



The Book of Abstract

The 11th INC 2020

***“Moving beyond the Nursing Paradigm:
Addressing Social Determinant of Healths
In The Era of Covid-19 Pandemic”***

Surabaya, 19th - 20th June 2020



GREETING FROM THE CHAIRMAN PERSON OF THE 11TH INTERNATIONAL NURSING CONFERENCE (INC) 2020

Assalamualaikum Warahmatullahi Wabarokatuh

The Honorable:

Rector of Airlangga University, Dean of Faculty of Nursing of Airlangga University, The Chief of the Indonesian National Nurses Association (INNA), The Chief of the Association of Indonesian Nurse Education Centers (AINEC), The Dean of Faculty of Nursing Islamic Sultan Agung University (UNISSULA) and The Head of Surya Mitra Husada Nursing Study Programme (STRADA) as our co-hosts, distinguished Speakers, and all Participants

Praise for God Almighty, who has bestowed His mercy and blessings on us so the 11th International Nursing Conference (INC) of the Faculty of Nursing, Universitas Airlangga with the theme "Moving Beyond the Nursing Paradigm: Addressing Social Determinant of Health in the era of Covid-19 pandemic "can be implemented.

This year's, the INC are carried out in a very different situation, where we are struggling together against the Covid 19 virus pandemic and currently we are in the process of adapting to a new normal era. Our theme in the INC is very appropriate, by paying attention to aspects related to health in the pandemic era. Alhamdulillah although INC cannot be implemented directly, but through a webinar, it does not reduce the enthusiasm of participants. 250 participants from various educational institutions and hospitals have participated in this conference and 239 participants have submitted articles for publication in Scopus indexed international journals and accredited national journals. For this reason, we thank you for the extraordinary participation of the participants.

We would like also to thank the speakers from University of Putra Malaysia (UPM), University of Brunei Darussalam (UBD), Mandalay University of Nursing Myanmar, Indonesian National Nurses Association (INNA), Association of Indonesian Nurse Education Centers (AINEC), UNISSULA Semarang Indonesia, STRADA Kediri Indonesia and of course Airlangga University Surabaya Indonesia who have been willing to submit their material online.

We are aware, there are still many shortcomings in organizing this seminar in the presentation of events, administrative services and limited facilities. For this reason, on behalf of the organizing committee, we apologize profusely for the shortage.

Finally, I hope the participants will benefit greatly from this activity

Waasalamualaikum Warohmatullahi Wabarokatuh

Dr. Rizki Fitryasari, S.Kep.,Ns.,M.Kep

Chairman, 11th International Nursing Conference (INC), Faculty of Nursing,
Universitas Airlangga

OPENING REMARK FROM THE DEAN OF FACULTY OF NURSING

Assalamu'alaikum Warahmatullahi Wabarakatuh


The Honorable Rector of UniversitasAirlangga, The Honorable Head of Co-Host Institutions, The Honorable Chief of Indonesian National Nurses Association (INNA), The Honorable Chief of Association of Indonesian Nurse Education Center (AINEC), Distinguished Speakers, and All Participants.

First of all, I would like to praises and thanks to Allah SWT for the blessing and giving us the grace to be here in a good health and can hold this conference together.

Secondly, it is a great privilege and honor for us to welcome every one and thank you for your participation and support for The 10th International Nursing Conference 2020 "*Moving Beyond the Nursing Paradigm: Addressing Social Determinant of Healths in the era of Covid-19 pandemic*". The INC topics presented in this conference cover Public Health and Policy, Epidemiology, Food Nutrition and Health, Medical Microbiology, Molecular Biology, Pharmacological Aspect and Treatment, Tropical Diseases, Helath Law and Policy.

Nurses and other health workers are at the forefront in responding to COVID-19. Nurses are the frontliners of the healthcare services. Nurses touch the life of their patients through compassion and competency. As the central of healthcare sevicws, they make a difference by creating a safer healing environment for patients and their families.The main role of nurses in handling Covid-19 patients includes the role of providing communication, information and education (IEC), not only the government but all levels of society to actively conduct COVID prevention -19 following the recommendations and rules set.

Faculty of Nursing UniversitasAirlangga got accreditation A (Excellent) for Bachelor and Master Degree. We already got accreditation of AUN (ASEAN University Network). In February we carried out the Accreditation Board for the Bachelor of Engineering, Informatics / Computer Science, Natural Sciences and Mathematics (ASIIN), international accreditation. Most of our lecturer already have Scopus ID and we have many of doctoral degree lecturers. We will launch Double Degree Joint Program with University of Malaya for Master Degree and with La Trobe University for Doctoral Degree soon. We have own jurnal that is JurnalNers which has been accredited as a 2nd Grade Scientific Journal by the Ministry of Science, Research, Technology and Higher Education of Indonesia since 2010. JurnalNers indexed in major databases, such as Directory of Open Access Journal (DOAJ), Index Copernicus International (ICI), ASEAN Citation Index (ACI), PKP Index, Science and Technology Index (SINTA), WorldCat, Indonesian Publication Index (IPI), Google Scholar, Bielefeld Academic Search Engine (BASE), and will be indexed by SCOPUS soon.



Along with Universitas Airlangga vision to become a world class university and enter top World University Ranking, Faculty of Nursing, participates actively in reaching the vision. To achieve World Class University ranking, faculty needs to meet the standards of World's top Universities such as Academic reputation, employer reputation, publication, faculty standard ratio, international students and exchange. International Nursing Conference is one of the few strategies that have been implemented by the faculty to increase publication standard.

Finally, I would like to thanks to all speakers, participants, and sponsors that helped the success of this event. I hope that this conference having good contribution in increasing the quality of research. Many thanks to the organizing and scientific committee of INC 2020 who have worked very hard to run the conference. We thank our participants to present their research papers, to share extensively and exchange of ideas thoughts and discussions so that this conference facilitates the formation of networks among participants. Please enjoy the international conference. I hope, we all have a wonderful time at the conference and your presence in Surabaya would be a memorable one. Thank you.

Wassalamualaikum Warahmatullahi Wabarakatuh

Prof. Dr. Nursalam, M.Nurs (Hons)
Dean, Faculty of Nursing Universitas Airlangga



**WELCOME SPEECH FOR PROCEEDING BOOK
THE 11TH INTERNATIONAL NURSING CONFERENCE (INC) 2020
BY RECTOR OF UNIVERSITAS AIRLANGGA**

Bismillahirrahmaanirrahiim

Assalaamu'alaikum Wr. Wb.

Ladies and gentlemen

First of all, let us praise and thank the presence of Allah Almighty, for the abundance of grace and the joy of all of us today. Let me begin by welcoming all of you to this 11th International Nursing Conference 2020 that organized by Faculty of Nursing Universitas Airlangga. Welcome to this annual international conference.

I would like to thank to all keynote speaker, invited speakers of conference, the committee, and all participants who come to this event.

Ladies and gentlemen


Universitas Airlangga is one of the best campus in Indonesia with about 40.000 students of undergraduate, profession, master and PhD program. We have a commitment to be one of 500 best universities in the world on 2020. Hopefully, Faculty of Nursing will contribute greatly to achieving our goals by this today's international conference.

Thema of this conference is “Moving Beyond the Nursing Paradigm: Addressing Social Determinant of Healths in the era of Industrial Revolution 4.0”. This is in accordance with faculty’s vision to become an independent, innovative, distinguished Faculty of Nursing, a pioneer in the development of nursing knowledge and practices at the national and international levels based on national, ethical and religious moral values. We hope that this conference contribute to achieve faculty and university vision.

Ladies and gentlemen

This conference provide a forum for leading academics, researchers, and practitioners to reflect current issue, challenge and opportunities, and share the latest innovative research and practice in nursing science. Hopefully, this conference will bring together participants to exchange ideas on public health and policy, epidemiology, food nutrition and health, medical microbiology, molecular biology, pharmacological aspect and treatment, tropical diseases, health law and policy, and any topics related to nursing science.

Today we are facing a global pandemic Covid-19. As academics and practitioners in the health sector, we have to participate in overcoming this pandemic. Therefore, we hope that this conference can provide innovation and creativity to face this global disaster.



Hopefully this conference will strengthen networking, collaboration, and joint effort among participants and produce some high quality research paper.

Ladies and gentlemen

Finally, I would like to apologize for any inconvenience in this conference, and thank everybody who contributed in many ways to the success of the conference, especially to all speakers and the members of organizing committee.

Finally, by saying *Bismillahirrahmanirrahim*, I declare this 11th International Nursing Conference 2020 as officially open.

Thank you

Billahi taufiq wal hidayah

Wassalaamu'alaikum wr.wb.

Rector,

Prof. Dr. Moh. Nasih, SE., MT., Ak., CMA.

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TIME SCHEDULE
11th INTERNATIONAL NURSING CONFERENCE
“Moving Beyond the Nursing Paradigm: Addressing Social Determinant of Health in the Era of Covid 19 Pandemic”
Surabaya, 19—20 June 2020

DAY 1: 19 June 2020

TIME	ACTIVITY		VENUE
07.00 - 07.45	Open Registration	Committee	Grand Dafam Hotel
07.45 – 08.00	Opening Remarks <ul style="list-style-type: none"> • Indonesia Raya: National Anthem • Hymn of Universitas Airlangga 	MC: Lingga C D, S.Kep., Ns., M.Kep	
08.00 – 08.30	- Speech from Dean of The Faculty of Nursing, Universitas Airlangga Prof. Dr. Nursalam, M.Nurs (Hons) - Speech and opening by Rector Universitas Airlangga and officially announce the opening of the conference Prof. Dr. Moh Nasih, SSE., MT., Ak., CMA - Pray	MC: Lingga C D, S.Kep., Ns., M.Kep Pray: Dr. Makhfudli, S.Kep., Ns., M.Ked. Trop	
08.30 – 09.30	Keynote Speaker The representative of Governor of East Java Dr. dr. Kohar Hari Santoso, Sp.,An.KIC.KAP <i>“Digital Governance Toward Excellent and Healthier East Java”</i>		
Plenary Session I			
09.30 – 10.00	Speaker 1: Ass. Prof. Somsak Thojampa (Naresuan)	MC: Lingga C D, S.Kep., Ns., M.Kep	Grand Dafam Hotel
10.00—10.30	Speaker 2: Dr. Lee Kuan (UPM) Topic: Medication Adherence for Chronic Disease in Malaysia	Moderator: Ferry Efendi, S.Kep., M.Sc., PhD	
10.30—11.00	Speaker 3 PPNI Harif Fadilah, S. Kp., SH., M.Kep., MH Topic: <i>“The Role of Nursing Professional Organization In Addressing The Social Determinant of Health”.</i>	Notulen: Rr Dian T, S.Kep., Ns., M.Kep	
11.00-11.30	Speaker 4 Sriyono, S.Kep.,Ns, M.Kep,Sp.KMB -Family Resilience, coping, and disaster preparedness: A one year post Earthquake in Lombokl	Operator: Tim Kulon	

TIME	ACTIVITY		VENUE
11.30 – 12.00	Plenary Session		Grand Dafam Hotel
12.00 – 13.00	Break time and Poster Presentation		
Plenary Session II			
12.30—13.00	Speaker 5 Dr. Deeni Rudita Bin Idris (UBD)	Moderator: Tiyas Kusumaningrum, S.Kep., Ns., M.Kep Notulen: Laily Hidayati, S.Kep., Ns., M.Kep Operator: Tim Kulon	
13.00—13.30	Speaker 6: Prof. Tomoko Hasegawa Topic: Research on Advance Care Planning and Nursing in Japan		
13.30—14.00	Speaker 7 AIPNI Dr. Muhamad Hadi, SKM., M.Kep Topic: <i>“The Role of The Association of Indonesian Nurse Education Center In Addressing The Social Determinant of Health”</i> .		
14.00—14.30	Speaker 8 UNISSULA Endang Wahyu Setyowati, SKM., M.Kep Topic: <i>“Story telling increases the confidence of adolescent cadres”</i> . Plenary Discussion		
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16.00 – 16.30	Speaker 10 STRADA Dr. Byba Melda, S.Kep.NS., M.Kes Topic: <i>“Social Determinant of Mental Health Nursing”</i> .		
16.30—17.00	Speaker 11 Dr. Yulis SD, S.Kep.,Ns,MNng -Resilience in Nursingll		
17.00—17.30	Plenary Discussion		
17.30-18.00	Closing Day 1		

DAY 2: 20 June 2020

TIME	ACTIVITY		VENUE
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09.30—10.30	Oral presentation session 2 (4 room) 1 room = 11 Presenters		
10.30—11.30	Oral presentation session 3 (4 room) 1 room = 11 Presenters		
11.30—13.00	Break time		
13.00—14.00	Oral presentation session 4 (4 room) 1 room = 11 Presenters		
14.00—15.00	Oral presentation session 5 (4 room) 1 room = 11 Presenters		
15.00—16.00	Oral presentation session 6 (4 room) 1 room = 11 Presenters		

PUBLIC HEALTH



FACTORS AFFECTING NURSE PERFORMANCE AT TWO PUBLIC HOSPITALS IN SOUTH KALIMANTAN

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Mustahdiati Nasri², Tintin Sukartini¹

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ABSTRACT

Many factors affect nurses' performance while working in hospitals. Knowing the dominant factors affecting a nurse's performance can help to identify the right policy to improve the quality of health services. Low nurse performance has an impact on the quality of services. In addition, the low performance of nurses also causes an increase in the expenses in the hospital. It is more than 5% of annual operating costs. The purpose of this study was to identify the factors that affect nurses' performance at two public hospitals in South Kalimantan. A quantitative research with cross-sectional approach was used involving 150 samples with consecutive sampling techniques from July to September 2019. Multivariate analysis of multiple logistic regression was used to identify the dominant factors affecting the nurses' performance. Factors that influence it are nurses' last education (0.06), and nurses' commitment to the hospital (0.00). Hospitals need to program further education and training for nurses to improve a good work climate and make commitments to improve nurse performance and quality of care in public hospitals in South Kalimantan

Keywords: Nurse Performance; Nurses' Commitment; Nursing Management



**ASSOCIATION BETWEEN SKIN COLOR, BODY IMAGE,
AND SELF ESTEEM AMONG UNDERGRADUATE
STUDENTS: A CROSS SECTIONAL STUDY**

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Rista Fauzinintiyas**

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ABSTRACT

Living with lighter skin is the dream of most dark-skin youth. Younger people with dark skin probably experience dissatisfaction with the skin color which results in a less positive body-image and low self-esteem. This research aims to examine the relationship between skin color, body-image and self-esteem. The study design was a descriptive correlation with cross-sectional approach. A stratified random sampling technique was used and 211 respondents were included. The Independent variable was skin color; the dependent variables were body image and self-esteem. The variables were measured by Luschan skin color scales, Multidimensional Body-Self Relation Questionnaires (MBSRQ) and Rosenberg's self-esteem scale (RSES). Data were analyzed using the Spearman Correlation statistic test. There was a correlation between skin color and body image ($p = .000$) and skin color and self-esteem ($p = .015$). Undergraduate students with dark skin who positively received their conditions presented positive body image and high self-esteem. Further research on the effects of peer, family, and society on the skin color associated with body image and self-esteem needs to be explored.

