up to the counseling activities that have been carried out. Thibbun Nabawi's training and treatment practice through direct practice methods in the field. Residents as partners who have been given theory at the time of counseling then immediately carry out treatment practice. This activity will be guided by a competent and experienced instructor in carrying out Thibbun Nabawi's treatment, namely one of the lecturers from STAI Al-Hidayah assisted by the Team. This training is expected to be carried out comprehensively and continuously to ensure that the partner community really understands and masters how to practice Thibbun Nabawi's treatment independently

and this group is the core group that will then carry out cadres in their respective areas.

Monitoring and Evaluation Stage. Monitoring is carried out intensively by the implementation team of each activity to ensure that the implementation of activities can run as planned. The evaluation is carried out in line with monitoring, so that if there are obstacles, they will be resolved immediately. The evaluation is carried out at each stage of the activity, the evaluation design contains a description of how and when the evaluation will be carried out, criteria, indicators of goal achievement, and benchmarks used to declare the success of the activities carried out. Providing guidance to partners to continue to implement gerontic care consistently and maximize existing posts to improve health and care for the elderly, thereby improving partner performance and supporting government programs in increasing life expectancy. This aims to improve knowledge, attitudes and behaviors in order to be able to apply healthy lifestyles in order to maintain, maintain, and improve health (Patilaiya, Hamidah Rahman 2018).

C. RESULTS AND DISCUSSION

Community service activities that have been successfully carried out in the Dramaga Village area, Dramaga District, Bogor Regency, include; Program socialization, health counseling, therapy/treatment using the prophet's (*Thibbunabawi*) treatment, with three types of treatment: (1) Cupping (*hijamah*), (2) Leech therapy, (3) Electrical therapy.

1. Cupping Therapy

Cupping therapy is one of the alternative treatments from the Middle East and China that has been practiced since thousands of years ago. This type of therapy is often used to relieve pain in certain parts of the body.

Cupping therapy is carried out using a special cup that can generate pressure, so that it is able to pull the skin and remove toxins or dirty blood. The cup is usually placed on a specific part of the body, such as the back, abdomen, arms, buttocks, or legs.

Before cupping therapy is performed, the therapist will put a flammable material, such as alcohol, herbal concoction, or special paper in a cup and burn it. When the fire goes out, the cup will immediately be affixed over the surface of the skin. As the air inside the cup begins to cool, the air will pull on the skin and muscles so that the blood vessels will dilate and the skin will turn red. However, now there is a modern cupping device, namely a rubber pump. Instead of using the heat method to pull the skin up, the therapist can use a rubber pump to generate pressure. In its method, cupping therapy is divided into two types, namely dry cupping and wet cupping. In dry cupping therapy, the cup will be left to stick for a set amount of time, usually about three minutes. While in wet cupping therapy, after the cup is left for three minutes, the therapist will lift the cup and make a small incision in the skin of the cupping mark to bleed. Next, the cup is placed back in its original place for a few minutes.

Once done, the injured area will be smeared with an antibiotic ointment and covered with a bandage to prevent infection. Cupping therapy is often used as a complement to the treatment of several diseases or chronic health problems, such as: (1) Migraines, (2) Muscle pain in the neck, pelvis, and legs, (3) High blood pressure, (4) Blood disorders, such as hemophilia and anemia, (5) Fertility problems and pregnancy disorders, (6) Rheumatic diseases, such as *fibromyalgia* and arthritis,

(7) Skin problems, such as acne and eczema, (8) Anxiety and depression, (9) Varicose veins, (10) Shingles, (11) Bronchial blockages caused by asthma or allergies, (12) *Carpal tunnel syndrome*, (13) Gastrointestinal disorders, such as *irritable bowel disease* (IBD).

The benefits of cupping as an alternative treatment method for the various diseases above come from its effect which can smooth blood vessels, stimulate nerve performance, increase body immunity, and make the body more relaxed. However, the mechanism of cupping therapy to treat these various diseases has not been explained in detail. Therefore, more research is still needed to clearly determine the effectiveness and safety of this therapy.

