

ABSTRAC

The project to research, design the foot massaging panel from dry coconut shell has 3 clauses of research objectives, namely, 1. To acquire the form of the foot massaging panel made of coconut shell 2. To evaluate the designing satisfaction of the foot massaging panel made of the coconut shell and 3. The form of design can be taken to production for trading.

The sample groups were selected from the participants entering the experimental group according to controlled groups, 20 persons in each group, categorized as the teachers, authorities and students groups of SuanSunanthaRajabhat University, total 140 people with health problems of 7 symptoms as follows, excretion in feces and urine, stress, insomnia, hormonal disorders, illness, irritable sensitivity, having problem in listening, smelling, fatigue - back pain, lymph nodes, such as when bitten by mosquito , the red dot is slowly healed, low immunity, if immunity is concerned.

After the sampled groups had tried to use the foot massaging panel made of coconut shell, their satisfaction of the experimental groups using a foot massage had been evaluated in 7 health groups, 20 people in each group, experiment was taken for 7 days period, the evaluation mean was at 4.48 which is in the satisfaction evaluation level of very satisfactory.

When individual clause was considered, it was found that the excretion system, digestive system, dropsy, flatulence, stress, headache, migraine, insomnia, dizziness, menopause period, menopause symptoms, blurred vision, leg aching, numbness, swelling of the body, allergies, physical weakness, the satisfaction level is at the best level and menstrual pain, irregular menstruation, hearing problems, vision problems, pain in the knees, back pain (shoulder and scapula vicinity), inflamed acne, scars from being shot or bitten, and cardiac diseases, the satisfaction level was in very good level.

The experimental participants have 7 different symptoms which in some cases have complication and redundancy in many symptoms and someone also used in conjunction during the experiment period so in some symptoms, they were not convinced that some specific symptoms improved by usage of the plantar massaging panel or their medication. An

experimental part of participants commented in some symptoms, it should take longer time in the experiment to see the better results.

Conclusion: The foot massaging plate made of coconut shell can alleviate pain and sickness in 7 health problem symptoms in very well level and it should be continuously and regularly used to alleviate the health problems to the very good result further.