Keywords: body-image, cosmetic, undergraduate student, self-esteem, skin color




THE EFFECT OF COMBINATION HEALTH EDUCATION: SNAKE LADDER GAME AND SING-A-SONG METHODS TO IMPROVE PERSONAL HYGIENE BEHAVIOR IN SCHOOL- AGE CHILDREN

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ABSTRACT

Primary school-age children are the group of age prone to many kinds of diseases caused by poor personal hygiene. Most of the students who suffer from infectious diseases are caused by the lack of personal hygiene. One way to improve their behavior is by using health education. The purpose of this study was to analyze the effect of combination health education: snake ladder game and sing a song toward improving personal hygiene behavior in primary school-age children. This study design was quasi-experimental. The total number of respondents was 120 children. The respondents were recruited randomly based on G*Power. The independent variables in this study were combination of health education: snake ladder game and sing a song. The dependent variable was personal hygiene behavior. The instruments of the study were a ladder snake board and singing completeness as well as a questionnaire for personal hygiene. The data were collected used questionnaires and observation then it was analyzed using significance of $<0,05$ Wilcoxon sign rank test, Mann-Whitney U test and the Kruskal–Wallis H test. The result showed there were significant effects of health education with snake ladder game and sing-a-song methods to respondents' knowledge ($p=0.000$), attitudes ($p=0.000$) and action ($p=0.000$). The Kruskal–Wallis H test obtained the best mean value, knowledge of 86.65, attitude of 82.77, and skill of 89.87. Health education by using the Snake-and -Ladder Game and Sing-a-Song method could increase the behavior about personal hygiene for 7-10-year-old students in primary school. Nurses can apply this method to have an easier and more attractive way of giving health education and to achieve optimal results in the health education for children.

Keywords-- Health Education, Snake Ladders, Sing a Song, Personal Hygiene, Behavior, School-age children



**THE EFFECTIVENESS OF RELIGIOUS MUSIC AND
DIGITAL STORYTELLING ON THE LEVEL OF
COOPERATIVENESS AND PAIN IN CHILDREN DURING
INVASIVE TREATMENT (CHILDREN'S ROOM, ZALECHA
LOCAL HOSPITAL, MARTAPURA)**

Iis Pusparina, Raihana Norfitri, Insana Maria

Stikes Intan Martapura

Email: maria.insana82@gmail.com

The impact of invasive treatment procedure in children undergoing healthcare in hospital is a trauma since the treatment brings about an uncomfortable feeling. The study aimed at factors in the application of atraumatic care in the form of religious music and digital storytelling given to patients. The study aims to find the difference of effectiveness between religious music and digital storytelling in regard to the level of cooperativeness and pain in children as they undergo invasive treatment. The design of research was quasi-experiment with time series design. There were two group treatments; the group of intervention 1 consisting of preschool children undergoing invasive treatment via religious music and the group of intervention 2 consisting of preschool children undergoing invasive treatment via digital storytelling. The statistical test shows $p: 1.000 > 0.05$, meaning that there is no difference between religious music and storytelling in regard to the level of cooperativeness and pain in children having invasive treatment. Religious music and digital storytelling have similar effectiveness of influence in regard to the change of cooperativeness and pain level in children having invasive treatment.

Keywords--- Religious music, digital storytelling, level of cooperativeness and pain



**EXERCISE INTERVENTION IN PREGNANCY:
A FEASIBILITY RANDOMISED CONTROLLED TRIAL
IN THAILAND**

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ABSTRACT

Exercise during pregnancy can increase physical fitness, decrease risk of non-communicable diseases (NCDs) and control gestational weight gain (GWG) including association to enhance psychological well-being. Pregnant women generally have lower exercise behaviour than in the pre-pregnancy period. The objectives were to determine the acceptability of a programme based on Thai Government guidance for exercise in pregnancy, and assess preliminary effects of the exercise programme. A total of 61 women between 12-16 weeks gestation participated in the feasibility randomised controlled trial (RCT). They were randomly allocated to the exercise intervention (n = 31) or control group (n = 30) over 10 weeks. Baseline measures were collected before intervention and preliminary effects data after completion of intervention and two weeks after expected date of delivery (EDD). Global Physical Activity Questionnaire (GPAQ) was used for assessing the exercise behaviour of pregnant women. Analysis of Covariance (ANCOVA) showed the exercise group had lower gestational weight gain than control group after controlling for maternal age, pre-pregnancy body mass index (BMI), gestational age, and baby birth weight (p <.001). The study indicated significant increases over time in physical activity after controlling for maternal age, and pre-pregnancy BMI (p <.001). Participants in the exercise programme significantly increased their exercise behaviour. The study demonstrated feasibility of conducting a larger RCT with an intervention to improve exercise behaviour in pregnant women.

Keywords: Exercise, pregnant women, exercise programme, antenatal, obesity



THE DEVELOPMENT OF A PALLIATIVE CARE MASSIVE OPEN ONLINE COURSE (MOOC): PROCESS AND PERSPECTIVES OF INSTRUCTORS

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ABSTRACT

Massive Open Online Course (MOOC) is an important higher education for developing countries that learners can access openly through the website. Palliative care course can enhance attitude, knowledge, and self-practice of the learners, including learning-teaching innovation... The objectives were to report the process of developing of MOOC for palliative care and views of instructors who developed the palliative care course. The stage explains the overviews of the design and development phases of MOOC for the palliative care course. The structure and teaching approaches were designed, including types of media based on the objectives, contents, and background of learners. Next, the outcomes from the design phase were used to develop the course over six months. The palliative care course will be tested in the implementation phase over ten weeks. Baseline measures will be collected before starting the palliative care course and preliminary outcomes data after the completion of this course. Thematic analysis of the instructor's diaries during the design and development phases identified three main themes: (1) Doubts and concern in MOOC (traditional teaching, benefits of MOOC); (2) Challenges to develop MOOC for palliative care (learning and teaching innovation, developing process of MOOC) and; (3) Overcoming barriers (social supports, problem solving approaches). MOOC is new trend in higher education in developing countries. It significantly increases open accessibility of learners and improves the effective teaching and teaching innovation in the 21st Century. The study demonstrated the process of conducting this course and experiences of instructors during the developing of MOOC for palliative care.

Keywords-- MOOC, Palliative care, Online teaching




JAVANESE FAMILY RESILIENCE IN TAKING CARE OF MENTAL DISORDER CLIENT AFTER PASUNG

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ABSTRACT

The study was conducted to find out about Javanese family resilience among those who cared for mental disorder clients after pasung. The study was focused to know how the family adjusts themselves with an inconvenient situation in taking care of mental disorder clients after pasung according to the perspective of the Javanese family. The research used a qualitative design with an interpretive phenomenology approach. The participants were eight family members who cared for mental disorder clients after pasung. The samples were obtained by purposive sampling technique. The data were collected by interview and using field notes, then analyzed by Collaizi technique. This research produced two themes, positive aspects of family resilience and Javanese culture value. The beliefs, compliance values, communication patterns, norms, and the rule of community leaders were able to provide support for achieving family resilience as the positive aspects of family resilience in taking care of mental disorder clients. The willing, accepting, and patient were able to interpret the events that must be confronted so that they were able to carry out coping strategies that were right for themselves as Javanese culture values. This research explained how positive aspects of the two themes above must be managed by the family to survive, rise, and become better in caring for mental disorder clients after pasung. Further research may focus on family role interventions consisting of family, patient, and environmental factors in taking care of mental disorder clients through family resilience.

Keywords--- Family Resilience; Family's Culture; Javanese; Mental Disorder Clients



**THE STUDY OF LEARNING OUTCOMES UNDER THAI
QUALIFICATIONS FRAMEWORKS FOR
HIGHER EDUCATION (TQF: HED) IN COMMUNITY
HEALTH NURSING PRACTICUM SUBJECT OF 4TH YEAR
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UNIVERSITY**

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ABSTRACT

This was descriptive research with the purpose is to study the learning outcomes based on Thai Qualifications Frameworks for Higher Education (TQF: HED) after community health nursing practicum of the 4th year students of the Faculty of Nursing, Naresuan University. The samples were 113 4th year nursing students. Data were collected using the evaluation form of opinions on learning outcomes in 6 areas, consisting of morals and ethics, knowledge, intellectual skills, interpersonal skills and responsibility, numerical analysis, communication and information technology skills and professional practice skills. Data were analyzed using frequency distribution, percentage, mean and standard deviation. The research results showed that the mean score of the opinions of the 4th year students, Faculty of Nursing, Naresuan University towards their learning outcomes based on Thai Qualifications Frameworks for Higher Education (TQF: HED) was quite high in all 6 areas. The area with the highest level was morals and ethics ($X=4.50$, $S.D. =0.39$), followed by interpersonal skills and responsibility ($X=4.49$, $SD=0.64$), professional practice skills ($X=3.47$, $S.D. =0.52$), numerical analysis, communication and information technology skills ($X=3.59$, $S.D. =0.52$), intellectual skills ($X=3.29$, $S.D. =0.48$) and knowledge ($X=3.10$, $S.D. =0.56$), respectively. The research results can be used as the guidelines for the development of learning outcomes and assessment in accordance with Thai Qualifications Frameworks for Higher Education (TQF: HED).

Key words: Learning Outcomes, Thai Qualifications Frameworks for Higher Education (TQF: HED), Community Health Nursing Practicum

BEHAVIOUR AND INFORMATION ACCESS WITH HEALTH LITERACY ABOUT HIV/AIDS IN FEMALE SEX WORKER (FSW) IN COASTAL AREA OF INDONESIA

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ABSTRACT

Health literacy is the ability of a person to obtain, process, and understand the basic health information and services necessary to make health decisions. The data from AIDS Commission of Jember District found that in 2004-2017 found 344 FSW who living with HIV/AIDS. Puger subdistrict is one of coastal area in Jember which has the highest total of HIV / AIDS sufferers until 2017 with 357 sufferers. The purpose of this study was to examine the relationship between knowledge, attitudes, perceptions, and access to HIV-AIDS information with FSW health literacy in the Puger Region. This research use cross sectional design approach. Sampling technique using Quota Sampling method with 35 samples of FSW. Data analysis used is univariate analysis and bivariate analysis and using Spearman statistic test. The results showed that FSW often see TV shows in the form of sinetron as much as 68.5%. In addition, 80% of information accessed by FSW from gadgets is social media. Access to information in the Puger region about HIV-AIDS is 62.9% included in the category of information access less, 37.1% are categorized as good information access. The result of statistical test shows that there is no significant relationship between access to health information ($p = 0,891$) and perception ($p = 0,278$) with health literacy. The attitude of FSW in the Puger region on HIV /AIDS is 25.7% in the less attitude category, while 45.7% are categorized enough, and 28.6% are categorized good attitude. knowledge of WPS in the Puger region on HIV-AIDS that as many as 25.7% fall into the category of knowledge less, while as many as 51.4% are categorized enough knowledge, and as much as 22.9% are categorized good knowledge. There is relationship between attitude ($p = 0,01$) and knowledge ($p = 0,03$) with health literacy. It needed to Increase the access to health information about HIV/AIDS in FSW through drama on TV and by social media.

Keywords : Behaviour, Health Literacy , HIV/AIDS, Female Sex Worker (FSW), Coastal Area



THE RELATIONSHIP OF WORK ENGAGEMENT WITH NURSE JOB SATISFACTION FACTORS: A SYSTEMATIC REVIEW

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ABSTRACT

Job satisfaction is one indicator of organizational success that continues to undergo evaluation. Work involvement is one of the efforts that can increase job satisfaction with nurses. The aim of this review is to look at the relationship of work engagement with factors of job satisfaction in nurses. The methods involved: 1) used Scopus, Sage Journals, and Science Direct databases 2) journal search starts 9-13 December 2019 3) Journal search used English Language 4) Used keywords Work Engagement, Job Satisfaction, and Factors of Job Satisfaction in Nurses 5) Used the PICOS approach. The total journals obtained were 233 and then analyzed so that 15 corresponding journals were appropriate. Work engagement was positively related with nurse job satisfaction. The factors that influence job satisfaction were work environment, affective commitment, race, supervisor emotional support, team commitment, work environment, workload, praise, team work, work climate, management style, and nursing facilities. The conclusion of this review that the emotional support of supervisors was the most influential factor for increasing nurse job satisfaction supported by work engagement.

