CHALLENGES AND PROSPECTS OF TRADITIONAL MASSAGISTS: A CASE-SPECIFIC CROSS SECTIONAL STUDY, DEBRE MARKOS TOWN, ETHIOPIA

Daniel Kebrit
Research Scholar, Debre Markos University, Ethiopia
Email: dan2007et@gmail.com

Getasil Shumetie
Junior Researcher, Amhara Region, Ethiopia

ABSTRACT

The main purpose of this study is to analyze the prospects and challenges of traditional massagists in Debre Markos town. The performance of traditional massagists in the city was assessed. The data was collected through interview and observations to get accurate information. From the collection data, available sampling method was used due to the fewest number of the sample size i.e. which is 5 in number. After the data was collected it was analyzed and interpreted accordingly. The result indicates that absence of scientific training, appropriate working area and customer handling problems are some of the challenges that the traditional healers (massagists) are facing. Satisfaction of customers following successful treatment and the service of it as an additional source of income are among the prospects of the practitioners face. All in all, following a series of data collection and interpretation, the challenges and prospects of Debre Markos town traditional massagists were identified. Finally, conclusion and recommendation are forwarded as per the findings.

Keywords: Traditional Massage; Traditional Massage Prospects; Traditional Healers

INTRODUCTION

Background of the Study

Massage therapy is the scientific study or manipulation of the soft tissue of the body for the purpose of normalizing those tissues and consists of manual techniques that include applying fixed moveable pressure holding…massage therapy is one of the oldest health care practices known to history. The word massage comes from the Franch massage “Friction of kneading” or from Arabic massage meaning” to touch heel or handle” or from the latine massage meaning mass, dough of Greek verb mass^ to handle touch, to work with hand to knead the dough”. Archeological evidence of massage has been found in many ancient civilizations including Chine, India, Japan, Koria, Egypt, Rome, Greek and Mesopotamia.(16)

Traditional Chines massage has been practiced for around 200years.it was known as ammo.”An” means Press “Mo” means Rub. The targeting massage techniques that the massagiest use the tissue that include, muscle, tendon, ligament, skin, joint or other connective tissue. Chines massage therapy is a holistic approach to health care that not only provide relief physical ailment, but also relax and revitalize the body and the mind. Chines massage is performing using compression, friction, joint manipulation, swing, pinching and grasping and vibration .this techniques helps to improve blood circulation and relief muscular stiffness in various parts of the body.(17)
In sub Sahara Africa traditional healers play in providing for the need of the people particularly in the rural area of the people. There are a few collaborative projects between traditional healers and biomedical health providers. Osowole at al (2005) argues that more than 50% of the traditional healers they studied patients at least once to modern health facilities for further treatment. (18)

STATEMENT OF THE PROBLEM

Traditional massage is highly practiced in Gojjam, particularly in Debremarkos town for a long period of time. Even if there are a number of traditional massagists who practiced traditional massage for long period of time, they are not economically fit. This indicates the possible inadequate income from the field. Additionally there is no document which clearly states the challenge and prospect of Debremarkos town traditional massagists.

RESEARCH QUESTION

Up on the successful completion of this research, the following questions have been answered.

1. What are the challenges of traditional massagists in Debre Markos town?
2. What are the prospects of traditional massagists in Debre markos town?
3. How is the experience of debre markos people in using traditional massage?

OBJECTIVE OF THE STUDY

General Objective
To analyze the challenge and prospect of Debra marks town traditional massagists

Specific Objective
1. To assess the challenge of traditional massagists in Debre markos town.
2. To know the prospect of traditional massagists in Debre markos town.
3. To study the involvement of the people in traditional massage in the case of Debre markos town.

SIGNIFICANCE OF THE STUDY

This study has a great value for the following reasons. Firstly, it helps to identify the major challenges of traditional massagists who is living in Debre markos town. It helps to take a remedial action. Secondly, it explores the prospect of traditional massagists. Generally this study serves as a baseline to improve traditional massage practice in Debremarkos town.

Delimitation of The Study

This study includes traditional massage practicioners of Debermarkos town, north east part of Ethiopia

Operational Definition of Terms

Massage is the intentional and systematic manipulation of the soft tissues of the body to enhance health and healing.

Deep friction is a type of friction in which the practitioner's fingers do not move over the skin, but instead, move the skin over tissues underneath. Cross-fiber and circular friction are types of deep friction.

Deep tissue massage is performed with one finger, thumb, several fingers, or the entire hand.

Deep muscle therapy is a massage technique that focuses on using a very specific set of movements applied to all muscles, concentrating on all layers of the muscle that have become depleted of their regular blood and lymphatic flow.
Healing means enhancing health and wellbeing. It is the process of regaining health or optimal fun

effleurance is a Western massage therapy technique that includes movements that slide or glide over
the body with a smooth continuous motion cottoning after an injury, disease, or other debilitate

RESEARCH DESIGN AND METHODOLOGY

Study Area and Population

This study was conducted in Debremarkos town which is 265 km far from the capital city of Amhara
regional state of Bahirdar, East Gojam administrative zone city is located in the north west of capital
city of Ethiopia Addis Ababa found at a distance of 300 km. Traditional massage was highly practiced
in Debemarkos town. The person who is living this uses traditional massagistes to be treated from
simple to severe injuries.

