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Examining why individuals choose to go to thermal springs for balneotherapy and the extent of benefit derived from this treatment

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Aim: To explore the reasons individuals go to thermal springs to receive balneotherapy and to examine the extent of their satisfaction with this treatment.

Methods: The research was carried out as a descriptive study at a thermal springs resort with 265 individuals who had signed up for balneotherapy.

Results: Approximately half of the individuals applying for balneotherapy had a chronic illness (muscle and joint disorders, hypertension and diabetes, etc.). It was found that the participants most commonly applied for balneotherapy due to various types of pain and that more than two-thirds benefited from the balneotherapy. The most common benefits observed were muscle loosening, reduced pain and relaxation-rest. Younger individuals of the ages 18-31 and in the age range of 32-46 applied for the treatment more for the purpose of socializing, while the participants of older ages more commonly signed up due to various types of pain and symptoms of illness.

Conclusion: It was found that individuals frequently asked for balneotherapy because of complaints of pain associated with various musculoskeletal diseases and that most of these individuals benefited from the treatment. The participants' frequency in using balneotherapy did not exhibit a significant difference depending upon their age, gender, civil status, chronic condition or whether or not they had a muscle-joint disorder. On the other hand, there was a significant difference in the frequency of using balneotherapy depending upon the participants' income levels.

Biography

Hulya Leblebicioglu is working as a Research Assistant at Ege University in Izmir. She has completed her Master's degree at Ege University. She is pursuing her PhD at Ege University, Faculty of Nursing. She has participated in four international oral presentations and has published three articles.

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