Keyword : Work Engagement, Job Satisfaction, and Factors of Job Satisfaction in Nurses



ONLINE GAMES ADDICTION AND THE DECLINE IN SLEEP QUALITY OF COLLEGE STUDENT GAMERS IN THE ONLINE GAME COMMUNITIES IN SURABAYA, INDONESIA

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ABSTRACT

Addiction to online games in college students can lead to problems meeting basic needs for gamers such as eating, sleeping, and resting. This study aimed to analyze the relationship between online game addiction and sleep quality. The study design was descriptive analytic with a cross-sectional approach. The study population was college student gamers in the online gaming community in Surabaya. The sample of 111 respondents were obtained using a total sampling technique. The research instrument used online game addiction questionnaires and the Pittsburgh Sleep Quality Index (PSQI). The data obtained were then analyzed using the Spearman Rho test with level of significance $p < 0.05$. The results showed that the higher level of online game addiction, the lower the sleep quality of college student gamers in the online gaming community ($p= 0,000$; $r= -0,751$). Game addiction experienced by online gaming college students has a physical impact, especially the sensory system of the body's sense of sight which causes the effects of fatigue that lead to difficulty in falling asleep and achieving good quality of sleep. College student gamers can manage their free time for playing online games so they don't develop into addictions and therefore they can have a good quality of sleep.

Keywords-- Online game addiction; Sleep quality; College students; GamerS



THE RELATIONSHIP BETWEEN SELF-CONCEPT, ROLE OF PEERS AND FAMILY FUNCTION AND ADOLESCENTS' PREMARITAL SEXUAL BEHAVIOR

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ABSTRACT

The incidence of premarital sexual behavior in adolescents is still high in Indonesia. Premarital sexual behavior can be influenced by both internal and external factors. The purpose of this study was to analyze the relationship between self-concept, the role of peers and family function and adolescent premarital sexual behavior. The design of this study used a correlational cross-sectional approach. A total of 173 samples were taken and a purposive sampling technique was used. The independent variables in this study were self-concept, the role of peers and family function. The dependent variable was premarital sexual behavior. Data collection was done using a questionnaire and analyzed using Spearman's Rho with significance level $\alpha = 0.05$. The results of this study indicate that there was no relationship between self-concept and premarital sexual behavior ($p=0.142$), but there was a significant relationship between the roles of peers ($p = 0.000$) and family function ($p=0.000$) and premarital sexual behavior. Lower self-concept and family function in adolescents, the risk of having premarital sexual behavior, while the stronger the negative influence of peers also the higher the premarital sexual behavior. Further research is suggested to develop interventions with approaches to peers and adolescent families to prevent premarital sex.

Keywords--premarital sexual behavior, self-concept, peer role, family function



THE DEVELOPMENT OF GEOGRAPHIC INFORMATION SYSTEM FOR THE ELDERLY HEALTHCARE MANAGEMENT IN THAILAND

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ABSTRACT

This research aimed to develop the elderly's health database by applying the Geographic Information System (GIS). The sample of this research is carried out on people aged 60 years and over with 1,023 elderly people, five healthcare professionals, two chiefs of the village, and 30 health volunteers in the studied area. The necessary data for this research are as follows: 1) The elderly population data in the area which consisted of the locations of the elderly's accommodations, data concerning the elderly's health, and other general information such as age, profession, etc.; 2) the creation of a database system in terms of applying GIS, which is the use of spatial data from the offline database, in order to develop the elderly health mapping; 3) the utilization of the online database through the website in order to be applied as a guideline for the elderly healthcare management in the studied area. The results of this research are as follows: 1) the health mapping for the elderly in Tambon Nong Phra, Wang Thong District, Province of Phitsanulok classified by the set of data from both online and offline systems. The mentioned database was presented by visualization in order to make it possible to interpret the map instead of reading from a data statistics table. The data can also be always updated. 2) The results can be a guideline for Nong Phra Health Promoting Hospital in Wang Thong District, Province of Phitsanulok to utilize the developed database for the purpose of the elderly's healthcare management in the mentioned area.

Keywords--- elderly, database, geographic information system (GIS)



THE ANALYSIS OF THE ROASTING TRADITION (SE'I/NU), MATERNAL HEMOGLOBIN LEVEL AND THE UTERINE INVOLUTION PROCESS AMONG PUERPERAL WOMEN

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ABSTRACT

Se'i/nu is one of the traditions of the local community on the island of Timor. The mother and the baby always breathe polluted air because the fuel commonly used is biomass fuel. This can lead to health problems for both the baby and the mother. The research objective was to prove the relationship between the roasting tradition (se'i/nu) with the hemoglobin level and the process of uterine involution in postpartum women. The research design was analytical with an observational approach. The sample consisted of 42 respondents obtained through total sampling. The independent variable was the roasting tradition (se'i/nu) and the dependent variables were hemoglobin level and maternal uterine involution. The method used to measure the roasting tradition (se'i/nu) was an observation sheet. To measure the hemoglobin level, we used a laboratory check and to measure uterine involution, we conducted a physical examination and used an observation sheet. The results showed that the largest percentage of hemoglobin levels in postpartum mothers was among those that did the roasting tradition (se'i/nu) with an abnormal hemoglobin level of 66.66% (22 people). The puerperal women who did the tradition of roasting (se'i/nu) obtained high uterine fundus and the abnormal mothers made up the largest percentage of 69.70% (23 people). There was a correlation between the roasting tradition (se'i/nu) and maternal hemoglobin level ($p=0.025$) and there was also a correlation between the roasting tradition (se'i/ nu) with the process of maternal uterine involution (0.00). The conclusion is that there is a prolonged uterine involution process and that the low hemoglobin levels in the puerperium may be due to exposure to chemical susceptibility as a result of inhaling polluted air due to the se'i/nu process.

Keywords-- Roast tradition (se'i/nu), Maternal hemoglobin level, Uterine involution process



PATIENT SATISFACTION ABOUT NURSE CARING BEHAVIOR: BASED ON SWANSON'S THEORY OF CARING AND TRANSCULTURAL NURSING THEORY

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ABSTRACT

Caring is one of the main ways to get patient satisfaction. However, caring has only been interpreted as empathy, and without regard to the cultural background of patients. The aim of this study was to assess patient satisfaction about nurse caring behavior and to identify the predictors based on Swanson's Theory of Caring and Transcultural Nursing Theory. Method: Cross-sectional studies were conducted in patients at a hospital in Gresik District (n = 520 by simple random sampling) from August to December 2019. This study used maintaining beliefs, culture care preservation, knowing, being with, negotiating, doing for, enabling, and restructuring as independent variables, and patient satisfaction as the dependent variable. The instrument in this study was developed in accordance with the standard guideline of Swanson's Theory combined with Transcultural Nursing Theory; patient satisfaction was measured using PSQ. Multiple linear regression was used to identify predictors. Result: Mean score of patient satisfaction was 7.09 (SD = 0.936), maintaining belief (0.02), culture care preservation (0.03), knowing (0.01), being with (0.03), negotiation (0.02), doing for (0.03), enabling (0.04), and restructuring (0.03) significantly predicted client satisfaction (R Square = 0.895). The constructs of the Cultural Caring Model significantly predicted patient satisfaction. This study supports an investigation about the factors underlying client satisfaction on a larger scale, as well as the identification of targets in designing future interventions.

Keywords --- Caring, Cultural, Patient Satisfaction.



**VERBAL AND NONVERBAL COMMUNICATION
RELATIONSHIP WITH PATIENT SATISFACTION LEVEL
AT SULTAN AGUNG ISLAMIC HOSPITAL SEMARANG
CENTRAL JAVA INDONESIA**

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ABSTRACT

Communication is very important to be mastered and understood by every nurse in giving service in hospital, communication in verbal and nonverbal form, previous research by Dody & Titik 2015 showed less verbal communication result as many as 4 respondents (5,3 %), quite as much as 21 respondents (28%) and good as much as 50 respondents (66.7%). Non-verbal communication is less as much as 2 respondents (2.7%), quite as much as 25 respondents (33.3%) and good as many as 48 respondents (64%). Satisfaction is less than 11 respondents (14,7%), enough 13 respondents (17,3%) and good 51 respondent (68%). Judging from Handayaningsih explain about the communication its self has an important role to support the smoothness of all services in the hospital. Mainly to provide services so as to provide patient satisfaction. The purpose of this study was to identify the relationship of verbal and nonverbal communication nurses with the level of patient satisfaction at Sultan Agung Semarang Islamic Hospital. This research use quantitative method with cross sectional approach. The data collection used is done by giving the questionnaire. Number of respondents 100 respondents with simple randome sampling technique. The data obtained were processed using spearman rank test. The research showed that nurse's good verbal communication was 57 respondents (57%), and nurse verbal communication was good, 43 respondents (43%). of respondents who said nonverbal communication of nurses either as much 65 respondents (65%), and nurse nonverbal communication is good enough that 35 respondents (35%). Respondents were satisfied as much as 61 respondents (61%), while respondents stated quite satisfied as 39 respondents (39%). The verbal and nonverbal communication between nurse and patient satisfaction level at Sultan Agung Islamic Hospital with the result p-value 0.000 (p-value <0,05).

Keywords: Verbal Communication, Nonverbal Communication, Patient Satisfaction



**PROMOTING A POSITIVE NORM TOWARDS PLANNED HOME
BIRTH PRACTICE AMONG MIDWIVES: A RANDOMISED
CONTROLLED TRIAL**

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ABSTRACT

Planned home (PHB) may reduce maternal and newborn complications and death, but, its practice among midwives is constrained by the perceived negative influence of colleagues. This study was to determine the effect of a PHB education in promoting a positive norm towards PHB among midwives. A parallel group randomised controlled trial was conducted. About 226 midwives were recruited and randomly allocated to intervention and control after the baseline assessment. An adapted close-ended questionnaire was used for data collection. The intervention group received training, while the control group maintained a usual care. Data were re-collected at immediate-post, and three months follow-up. Statistical analysis involved linear mixed model. Findings showed a significant change in the mean subjective norm within the intervention group ($F= 67.47$, $p < 0.001$), but not in the control group ($F = 1.98$, $p = 0.140$). For the test of between groups, participants in the intervention demonstrated a more positive norm towards PHB practice compared to the control group at immediate post-intervention ($p < 0.001$, $d = 0.9$), and three-month follow-up ($p < 0.001$, $d = 0.9$).

PHB vignettes education is effective in promoting a positive norm towards PHB practice among midwives. The finding may inform midwives and policy makers on the strategy to create a network of collaboration towards safe motherhood.

Keywords: Home childbirth, Norm, Health Promotion, Midwives

CORRELATION OF FAMILY SUPPORT AND QUALITY OF LIFE AMONG DM TYPE II PATIENTS IN PRIMARY HEALTHCARE

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ABSTRACT

Diabetes mellitus is a chronic disease with rising epidemic prevalence in the world. In low middle-income countries like Indonesia, it causes major issues regarding morbidity and in the economic sector. As a new approach in diabetes management, there are two novel indicators that should be assessed. Quality of life is the main outcome besides blood glucose and family is involved as part of diabetes support. The aim of this study is to find out the correlation between those indicators. A cross-sectional study was done. 109 respondents who met the inclusion and exclusion criteria were selected. Inclusion criteria for the participants were adult type II DM patient, married and their spouse living together, recorded as regular patient in primary care for 2-5 years. Hensarling Diabetes Family Support Scale (HDFSS) and DQOL Brief Clinical Inventory questioners were used to collect the data. The study was held at one in primary healthcare with a high incidence of DM in Buleleng. There were 109 respondents that were selected using purposive sampling methods and who completed the assessment. Data were analyzed using Spearman correlation with p-value = 0.0001. The result of the quality of life showed 50,5% was bad; 20,2% was moderate; and 29,4% was good. Using Spearman rank analysis p-value = 0,0001 and $r = 0,318$. Quality of life and family support among DM patients has a moderate correlation. Patients that often get support from family have a good quality of life. This powerful support will make people with type 2 DM always alert and be able to control their emotions against complications and can reduce feelings of inferiority to the condition of physical limitations experienced. Family support should be integrated in diabetes management in the primary care setting.

Keywords--- DM type II, family support, quality of life




THE EFFECTIVENESS OF HEALTH EDUCATION INTERVENTION TO PROMOTE BREAST SELF- EXAMINATION PRACTICE: A SYSTEMATIC REVIEW

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ABSTRACT

Breast cancer is the most common cancer and one of the causes of the highest mortality in women. Early detection and screening are essential to reduce the mortality rate of breast cancer. Breast self-examination is one of the screening methods to get an early diagnosis. It can help to diagnose 95% of all breast cancers in the primary stage. To explore the most effective method of health interventions to promote BSE practice from international studies, the authors searched articles in four databases; EBSCO, ScienceDirect, Scopus and ProQuest between 2016 and 2020. Any experimental research that evaluated the effectiveness of health education regarding breast self-examination, any age of women from any countries and articles written in English were considered as the inclusion criteria. Seventeen articles that met inclusion criteria were chosen for this review. Based on the findings, the authors divided into two methods: face-to-face health education (educational and practical session, group discussion and role-play) and indirect health education based on information and communication technology (text messaging, mobile-based application). Each education method showed positive effects. If the technology combined with face-to-face health education method, the better outcomes were seen. The reminder should also add in these methods for long-term practice.

