

## Conference Paper

# The Effect of Bore Loi on the Comfort of the Body in the Concept of Pine Lining in the Bima Community

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## Abstract

Bore Loi is a kind of herb known to the people of Bima, and is a heritage from ancient times. Bore Loi is an herb that is made as a "scrub" which is applied (bore) to the entire body, and let it dry for 16 hours and cleaned the next day with a warm bath. The purpose of this study was to determine the effect of Bore loi (Spice Body Scrub) on the comfort of the freshness of the body of the Bima community in Bolo Village RT 11 RW 03 Madapangga District Bima, this study used the "One Group Pretest-Posttest Design" method, the researchers tested the changes occurred after an experiment or an intervention. In this study a Wilcoxon test statistic test with a significance level of  $p \leq 0.05$  was used. Observation 1 respondent as many as 39 people stated uncomfortable after the bore loi action, the second observation experienced a change in which of the 39 respondents 28 people still felt uncomfortable and 11 people felt comfortable. Then a third observation was taken for 28 respondents and the results obtained where of the 28 respondents who did the re-observation there were 24 people felt comfortable and 4 people still felt uncomfortable, this was due to several factors such as age, and physical activity. Wilcoxon Test statistical test results, where from the test results obtained P value = 0.000 < 0.05 with a confidence level of 95%. This means that  $H_0$  is rejected and  $H_1$  is accepted by the influence of bore loi (LulurRempah)

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## 1. Preliminary

Bore Loi is a kind of herb known to the people of Bima, and is a heritage from ancient times. Bore Loi is an herb that is made as a "scrub" which is applied (bore) to the entire body, and let it dry for 16 hours and cleaned the next day with a warm bath.

Bore Loi there are various kinds and are usually made for people, both men and women, including children with adjusted levels of spices. This tradition is often carried out by housewives, especially in rural areas will make loi in the bore for herself, her child, or her husband and how to make it there is also chewed by chewing, then placed

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on the legs, back and sometimes attached to the baby's head. Likewise old people in the countryside when feeling very cold feet will also use loi bore, some are made like baby bore, or some are making boreh with spices such as cloves, cardamom, mesoyi and other herbs. And the results have been believed for years to help alleviate family complaints for various discomforts in the body such as aches, cold feelings and pain.

Loi bore can be made from: Ginger, kencur, temulawak, mesoyi, cloves, nutmeg, black pepper, cardamom, cinnamon. Red rice, white rice, green beans, or other ingredients. When the body feels unwell, feels achy and achy, plus sneezing, pain, usually the Bima people will do the bore loi which is applied to the whole body to reduce aches or pain which in Bima is known as the grove of sarumbu. The action of the bore loi on the Bima community is usually done after the afternoon bath which begins from 16 - 00 until 17-30.

Cold air, strong winds and heavy rain are now coloring the country. This condition makes many people easily sick, ranging from colds, fevers, colds and others. lazy, sleepy and saturated with cold weather conditions as if hypnotizing many people to stay and linger in the house.

The rainy season that is still running until now is indeed detrimental, but then do not let it get carried away so there is no enthusiasm, to overcome this there are many ways to keep the body fit and healthy. Treat it with a variety of natural ingredients taken from spices. One way to avoid it is to keep the body in a comfortable condition and not achy rheumatic pain. Use a coat, jacket and consume drinks that can warm the body is an effective way to avoid disease and Some people of Bima use loi bore to increase comfort in their body and they believe the efficacy contained in the loi bore can make the body comfortable as well as aches and pains in the body will disappear by itself.

## 2. Research Methods

This research is a quantitative research with pre-experimental research type without comparison groups. This study aims to test the hypotheses that have been formulated and are intended to find out which intervention variables or experimental variables are effective or not.

This study uses "One Group Pretest-Posttest Design", researchers examine changes that occur after an experiment or intervention. This research will be conducted on the community in Bolo Village RT 11 RW 03 Madapangga District Bima District from May to October 2016.

