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CUPPING THERAPY EDUCATION AS AN EFFORT TO PREVENT DEGENERATIVE DISEASES IN SUKABANJAR VILLAGE

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ABSTRACT
Degenerative diseases such as hypertension, diabetes mellitus, and hypercholesterolemia remain the leading causes of morbidity, especially in rural areas with low health literacy. Cupping therapy is a complementary therapy believed to improve blood circulation and reduce inflammation, but the public still has many misconceptions about its mechanism of action, safe procedures, and risks. This study aims to determine the effectiveness of cupping therapy education in increasing public knowledge as a preventive measure against degenerative diseases in Sukabanjar Village.The study used a one-group pre-post test quasi-experimental design with 20 respondents. Education was provided through interactive lectures, demonstrations, videos, and leaflets. Knowledge was measured using a questionnaire containing 10 questions related to the benefits, types of cupping, indications, contraindications, and safe areas for treatment.The results show a significant increase in the community's knowledge score, from an average of 47% in the pre-test to 98.5% in the post-test. Education has proven to be effective in correcting misconceptions, especially regarding the assumption that cupping removes "dirty blood" and the belief that all areas of the body can be cupped. In addition, the increased understanding that cupping should be performed by trained personnel indicates an increase in public awareness of safety aspects.In conclusion, health education has proven to be effective in improving health literacy and public understanding of safe cupping therapy. This education has the potential to be a preventive strategy to support the prevention of degenerative diseases in rural communities.
***Keywords**: cupping therapy, health education, degenerative diseases, health literacy.*

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1. INTRODUCTION

Degenerative diseases remain one of the main causes of increasing morbidity rates in Indonesia and are commonly found in both the productive and elderly populations. A 2024 report by the Indonesian Ministry of Health shows that the prevalence of hypertension is 34.1%, diabetes mellitus 11.6%, and hypercholesterolemia 28.7%, all of which contribute significantly to long-term morbidity (Indonesian Ministry of Health, 2024). This problem is

exacerbated by low health literacy among the population, especially in rural areas, so that prevention efforts are often not carried out optimally.

In Sukabanjar Village, degenerative diseases are still considered a normal part of aging, so the community lacks awareness of the need for early prevention. This condition is in line with research findings that indicate that low levels of health education have a direct impact on low promotive and preventive behaviors in rural communities (Sari & Lestari, 2022). Therefore, educational interventions are one of the strategies that are urgently needed to improve public understanding of degenerative disease prevention.

One complementary therapy that is widely used in Indonesia is cupping therapy. Physiologically, cupping therapy is thought to improve blood flow, enhance metabolism, and reduce inflammation through tissue stimulation and microcirculation mechanisms (Saeidi et al., 2024). Several meta-analyses and clinical studies indicate that cupping therapy has the potential to help reduce musculoskeletal pain and lower blood pressure in patients at risk of hypertension (Mahmoudi et al., 2023). However, there are many misconceptions that have developed in the community, such as the assumption that cupping aims to remove “dirty blood,” can be performed on all areas of the body, or does not require special competence to perform it.

Health education on safe cupping practices is very important considering the high risk of complications if the procedure is performed without the correct standards. Research by Amalia, Dewi, and Haryanto (2021) shows that health education has been proven to increase public knowledge about traditional medicine, including understanding of indications, contraindications, and safe procedures. In addition, research by Tomayahu and Setyaningrum (2023) also confirms that brief education can significantly increase public knowledge, even when conducted in a limited time.

Based on this background, cupping therapy education activities were conducted in the community of Sukabanjar Village to increase understanding of the benefits, safe procedures, risks, and role of cupping as a supportive measure in the prevention of degenerative diseases. It is hoped that through this education, the community can improve their health literacy and be able to make appropriate and safe decisions regarding the complementary therapies they choose.

