

Perceived Effects of Massage and Detoxifying Machine on the Health of Secondary School Teachers in Kogi State

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Abstract

This research work was designed to examine the perceived effects of massage and detoxifying machines on the health of teachers in public secondary school in Kogi State. The study adopts ex-post-facto research design. The population of the study comprised of all secondary school teachers in Kogi state. A sample of one hundred teachers were randomly selected from ten (10) selected secondary schools in Kogi state. The study further investigated whether there is significant influence between the use of massage and detoxifying therapy on the health of teachers. A Structured questionnaire was developed and administered to the 100 respondents. The findings revealed that the use of massage therapy machines have significant influence on the health of the teacher of secondary schools in Kogi State. The study also shows that the use of detoxifying therapy machine will not significantly influence the health of secondary school teachers in Kogi State. It is therefore, recommended that the school health personnel should enlighten the teachers on the health benefits of massaging to improve the quality of the health of the teachers in the secondary schools in Kogi State. It is also recommended that, there should be an enlightenment campaign on the use of detoxifying therapy machine to avoid distress on the persons with pregnancy, metallic implants, seriously ill, diabetic on insulin, epileptic person among the secondary school teachers in Kogi State.

Keywords: *Massage Machine, Detoxifying Machine, Therapy, Teachers' Health,*

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I. Introduction

Contemporary medicine applies biomedical sciences, and medical technology to diagnose, treat and prevent injury and disease, typically through pharmaceuticals or surgery, but also through therapies as diverse as psychotherapy, external splints and traction, medical devices, biologics and ionizing radiation (Hong, 2013).

Certain devices such as machines and kits are promoted to allegedly remove toxins from the body. One version involves a foot-bath using a mild electric current, while another involves small adhesive pads applied to the skin usually the foot (Jane, 2009). Based on the above reasons, the interest of the researcher was to find out the effects of detoxifying and massage machine on the health of teachers in public secondary schools in Kogi state.

Massage therapy is an ancient type of medicine that has been used to treat musculoskeletal problems and as a way to relax the body. This is because human body is presumed to be a self-regulating body that can heal itself and shield itself from a disease as long as it is in a normal structural relationship (Lee, 2011).

Adams & Adeola (2021) stated that therapeutic massage is the manipulation of the soft tissue of whole body areas to bring about generalized improvements in health such as relaxation or improved sleep or specific physical benefits, such as relief of muscular aches and pain. Novella (2013) observed that almost all cultures have developed systems of therapeutic massage. Massage techniques play an important part in traditional Chinese and Indian medical care.

According to the American Massage Therapy Association in 2018, approximately 19% of Americans had some form of massage they choose from among many massage styles to get relief from symptoms or to heal injuries to help with certain health conditions and to promote overall wellness.

Smith (2016) stated that there are different types of massage therapy that serve different purposes. The most common massage, therapy types are:

- i. Deep tissues massage therapy help to get rid of chronic muscle stress

ii. Hot stone massage – during hot stone massage, smooth and heated stones are placed on different parts of the body to calm muscle tissues.

iii. Thai massage: It is all about body contact between the therapist and the receiver. It increases flexibility and range of movement. Calms the nerves system and promote a deep sense of relaxation

iv. Tigger point massage: This kind of massage is a body work procedure that involves the submission of pressure to tender muscle tissue to reduce pain and dysfunction in other parts of the body.

Sedergreen (2015) reveals that massage is successful healing for reducing stress, pain and muscle strain. Massage may also be helpful for anxiety, digestive disorders, headaches, insomnia related to stress, soft tissue strains or injuries, sports injuries and temporary joint pain. Several physical benefits of massage have been associated with massage therapy. They include enhanced performance of athletes strengthen the immune system, increases blood circulation, reduces muscles and joint pain, improves posture and rehabilitation process (Gregory, 2018).

Detoxification is a type of alternative medicine treatment which aims to rid the body of unspecified toxins substances that proponent's claims accumulated in the body and have undesirable short term or long-term effects on individual health (Klein, 2015).Gavin (2019) states that detoxification implies following a specific diet or using special products or device that rid the body of toxins, thereby improving health and promoting weight loss.