The population in this study is each subject (for example: humans, patients) who meet the predetermined criteria, (Arikunto, 2006). The population in this study will be classified according to the late adult age 36-45 years and the elderly elderly that is 46 - 55 years (MOH RI, 2009), so the total population in this study in RT 11 RW 03 Bolo Village Madapangga District Bima Regency is 43 people

Sampling is a process of selecting portions and populations to represent the population, (Arikunto, 2006). In this study, researchers took samples with the Probability sampling technique, namely Cluster sampling where samples in this technique were taken based on the region or location of the population (Nursalam, 2003)

Collecting data in this study through Structured Observation. Measurement of structured observations, where researchers carefully define what will be observed through a careful planning. The researcher not only observes facts on the subject, but is based more on research plans that have been prepared according to their classification, recording and coding of things that have been applied. The observation instrument is a checklist, with the answer "Yes" given a score = 0 and "No" is given a score = 1 on a measurement, researchers use an approach based on the convenient category if the respondent's answer gets a score of 8-14 and uncomfortable if the respondent gets a score of 7-7 made by the researcher to observe an event and the behavior of the subject (Nursalam, 2003).

Samples that have been inventoried as inclusion criteria before the intervention will be observed. In this observation stage, the sample will be examined first about the history of aches and rheumatic pain, then the Bore loi action is carried out for 16 hours, then repeated observations. The data obtained were entered in the observation sheet. The collected data was then processed, which included identification of research problems with Wilcoxon statistical test. Statistical tests were used to test the comparative hypothesis of two samples that correlated to find out the results of changing discomfort to be comfortable after the action of using bore loi with a significance level of  $p \leq 0.05$ .

## 2.1. Material and How it Works

1. Material used
  - a. White rice: 15 gr (soaked in water)
  - b. Ginger: 10 gr
  - c. Temulawak: 10 gr
  - d. Nutmeg seeds: half seeds

- e. Kencur: 10 gr
- f. Turmeric: 10 gr
- g. Cloves (*Syzygium Aromaticum*): 20 gr
- h. Musi: 5 gr
- i. Java chili (*Sabia*): 5 seeds
- j. Moringa tree bark: 15 gr

## 2. How it Works

Prepare tools and ingredients are collected into one and then crushed on ingredients such as ginger turmeric and kencur on the skin peel. Then enter the rice that has been soaked and repeated until smooth

Before using this bore loi, the person who is going to be bore shower first Prepare the tools and ingredients, Apply the loi bore from the forehead, hands, feet and the whole body. which is still attached to the respondent's body

## 3. Results

### 3.1. General Data

#### 3.1.1. Characteristics of Respondents by Age

TABLE 1: Frequency Distribution by Age of Respondents in Bolo Village District Madapangga Bima Regency in 2016.

No	Age	Frequency	%
1	36 - 45 years	25	64.1 %
2	46 – 55 years	14	35.9 %
<b>Total</b>		<b>39</b>	<b>100 %</b>

Table 1 above shows that the average respondent aged between 36-45 years is 25 people (64%)

#### 3.1.2. Characteristics of respondents based on occupation

In table 2 it was found that the majority of respondents were IRTs, namely 18 people (46.2%).

TABLE 2: Frequency Distribution Based on the Work of Respondents in Bolo Village, Madapangga District, Bima Regency in 2016.

No	Occupation	Frequency	%
1	Farmer	10	25.6%
2	Housewife	18	46.2%
3	Labor	9	23.1%
4.	Ojek	2	5.1%
<b>Total</b>		<b>39</b>	<b>100 %</b>

TABLE 3: Frequency Distribution Based on Education of Respondents in Bolo Village, Madapangga District, Bima Regency in 2016.