The study population contains five (5) traditional massagistes who are living in Deber markos town
and they are found in Keble 7, 3 and 2 (in Keble 2 there are three (3) traditional massagistes and in
kebele 7 and 3 one each).

Sampling Techniques

Since in the town of Debremarkos, the numbers of traditional massagistes were few which were5 in
number then the sample size was determined by using available sampling techniques.

Data Gathering Tools

Interview and observation were the data collection tools used for this study. A series of observation
was done for all Traditional massagists of the city. The interview type applied for this study was the
unstructured ones.

Procedures of Data Collection

The data collection procedure was performed firstly by performing an interviews and secondly by
observations.

Source of Data

From this study the source of the data was primary source of data because of the researcher that was
collect the data by only interviews and observations.

Research / Study Design

In this study both qualitative and quantitative research design was used. i.e. almost all of the research
design were qualitative research design but, in some extent this study was used a quantitative research
designs. The selected massagistes were observed, interviewed and different questions related to
challenge and opportunities of those massagistes were assessed. No traditional massagistes were
discriminated from the study due to demographical reason.

Data Analysis

The qualitative and quantitative data was considered for analysis accordingly. The quantitative data
was expressed by simple statistics. Particularly by simple percentage and pattern analysis was made
for the qualitative data.

PRESENTATION AND ANALYSES OF THE DATA

The following analyses were gained by interviews from traditional massagistes.

1. How do you get your experience?

2. Mr. A, Mr. B, ms C, ms D and Mr. E respectively says I get my experience by repairing
animals, from my father, from my mother, from my uncle, by repairing animals.
3. According to the above information among those 5 traditional massagiestes 3(60%) of them were got their experience by their families and 2(40%) of them could got their experience by repairing of animals. As a result the researcher concluded that in Debremarkos town most of traditional massagistes could get their experience by their families.

4. Are you happy for your work?

5. The 5 traditional masagiests Mr. A, Mr. B, ms C, ms D and Mr. E all respectively says yes I am happy, because all persons are happy from my work, yes I am happy, because people gives specially job affinity to me, yes I am too happy in my job, because the patient are cured and back to their home, yes I am too happy for my job, yes I am very happy for my job.

6. According to the above information all of the traditional massagiests were happy for their work due to the people that gives a special job affinity and the patient were cured and back to their home. There for the researcher conclude that in Debre Markos town all traditional massagiests were happy for their work.

7. 3 In daily, how many persons are come to you to treat? From male and female which one is the largest in number to come you? And mostly at what age level people are come to you to treat?

8. The 5 traditional masagiest all says varies from one day to the next day, and Mr. A, Mr. B, ms C, ms D, Mr. E all respectively says, on average the number of male is greater than the coming females, and also they said that the coming people to treat are mostly a faceted mostly on adult age level, on adult age level especially in foot ball game computation, in adult stage level, on young (adult) age level and sometimes in old age level, on youngster (adult) age level because of game computation like volley ball, foot ball, etc injured.

9. Based on the above information all the traditional massagiests were said that, the number of people that was coming to treat varies from one day to the next day and on average the number of males were greater than that of females, and also mostly in male adult stages were greater especially in foot ball game competitions. There for the researchers concluded that mostly adult stages were risky in injury and they were mostly came to treat a massage.

10. Is your income determined by only this job? (Is it adequate)?

11. Mr. A Saied that, I get my income by only this job only and the other Mr. B, ms C, ms D, and Mr. E each individual Saied that I get my income by this job and other related jobs and all the five traditional massaiests Mr. A, Mr. B, ms C, ms D and Mr. E each individual said that the getting income from traditional massage job is not appropriate.

12. Depending on the above information among those 5 traditional massagiests in Debremarkos town, only the one got their income by traditional massage work and the other 4 traditional massagiests were got their income by traditional massage jobs and other related job. There for the researcher concluded that most (80%) of traditional massagistes in Debremarkos town could got their income by traditional massage job and other related job, because of the job that was not appropriate for their life and the other 20% of traditional massagiests in Debremarkos town could got their income by traditional massage job only.

13. In each individual person how many prices can you earn (at least at most) and in average of each month, how many prices can you get?

14. All the 5 traditional massage Mr. A, Mr. B, ms C, ms D, and Mr. E said that it varies from the injury type of an individual and they respectively said that in each individual injured person, I get at least 30 at most 100 birr, at least 10 at most 50 birr, at least 10 at most 50 birr. At least 5 at most 30 birr and at least 15 at most 50 birr respectively. And also they said that monthly on average, I get 600 birr, 500 birr, 650 birr, 350 birr and 450 birr respectively.
15. Depending on the above information all the 5 traditional massagists were said that, to treat the injured person of an individual, the amount of birr which the massagists earn were differs the injured type of an individual but in average of the 5 traditional massagists they were got at least 5 birr and at most 100 birr and also an average of each month they were got at least 359 birr and at most 650 birr.