According to Miller (2017) claims that detoxifying machines removes toxins in the body that can lead to health problems such as decreased immunity, which could lead to frequent health problems such as head colds. The detoxifying machines can also help in treatment of ailments such as fatigue, food allergies, asthma, arthritis and cancer. Christa (2017) reported that users of the detoxifying machines experienced less pain and inflammation, improved function of the liver, kidneys and colon, boosted recovery times, and improved sleep.

Detoxifying and massage machine helps to develop a holistic approach towards a healthy balanced mind and the body. Man (2007) in his work agreed that detoxifying machines and massagers are absolutely safe for human beings and do not have any side effects. Helps in curing diseases like arthritis, bronchitis, asthma, cervical, spondylitis, backache, joint pain, migraine, hypertension, deafness, paralysis, constipation and acidity.

Balke, (2009) asserts that the use of machine can cause psychological issues such as distraction and depression. Beside affecting users mental health, use of machine have negative repercussions on physical health causing rising problems, hearing loss and neck strain. Detoxification is a type of alternative medicine treatment which aims to rid the body of unspecified toxins substances that proponent's claims accumulated in the body and have undesirable short term or long-term effects on individual health (Klein, 2015).

STATEMENT OF THE PROBLEM

The researchers had observed that there have been influx of teachers going to non-health professionals without the knowledge of the use of massage and detoxifying machines .This frequent practice of therapy involves using one or several machines or kits by teachers in order to treat one or more ailments. The researchers observed that teachers are unclear as to whether there are many proven benefits from massage therapy and have little knowledge as to the specific indications for this treatment.

It is also observed teachers presumably exercise their independence from medical personnel by making their own decisions and judgment about what, when and the time to use the therapeutic machines. Perhaps for this reason, teachers showed complicated health problems. Balke, (2009) asserts that the use of machine can cause psychological issues such as distraction and depression. Beside affecting users mental health, use of machine have negative repercuss ions on physical health causing rising problems, hearing loss and neck strain.

In light of this, the researchers were interested in finding out the perceived effects of massage and detoxifying machines on the health of secondary school teachers in Kogi State

PURPOSE OF THE STUDY

The purpose of the study was to determine the influence of massage and detoxifying machine on the health of secondary school teachers in Kogi State. Specifically, the study tried to finds out whether or not massage and detoxifying machine therapy influences the health of teachers in secondary schools of Kogi State

Research Hypotheses

The following hypotheses were formulated to guide the study

i. There is no significant influence between the use of Massage therapy machine and the health of secondary school teachers in Kogi State

ii. There is no significant influence between the use of detoxifying therapy machine and the health of secondary school teachers in Kogi State

II. Methodology

An ex-post-facto research design was used for this study. The use of this research design was employed because the information gathered already existed with the respondents after the use of the massage and detoxifying machine on them and therefore, not under the control of the researchers. According to Sambo (2008), the ex-post-facto research design leads to evaluation and identification of behavioral phenomena. The research design was, therefore be considered appropriate for this study as it intended to investigate the perceived effects of detoxifying and massage machines on health of teachers in secondary school in Kogi State.

The study population consisted of all public secondary school teachers totaling 6035 in Kogi State. The sampling procedure used involved stratified sampling, random sampling and purposive sampling techniques. In these techniques Kogi State was stratified into the three senatorial district; Kogi central, Kogi East and Kogi West. From each of the senatorial district, one local government was selected randomly through balloting. Purposive sampling techniques was used to sample one hundred (100) respondents that make use of the machine from the three selected local governments sampled.

The instrument used for the study was a structured questionnaire that was validated by experts in the field of community health and health education, their observation was adopted in the final print out of the questionnaire which was distributed to the selected teachers in the secondary schools of Kogi State.

The test-retest method was used to establish the reliability of the instrument based on the data collected using Cronbach alph of 0.72r was obtained. The data collected was analyzed by the use of inferential statistics of Pearson Product Moment Correlation (PPMC) at 0.05 alpha level of significance.

III. Results

Two hypotheses were generated and tested with Pearson Product Moment Correlation statistics at 0.05 level of significance and the output were shown below

H0₁: There is no significant influence between the use of massage therapy machine and the health of teachers of secondary schools in Kogi State.