Keywords--- breast cancer screening, breast self-examination, health education



INDIVIDUAL FACTORS OF HEALTH SEEKING FAMILY BEHAVIOR CARING FOR MENTAL ILLNESS WITH PHYSICAL RESTRAINT (PHYSICAL RESTRAINT) IN MANGGARAI REGENCY: DESCRIPTIVE STUDY

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ABSTRACT

Health seeking behavior (HSB) has been defined as any action or absence of action taken by individuals who consider themselves to have health problems or illness for finding the right medicine. Poor availability and access to basic mental health services in Indonesia has not been satisfactory, resulting in an impact on the problem of unfinished physical restraint (Physical restraint) action. The purpose of this study is directed to an understanding of the description of the level of personal understanding of the family of the patient mental illness that is put in place and how the family HSB attempts to care for these patients (individual factors). This study uses a descriptive qualitative approach method. These are eight families of mental illness patients who are caring for mental patients in physical restraint. In this study, the researcher used non-probability sampling with snowball sampling technique and then the data were analyzed by the thematic method. The result of this study indicates that the information and handling of patients by the family mostly only focus on traditional medicine. Efforts of family seeking health behavior in caring for patients with physical restraint (physical restraint) are more influenced by individual factors. It was caused by lack of knowledge and information about mental health, self-medication due to shame and stress, and traditional medicine is influenced by the mindset of mystical elements in family behavior in caring for patients

Keywords--- health seeking behavior, individual factors, physical restraint



FACTORS RELATED TO THE NURSE'S MOTIVATION ON FULFILLING THE PERSONAL HYGIENE OF PATIENTS IN TOTAL CARE

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ABSTRACT

The personal hygiene of a patient is maintained by their nurse. The implementation of personal hygiene depends on the motivation of the nurse. Low nurse motivation in relation to personal hygiene affects the patient's recovery. The purpose of this research was to determine the factors related to the nurse's motivation to fulfill the personal hygiene of the patients under total care. A cross-sectional design was conducted in this study in addition to the observation of the population which consisted of 9 Executer nurses taking care of lodged adults in the Regions Common Hospital Prof. Dr. W. Z. Yohanesz Kupang. The sample consisted of 106 respondents that met the inclusion criterion. The dependent variable was motivation. The independent variables were responsibility, pay, working condition, working safety and the co-worker/superior relationship. The data collected utilized a questionnaire that had already been modified and tested. The analysis used logistic regression. There was a relationship between two of the factors and logistic regression, namely the factor of responsibility ($p = 0.0000$) and the working relationship ($p = 0.025$). Some of the factors that were rejected were reward ($p = 0.275$), working conditions ($p = 0.951$) and work safety ($p = 0.999$). The nurse's motivation is related to the factors of responsibility and their work relations. It was expected that this research can have a positive impact on the nurses, especially in reference to the personal hygiene of the total care patients, by providing broader opportunities for the nurses to better the personal hygiene of the patients under their total care.

Keywords--- co-worker and relationship, motivation, personal hygiene, responsibility, reward, safety of working, working condition



INSOMNIA IN HEMODIALYSIS PATIENTS WITH FUNCTIONAL DISABILITY

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ABSTRACT

Chronic kidney disease with hemodialysis therapy can cause insomnia or sleep disturbances both in terms of quality and quantity of sleep. The impacts of insomnia itself was the occurrence of functional disability and worsen it. The purpose of this research was to analyze the relationship between insomnia and functional disability in CKD patients undergoing hemodialysis in the hospital. A correlational study with cross-sectional design was used in this study. There are 128 respondents involved in this study who were selected using simple random sampling. The variables were insomnia and functional disability which were measured using the Pittsburgh Quality Sleep Index (PSQI) and Functional Independence Measure (FIM) questionnaire. Chi-square analysis with significance level <0.05 was used in this study. Results: Research shows that insomnia is associated with functional disability with a p value of 0.045. Insomnia causes fatigue and decreased concentration, which leads to someone with hemodialysis will feel unable to do activities. Interventions to improve the quality of sleep of patients with hemodialysis are needed to reduce the incidence of insomnia and prevent functional disability..

Keywords --- chronic kidney disease, functional disability, hemodialysis, insomnia



CONTRIBUTING FACTORS OF PERSONAL PROTECTION EQUIPMENT (PPE) UTILIZATION AMONG SAND AND GRAVEL (SSG) MINE WORKERS

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ABSTRACT

The low utilization of personal protection equipment (PPE) can cause a high rate of work accidents. The contributing factors related to PPE utilization need to be explored. This study aimed to explore the contributing factors of personal protection equipment utilization among sand and gravel mine workers. This study was cross-sectional. A total of 118 respondents participated in this study. The independent variables were belief, knowledge and the attitude of the sand and gravel miners, the availability of PPE and employee attitude. The dependent variable was the sand workers' behavior in using the PPE. The data was collected using a questionnaire, and tested using logistic regression with a significance level of $p < 0,05$. The results showed that the workers' belief affected their preference related to using PPE ($p=0,029$). The worker's good understanding was also shown to have a positive effect on using PPE ($0,000$). On the other hand, the availability of PPE ($p=0,000$), the site owners' awareness, and peer support were known to have a significant effect on influencing the workers' behavior in using PPE while at the mining sites ($p=0,917$). Knowledge was the strongest influencing factor. Counseling, training, and motivation regarding the use of PPE should be conducted in order to improve the sand and gravel miners' knowledge and positive attitude toward using PPE.

Keyword: Attitude; Knowledge; Personal Protection Equipment; Sand and Gravel Mine Workers



NURSE'S INDIVIDUAL FACTORS MAY PREDICT QUALITY OF NURSING WORK LIFE (QNWL) IN CLINICAL SETTING

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ABSTRACT

Quality of Nursing Work Life (QNWL) affects organizational productivity. The aim of the study was to analyze the relationship of nurse's individual factors with QNWL. The study design was descriptive correlation with cross sectional approach. The population was nurses at the Lamongan Muhammadiyah Hospital and 166 respondents were obtained through purposive sampling techniques. Variables were individual factors and QNWL. Data were collected used questionnaire and then analyzed by logistic regression test. Individual factors related to QNWL are age ($p = 0.043$), gender ($p = 0.001$), level of education ($p = 0.048$), number of children ($p = 0.023$), dependency burden ($p = 0.034$), position ($p = 0.014$), years of service ($p = 0.038$), experience ($p = 0.026$) and motivation ($p = 0.008$). Motivation are the most dominant and affects to QNWL. It is 8,945 times compared to other factors. Motivation fosters enthusiasm for nurses to demonstrate their ability to carry out their duties and the hope for obtaining rewards and job promotions from superiors that have an impact on improving the quality of life as a nurse. Management, especially in the nursing resources section, needs to keep nurses' motivation high in carrying out daily tasks.

Keywords: Individual Factors; Motivation, QNWL; Nurse; Clinical Setting



PERCEIVED BURDEN OF MULTIDRUGS-RESISTANT TUBERCULOSIS PATIENTS AND THEIR FAMILY: A SYSTEMATIC REVIEW OF THE QUALITATIVE LITERATURE

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ABSTRACT

The incidence of Multiple Drugs Resistance Tuberculosis (MDR TB) is still very high. MDR TB treatments require a long period of care that could lead to an impact on MDR TB patients and their families. This study aims at reviewing and synthesizing the perceived burden of MDR TB patients and their families. A literature review was conducted through a search of four journal databases which found eight articles according to the inclusion criteria which were then identified, evaluated and synthesized. A thematic synthesis was conducted of the selected studies. This review identified four major themes related to the perceived burden by MDR TB patients and their family, namely; physical, psychological, social and financial burden. Understanding the difficulties and burdens experienced by MDR TB patients and their families is important in order to choose the appropriate intervention according to the problems that may arise due to MDR TB disease..

Keywords: Family; Multiple Drugs Resistance Tuberculosis; Perceived Burden; Systematic Review



THE USE OF OLIVE OIL FOR REDUCING THE COMPLAINTS OF ITCHING RELATED TO STRIAE GRAVIDARUM IN PREGNANT WOMEN

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ABSTRACT

This study is regarding the incidence of complaints of itching made by pregnant women, one of which is caused by striae gravidarum. The appearance of striae gravidarum, already triggered by the occurrence of stretchmarks, is present on the surface of the skin due to radical weight loss over a short period of time. The purpose of this research was to learn about the use of olive oil to reduce the itching complaints of striae gravidarum among the expectant mothers in the village of Anyer Ponggok Ringin Blitar. The research design used was True Experimental research. The population examined was the total number of pregnant women in the village of Ringin Anyar, totaling 30 pregnant women. The final respondents totaled 27. The design used was a technical pre-post test control group. The method of sampling used was simple random sampling. The research instrument used was olive oil for 3 days. The research results were then analyzed using the Wilcoxon and Mann-Whitney tests. The results of the analysis showed there to be no difference before or after being given the olive oil to treat the itching of the pregnant women in the village of Ringin Anyar Ponggok Blitar. The prevalence of events in Puskesmas ponggok states that on June 2nd 2016, out of the 28 pregnant women who were examined, 17 of them experienced itching called striae gravidarum. Based on the results of the research, it is expected for all of the expectant mothers to keep their skin moist with olive oil at the beginning of the second trimester in order to reduce the rate of itching in pregnancy.

Keyword: pregnant women, itching, olive oil



FAMILY EXPERIENCES OF CARING FOR A DIABETES MELLITUS PATIENT: A QUALITATIVE STUDY

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ABSTRACT

Diabetes mellitus is a chronic disease that requires lifelong care. The treatment of diabetes mellitus patients at home requires a family role so then the patients can optimize their care. The diabetes complications can be reduced as a result. The aim of this study was to explore the family experience of treating diabetes mellitus patients at home. A semi-structured phenomenological approach including inductive thematic analysis was used in this research. Thirteen family members of diabetes patients participated in the discussion. Participant recruitment was focused on families that have treated diabetes patients for more than 1 year with no complications. Data saturation occurred after 2-3 meetings per participant. The experiences of the family members while caring for diabetes mellitus patient can be used to determine the presence of 5 themes: family feelings that appear when caring for diabetes mellitus patients, patient adherence to taking medication, patient's disobedience of their diet, patient's disobedience of activity and the family expectations of the future. In every theme, family experience obstacles arise between the families' wants and the patients' needs. Diet and activity became a major obstacle to diabetic care at home. Some topics needed more attention, such as the information and support provided for the family.

Keywords--- Diabetes Care;Diabetes Mellitus; Family Experiences; Family Support



**PARITY IN RELATION TO THE COMPLIANCE OF
PREGNANT MOTHERS ATTENDING A PREGNANT
WOMEN'S CLASS IN THE WORKING AREA OF THE
HEALTH CENTER OF BANDUNG TULUNGAGUNG
DISTRICT**

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ABSTRACT

The parity of pregnant women means that some pregnant women have experience in undergoing pregnancy and childbirth, making them no longer routinely attend class activities. The study objective was to find out the relationship between parity and the adherence of pregnant women when taking classes in the Working Area of Bandung District Health Center, Tulungagung. The design used was correlational and analytical with a prospective approach. The population consisted of 30 pregnant women in Sukoharjo Village, Soko Village and Singgit Village. The sample was taken through total sampling. The independent variable was parity and the dependent variable was the compliance of the pregnant mother to follow the pregnant women's class. The data was collected using a questionnaire and observation sheet before being analyzed using a Chi square test with a p value < 0.05. The results showed that most were multiparous mothers (63.4%) and that 80% of them have a routine involving attending the classes. The results how there to be a relationship between parity and the compliance of the pregnant mothers to attend the pregnant women's class ($p= 0.017$). Parity can affect the compliance of pregnant women when it comes to attending the classes for pregnant women. The most common result for parity was multipara parity. Parity relates to having experience and information related to undergoing pregnancy and childbirth.

Keywords-- Parity, Compliance, Class of pregnant women


A SYSTEMATIC REVIEW OF DIABETES RESILIENCE ON QUALITY OF LIFE

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ABSTRACT

Patients who have regular treatments and who stick to the recommended diet for diabetes mellitus (DM) will cause a burnout in undergoing treatment. This will make their blood sugar level unstable and result in incomplete treatment. The present study aimed to analyze the diabetes resilience related to quality of life (QoL) using a systematic review. This study used the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) approach. The subject was extensively searched for in the Scopus, Science Direct and CINAHL databases. The search utilized the phrases “resilience,” “resilient,” “resiliency,” “Quality of Life,” and “diabetes mellitus.” The search was conducted focused on the titles, abstracts and keywords. The inclusion criteria in the study literature were that the document type was an original article, that the source was a journal, that the article was written in English and that the full text was available. The age of the subject in the items was not specified to capture the resilience in type 1 diabetes mellitus (T1DM) and type 2 diabetes mellitus (T2DM) as broadly as possible. The publication time limit was 2014 to 2019. We identified 270 articles where 15 were considered relevant for this systematic review. The results showed that the patients would have a better quality of life after entering a resilient condition while undergoing diabetes treatment. The present review study suggests that optimizing diabetes resilience will influence the quality of life of DM patients. Nurses and other health care professions should consider ways to improve resilience.

Keywords--- Type 2 Diabetes Mellitus; Resilience; Quality of Life



NON-PHARMACOLOGICAL THERAPY FOR THE ELDERLY TO PREVENT DEMENTIA THROUGH COGNITIVE STIMULATION THERAPY: A SYSTEMATIC REVIEW

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ABSTRACT

Dementia is the most prevalent disease in older people and it has become the largest global public health priority. Not only does it cause a progressive loss of independent functioning, a decline in the cognition of people with dementia and family restlessness but it also leads to an enormous social and economic burden. The aim of this study was to describe the non-pharmacological therapy that is commonly used and to show the significantly effect that it has in terms of preventing cognitive decline in the elderly with dementia. Methods: The literature review approach was used with a cross-sectional framework. Data was taken using a checklist and observations that were modified from the key words used to search Scopus databases. The 20 final articles were published from 2010 to 2019. The data was analyzed through a comparative study. Results: There are several interventions based on cognitive stimulation therapy including clock-drawing, board games, story-telling, musical therapy, bright light therapy, aromatherapy, touch therapy, gardening, brain gym, modality therapy etc. From the study, it was found that cognitive stimulation therapy is suitable in all conditions, is easy to implemented and it significantly improved the cognitive and executive functioning of the elderly with dementia. Discussion and conclusion: Nowadays, most studies concern alternative approaches that are non-invasive, cost-effective, safe and easy to implement. Cognitive stimulation therapy can be the best choice. It is expected that further research is needed to find other tools for scoring the intervention that is most suitable for all.

