

Correlation of Cock Fish Consumption to Healing Circumcision Wounds in Desa Lestari Dadi-Pegajahan Serdang Bedagai

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Abstract

Circumcision is the act of cutting to remove the entire foreskin from the penis. The frenulum of the penis can also be cut simultaneously in a procedure called a frenectomy. The word circumcision comes from the Latin *circum* meaning to twist and *caedere* meaning to cut (A Firmansyah *et al.*). The formulation of the problem in this study is to find out how the relationship between the influence of snakehead fish consumption on wound healing after circumcision. The research method used in this scientific paper is the grounded method, through a qualitative approach. The relationship between snakehead fish consumption and circumcision wound healing is because snakehead fish itself has a high protein content, namely albumin in snakehead fish (Nugroho, 2015). The conclusion of this study through direct observation on the sixth day is that the protein content in snakehead fish is higher than in other types of fish, the albumin content of snakehead fish reaches 6.22%.

Keywords: circumcision, snakehead fish (*Channa striata*), consumption.

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PRELIMINARY

The tradition of using natural ingredients to be used as medicine to cure various diseases has existed for a long time with a wealth of natural resources (natural resources endowment) in the marine and fisheries sector. Indonesia is one of the countries in the Asia Pacific with a high consumption level of fishery products, about 87% of the perpetrators of fishery activities are in the Asian continent, which is around 41.4 million people. Around 90% of the world's aquaculture products also come from the Asia Pacific region, including Indonesia, which is around 46.3 million tons of which are fish species that are efficacious for medicine (Al-bustami, 2020). Both consumption of seawater and freshwater fish. In the process of wound healing in circumcision, in the drying phase, the body requires high protein to help the formation of new tissue and maintain fluid balance in the blood vessels. One type of fish that has a high protein content is the type of snakehead fish (*Channa striata*). In post-circumcision patients, it is very suitable to consume snakehead fish because the protein content in it helps accelerate the healing process of circumcision wounds (Prasetyo, 2018). The qualitative approach aims to test theories, build facts, show

relationships between variables, and make direct observations of those being researched. Research designs that use a qualitative approach must be structured, standardized, formal, and designed as carefully as possible beforehand. The design is specific and detailed because the design is a research design that will be carried out. One of the main reasons behind circumcision is religion. The circumcision procedure is obligatory in Islam and other religions also recommend carrying out the circumcision procedure. Snakehead fish is a wild freshwater fish and a voracious predator of seeds and is greatly feared by fish farmers. This fish is a predatory fish (Carnivore). In nature, snakehead fish not only prey on a fish fry but also on adult fish and other aquatic insects including frogs.

Snakehead fish has a fairly complete nutritional content, protein, fat, and minerals as shown in the following table of snakehead fish content:

Table 2.1 Nutritional Content of Snakehead Fish (in 100 G)

Content	Level
Calories (cal)	24
Protein (g)	58,0
Fat (g)	4,0

Content	Level
Iron (mg)	0,7
Calcium (mg)	15
Phosphorus (mg)	100
Vitamin A (SI)	100
Vitamin B1 (mg)	0,10
Water (g)	24

RESEARCH METHODOLOGY

The research method used is grounded theory research. This research methodology emphasizes more on observation and developing a practical basis for the relationship between variables. From the above understanding, the researcher uses qualitative research in the implementation of this research. The qualitative approach aims to test theories, build facts, show relationships between variables, and make direct observations of those being researched. Research designs that use a qualitative approach must be structured, standardized, formal, and designed as carefully as possible beforehand. The design is specific and detailed because the design is a research design that will be carried out.

The reason for choosing this type of research is because researchers want to know how big the relationship between the consumption of snakehead fish is on wound healing after circumcision in Hamlet III Desa Lestari Dadi in 2021. This study consists of two variables, namely the independent variable (X) namely the consumption of snakehead fish and the dependent variable (Y) namely wound healing after circumcision.

DISCUSSION

The Effect of Consumption of Snakehead Fish (*Channa Striata*) on Circumcision Wound Healing in Lestaridadi Village, Dusun III, Pegajahan District, Serdang Bedagai Regency in 2021. On the first day, it can be seen that the penis is still wrapped in a bandage, the wound looks wet, there is betadine in the incision blood, pain sometimes occurs on a scale of 4-6 (moderate pain scale), and there is no bleeding and hematoma.

The Effect of Consumption of Snakehead Fish (*Channa Striata*) on Circumcision Wound Healing in Lestaridadi Village, Dusun III, Pegajahan District, Serdang Bedagai Regency in 2021. On the second day, the wound started to dry up, moderate-intensity pain came and went, no sign of infection, looked dry in the area incision.

The Effect of Consumption of Snakehead Fish (*Channa Striata*) on Circumcision Wound Healing in Lestaridadi Village, Dusun III, Pegajahan District, Serdang Bedagai Regency in 2021. On the third day, the wound looked dry, and the pain reduced on a mild scale, there was no bleeding, and there was a dry

ointment brought by premium, children have started to get used to wearing pants.

The Effect of Consumption of Snakehead Fish (*Channa Striata*) on Circumcision Wound Healing in Lestaridadi Village, Dusun III, Pegajahan District, Serdang Bedagai Regency in 2021. On the fourth day the wound dries up, pain sometimes arises and disappears on a mild scale, no signs of infection, no push both along the incision and below, and the child is wearing pants.

The Effect of Consumption of Snakehead Fish (*Channa Striata*) on Circumcision Wound Healing in Lestaridadi Village, Dusun III, Pegajahan District, Serdang Bedagai Regency in 2021. On the fifth day, the incision wound was dry, the condition near the incision was clean, there were no signs of infection, and there was no pain when the child was wearing it. trousers.

The Effect of Consumption of Snakehead Fish (*Channa Striata*) on Circumcision Wound Healing in Lestaridadi Village, Dusun III, Pegajahan District, Serdang Bedagai Regency in 2021. On the sixth day, the penis looks clean and looks beautiful from the circumcision stitches, the child is active and wearing pants, as usual, and there is no sign of infection or pain.

CONCLUSION

From the results of the research obtained, the researchers concluded that the direct observation image on the sixth day, the Effect of Consumption of Snakehead Fish (*Channa Striata*) on Circumcision Wound Healing in Lestaridadi Village, Hamlet VIII Pegajahan District, Serdang Bedagai Regency in 2021 as follows:

1. Snakehead fish is very good for consumption after circumcision.
2. Snakehead fish is easy to find in the sustainable village area of Pegajahan sub-district, Serdang Bedagai Regency.
3. The protein content of snakehead fish is higher than other fish, the albumin content of snakehead fish reaches 6.22% which is one of the proteins for the wound healing process after laparotomy (SC) and circumcision.

For children who are circumcised to be interested in consuming snakehead fish, it is better if the presentation method is varied in soup, in filet, made into nuggets, or so empek-empek, and so on. Consumption of Snakehead Fish (*Channa Striata*) on Circumcision Wound Healing in Lestaridadi Village, Dusun III, Pegajahan District, Serdang Bedagai Regency in 2021 as follows:

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3. The protein content of snakehead fish is higher than other fish, the albumin content of snakehead fish reaches 6.22% which is one of the proteins for the wound healing process after laparotomy (SC) and circumcision.
4. For children who are circumcised to be interested in consuming snakehead fish, it is better if the presentation method is varied in soups, filets, made into nuggets, or so empek-empek and others.

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