In order to test this hypothesis, responses of the respondents to items 1- 6 on the use of massage therapy machine and items 13-18 on health of the teachers in Kogi State Secondary Schools were collated on statistical coding sheets. The sets of data were subjected to Pearson “r” at 0.05 alpha with the use of 22.0 Statistical Package of Social Science (SPSS) and the output is shown below

Table 1: Pearson “r” Showing Significant Influence between the Use of Massage therapy Machine and the Health of the Teachers of Secondary Schools in Kogi State

Variables	Mean	Std.	Df.	Cal. r-val.	Crit. r-val.	Decision
Massage Machine	3.370	.337	98	.185	.173	H0 ₂
Health of Teachers	3.017	.275				Rejected

P<0.05

Table 1 shows that cal. r-val. is .185 while the crit. r-val. is .173 with 98 df and with 0.05 level of significance. Since the cal. r-val. is greater than crit. r-val. The hypothesis one which stated that there is no significant influence between the uses of massage therapy machine and the health of teachers of secondary schools in Kogi State is hereby rejected. This implied that significant influence exist between the use of massage therapy machine and the health of teachers of secondary schools in Kogi State.

H0₂: There is no significant influence between the uses of detoxifying therapy machine and the health of the secondary school teachers in Kogi State.

In order to test this hypothesis, responses of the respondents to items 7-12 on the use of detoxifying therapy machine and items 13-18 on health of the teachers in Kogi State Secondary Schools were collated on statistical coding sheets. The sets of data were subjected to Pearson “r” at 0.05 alpha with the use of 22.0 Statistical Package of Social Science (SPSS) and the output is shown below

Table 2: Pearson “r” Showing Significant Influence between the Use of Detoxifying therapy Machine and the Health of the Teachers of Secondary Schools in Kogi State

Variables	Mean	Std.	Df.	Cal. r-val.	Crit. r-val.	Decision
Detoxifying Machine	3.342	.490	98	.154	.173	H0 ₁
Health of Teachers	3.017	.275				Accepted

P<0.05

Table 2 revealed that cal. r-val. is .154 while the crit. r-val. is .173 with 98 df and at 0.05 level of significance. Since the cal. r-val. is less than the crit. r-val. The hypothesis two which stated that, there is no significant influence in the use of detoxifying therapy machine and the health of teachers of secondary schools in Kogi State is hereby accepted. This indicated that, health of secondary school teachers in Kogi State were not significantly influenced by the used of detoxifying therapy machine.

IV. Discussion of the Findings

Hypothesis one shows that the use of massage therapy machine will significantly influence the health of teachers of secondary schools in Kogi State. In line with this, Apelle (2012) maintained that massage is an effective treatment for reducing stress, pains and muscle tension. Smith (2016) supported that foot massager is very helpful in dealing with diabetic neuropathy as it improves blood circulation all over the body which eventually decreases pains and inflammation.

Hypothesis two revealed that the use of detoxifying therapy machine will not significantly influence the health of the teachers of secondary schools in Kogi State. In line with this, Balke (2009) opined that the use of detoxifying therapy machine can cause psychological issues such as distraction and depression. In contrary, Miller (2017) claimed that detoxifying therapy machines removes toxins in the body that can lead to health problems such as, fatigue, food allergies, asthma, arthritis cancer and decreased immunity which could lead to head colds, Christa (2017) buttressed the opinion by saying users of the detoxifying machines experienced less pain and inflammation, improved function of the liver, kidneys and colon, boost recovery time and improved sleep

V. Conclusion

Based on the findings, the following conclusions were drawn;

- i. That the use of massage therapy machines have significant influence on the health of the teacher of secondary schools in Kogi State. The massage machine proves to be very beneficial for aching muscles, improve flexibility by losing tight muscles, improve blood circulations and boost the flow of oxygen
- ii. That the use of detoxifying therapy machines will not significantly influence the health of the teachers of secondary schools in Kogi State. This implied that detoxifying therapy machine when not carefully used may affect persons with metallic implants, pregnancy and suspected pregnancy, epileptics among other ailment.

VI. Recommendations

Based on the findings, it is recommended that;

- i. The school health personnel should enlighten the teachers on the health benefits of massaging to improve the quality of the health of the teachers in Kogi State secondary schools
- ii. There should be enlightenment campaign on the use of detoxifying machine to avoid distress on the person with pregnancy, metallic implants, seriously ill, diabetic on insulin person, epileptic person and so on.

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