2. METHODOLOGY

This community service activity uses a community empowerment approach through interactive health education methods. The program was held at the Sukabanjar Village Hall in November 2025, involving 20 participants who were residents aged 30–50 years on average. Participants were selected based on their willingness to fully participate in the activities and their interest in complementary therapies, particularly cupping. The activity began with a pre-test using a questionnaire containing 10 questions about the basic concepts of cupping, its physiological benefits, types of cupping, indications, contraindications, safe areas, and risks if performed by untrained personnel. After the initial measurements, counseling was provided in the form of interactive lectures with the help of slides, leaflets, and educational videos to facilitate participants' understanding. The material presented included the definition of cupping, its mechanism of action, the differences between wet and dry cupping, clinical benefits, contraindications, and safety standard procedures.

After the information session, the activity continued with a demonstration of cupping using sterile equipment. During this session, participants were allowed to directly observe the process of cup placement, suction techniques, and hygiene procedures before and after the procedure. The demonstration was conducted by a trained team to ensure that participants understood the safety standards for cupping. Next, there was an active

discussion and question-and-answer session, marked by numerous questions from participants regarding the safety, benefits, and limitations of cupping. The activity was closed with a post-test using the same instrument to evaluate the increase in knowledge after participating in the education. The entire series of activities went well, and participants showed high participation throughout the education process.

3. RESULTS AND DISCUSSION

a. Hasil Pre-Test dan Post Test

No	Question	Amount		Presentation	
		Yes	No	Yes	No
1	Have you ever heard of cupping therapy?	13	7	65%	35%
2	Is cupping therapy a way to remove dirty blood from the body?	4	16	20%	80%
3	Can cupping therapy help improve blood circulation?	9	11	45%	55%
4	Can cupping therapy help reduce pain or stiffness?	13	7	65%	35%
5	Can cupping help remove toxins from the body?	11	9	55%	45%
6	Can cupping be performed on all parts of the body?	20	0	100%	0%
7	Does cupping have to be performed by a trained person?	2	18	10%	90%
8	Can cupping make the body feel lighter after it is done?	12	8	60%	40%
9	Are there different types of cupping, such as dry cupping and wet cupping?	13	7	65%	35%
10	Are you interested in trying cupping if it is done by a healthcare professional?	17	3	85%	15%

Based on the pre-test results table, in the first question, there were 13 respondents (65%) who knew about cupping therapy. This shows that most people are familiar with cupping therapy as a form of traditional medicine. In the second question, only 4 respondents (20%) knew that cupping therapy is not a way to remove dirty blood from the body. This means that many respondents (80%) still have an inaccurate perception of how cupping therapy works.

Furthermore, 9 respondents (45%) knew that cupping therapy can help improve blood circulation. However, more than half of the respondents (55%) did not fully understand this benefit. In the fourth question, 13 respondents (65%) knew that cupping therapy can help reduce pain or aches, which shows that the benefits of cupping as a form of relaxation or pain relief are quite well known by the public.

A total of 11 respondents (55%) knew that cupping therapy can help remove toxins from the body, but 45% of the other respondents did not understand this. In the sixth question, all respondents (100%) answered that all parts of the body can be cupped. These results indicate a significant misunderstanding before the counseling session,

because in reality not all areas of the body are safe for cupping. These findings confirm that participants still need education about the limitations and safety procedures in cupping therapy, especially regarding areas of the body that are not allowed to be cupped.

In the seventh question, only 2 respondents (10%) knew that cupping should be performed by trained individuals. This is a matter of concern because 90% of respondents were unaware of the risks if cupping is performed by individuals without the necessary competence. Furthermore, 12 respondents (60%) knew that the body can feel lighter after cupping. In the ninth question, 13 respondents (65%) knew that cupping therapy has various types, such as dry and wet cupping. In the tenth question, 17 respondents (85%) stated that they were interested in trying cupping therapy if it was performed by health workers, indicating high trust in cupping practices performed professionally.

The results of this study are in line with previous research by Amalia, Dewi, and Haryanto (2021), which showed that health education can increase public knowledge about traditional medicine and first aid for certain health problems. Although the media used were different—the previous study used audiovisual media while this study used leaflets—both showed similar results, namely an increase in knowledge after education was provided.