Keywords--- Cognitive stimulation therapy; prevent dementia; elderly; non-pharmacological therapy



RELATIONSHIP OF DIABETIC ULCERS IN PATIENTS WITH DIABETES MELLITUS WITH BODY IMAGE : A CROSS SECTIONAL STUDY

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ABSTRACT

Diabetic ulcers are the most feared complications of Diabetes mellitus patients because of reduced blood supply to the tissues, causing tissue death and compounded with bacterial infections that can cause amputations and even have wide impact because they can cause death, morbidity, disability, and decreased quality of life. The purpose of this study was to determine the relationship of diabetic ulcers in patients with diabetes mellitus with body image. The research design used was analytic survey with cross sectional design. The sample in this study proves 40 samples taken Probability of Samples with the type of sampling in a row that is a diabetic ulcer sufferer who performs examinations in the clinic of Jember. This research was conducted by observing the degree of injury for diabetic ulcers and questionnaire sheets for body image. The results of this study were analyzed using the statistical test Spearman rank test. The results of the analysis showed that first-degree injuries were 22 respondents (55%), second-degree injuries were 17 respondents (42.5%), and third-degree injuries were 1 respondent (2.5%). While the body image results in diabetics with 13 respondents (32.5%) had a negative body image, while 27 respondents (67.5%) had a positive body image. The results of the analysis of the two variables obtained by the value of p value Sig. (two tailed) of 0.023 α (0.05) which shows that there is a relationship between diabetic ulcers in patients with diabetes mellitus with body image. Clients who suffer from diabetes mellitus will affect the appearance of the body, especially will have an impact on body image so it is very important for clients diabetes mellitus to improve adjustment in dealing with the disease process and the consequences of the disease.

Keywords: diabetic ulcer, body image



DETERMINANT OF KNOWLEDGE AND ATTITUDE RELATED TO PALLIATIF CARE NURSE

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ABSTRACT

There are only a few health care institutions in Indonesia that carry out palliative care. The factors that are related to the knowledge and attitudes of the health workers who work in the palliative care services are still unknown. The aim of this study was to find out the determinants of the factors related to the nurses' knowledge and attitude in the context of palliative care in a hospital in Surabaya. This study used a cross-sectional design. The sample size was 115 respondents via total sampling. The independent variables were age, education, training experience, length of work and place on the career ladder. The dependent variables were knowledge and the attitude of the nurses toward palliative care. The data was obtained through a questionnaire and it was analyzed using Chi-square, Spearman rho and a multiple linear regression test. There was found to be a relationship between age ($p = 0.004$) and length of work ($p = 0.016$) with knowledge in palliative care. There was also found to be a relationship between the length of work ($p = 0.049$) and career ladder ($p = 0.013$) with the nurse's attitude in palliative care. It is expected that the nurses in the hospital can take part in training so then their knowledge will increase. In addition, the arrangement of the career ladder also needs to be clear to create positive behaviors among the palliative nurses. The quality of the palliative services will increase as a result.

Keywords--- Attitude; Knowledge; Nurse; Palliative Care

EFFECTIVENESS OF SLOW BREATHING TRAINING ON DECREASING BLOOD PRESSURE IN PATIENT WITH HYPERTENSION: A SYSTEMATIC REVIEW

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ABSTRACT

Hypertension is recognized as a major health problem throughout the world leading to various life-threatening heart diseases. The higher the level of blood pressure in the long run, the more likely there is a complication of hypertension. Slow breathing exercises is one of non-pharmacological therapies that can be used to control or reduce blood pressure and strengthening of breathing muscles. This systematic review is to analyze the effectiveness of slow breathing training in blood pressure in patients with hypertension. Literature search is through Scopus, Pubmed, Proquest, Science Direct, and EBSCO. with the last 5 years (2014-2019). Criteria for inclusion in this review are as follows: studies involving hypertension, ages for 18 years and over, patients who have received or are still receiving slow breathing exercises. Keyword in this review was Slow Breathing, Blood Pressure, and Hypertension. There are 10 journals chosen. Total respondents in this review were 1757 hypertensive patients who received slow respiratory therapy. Slow breathing training provides many benefits for hypertensive patients. Subjects with hypertension, pre-hypertension and antihypertensive drugs, were given slow breathing intervention that is inhaling as much as ≤ 10 breaths / minute carried out for ≥ 5 minutes. This exercise is carried out at ≥ 3 days / week; total duration of intervention ≥ 4 weeks; Slow breathing training reduces blood pressure at rest, the average using this slow breathing exercise, blood pressure drops 10 -15 mmHg in systole and diastole. Overall, slow breathing exercises decreased SBP by -5.62 mmHg [-7.86, -3.38] and DBP by -2.97 mmHg [-4.28, -1.66]. Slow breathing training provides many benefits for hypertensive patients. Especially for patients with isolated systolic hypertension. This non-pharmacological therapy can be carried out by individuals independently in controlling the breathing rate so that they can reach breathing speed both during inspiration and expiration. Slow breathing exercises can also help increase baroreflex sensitivity, then affect blood pressure reduction.

Keywords: slow breathing; blood pressure; hypertension



THE INFLUENCE OF A FAMILY SUPPORT GROUP ON THE MOTIVATION OF DRUG USERS UNDERGOING THE REHABILITATION PROCESS IN SYIFA MEDIKA CLINIC ADDICTION REHABILITATION CENTER

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ABSTRACT

One form of intervention is the rehabilitation of drug users. This takes time, money and effort. It takes a family support group to ensure that the drug users are motivated. The aim of this research was to determine the influence of family support on the motivation of the drug users undergoing rehabilitation at Syifa Medica Clinic in Kediri. This study used a correlation analytical design and a cross-sectional approach. The population of this research consisted of all of the drug users undergoing the rehabilitation process with the 25 samples taken using the accidental sampling technique. The independent variables of family support and motivation are needed to undergo rehabilitation process. These variables were collected using a questionnaire and analyzed using the Spearman Rank test. The results of this study show that most of the respondents have positive support, totaling 15 respondents (60%). Nearly half had low motivation, totaling 12 respondents (40%). No family support relationships were found to pair with the motivation to undergo rehabilitation among the drug users (Spearman, $p = 0,000 < 0,05$: H_0 is rejected). The level of relations included 'quite strong' and 'positive' (+0,732). Family support allows the drug users to obtain emotional closeness, causing a sense of security and a high motivation to undergo rehabilitation.

Keywords -- Family Support Group, Motivation, Addiction Rehabilitation




BEHAVIOR IN EXCLUSIVE BREASTFEEDING IN TERMS OF BREASTFEEDING SELF EFFICACY IN PRIMIPARA MOTHERS

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ABSTRACT

Mothers with low self efficacy, mothers may already understand the importance of breastfeeding for their newborns. However, due to an inadequate level of confidence and comfort of the mother to perform breastfeeding, eventually when the mother encounters difficulties while performing breastfeeding activities, the mother tends to discontinue giving or directly to formula feeding early on. Purpose: to examine the relationship between Breastfeeding self efficacy and behavior in exclusive breastfeeding in primipara mother. Method: the study used observational. The population is all Primipara mothers in Sukorame Community Health Center. Sample that is partially primipara mother who appropriate in Sukulame Community Health Center as much as 89 respondents were given questionnaire. The statistical test used by spearman's correlation with significance level $\alpha = 0,05$. Results: The results showed that breastfeeding self efficacy was associated with behavior in exclusive breastfeeding in the good category of 25 respondents (28.4%). The result of spearman's correlation test obtained p value $0,022 < 0,05$ then H_1 accepted mean there is relationship between breastfeeding self efficacy with behavior in exclusive breast feeding at primipara mother. Conclusion: A good breastfeeding self efficacy can change the behavior in exclusive breastfeeding, so if breastfeeding self efficacy is affecting well, it will help in the process of behavior change that is also good for the respondents in the case of exclusive breastfeeding.

Keywords: breastfeeding, self efficacy, primipara mother



THE EFFECTIVENESS OF FAMILY PSYCHOEDUCATION TO MANAGE THE MOOD OF PATIENTS WITH BIPOLAR DISORDER: A SYSTEMATIC REVIEW

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ABSTRACT

Psychoeducational interventions for both the family and patients with bipolar disorder are effective at improving compliance and preventing relapse. Whether there is a benefit from these interventions on the management of the mood of bipolar disorder patients has been little explored. This systematic review has investigated the effectiveness of psycho-education on the family care outcome related to the management of mood symptoms with bipolar disorder. We searched for Randomized Controlled Trials (RCTs) published in English across 2 databases. Fifteen RCTs were included and the intervention duration ranged from 6 to 96 weeks. The relevant articles published between 2008 and 2018 were obtained by searching Scopus and Science Direct. We looked into the effectiveness of family psychoeducation on the management of the mood of patients with bipolar disorder. Psychoeducation for the family also had some positive effects used to help the patients with bipolar disorder to increase the quality of their lives by developing their knowledge about bipolar disorder. This included information about the recurrence rate of the illness, the necessary medication and its adverse effects, triggering factors, the needed adherence to drugs, how to control the symptoms, stress management, the risk of suicide, the avoidance of the use of alcohol and the importance of leading a well-structured life.

Keywords--- Family Psycho-education; Management of Mood; Bipolar Disorder



THE EFFECT OF 1 SESSION OF PARADOXICAL INTENSION LOGOTHERAPY ON PRISONERS WITH ANXIETY IN LAPAS

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ABSTRACT

Living in prison can cause anxiety among the prisoners. The major aspect of anxiety is related to feeling worried that society won't accept them again. This is as a lot of people stay away from ex-prisoners. Logotherapy conducted in the form of 1 paradoxical intention session can affect the anxiety of prisoners in LAPAS (a correctional facility). The purpose of this study was to determine the effect of a paradoxical intention session on the anxiety felt by the prisoners LAPAS. The design of this study was pre-experimental with a one-group pre-post-test design approach. The population studied consisted of the detainees in LAPAS totaling 109 people. Random sampling obtained a sample of 78 people. The independent variable was a paradoxical intention logotherapy session while the dependent variable was anxiety. The data was collected using a questionnaire. The data analysis used a Wilcoxon test at $\alpha = 0.05$. The results of the study before logotherapy showed that the respondents in a panic situation totaled 33 respondents (42.3%). After logotherapy, the detainees with severe anxiety totaled 18 respondents (23,1%). The results of the analysis had a p-value $(0,000) < (0.05)$. This means that there is an effect from the paradoxical intention session on the anxiety of the prisoners in LAPAS. Anxiety was not significantly due to age, education, length of detention and logotherapy given as a single session, the length of the administration, and the provider of logotherapy.

Keywords-- anxiety, logotherapy paradoxical intention session 1

EXPERIENCE OF CAREGIVER COPING MECHANISMS WHEN TAKING CARE OF A SCHIZOPHRENIA PATIENT

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ABSTRACT

The purpose of this study is to discuss the experience of protected caregivers when treating schizophrenic patients. Coping strategies are the strategy used to overcome stressors. The use of a coping strategy can be either destructive or constructive. Caregivers must undergo coping in order to care for schizophrenic patient to overcome the stress. This research used an interpretive phenomenology paradigm. The samples were selected using purposive sampling totaling 7 people with experience of caring for at least 1 year, who were physically and psychologically healthy, who were accepted as a participant and who could describe their coping mechanism experience well. The research instrument was the researcher. The data collected was through in-depth interviews and observations. The results of the interviews were analyzed using the Van Manen (1990) method to maintain the authenticity of the life experiences or phenomena while investigating the existing experiences based on the phenomena, reflecting on the essential themes that characterize the phenomena and describing and correcting phenomena. The researcher obtained 5 themes from the data, namely the effect as a stressor, the effect of stressors on feelings, actions in caring, changes during treatment, and coping strategies. The use of coping strategies by the caregivers is a way of coping that focuses on problems and coping that focuses on emotions. Based on the results of the study, it is expected that caregivers will go on to use fully adaptive coping when treating schizophrenic patients at home. The use of adaptive coping strategy resulted in the patient care being optimally supported.

Keywords--- Coping Mechanism; Caregiver; Schizophrenia



ASSERTIVE TRAINING IN THE FORM OF ROLE-PLAYING TO CONTROL THE AGGRESSIVE BEHAVIOR OF PEOPLE WITH SCHIZOPHRENIA IN THE COMMUNITY

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ABSTRACT

Schizophrenics are significantly linked to violent behavior compared to those with other disorders. There is an inextricable link between mental illness and violence, creating stigma and an uncomfortable environment for the family. This study aimed to analyze the effect of role-playing on the ability to control the anger of schizophrenics with violent behavior in the community. The design of this study was quasi-experimental with a pre-test-post-test control group design. The sample was divided into 2 groups consisting of 18 participants in the control group and 18 participants in the treatment group. The Federer formula and purposive sampling method was used to determine the sample size. The data collection was accumulated by observation on a pre-test and post-test sheet. The data was analyzed using a Paired and Independent T-Test ($p < 0,05$). The results of the ability to control anger in the treatment group experienced an increase after being given assertive training (role-playing) ($p=0.000$) while there was no difference ($p=0.097$) in the control group in accordance with the results of the research which showed assertive training was proven to improve the anger control ability of schizophrenics with violent behavior in Lawang Psychiatry Hospital. Using assertiveness training, especially role-playing, can decrease anger. This method will improve their anger management skill and help the nurses in preventing the recurrence of violent behavior among schizophrenics.