No	Education	Frequency	%
1	Not school	24	61.5 %
2	Elementary	13	33.3 %
3	Junior high	1	2.6 %
4	Senior high	1	2.6 %
<b>Total</b>		<b>39</b>	<b>100 %</b>

### 3.1.3. Characteristics of Respondents based on Education

In table 3 above, it was found that most respondents did not go to school, namely 24 people (61.5%).

### 3.1.4. Characteristics of Respondents by Gender

TABLE 4: Frequency Distribution Based on Gender of Respondents in Bolo Village Madapangga District Bima Regency 2016.

No	Education	Frequency	%
1	Male	17	43.6 %
2	Female	22	56.4 %
<b>Total</b>		<b>39</b>	<b>100 %</b>

In table 4 above it is found that the most respondents are female, as many as 22 people (56.4%).

## 3.2. Special data

Specific data will be discussed about the level of comfort of respondents before and after observing the action of the bore loi.

### 3.2.1. Frequency table before the bore loi action on the first observation

TABLE 5: Frequency Distribution Based on the degree of pegalinu Respondents before the action of boreloi in Bolo Village Madapangga District Bima Regency 2016.

No	Grade of Pegel linu	Frequency	%
1	Comfort	0	0
2	Uncomfort	39	100 %
<b>Total</b>		<b>39</b>	<b>100</b>

From the table above before the bore loi action of 39 (100%) respondents all respondents experienced pegelinu before the bore loi action

### 3.2.2. Table of frequency of bore loi actions in the second observation

TABLE 6: Frequency Distribution Based on the degree of pegalinu Respondents after boreloi action in Bolo Village Madapangga District Bima Regency 2016.

No	Grade of Pegel linu	Frequency	%
1	Comfort	11	28.2
2	Uncomfort	28	71.8
<b>Total</b>		<b>39</b>	<b>100</b>

In the table above it was found that after the action of bore loi respondents with comfortable responses were 11 respondents (28.2%) and respondents with uncomfortable responses were 28 respondents (71.8%). Then the 3 observations were returned to the 28 respondents to get maximum results in the action of the bore loi.

### 3.2.3. Table Frequency of bore loi actions in the third observation

TABLE 7: Frequency Distribution Based on the degree of pegalinu Respondents after the action of boreloi in Bolo Village Madapangga District Bima Regency 2016.

No	Grade of Pegel linu	Frequency	%
1	Comfort	35	89.7
2	Uncomfort	4	10.3
<b>Total</b>		<b>39</b>	<b>100</b>

From the table above after the bore loi action, the frequency table of the total number of respondents was 39, increased to 35 people (89.7%) of respondents felt comfortable and 4 people (10.3%) of respondents still felt uncomfortable this was due to various

factors such as age and excessive physical activity which is seen from general data that some respondents have entered the age of young adults, as well as respondents' occupations.

### 3.2.4. Analysis of the Effect of bore loi (Spice Body Scrub) on the comfort of the freshness of the Bima Society with the Wilcoxon Test statistic

TABLE 8

Test Statistics <sup>b</sup>	
	observasi2 - observasi3
Z	-4.899 <sup>a</sup>
Asymp. Sig. (2-tailed)	.000
a. Based on positive ranks.	
b. Wilcoxon Signed Ranks Test	

Wilcoxon Test statistical test results also support the data in the table above, where the test results obtained P value = 0.000 < 0.05 with a 95% confidence level. It means that Ho is rejected and H1 is accepted, there is an influence of bore loi (Lulur R Spice) on the comfort and freshness of the body in the aching pain in the village of Bolo RT 11 RW 03 Madapangga District, Bima District.

