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Swimming Sports: Parental Management in Children with Asthma

Vicki Ahmad Karisman^{1*}, Yusup Nursyamsi²

^{1,2} STKIP Pasundan, Indonesia, Street Permana No.32B, Citeureup, City of Cimahi, West Java 40512, Indonesia

*e-mail: vickiak@stkippasundan.ac.id

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Abstract

This study aims to determine the management of parents through physical activity, in this case, swimming, to reduce asthma symptoms. This swimming activity is collaborated with other activities such as cycling, walking and running. This research method uses Qualitative Research with one participant who is a parent of asthmatics. The instrument used is an interview, and the data was analyzed using *Health Literacy Theory*. The results show that by managing health-literate parents, the program will impact reducing asthma symptoms in children.

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✉ Alamat korespondensi: Jl. Permana No. 32 B Cimahi Utara Kota Cimahi, 40512

E-mail: vickiak@stkippasundan.ac.id

INTRODUCTION

Asthma is a non-communicable disease suffered by children in Indonesia. Asama sufferers, especially in Indonesia, were recorded at 1,017,290 people, including children aged 5-14 years reaching 182,338 people, with a prevalence of recurrences in the last 12 months of 3464 people (Ministry of Health of the Republic of Indonesia, 2018). This data shows that the number of children affected by asthma causes varies from genetic factors in the environment that can be based on a person's Health and academic performance (Huang et al., 2019; Koinis-Mitchell et al., 2019; Vahlkvist & Pedersen, 2009) this causes a decrease in cardiorespiratory care, muscle strength, lung function. (Sanz-Santiago et al., 2021)

Previous research has shown that asthmatics are more likely to choose swimming as their preferred activity because of their condition. This study was conducted through a literature review. In addition, (Goodman & Hays, 2008) swimming is considered a safe, enjoyable activity and can reduce asthma symptoms (Wicher et al., 2010). This study also used literature reviews. Research suggests that the need for asthma management at home is also an essential factor in the prevention of asthma symptoms. In addition, the recent shocking preliminary evidence offers a new perspective on moderate exercise as a potential therapeutic tool for asthmatics. The research that will be carried out is related to the management carried out by parents of children with asthma. (Coutinho et al., 2022; Koinis-Mitchell et al., 2019) (del Giacco et al., 2015)

One of the physical activities that children with asthma can do is swimming. In addition, this physical activity can also be helped by ongoing medical treatment. Asthma can be managed in a family setting so that the bad chances of asthma can be reduced and prevented. Proper management in the family of an asthmatic child can be something important. The selection of physical activities that are adjusted to the child's ability and sustained can increase fatigue so that asthma symptoms can be reduced. As the closest people to children with asthma, parents have a vital role in the treatment, care and maintenance of their Health.

METHODS

The first thing to do is to get ethical approval from the institutional writers and participants in the recruitment through criteria sampling (Creswell & Creswell, 2018). This study used case studies to examine parental management of asthma.

The study participants involved in this study were parents with asthmatic children. Parents who were participants in this interview were to get information about asthma management through swimming. The semi-structured interview guidelines initially aimed to obtain background information about participants by generally asking about their involvement in stimulating discipline. Starting a semi-structured interview in this way allows the researcher to get a good relationship with the participants. In addition, important terms are defined during the initial part of the interview to ensure each participant has the

same basic understanding of the topic before answering any further questions. The interview guidelines then use transition questions to gather information about the role and the way the role is communicated. The key questions then sharpen the focus of the interview for perceptions of discipline reflected by patron members from parents, teachers and coaches. The lead researcher conducted the interview with each participant in a neutral position and lasted about 30 minutes. In addition, interviews are transcribed using code with pseudonyms in place of participants' names to ensure anonymity. Once transcribed, the analysis begins, and additional interviews are conducted and analyzed on an ongoing basis. (Creswell, J.W.; Clark, 2016)(Felicia et al., 2015) The instrument used in this study was an interview.

Data analysis using *Health Literacy Theory*(de Buhr & Tannen, 2020) is performed with the ATLAS software package. IT. This software helps help the data analysis process of qualitative grounded theory research types; in data processing, each piece of data is coded to make it easier for researchers later to call back the data as discussion material in their research. (Ekasatya, 2016)

FINDINGS AND DISCUSSION

Findings

This study examines how parents manage to treat children with asthma. Parents were critical in treating asthma in this study. The analysis is carried out through the following categories, 1. Knowledge related to Health, 2. Applying healthy behaviours, 3 and

using Health facilities, 4. The low cost of treatment.