16. Can you support by medical center and Keble?

17. All the 5 traditional massagists said that no I don’t got any medical and Keble supports.

18. Each individual says, no, I didn’t get any support from medical center and Keble. There for the researcher concluded that in the town of Debre Markos, there was no, totally medical support and Keble support for their traditional massagists.

19. Have you any challenge to do this job?

20. Mr. A, Mr. B, ms D, and Mr. E each individual said that no I didn’t get any challenge to do this job but ms C said that sometimes there was some problem, for example if some people are not cured that person asks their money.

21. Based on the above information From the 5 traditional massagists, the 4 massagists didn’t got any challenge to do their job and the other one massagist said that sometimes there was some problem (challenge) for example if some person did not cured, they were asked their money.

22. When the person comes to you to treat, are you using healthy protective materials?

23. Mr. A said that no I have not a healthy protective materials but that other each individual Mr. B ms C, ms D and Mr. E said that yes I had, I was used aglab.

24. Based on the above information among those 5 traditional massagists, the 4 (80%) massagists were used a healthy protective material which was glob but the other one massagists which was not used a healthy protective materials.

25. To treat the person whom materials and oil types can you use?

26. All the 5 traditional massages each individual said that to treat the injured person of an individual I was used to the instrument (material) of bamboo and bandage and Mr. A and ms E said that to treat the individual person we use the oil type which is only Vaseline and Mr. B, ms C and ms D said that to treat the injured part of an individual we use the oil type which is Vaseline and other related oil types.

27. Depending on the above information Each individual massagists said, to treat the injured part of an individual they were used the instrument (material) of bamboo and bandage, and also one massagist, to treat each individual injured person, he/she was used only Vaseline oil types, but the other 4(80%) massagists were used a Vaseline and other fluid oil types to treat an individual injured person.

DATA ANALYSIS FROM OBSERVATION

In addition to interview, the researcher was observed the following observation from the traditional massagists

1. The massagist prepared different types of questions to the injured person related to his / her injury occurred.

2. The massagist was used appropriate materials like bamboo, glove, Vaseline, table.

3. If it was impossible to treat, the massagist writes a reference to a health center.
4. The massagiest identifies the food type which was necessary to the injured person and which was unnecessary for the injured person.

5. The massagiest simply identify the symptoms by observed from the injured person which was treatable by massage or not.

6. The massagiest know which part of the injured person’s body could be treating by massage and which could not be treating by massage.

7. The massagiest simply know the type of injured by touching his hand on the injured part of the body.

SUMMARY
The main purpose of this study was to analyze the prospects and challenges of traditional massagists in Debremarkos town. In this study the data was collected through interview and observations to get accurate information. From the collected data, available sampling method was used due to the fewest number of the sample size i.e. which was 5 in number. Absence of scientific training, appropriate working area and customer handling problems were some of the challenges that the traditional healers (massagists) are facing. Satisfaction of customers following successful treatment and the service of it as an additional source of income were among the prospects the practitioners face. Generally this study was served as a baseline to improve traditional massage practice in Debremarkos town.

CONCLUSION
The objective of this study was to assess the prospect and challenge of traditional massage in the case of Debre Markos town. Therefor the question was assumed to reflect the feeling of those traditional massagisties was analyzed in detail. According to the data analysis the following conclusion were down:

1. Most of traditional massagiest in DebreMarkos town had got their experience from their family.
2. All traditional massagiest were happy for their work.
3. The number of people that come to treat varies from one day to the next day and mostly adult age levels were come to treat.
4. Most of traditional massagistese in Debre Markos town had got their income by this job and other related jobs. This indicates that income is insufficient.
5. On average, to treat an individual person they were got between 5 birr and 100 birr and also on average of each month they were got between 350 birr and 650 birr.
6. Traditional massagistes in Debre Markos town did not supported by any medical and kebele center.
7. Most of traditional massagiests were used a healthy protective materials like gloves.
8. Traditional massagistes in Debre Markos town were used a bamboo and Vaseline and other fluid oils.

RECOMMENDATION
After the study of the study, prospect and challenge based on the data gathered from Debre Markos town traditional massagists, the researcher forwarded the following recommendation.

- To do their job efficiently and effectively, the massagists must gain any appropriate medical support like materials i.e. glove...
- Debre Markos kebele center does not support the traditional massagists, but I recommended to that the kebele center must support the town massagistes like by work place supportations.
Appropriate training should be given for the traditional massagists of DebreMarkos town.

REFERENCES
13. "What is Massage Therapy?". Altmedicine.about.com…on April, 2013..