These findings are also reinforced by a study by Tomayahu & Setyaningrum (2023), which states that even brief health education interventions can significantly increase the knowledge of housewives. The implications of this study, both theoretically and practically, show that health education about cupping therapy is very important to increase understanding and reduce misunderstandings among the public about its benefits, procedures, and safety.

With the right information, it is hoped that the public can choose safe cupping practices, namely those performed by trained personnel, and avoid procedures that do not meet standards. This study also emphasizes that health education efforts need to be continued, especially in areas with limited access to professional health personnel.

b. Hasil Pre-Test dan Post Test

No	Question	Amount		Presentation	
		Yes	No	Ya	Yes
1	Have you ever heard of cupping therapy?	20	0	100%	0%
2	Is cupping therapy a way to remove dirty blood from the body?	20	0	100%	0%
3	Can cupping therapy help improve blood circulation?	20	0	100%	0%
4	Can cupping therapy help reduce pain or stiffness?	20	0	100%	0%
5	Can cupping help remove toxins from the body?	19	1	95%	5%
6	Can cupping be performed on all parts of the body?	1	19	5%	95%
7	Does cupping have to be performed by a trained person?	20	0	100%	0%

8	Can cupping make the body feel lighter after it is done?	19	1	95%	5%
9	Are there different types of cupping, such as dry cupping and wet cupping?	20	0	100%	0%
10	Are you interested in trying cupping if it is done by a healthcare professional?	20	0	100%	0%

Based on the post-test results, it appears that respondents' understanding of wet cupping therapy improved significantly after the educational session. In the first question, all respondents (100%) stated that they had heard of cupping therapy. This shows that after receiving education, the community not only recognized the term cupping, but also understood its basic concept as a form of complementary therapy widely used for health maintenance.

In the second question, all respondents (100%) understood that cupping therapy is not just a way to remove dirty blood from the body. These results show a shift towards a more accurate understanding of how cupping works. The education provided was able to correct a common misconception, whereby some people previously thought that cupping worked by “removing dirty blood”. After the counseling session, respondents understood that cupping works through skin stimulation, improved circulation, and relaxation effects, rather than directly removing “toxins” from the bloodstream.

Furthermore, in the third and fourth questions, all respondents (100%) correctly answered that cupping therapy can help improve blood circulation and reduce pain or stiffness. These results show that understanding of the main benefits of cupping has increased significantly. Education has been proven to help participants understand the physiological mechanisms of cupping, such as increased microcirculation and tissue stimulation, which play a role in reducing muscle tension and improving discomfort in the body.

In the fifth question, 95% of respondents knew that cupping therapy can help remove toxins from the body, while the other 5% answered no. Although the concept of “toxins” is more often associated with traditional terms than modern medical science, most respondents now understand that cupping has benefits in improving circulation, thereby helping the body in the natural detoxification process. In the sixth question, all respondents (100%) knew that not all parts of the body should be cupped. This shows a very good understanding of the safety principles in performing cupping, including the prohibition of cupping on sensitive areas or parts of the body that have high risks

In the seventh question, only 5% of respondents knew that cupping should be performed by trained personnel, while the other 95% answered no. This finding is important because it shows that although general knowledge about the benefits of cupping has increased, the safety aspects of the procedure are still not fully understood. Therefore, further education needs to emphasize the importance of choosing a competent practitioner to prevent the risk of infection and injury.

Furthermore, in the eighth question, 100% of respondents knew that the body can feel lighter after cupping. This illustrates that participants understand the relaxing effect that is often the reason people choose this therapy. In the ninth question, 95% of respondents knew that there are several types of cupping, such as dry cupping and wet cupping. This shows that the counseling was successful in broadening participants' knowledge regarding the variety of techniques in cupping therapy. Finally, all respondents (100%) expressed interest in trying cupping therapy if performed by

healthcare professionals. This indicates that the public has high confidence in cupping practices that are performed professionally and in accordance with safety standards.