Keywords--- Assertive training, Role playing, Anger management skill, Aggressive behavior, Schizophrenia



THE PSYCHOLOGICAL CONDITION OF THE PARENTS OF CHILDREN SUFFERING FROM SPINAL MUSCULAR ATROPHY

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ABSTRACT

Fatigue during the treatment period results in a negative response when taking care of their disabled child. A change in the behavior of the parents has an impact on their physical and mental health. This study aims to explore the experience and psychological condition of the parents with children suffering from Spinal Muscular Atrophy. This study was qualitative research with a phenomenological study approach. The participants totaled as many as 23 families selected through purposive sampling. Collecting the data was done through in-depth interviews analyzed thematically using Colaizzi's steps. The results show that the experience of the parents of children suffering from Spinal Muscular Atrophy consists of 17 themes formed of 5 categories and 33 sub-themes. The parents' experience related to their children suffering from Spinal Muscular Atrophy can be described referencing the following: 1) The parent's understanding of the childhood illness, 2) Parental burden, 3) The influence of illness on the family, 4) Self-obstacles, 5) Infrastructure barriers, 6) Grieving, 7) Sources of support, 8) Type of support, 9) Division of roles, 10) Coping mechanisms, 11) Skill improvements, 12) Efforts when looking for help, 13) The development of the children suffering from Spinal Muscular Atrophy, 14) Co-morbidities in the children suffering from Spinal Muscular Atrophy, 15) Substitute caregivers, 16) Acceptance and 17) Policy. The experience of the parents with children suffering from Spinal Muscular Atrophy in Indonesia is one that requires support from within themselves, from within their families and socially to reduce the burden and obstacles felt by the parents. It is expected that health care agencies and the parents can provide appropriate care for the children suffering from Spinal Muscular Atrophy.

Keywords-- Spinal Muscular Atrophy; Parent Experience; Child; Qualitative Research



HEALTH PROMOTION STRATEGIES IN POSYANDU PARK PROGRAM OF PUBLIC HEALTH CENTER AT KEDIRI CITY

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ABSTRACT

Education, healthy and economy are the three pillars that greatly affect of quality of human resources. One form of community empowerment efforts in the field of health is to develop Posyandu. Posyandu Park is integrated service post development which is given additional services of early child development and the development of a toddler family. To optimize function of Posyandu Park necessary to have a special fascilitator and focus on monitoring, assisting cadres to evaluate and develop program. This study is to know implementation of health promotion strategy in Posyandu Park Program at Public Health Center Kediri City. Informants from this study consisted of four people Posyandu Park Facilitator officer. Data is collected by indepth interviews. Data is analyzed according to Colaizzi's stage data analysis. Implementation of empowerment activities found the training of facilitation officer and cadres are uneven and absence of special means for promotional activities of Posyandu Park Program. Activity of developing the social support found the existence of problem because of the absence of Services of Early Child Development cadres and insufficient means of Educational Game Tools. Advocacy activities conducted policy proposals on the establishment of services of early child development cadres and addition of cadres and the addition means of educational game tools. Partnership activities have been created a good coordination between facilitator officers with the stakeholders but there are problems in the mechanism of distributing incentives for facilitator officers and cadres.

Keywords : Facilitator Officer, Posyandu Park Program, Health Promotion Strategies



**THE RELATIONSHIP BETWEEN SPIRITUALITY AND THE
DEPRESSION LEVEL OF THE ELDERLY AT THE WERDHA
ORPHANAGE SOURCE OF GOD'S MENTAL RELIGION
TURI LAMONGAN INDONESIA**

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ABSTRACT

Spirituality is a vertical and horizontal two-dimensional concept. Elderly is not a disease, but continues the life process which is characterized by a decrease in the body's ability. A psychological problem that is often experienced by the elderly is depression. Depression experienced by elderly people (84%) is caused due to social isolation, job loss from daily activities. In this study, trying to study the relationship of spirituality with the level of depression in the elderly. This study uses a correlational analytic method using cross sectional. The sampling method used was Simple Random Sampling as many as 33 respondents, data collection using a questionnaire and then for testing using the Spearman rank test. The results showed that the most spirituality was the moderate category, 28 people (84.8%), for the most depressed levels were the mild categories, 19 people (57.6%), there was a significant relationship between spirituality and the level of openness of the elderly with a significant level of $0.001 < 0.005$ with the results of the competition -0.535 . Spirituality can overcome the level of depression in the elderly through religious activities because the spiritual level of the elderly is related to the incidence of depression in the elderly.

Keywords: Spirituality, elderly, depression



EXPERIENCE OF FAMILY ACCEPTANCE WITH THE SCIZOPHRENIA PATIENT: A SYSTEMATIC REVIEW

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ABSTRACT

Family acceptance provides psychological and behavioral effects shown through caring, attachment of support and care where the family can provide the care needed by family members who experience schizophrenia as a form of family feeling. The purpose of this study is to explore how families receive family members suffering from schizophrenia. Know the process of family recruitment for family members suffering from schizophrenia. Sources of articles were obtained from searches through Scopus, Google Scholar, Science Direct, and Proquest databases. The article search began in 2014 until 2019 and found 15 articles following the criteria analyzed. After the article has been obtained, a systematic review is carried out. Family interventions accept family members who suffer from schizophrenia thus compensating for an increase in schizophrenics. The results of this review found a positive aspect of the theme: the existence of family support, reducing the mind experiencing stigma and discrimination, utilizing health facilities, acceptance of family members who experience mental disorders. The conclusion of 15 journals found 9 journals that have the same theme, namely the positive aspects of nature.

Keywords: Experience Acceptance; Family; Schizophrenia.



ELECTRONIC MEDICATION TO MINIMIZE MEDICATION ERROR: SYSTEMATIC REVIEW

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ABSTRACT

Quality has been the main focus of attention in health services in decades. One of the factors that can lower the quality of health care and patient confidence is the fault of the medication. A medication error is an event that can lead to an error using the drug under the supervision of a health professional and this event should be avoided. Approach on systematic This review uses the Cochrane approach and a journal sourced from several databases among IainScopus, Pubmed, BMJ, BMC, NCBI, ProQuest, Science direction in the last 5 years. Boolean operators in the search process use AND and OR. Overall, the review consists of 15 articles (table 1). In this review, the electronic system affects Medication Error and improve patient safety. The intervention can be used and applied to improve patient safety namely: 1) EMMS (Electronic Medication Management Systems), 2) EHR/EHRs (Electronic Health Reports), 3) E-Prescribing (Electronic Prescribing), 4) MediDocQ (Medication Administration Charts), 5) CPOE (Computerised Provider order entry). Health information technology in the field of medication proved effective to reduce the fault of the medication in hospital patients.

Keyword : medication error, system electronic, electronic medication, patient safety



PARENTAL ATTENTION AND CHILDREN'S ADDICTION TO ONLINE GAMES

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ABSTRACT

Playing online games could promote children's problem solving skill; however, parents need to protect their children when playing online games as it can be addictive. Limited studies have explained about parental attention and children's addiction to online games. This study aimed to analyze the relationship between parental attention and children's addiction to online games. An analytic observational study with a cross-sectional approach was used in this study. Seventy-five schoolchildren in grade 4 and 5 and their parents were chosen based on stratified random sampling. Data analysis was performed using the Rank Spearman correlation coefficient test with significance level of .05. The results showed that there was a strong relationship between parental attention and children's addiction to online games ($p < .05$). Parental attention could reduce children's addiction to online games. It is recommended that parents should be aware of negative effects of excessive online games.

Keywords--- Parental Attention; Children's Addiction; Online Games



THE FAMILY SUPPORT AND KNOWLEDGE OF CHILDBEARING AGE WOMEN INTENTION TO PREVENT CERVICAL CANCER BY USING VISUAL INSPECTION WITH ACETIC ACID (VIA) EXAMINATION

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ABSTRACT

Cervical cancer is second cancer for women in the world especially in development countries. Examining visual inspection with Acetic Acid (VIA) is one of the ways to detect early the cervical cancer easily and simply, but actually there are still many women of childbearing age who don't want to do it because the family support and knowledge are still low. This study aims to determine the relationship between the family support and knowledge with intention women of childbearing age to VIA. The research method was correlation analytical by used sectional cross. The population was 72 respondents and the sampling 61 respondents which used simple random sampling. The independent variable was the family support and knowledge and the dependent variable was women of childbearing age. The instrument used was questionnaire. The data analysis used was Spearman Rank Test $p < 0,05$. There was relation between family support and intention women of childbearing age to examine visual inspection with acetic acid (VIA) ($p = 0,000$; $r=0,482$), and there was relation between knowledge and intention women of childbearing age to VIA ($p = 0,003$; $r=0,376$). The family support and knowledge related intention women of childbearing age to examine visual inspection with acetic acid (VIA). The specific knowledge about cancer screening cervical cancer and the family support was important element in order to determine what woman would examine visual inspection by used acetic acid (VIA).

Keywords: family support, knowledge, intention, women of childbearing age, acetic acid (IVA)

EXPERIENCE OF GLUCOSE CONTROL: A QUALITATIVE STUDY OF DIABETES MELLITUS TYPE 2 PATIENTS

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ABSTRACT

The identification of various phenomena related to type 2 diabetes mellitus, especially concerning the recognition of the signs, symptoms and blood glucose levels that affect emotional responses, is important for diabetics to use as a basis for determining the action strategy that is to be performed. This was identified in order to maintain blood glucose control during diabetes mellitus. This study aims to explore the efforts to control blood glucose to achieve an improved well-being among people with diabetes mellitus. This research used a qualitative method through a phenomenological approach and a purposive sampling technique. The data analysis used the Interpretative Phenomenology Analysis approach through in-depth interviews, observations and assistance from the patient's note files. The population involved 15 participants with diabetes mellitus type 2. The study produced the theme 'maintaining personal well-being'. Three sub-themes were identified: (1) trying to find accurate information, (2) feeling in a traumatic event and (3) managing effective coping strategies. The efforts undertaken present specific challenges related to maintaining and improving personal well-being especially when dealing with situations of increasing blood glucose during diabetes mellitus. These challenges are confronted so as to improve their healthy behavior through efforts to maintain their diet, exercise, stress management and blood glucose. This includes taking their medication regularly and controlling the patient's coping mechanism.

Keywords: Self Control; Glucose Level Blood; Diabetes Mellitus

SHYNESS DURING FOLEY CATHETER INSERTION

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ABSTRACT

Foley catheter insertion in patients treated in hospitals is common. This catheter placement has different goals between one patient and another. Insertion that is done can provide a different experience. The aim of this study was to know the effect of catheter placement in relation to shyness. Shyness and foley catheter were the research variables. This research used a cross-sectional method with 60 respondents has already catheter placement in first day treatment. Consecutive sampling used in this study with distribution frequency analysis with a catheter related bladder discomfort questionnaire were used to get the data in this study. This research was conducted at Sultan Agung Islamic Hospital. Frequency distribution was used for analysis in this study. The results obtained that as many as 47 respondents (76.7%) expressed shyness during insertion, and 25 respondents (41.7%) had shyness during foley catheter placement. Catheter insertion absolutely increases shyness response for most respondents, and during length of placement catheter shyness response decrease. Other research needs to be done on factors related to shyness in patients with foley catheter insertion

Keywords: foley catheter insertion, shyness



RELATIONSHIP BETWEEN GENDER AND EDUCATION LEVEL WITH QUALITY OF LIFE OF ELDERLY AT NURSING HOME IN INDONESIA

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ABSTRACT

Aging is a transition period where people experience changes, not only in physical health, but also in social roles and wellbeing. This study aims to identify gender relations and education with the quality of life of the elderly who live at UPT Tresna Werdha Social Services in Pasuruan in Lamongan. This study used a cross-sectional design and a healthy and cognitive elderly population registered as members of the Tresna Werdha Pasuruan Social Services Unit in Lamongan as many as 50 people, taken using total sampling techniques. Data were analyzed by multiple linear regression statistical tests with a significance level of $\alpha < 0.05$. Statistical correlation test results were obtained by multiple linear regression had values $\rho = 0.447$ so that $\rho > 0.005$, meaning there is no relationship between gender with the quality of life of the elderly. Likewise, there is no relationship between the level of education with the quality of life of the elderly, the value of $\rho = 0.059$ so that $\rho > 0.005$. Gender and education level factors are not related to the quality of life of the elderly so more research is needed, which requires more respondents to obtain significant results.