2. Leech Therapy

Leeches can be used as a therapy to treat health disorders that occur in the body's nervous system. Leech therapy is also used to treat problems with teeth and gums, skin, blood vessels and infections. The use of leeches in modern medicine is for example for plastic surgery and microsurgery. These blood-sucking soft animals will secrete peptides and proteins that are believed to be able to prevent blood clots in the bitten area. The secretion of peptides and proteins produced by the leech's mouth is called anticoagulant.

Leeches also produce more than 20 bioactive substances, among which are antistacins, eglins, guamerin, hyrudin, saratin, bdellins, complements, and carboxypeptidase inhibitors. The functions of these bioactive substances are for analgesic, anti-inflammatory, platelet inhibition, anticoagulant, thrombin, as well as degradation of the extracellular matrix and antimicrobial effects.

The leeches used for therapeutic treatment are of a special breed that was bred and originated in Hungary or Sweden. This type of leech is named *Hirudo*, with varieties such as *Hirudo medicinalis*, *Hirudo troctina*, *Hirudo nipponia*, *Hirudo quinquistriata*, *Poecilobdella granulosa*, *Hirudinaria javanica*, *Hirudinaria manillensis*, *Haementeria officinalis*, *Hirudo orientalis*, and *Haementeria depressadan*.

Leech therapy is considered the least risky. However, it is necessary to ensure that the patient is not experiencing anemia or lack of blood, nor does he suffer from blood clotting problems.

Leech therapy works almost the same as that done in cupping therapy, which is to suck up dirty blood in several places under the skin so that it can be discarded and replaced with healthier blood.

This leech has three jaws with rows of teeth that are very small and sharp. When biting, leeches will introduce anticoagulants through their saliva into the bloodstream.

After completing sucking the patient's blood for 20-45 minutes, the blood obtained by a leech is only about 15 milliliters. One leech is only used for one therapy per day and is not reused.

There are several types of diseases that in the treatment process can use leech therapy. The following is an explanation reported on the Ministry of Health website and several other references, including for the types of diseases: (1) Diabetes, (2) heart disease, (3) varicose veins, (4) ***Alopecia and Baldness***, (5) ***arthritis***, (6) ***glaucoma***, Glaucoma is an excess of vitreous humor production in the eyes. Vitreous humor is

a transparent, jelly-like substance that nourishes the eyes. If there is too much, it will interfere with vision.

3. Electrical Therapy

Electrical therapy is a method of treating diseases that utilizes electrical stimulation. This therapy is quite often used to treat several types of neurological and psychiatric diseases. Electrical therapy is usually used to treat several types of psychiatric disorders, such as schizophrenia, obsessive compulsive disorder or OCD, major depression, bipolar disorder, and psychiatric disorders that do not improve with the administration of drugs and psychotherapy. Electrical therapy is also commonly used as part of physical rehabilitation methods or Physiotherapy. Various alternative medicines are influenced by many factors dynamically and cross-sectorally. As Rosyidin stated that The healthy paradigm is a holistic view of health development, proactive and anticipatory, by looking at problems that are influenced by many factors dynamically and cross-sectorally, in an area that is oriented towards improving, maintaining and protecting the population to stay healthy and not only on curing the sick population (Udin Rosidin 2018).

4. Budget Realization

In the implementation of collaborative community service activities between lecturers and students of STAI Al-Hidayah in Dramaga Village, Dramaga District, Dramaga District has spent a number of costs used for the operation of PkM activities.