These results are in line with the research by Amalia, Dewi, and Haryanto (2021), which shows that health education can increase public knowledge about traditional therapies. The research by Tomayahu & Setyaningrum (2023) also supports this finding, that even brief educational interventions can provide significant knowledge gains. Thus, these outreach activities have a positive impact both theoretically and practically, especially in increasing public understanding of the benefits, procedures, and safety aspects of cupping therapy.

Overall, the post-test results indicate that the education provided is highly effective in improving respondents' understanding. The community has become more aware of the benefits of cupping therapy, its implementation procedures, the limitations of body areas, and the importance of having cupping therapy performed by trained personnel. It is hoped that through this increased knowledge, the community can make safe and appropriate therapy choices and avoid cupping practices that do not meet health standards.

4. CONCLUSION AND RECOMMENDATION

a. Conclusion

The Community Service Activity (PKM) themed “Education on Cupping Therapy as a Preventive Measure Against Degenerative Diseases” in Sukabanjar Village was successfully held with high participation and enthusiasm from the community. The methods used in the activity, which included counseling, demonstrations of the use of cupping tools, and question and answer sessions, proved to be very effective. This success was also supported by the use of easy-to-understand educational media such as leaflets and PowerPoint presentations. All stages of the activity were carried out without significant obstacles, and participants responded positively to the communicative method of delivering the material.

The increase in community knowledge in Sukabanjar Village was the most significant outcome of this activity. This was evident from the pre-test and post-test evaluations, which showed an average increase in knowledge scores from 47% to 98.5%. This increase reflects the team's success in correcting the misconceptions that the community previously believed. For example, before the education, 80% of respondents still believed that cupping therapy was a way to remove dirty blood from the body; after the education, 100% of respondents understood the correct concept.

In addition to improving conceptual understanding, safety aspects and safe procedures were also successfully improved. Before the education session, all respondents (100%) had the misconception that all parts of the body could be cupped; however, after the education session, 95% of respondents knew that not all areas of the body were safe for cupping. Similarly, awareness of competence increased, with knowledge that cupping should be performed by trained individuals rising from only 10% to 100% of respondents answering correctly after the education session. This improvement is crucial to ensure that the community can choose cupping practices that are safe and meet health standards.

Overall, this PKM activity not only provided theoretical knowledge but also encouraged behavioral changes in the community towards a promotive and preventive lifestyle through complementary therapy. With the achievement of increased understanding of the benefits of cupping therapy in preventing degenerative diseases such as hypertension, high cholesterol, and gout, the community is now more motivated to try cupping therapy when performed by professional healthcare providers. It is hoped

that these results can serve as a foundation for implementing sustainable programs, including training for village health workers, to expand the positive impact across the entire community.

b. Recommendation

In order for cupping therapy outreach activities as a preventive measure against degenerative diseases to have a sustainable impact and reach a wider community, the following recommendations have been compiled as strategic recommendations:

1. For Students (PKM Implementation Team)
   - Skill Development: Students are expected to continue developing their skills in complementary therapy, particularly cupping therapy, by participating in certified advanced training to ensure safe and evidence-based practices.
   - Program Sustainability: Students are advised to remain actively involved in sustainability programs, such as assisting in advanced training for village health cadres and monitoring behavioral changes in the community in Sukabanjar Village.
   - Dissemination of Results: The team is advised to submit articles on the results of this activity to scientific journals or popular publications as a form of dissemination of the results of the Tri Dharma Perguruan Tinggi (Three Pillars of Higher Education).
2. For Supervisors / Institutions (Aisyah Pringsewu University)
   - Curriculum Integration: It is recommended that this community service activity be further integrated into the curriculum of the Bachelor of Nursing Program, particularly in the courses Complementary Medicine, Health Promotion, and Community Nursing Practice, to strengthen students' competencies in promotive-preventive interventions.
   - Strengthening Partnerships: The school (university) needs to build long-term collaborations with partners, such as the Sukabanjar Village Hall and local health centers, to make Sukabanjar Village a field laboratory partner in the development of complementary therapies.
   - Provision of Sustainable Funding: The institution is advised to provide sustainable financial support, especially for follow-up activities such as the procurement of sterile cupping equipment for cadres and intensive training.

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