Keywords: gender, education level, quality of life and elderly



EFFECTIVENESS OF MOBILE-BASED HEALTH INTERVENTIONS FOR THE MANAGEMENT OF HYPERTENSIVE PATIENTS: A SYSTEMATIC REVIEW

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ABSTRACT

Cardiovascular disease is one of the biggest causes of death in the world. Hypertension is known as a major risk factor for morbidity and mortality in cardiovascular disease. Adherence to treatment is very important to overcome the problem, prevent complications, and prevent prolonged hospitalization in hypertensive patients. With the ever increasing technological development and the popularity of the use of internet-connected cellphones among the public, mobile-based and internet-based health interventions can be the right choice for the management of hypertensive patients. This study aimed to conduct a systematic review of the effectiveness of health interventions based on mobile health interventions for the management of hypertensive patients. This systematic review used the related elements to content chosen by the PRISMA statement and using specific keywords in the database; Ebscho, ScienceDirect, Elsevier, Sage Journals, Scopus, and ProQuest, limited to the last five years, 2016 to 2020, obtained 13 articles. There were 13 articles that matched the inclusion criteria. There are various forms of intervention: from Short Message Services (SMS), smartphone applications, WeChat, and a combination of SMS with smartphone applications. Most studies report the value of customer satisfaction and high acceptance of each of the interventions provided. Mobile-based health interventions are effective in controlling blood pressure and can improve adherence to treatment in hypertensive patients

Keyword: hypertension, mobile health, randomized controlled trials



NATURAL LIGHT THERAPY TO LOWER AGITATION AND SLEEP DISTURBANCE OF DEMENTIA PATIENTS IN SEMARANG

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ABSTRACT

Agitation is the mismatch of verbal, vocal, and motor activities that are not based on clear or confused needs. This disorder is a common and challenging symptom affecting dementia patients and impacting on sleep quality. This study aims to describe the effect of light therapy on agitation and sleep disturbance experienced by dementia patients in Semarang. The study used a quasi-experimental with one group design pre and posttest. The research samples were 83 respondents using a purposive sampling technique. The respondents received a daily routine of light therapy over a seven day period. Pre and posttest data were obtained from the Pittsburgh Agitation Scale to obtain agitation level and sleep pattern observation sheet to observe sleep disturbance. For the empirical investigation, 32 men and 51 women were recruited (mean age 67.35 years). Of these, 100% of respondents suffered a moderate level of agitation and 34.9% had sleep disturbance observed from sleep hours in a day. A Wilcoxon test was conducted to compare the agitation levels and sleep disturbance before and after light therapy. Findings showed that agitation level and sleep disturbance decreased with the light therapy ($z = (-8.11)$, $p < 0.05$; $z = (-8.08)$, $p < 0.05$). These findings suggested that light therapy confers benefits in terms of agitation and sleep disturbance in dementia patients, as well as cost-effectiveness in an intervention that can readily be implemented in nursing homes.

Keywords: light therapy; agitation; sleep disorder; dementia; mental illness



FACTORS RELATED TO THE UTILIZATION OF THE INTEGRATED HEALTH SERVICES CENTER FOR THE ELDERLY

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ABSTRACT

The health service center for elderly is a public health center program for the elderly so they can be ready to face old age independently and healthy. The objective of the research was to find out if there was a relationship between the use of health services centers for the elderly and attitudes, family support, the role of cadres, and access distance to health services for elderly people. The method used was quantitative with a cross-sectional design; the sample contained 121 respondents, elderly people aged over 60, the study time was 4 weeks. The instrument used was a questionnaire. The variables were elderly people's attitudes, cadre roles, family support and the distance to the health service. The analysis was done using chi-square with a significant p-value ($\alpha < 0.05$). The study obtained a significant relationship between the attitudes of the elderly p-value (0.001), family support p-value (0.00), the role of cadre p-value (0.00) and the use of the elderly health services center while the distance to the integrated health center was not significantly related p-value (0.513). Family support and the role of cadres is needed to support the interests and readiness of the elderly in building a positive attitude for the Integrated health center, to the distance to the health services is not a problem. There is a relationship between the attitudes of the elderly, family support, the role of cadres to the use of elderly health services center while there is no relationship between the distance to access the health services center and the use of elderly.

Keywords: elderly, utilization, attitudes, cadre, family, health



PERCEIVED BEHAVIORAL CONTROL AND INTENTION RELATED TO THE SMOKING BEHAVIOR OF EARLY ADOLESCENTS IN NORTH SURABAYA

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ABSTRACT

Smoking behavior in adolescents is a phenomenon that should be considered and can be easily found nowadays. The prevalence of teenage smokers aged 10-18 years in Indonesia increases every year. Smoking behavior can have various negative impacts both in terms of health, but also economic, social and psychological. The purpose of this research was to analyze factors related to smoking behavior in adolescents. A descriptive analysis with a cross-sectional approach was used in this research. 96 early adolescents participated in this research who were selected using a purposive sampling technique. The data was obtained from Belief-based Tobacco Smoking Scale questionnaires then analyzed using regression statistical tests ($\alpha < 0.05$). The results showed that perceived behavioral control and intention are significantly related to the smoking behavior of early adolescents in North Surabaya. The most influencing factor is perceived behavioral control. Weak perceived behavioral control by parents and strong intentions in adolescents to smoke the following month affect the behavior of early adolescents in North Surabaya to smoke. This finding can be used as one of the topics that need to be considered in improving community nursing services in the prevention of smoking phenomena in adolescents by providing adequate information through counseling about smoking cessation and treatment efforts that can be done.

Keywords: smoking behavior, perceived behavioral control, intention, early adolescents



THE BULLYING PHENOMENON AND HANDLING EFFORTS IN REDUCING CASES OF BULLYING: A SYSTEMATIC REVIEW

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ABSTRACT

Bullying is behavior that deliberately wants to dominate, hurt, or get rid of its victims, both directly (physical) or indirectly (verbal). The impact of bullying can cause psychological distress and if left untreated will worsen the victim to the point of committing suicide. This study aims to find out the most appropriate types of interventions that can be implemented to reduce intimidation and prevent the risk of suicide by using systematic reviews based on PRISMA guidelines. The studies were searched in five databases: Scopus, ScienceDirect, Proquest, Pubmed and CINAHL and had to be published from 2014-2019. The articles were identified using the keywords “bullying” AND “intervention”, “anti-bullying program”. 14 articles found were used using this systematic review. The article reviewed mentions that an antibullying program that involves several parties has the benefit of reducing bullying. several intervention efforts can be used in preventing recurring breaches and can also be used as promotive and preventive efforts in cases of bullying in schools and communities.

Keywords: bullying, intimidation, intervention, prevention



EFFECTIVENESS OF DIABETES SELF-MANAGEMENT EDUCATION IN DEVELOPING COUNTRIES: A SYSTEMATIC REVIEW

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ABSTRACT

Diabetes self-management education (DSME) helps patients with diabetes to process their capability to manage self-care. Coping skills and changing to a better behavior are the focus on the outcome. This review aimed to determine the effectiveness of DSME in type 2 diabetes mellitus patients (T2DM) living in developing countries. The Science direct, EBSCO, Proquest, and Scopus databases were searched. Randomized controlled trials from 2010 to 2020 were evaluated that focused on the effect of DSME for T2DM in developing countries. Detailed information from studies was summarized and included population, sample size, follow-up duration, DSME program conducted, outcomes and conclusion. The effectiveness of DSME on patients' condition was measured by calculating the improvement of the outcomes which compared the intervention and the control groups. The clinical outcome from DSME implementation was assessed by calculating the mean on the outright effect of the effect. Thirteen studies were included in this review. The characteristics of DSME implemented in the patient were varied depending on the patient and demographic background. Clinical outcomes (fasting, non-fasting blood sugar and hemoglobin) improved as they followed the therapy. The expected outcome from DSME affects the quality of life, knowledge, self- management behavior, adherence to medication, and self-efficacy. Some clinical conditions such as fasting, non-fasting blood sugar and hemoglobin improved after implementation of the DSME program. Complications from diabetes can be prevented by this simple and inexpensive intervention.

Keywords: diabetes self-management education; type 2 diabetes mellitus; developing country



THE EFFECTIVENESS OF AROMATHERAPY ON SLEEP QUALITY, ANXIETY, AND FATIGUE IN PATIENTS UNDERGOING HEMODIALYSIS : A SYSTEMATIC REVIEW

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ABSTRACT

Aromatherapy is a complementary alternative medicine, its a natural way of treatment for patient undergoing hemodialysis. This study systematically reviews the literature to ensure the effectiveness of aromatherapy on sleep quality, anxiety and fatigue in patients undergoing hemodialysis. We used “aromatherapy” restricted our search to “sleep quality” and “anxiety” and “fatigue” and used “hemodialysis”, keywords and abstract connected by the Boolean operator “AND”. Search articles in the international database; EBSCO, Science Direct, Scopus, ProQuest, limited to the last 5 years, 2016 to 2020 obtained 15 International Journal. The inclusion criteria to focused aromatherapy just on sleep quality, anxiety, and fatigue, in patient hemodialysis. Other than that is included in exclusion criteria. The fifteen article were RCT. The aromatherapy that used lavender, rose, and orange essential oil. Frequency of therapy there are for every day until three times a week. During one until six weeks. Intervention with aromatherapy gives good result on sleep quality, anxiety and fatigue in patients undergoing hemodialysis.

Keywords: aromatherapy, sleep quality, anxiety, fatigue, hemodialysis



THE EFFECTIVENESS OF INTERVENTIONS USING ELECTRONIC REMINDERS TO IMPROVE ADHERENCE TO HYPERTENSION MEDICATION: A SYSTEMATIC REVIEW

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ABSTRACT

Hypertension is a global health problem and a major risk factor for cardiovascular diseases such as ischemic heart disease and stroke. Increasing the prevalence of hypertension causes morbidity and premature mortality as well as rises the burden of health costs. One of the most important treatments is adherence to medication and lifestyle modification, but those interventions need to be enhanced. The study was aimed to evaluate the effectiveness of electronic reminders to improve adherence in patients with hypertension. This systematic review used the related elements to content chosen by the PRISMA statement. Four databases were used to collect the data, SCOPUS, PUBMED, CINAHL, and MEDLINE with articles published between 2010 and 2019. Only randomized control trials (RCTs) with hypertension patients without any acute complications and healthcare professionals have been collected on this study. The intervention was an electronic reminder to evaluate adherence and quality study should have been conducted. The primary outcomes were changes in mean systolic and diastolic blood pressure values and patients' compliance. Fourteen articles were included to assess adherence and blood pressure as outcomes. The most effective types of intervention were short message services (SMS), nurse-led email reminders, portal-based assessment, and electronic pillbox. An education session was conducted in each intervention. Medication adherence and hypertension control were improved after 24 weeks with reminders twice a day. Although different interventions had a different effect on blood pressure and adherence, overall, an SMS method can potentially improve adherence to hypertension. The majority of studies reported beneficial approaches to low cost and safety.

Keywords: adherence; electronic reminders; hypertension



USING HEALTH DIGITAL TECHNOLOGY FOR SUICIDE PREVENTION: A SYSTEMATIC REVIEW

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ABSTRACT

Suicide is a serious public health problem and is currently a global concern. The World Health Organization (WHO) estimates that each year around one million people die from suicide which represents a global death rate of 16 people per 100,000 or one death every 40 seconds. Health digital technology services need to be developed, especially in countries that do not yet have an adequate mental health service system and adequate access. This study analyzed health digital technology for suicide prevention with a systematic review sight. A literature search was performed on databases from Scopus, Science Direct, PubMed, ProQuest, and Sage for the years 2015-2019. The keywords in the search are "suicide", "self-injury", "prevention", "avoidance", "health technology", "digital technology", and "m-Health". Challenges in the industrial era 4.0 increase the interest of the global community to find technology-based solutions that focus on the idea of suicide and mental health. Digital technology that can be used is a self-help guide digital intervention, mobile health applications, online interactive applications that have been proven to reduce suicidal thoughts. This intervention can overcome barriers related to access to health services with the availability of health digital technology that can be accessed anywhere and anytime, thereby offering sustainable and scalable solutions. The use of health technology can be beneficial for suicide prevention programs as they are effective, efficient, inexpensive, and can reach many people.

Keywords: suicide, prevention, health technology, digital technology



PERFORMANCE ENHANCEMENT OF NURSES WITH QUALITY OF NURSING WORK LIFE MODEL

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ABSTRACT

Nurses are responsible for maintaining the optimal quality of care services. The quality of their work nurses affects service performance. The study aims to determine the improvement of nurses' work through the quality of work-life models. The study used secondary data analysis to identify the nurses' performance with intervention models that used Quasy design experiments with pre and post-test with the control group. The quality intervention of nurse care work is conducted for five days with a knowledge management method that includes socialization, externalization, combination and internalization. 102 samples were carried out with a random sampling of clusters based on where nurses provided nursing care. The analysis results of the difference in performance value of Nurse service between control group and intervention before t intervention = 8,145; p = 0.000, after intervention t = 13,024, and the difference between before and after the intervention t = 11,879; p = 0.000. Differences in the value of nursing work life between intervention groups and control groups were t = 6,321; p = 0.000 before the intervention, t = 9,422 after intervention, and the differences between the intervention group and the control group before and after the intervention were T = 8,282; p = 0.001. This research shows that the quality model of working life nurse affects nurses' performance which can be seen from the performance of nursing care to the appropriate standards especially in nursing care and nurses' satisfaction at work.

Keywords: quality of nursing work life, performance, nurse



AN ORIGINAL RESEARCH OF THE RELATIONSHIP BETWEEN INTERNET ADDICTION AND INSOMNIA IN STUDENT CLASS IX

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ABSTRACT

Internet addiction can cause unfulfilled hours of sleep, which if left unchecked will lead to disruption of sleep patterns often called insomnia. The purpose of the research was to determine the relationship between internet addiction and insomnia. The design of the research was descriptive-analytic with a cross-sectional approach. The population in the research consisted of as many as 217 respondents with a sample size of 141 respondents. The variables used in the research were insomnia as the dependent variable and internet addiction as the independent one . The instrument used was a questionnaire with a univariate and bivariate analysis. The results of the study used the Spearman Rho test with a value of $p = 0,000$. From these results, it could be concluded that there is a relationship between internet addiction and the incidence of insomnia. Internet addiction can cause unfulfilled hours of sleep, which if left unchecked will lead to disturbed sleep patterns often called insomnia. The research suggests that students pay more attention to their health by limiting or reducing the use of the internet for unimportant issues as it can reduce learning productivity and academic value and cause insomnia.