1. Knowledge related to Health

This category explains how parents have sufficient knowledge of Health. Parents with good health knowledge tend to pass it on to their children. In this case, the participants' parents are soldiers who have been regularly engaged in physical activities. For example, parents know the function of doing continuous physical activity. In addition, parents directly feel the pain of physical activities, be it running, cycling or swimming. For example, a parent states that: "Swimming directly trains breathing, for example, during breaststroke swimming. My son trains to inhale and exhale when in the water, this is expected to disrupt breathing rhythms when my child recurs his asthma. "

With sufficient knowledge, parents can choose activities that remain for their children. Parents can consider starting with the physical activity chosen, the duration of time, and the intensity of the activity so that it is precise to the child's abilities. This Health Knowledge will add to parents' skills in dealing with asthma. Good management will increase the cure rate and reduce asthma symptoms.

2. Applying Healthy Behavior

Parents will teach children positive things. In addition, other treatments are carried out periodically in addition to physical activities. Habits related to Health are taught and exemplified to children. In the case of children with asthma, parents recommend a

variety of healthy activities for their children. "So far, I encourage children to sunbathe, especially between 8.00 to 09.00, if they are on holiday, they can sunbathe together on the terrace or upstairs and when at school I urge them to sunbathe in the field during recess. "

Parents with health knowledge will encourage their children to do much physical activity to support Health. "Currently, my son also likes cycling, this I free because by doing physical activities related to aerobic activities, it can improve children's fitness so that they can be stronger and reduce asthma symptoms. "

3. Using Health Facilities

Health facilities, in this case, are sports facilities. The sports facilities referred to in this study are sports fields, swimming pools, basketball courts and running tracks. This health facility helps the physical activities carried out more meaningfully. Adequate facilities will help with the pleasure of carrying out its activities. The use of health facilities in this study is clearly stated, namely: "Usually we do physical activities such as running on the athletic track on Sundays, on Tuesdays and Fridays we Together to the field and walk on the athletic track and Thursday and Sunday swimming. "

The use of this health facility provides an opportunity for everyone to be able to do physical activities. This use is expected to improve Health and reduce asthma symptoms in children. Apart from reducing asthma symptoms, children also enjoy the activities carried out.

4. Low Cost of Treatment

Health that is formed through various physical activities will be able to improve a person's quality of life. The variety of physical activities that are always carried out every week significantly impact reducing asthma symptoms. "My son is currently very reduced in symptoms, in the past this symptom could arise 3 times a week, especially if it was triggered by cold weather if it was like this and it was severe I had to see a doctor for steam. In addition, after doing swimming, cycling and other physical activities asthma symptoms are rarely experienced again."

Continuous physical activity will reduce the cost of coronation. This cost will be reduced when the degree of health increases. Good Health will be inversely proportional to the cost of treatment.

Discussion

The interview results showed that good management from parents who know about Health would reduce asthma symptoms in children. This happens because Asama treatment can be done in various ways, one of which is exercise; physical exercise programs aim to improve physical fitness, neuromuscular coordination, and self-confidence. Subjectively, many people with asthma report that their symptoms tend to decrease exercise. Sports practice significantly improves cardiovascular fitness and quality of life in children with asthma. However, the activities need to be designed in both the type, intensity, time and frequency of physical activity so that it can be impactful and enjoyable, in addition to

continuous physical activity activities. This physical activity is believed to reduce asthma symptoms, but it needs to be adjusted to the abilities and conditions of children with asthma. (Carson et al., 2013)(Bhagat et al., 2019; Joschtel et al., 2018; Westergren et al., 2016)

Continued physical activity is an excellent contribution to reducing asthma symptoms. Swimming sports that are used as a therapeutic tool enable children to adapt to cold and respiratory conditions. In addition, improved physical fitness will prevent asthma symptoms, and the most important thing is the low cost of Health.

CONCLUSION

Swimming is one of the activities that can be used as a means of reducing asthma symptoms. In addition, the success of parents in regulating physical activity patterns other than swimming is the main support. Physically literate parents make the program successful in reducing asthma symptoms.

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