## 4. Discussion

The results of research on the action of bore loi (Spice Body Scrub) on the comfort and freshness of the body in the concept of aching pains in Bolo Village RT 11 RW 03 Madapangga District Bima District 2016 conducted on several Bolo Village communities who were respondents obtained at the first observation before the action of bore loi (Lulur Rempah), all respondents as many as 39 people experienced discomfort in the concept of aching aches. This is obtained from the data tabulation results on the observation instrument which is a checklist sheet that has been distributed to respondents where of the 14 items of questions with the answer "yes" given a score = 0 and the answer "No" was given a score = 1, which with a comfortable standard if the respondent gets a value 8-14, and it is not convenient if the respondent gets a score of 0 - 7 which the researcher makes to observe an event and the behavior of the subject. After bore loi (Lulur R Spice) observations 2, there were 11 respondents who felt comfortable, and 28 people were not comfortable. So the researchers made a third observation to get maximum results in 28 people who still felt discomfort. And the

results obtained are changes that increase the sense of comfort of respondents so that of the 39 respondents obtained 35 respondents felt comfortable body freshness and 4 people still feel discomfort, this is caused by several factors such as the age factor where researchers classify the age of respondents according to late adult age namely 36-45 years old, and the elderly are 46-55 years and in this study 4 respondents who still felt uncomfortable 3 of them were the age of the early elderly. Another factor is the physical activity of the general data obtained by the respondents' work included in the category of heavy work and there are some respondents who have multiple jobs such as motorcycle taxi drivers and farm laborers. Cultural factors, remembering that bore loi (Lulur Spice) is a hereditary tradition that has been carried out by the Bima community.

Bore loi (herb scrub) is a traditional medicine made from spices also has pharmaceutic properties, which has a function as medicine. In many countries in Asia, including in Indonesia the use of spices as traditional medicine has been done for a long time and has been passed down for generations. Loi bore (Lulur Spice) is one of the products that often uses herbs and spices, which until now are often found both in powder, and in solid form. Examples of spices that are widely used in the process of making spices / loi bore include ginger, ginger, temuireng, bengle, turmeric, laos, kencur, brotowali, secang, fennel, cinnamon, and others. This bore loi action is associated with many benefits to cure diseases, or even maintain stamina and make aches and rheumatic pain in the body decrease or even disappear.

Every human being in essence wants to avoid any interference, including health problems. Abnormal conditions and malfunctioning parts of the body as well as mentally strived far from human life. To normalize and function life, humans must keep their body and mind healthy. Healthy living is a guarantee to be able to work and fulfill needs. Healthy condition is a condition that is needed by everyone. The condition of the bima community which incidentally is a rough worker is very important to maintain the condition of his body. And that can be done by applying traditional medicines that have been passed down through generations carried out by the Bima community.

There is no denying that humans really want a healthy body in their lives. Because health is one of the basic human needs besides food, settlement and education, because only in a healthy state can humans grow and work better. Humans play an important role in maintaining and improving personal and environmental health. Therefore, humans always try to have knowledge related to efforts to avoid and how to cure a type of disease.

Traditional medicine is a health effort rooted in traditions originating from within Indonesia where the treatment system differs greatly from the system of treatment and



healing in the field of medical science originating from outside Indonesia. Alternative medicine is non Western medicine, which consists of traditional medicine plus other treatments that are not modern Western medicine. Among scientists themselves, the concept of alternative medicine is equated with traditional medicine and folk medicine.

## 5. Conclusions and Recommendations

### 5.1. Conclusion

Before the bore loi action at the first observation of 39 (100%) respondents all respondents experienced pegel rheumatic pain before the bore loi action, the second observation experienced a change where of 39 respondents 28 people still felt uncomfortable and 11 people felt comfortable, the third observation of respondents 39 people experienced a very significant change in the results of which of the 28 respondents who were re-observed there were 24 people felt comfort and 4 people still felt uncomfortable. The Wilcoxon Test statistical test results showed the influence of bore loi (Spice Scrub) on the comfort and freshness of the body in the concept aching pains in the people of Bima Regency

### 5.2. Suggestions

This research is expected to provide information about the benefits of loi bore (herb scrub) derived from the culture of the Bima community. So that the fulfillment of information for the people of Bima in particular and Indonesia Generally in the use of spices which are the result of Indonesia's natural resources itself. And further enhance the optimal health status.

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