Table 4.1
Source of Lecturer PkM Activity Fees in 2024

It	Description	Admission (Rp)
1	Received PkM funds from the Head of LPPM Up.Waka II	4.500.000
2	Receive donations from ASYKI Institute	1.000.000
3	Receive donations from Mr. Fachri-Jkt	1.500.000
4	Donation of 100 packages of rice from Yayasan Mutiara Surga (300Kg x Rp.17,000,-)	5.100.000
5	Donation from CV.Ama Mulia Sejahtera in the form of 74 x date juice @.25000,-	1.850.000
	Total Amount	13.950.000

Table 4.2
Expenses for Implementing PkM

It	Component	Cost
1	Transport implementation team 5 people x 200,000,-	Rp. 500.000,
2	Health ingredients/ingredients	Rp. 400.000,
3	Banner creation	Rp. 189.000,
4	Flayer creation	Rp. 100.000,
5	Patient accommodation @Rp 50,000 x 60	IDR 3,000,000,
6	Rice parcels for patients @51,000 x 100	IDR 5,100,000
7	Supplement 25,000 x @61 org	IDR 1,525,000
8	Report generation	Rp. 200.000,
9	Consumption of the medical team and the PkM implementation team 20 x 25,000	Rp. 500,000,
9	Consumption expenditure, procurement of consumables	IDR 2,436,000
10	Total	IDR 13,950,000

In this activity, each participant received a package of rice from the Mutiara Surga Foundation and date juice from CV.Amal Mulia Sejahtera as a sponsor of the PkM activity.

D. CONCLUSION

Community service activities (PKM) that have been carried out by the PkM Team of STAI Al-Hidayah Bogor involving lecturers and students are considered successful in the implementation of the program, because the main target is the health and social sectors which turned out to receive a very good welcome and response, especially from local village officials and also the community at the PKM location.

The Collaborative PkM Implementation Team can draw several conclusions about the implementation of the 2024 STAI Al-Hidayah PkM program, which is as follows:

1. The STA Al-Hidayah PkM Team in collaboration with the Indonesian Sunnah Cupping Team (BSI) totaling 15 people successfully held counseling and treatment activities on the Prophet's method which were attended by residents of Dramaga Village;
2. Community service activities (PKM) in the form of the implementation of the counseling and treatment program Thibbunabawi alhamdulillah have been well organized with a positive impact and provide great benefits, especially in helping the health of the people of Dramaga Village.
3. The number of participants who benefited from Thibbunabawi counseling and treatment services reached 61 patients, consisting of civilians, village officials, and educators. All of them felt the benefits and gave a positive impression for the development of the STAI Al-Hidayah Bogor campus program, especially in establishing cooperation in the fields of social affairs and higher education.
4. The people of Dramaga Village have benefited greatly from a series of PkM activities carried out by the STAI Al-Hidayah PkM Implementation Team. The collaborative PKM team of the Al Hidayah Islamic College (STAI) Bogor, thank God, has succeeded in implementing and carrying out most of the main areas of the PKM program well.

E. SUGGESTIONS AND ACKNOWLEDGMENTS

The results of community service activities carried out by the STAI Al-Hidayah PkM Team. Gratitude was conveyed to the Regional Apparatus Work Unit, especially to the Head of Dramaga Village and the Village Secretary and his staff who have given permits and all activity facilities, as well as to the Chairman of the Al-Bayyinah Foundation who has facilitated and been able to collaborate with the STAI Al-Hidayah PkM Team, so that all the programs set can be realized and run smoothly. To all citizens/communities should be more active in improving development and coaching for their citizens, especially the younger generation so that they are more motivated, guided and educated to become creative, innovative, dynamic, and integrity citizens. Gratitude was also conveyed to the Chairman of the Mutiara Surga Foundation (Yamusa) for the assistance of 100 rice packages, the Chairman of the Asyki Brokerage Institution for the donation of funds, the Manager of CV Amal Mulia Sejahtera for the donation of Sarikurma drinks. The PkM team also expressed its gratitude to the head of LPPM STAI Al-Hidayah for supporting the cost of community service activities in Dramaga Village, Dramaga District, Bogor Regency.

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