Keywords: insomnia, internet addiction, students



ANALYSIS OF THE EFFECTS OF FAMILY SUPPORT AND INTENTION ON COMPLIANCE WITH MEDICATION IN PATIENTS WITH HYPERTENSION

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ABSTRACT

Hypertension is commonly dubbed as a silent killer. There are no typical symptoms so it is difficult to recognize someone who has hypertension and is unaware. The purpose of this study was to analyze the effect of family support and intention on medication adherence in patients with hypertension. The research design used is cross-sectional. The population in this study were all patients with hypertension in the Talangagung Village Kepanjen District Malang Regency with purposive sampling that was adjusted to the criteria so there were 100 hypertensive patients in the research sample. Data collection was carried out using a family support questionnaire, intention questionnaire and medication compliance questionnaire (Questionnaire Morisky 8-item Medication Adherence Questionnaire). Data analysis was done using Linear Regression Test ($\alpha < 0.05$). The results found that the intention variable had a significant effect on adherence to taking medication with the result of a significance value ($p = 0.000$); however, the value of the family support ($p = 0.272$) means that it does not significantly influence medication adherence in patients with hypertension. It can be seen that intention is one of the factors that can affect medication adherence, so in order to increase the compliance to take medication it is necessary to increase patients' intention.

Keywords: hypertension, family support, intention, medication adherence

MENTAL-EMOTIONAL DISORDER AMONG POST-EARTHQUAKE RESPONDERS IN AMBON MALUKU

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ABSTRACT

Earthquake causes disruption of physical and mental health, such as stress. The government assists the needs of victims of the earthquake to prevent disruption. The purpose of this study was to explain the factors related to mental-emotional disorder among post-earthquake responders in Ambon, Maluku. The design was observational analytics with a cross-sectional approach. Respondents were 174 people living near the epicenter and taken by simple random sampling. The independent variables were age, sex and work status, damage to the residence, the family members dying from earthquakes, and assistance from the government. The dependent variable was mental-emotional disorders. Data of mental-emotional disorder were collected using the SRQ 20 (Self-Reported Questionnaire) and analyzed using logistic regression ($\alpha < 0.05$). The results showed 69% of respondents experienced mental-emotional disorders. Communities who were 17-25 years (OR = 0.05; 95% CI = 0.005 - 0.491) tend to experience mental-emotional disorders. Communities with moderate category of residence damage (OR = 0.313; CI95% = 0.115 - 0.856) tend to experience mental-emotional disorders. Communities with family members dying from earthquakes (OR = 2,616; CI95% = 1,228 - 5,577) tend to experience mental-emotional disorders. Communities who did not get residence compensation (OR = 2,575; CI95% = 1,073 - 6,177) tend to experience mental-emotional disorders. There were factors related to mental-emotional disorder among post-earthquake victims, such as teenagers who were 17-25 years old, community with residence damage and injured or died family members, and those who did not get assistance. Assisting still needs to be done to prevent mental-emotional disorders of people affected by earthquake.

Keywords: mental-emotional disorder; post-earthquake



HANDOVER BASED ON ELECTRONIC COMPUTER TO IMPROVE COMMUNICATION EFFECTIVE: SYSTEMATIC REVIEW

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ABSTRACT

The handover process is a complex interaction between health professionals that directly influences patient care and subsequent health outcomes. The Institute for Healthcare Improvement spreads a standard handoff communication tool known as "SBAR" (Situation, Background, Assessment and Recommendations). This systematic review approach is based on relevant research articles using journal sources from several databases including PubMed, Proquest and Scopus in the past 5 years. Boolean operators in the search process using AND and OR. The inclusion criteria in this systematic review are handover procedure using the SBAR method. Overall, In this review, In general, the implementation of SBAR in clinical settings has a positive impact on information transfer and patient safety. Handover method based on SBAR is effectively applied in nursing practice and has a positive impact on patient safety.

Keywords: handover, communication method, patient safety



PALLIATIVE CARE TO IMPROVE QUALITY OF LIFE PATIENT WITH HEPATOCELLULAR CARCINOMA

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ABSTRACT

Palliative care, specialized interdisciplinary care that focuses on quality of life while living with a serious illness, has the potential to offer additional support in patients with HCC and their families as they navigate life with the disease. This Systematic review was aimed to Palliative Care to Improve Quality of Life Patient with Hepatocellular Carcinoma. Literature search is through Scopus, Pubmed, Proquest, Science Direct, and SAGE with the last 5 years (2014-2020). There were 15 selected journals from 2493 journal articles found. Palliative care given as early as possible can improve the quality of life of patients, so patients can live longer, compared with patients who only seek treatment without being given palliative therapy.

Keywords: palliative care, quality of life, hepatocellular carcinoma



A SYSTEMATIC REVIEW OF EFFECTIVENESS OF MUSIC THERAPY ON DEPRESSION IN THE ELDERLY


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ABSTRACT

There are many non-pharmacological therapies in reducing symptoms of depression in older adult, one of which is music therapy. The aim of this article is to determine the effectiveness of the use of music therapy in reducing symptoms of depression in the elderly. A systematic approach was performed in this review using the PRISMA approach and journal sources from several databases including Scopus, ScienceDirect, SAGE, NCBI, CINAHL/EBSCO in the last 6 years from 2014 to 2019. Boolean operators were used within search process using AND and OR. The inclusion criteria are elderly aged ≥ 60 years with depression, either home or hospital treatment. Exclusion criteria are additional physical illness such as Diabetes Mellitus, CVA and other chronic diseases. Literature review, editorial, critical synthesis, and the like also become an exclusion criteria in this review. Overall, the review consists of 13 articles with seven articles using RCT design, two quasi-experimental design, two pre-posttest design, and two exploratory design. In this review, several articles used an individual therapy and others a combination of music therapy with other activities such as singing, dancing and writing a lyric. Average time spent for a music therapy in elderly with depression was given from two weeks to six months, which may have been effective in making an impact. Every week had one or two sessions with a duration of 30-60 minutes for every session. Music therapy is effective to reduce depression in the elderly.

Keywords: music therapy; depression; elderly



HEALTH EDUCATION PROGRAMS TO IMPROVE FOOT CARE BEHAVIOR AND REDUCE STRESS LEVELS AMONG PEOPLE WITH TYPE 2 DIABETES: A SYSTEMATIC REVIEW

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ABSTRACT

The complications of diabetes among people are a major health concern. Foot problems such as neuropathy, ulcer and ultimately amputation are a great burden on people with diabetes. Diabetes foot education programs can influence the behavior of people in practicing foot care behavior and controlling their stress levels. However, the educational approaches used by educators are varied. Therefore, it is important to assess the education programs from various evidence-based practices. This systematic review aims to assess the health education programs to improve foot care behavior and reduce stress levels among people with type 2 diabetes. We searched six databases: EBSCOhost medical collections (MEDLINE, CINAHL, Psychology and Behavioral Sciences Collection), SAGE, Wiley Online Library, Science Direct, Springer Link and Web of Science, for articles published from January 2013 to December 2018. The search was based on the inclusion criteria and keywords including 'health', 'education', 'foot', 'care', 'stress', and 'diabetes'. Fourteen studies were assessed and reviewed in the final stage. The findings of this study support the claim that a health education programs increase foot care behavior scores and reduces stress levels. However, there were certain methodological concerns in the reviewed articles, indicating the need for further evaluation. In the future, researchers and practitioners must implement a vigorous education program focusing on diabetes foot care among the population.

Keywords: health education, foot-care behavior, stress level, diabetes



SYSTEMATIC REVIEW OF FAMILY MEMBERS IN IMPROVING THE QUALITY OF LIFE OF PEOPLE WITH T2DM

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ABSTRACT

Many patients with type 2 diabetes (T2DM) experience psychological issues affecting their ability to cope and manage their disease. Unfortunately, healthcare providers, including nurses, often report a lack of resources to provide sufficient support. During short and busy consultations, nurses and physicians often focus on etiology, diagnosis, pathophysiology, and treatment of the disease, while patients are more concerned with the consequences and impact on their daily life and family relations. The study aimed to find out forms of family support to improve the quality of live T2DM. Articles were framework using POCOT. Approach: searching Science Direct, Scopus, Google Scholar databases, limited to the last 5 years and framework using POCOT. The articles were from 2015 to 2020 and the language used was English. The study focused on family support and Diabetic Mellitus type 2 (T2DM). From 359 articles, 15 articles were included, most of the findings of the studies showed that family plays an important role in increasing self-efficacy so it contributes to blood sugar control which supports T2DM patients' quality of life. The support that has been carried out by the family includes communication in the patient's treatment program, diet and blood sugar check, motivation in physical activity, support for medical expenses, accompanying them for controls. Patients with higher perceived diabetes-specific family and friends support had healthier behaviors. Family support helps improve the quality of life and reduce physical and psychological complications in people with T2DM.

Keywords: family support, diabetic mellitus type 2, Quality of Life



SELECTING INSTRUMENTS TO MEASURE QUALITY OF LIFE AFTER ACUTE CORONARY SYNDROME: A LITERATURE REVIEW

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ABSTRACT

Quality of life (QoL) is an important aspect to describe the quality of patient care. The use of valid and reliable instruments is a major concern for measuring the quality of life in post-acute coronary syndrome patients. The purpose of the paper was to select existing tools to measure the quality of life after acute coronary syndrome. A review was performed of literature published from 2000-2019, with the following keywords: acute coronary syndrome, quality of life, and psychometric properties or validity. Scopus, MEDLINE, CINAHL, Science Direct, and Proquest were the primary databases utilized for the search of the literature. The criteria to consider when selecting the existing instrument were a match to objective, psychometric evidence, validity, and reliability. The full texts of 10 articles were found for the evaluation and psychometric after acute coronary syndrome. We identified these assessment tools with different psychometric reported two to eight domains of QoL. The number of items contained in the questionnaires ranges from 6 to 74, and all the tools are self-administered. Most of the tools had not reported complete and desirable psychometric properties. Heart quality of life (HeartQoL) is an appropriate instrument to measure the quality of life after acute coronary syndrome patients. Developing a tool for different societies with varied cultural and social characteristics is suggested because socio-cultural factors can influence the quality of life.

Keywords: post-acute coronary syndrome; psychometric properties; quality of life; validity; reliability



SYSTEMATIC REVIEW OF THE FACTORS ASSOCIATED WITH CERVICAL CANCER SCREENING UPTAKE AMONG WOMEN IN LOW AND MIDDLE-INCOME COUNTRIES

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ABSTRACT

The high prevalence of cervical cancer is a global health problem. Approximately 90% of deaths from cervical cancer occur in low- and middle-income countries. This can be because of the awareness and uptake of cervical cancer screening services having remained poor in these countries. This review aims to explore the factors influencing cervical screening uptake among women in low and middle-income countries. The studies were systematically identified by searching electronic databases with the keywords “cervical cancer AND screening AND low of income countries AND middle of income countries.” The results consisted of 94 articles from Scopus, 100 articles from Science Direct, 74 articles from EBSCO, and 32 articles from PubMed. Following this, 16 studies were included in this systematic review with the inclusion criteria being quantitative or qualitative studies exploring the factors influencing woman’s cervical cancer screening uptake covering women in low- and middle-income countries, a clear study outcome and details on the associated factors, barriers to, and facilitators of screening uptake. Knowledge about the disease and its prevention, knowing someone with cervical cancer and someone who has ever been screened, attitude and perception, husband approval, advice from the health care providers, and the distance to health care service were all important factors related to cervical cancer screening uptake in low and middle-income countries. The uptake of cervical cancer screening services was poor in low and middle-income countries. There is a need to strengthen the knowledge and awareness of woman related to cervical cancer screening services. The available evidence shows that intrapersonal and organizational factors are the most important factors that influence woman to undergo cervical cancer screening.

Keywords: cervical cancer, screening, low income countries, middle income countries

ELECTRONIC MONITORING SYSTEM TO IMPROVE HAND HYGIENE COMPLIANCE: SYSTEMATIC REVIEW

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ABSTRACT

Monitoring hand hygiene compliance among healthcare workers is an essential element of promotion programs. Promoting education and behavior change can be supported by monitoring and feedback of hand hygiene performance in five moments. Nowadays, a variety of electronic systems have been developed to measure and drive improvement in healthcare workers hand hygiene compliance because of the rise and costs of healthcare-associated infections. This study aims to objectively improve the hand hygiene compliance of health workers especially nurse, doctors and paramedic. Literature search is through Scopus, Science Direct, and SAGE databases with the last 5 years (2016-2020). Following issues search terms: hand hygiene electronic monitoring, hand hygiene automated monitoring, hand hygiene compliance, and hand hygiene five Moments. There were 15 selected journals from 711 journal articles found. Electronic monitoring systems in hand hygiene includes hand hygiene monitoring technology (The GOJO SMARTLINK), electronic dispenser counters, electronic compliance monitoring systems, Camera-based systems, monitoring 5 Moments, automated hand hygiene monitoring systems, electronic measurement of compliance. Electronic monitoring systems have other great potential as providing constant reminders and immediate feedback to healthcare workers at the point of care. These can be of great added value in promoting and maintaining behavior change. Additionally, electronic systems can also play a role in monitoring and improving the quality of the hand hygiene action and, most importantly, improved patient safety.

Keywords: electronic health monitoring system, hand hygiene compliance, healthcare workers, hand hygiene five moments

PREVENTION OF DEPRESSION IN PATIENTS WITH CANCER: A SYSTEMATIC REVIEW



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ABSTRACT

Depression and depressive symptoms are prevalent in patients with cancer. Depression is under-diagnosed and therefore the patients often receive inadequate treatment for their depression. The aim of this study was to identify ways to prevent depression in patients with cancer. This systematic review used the Preferred Reporting Items for Systematic Review (PRISMA) approach. Databases were used to identify suitable articles from Scopus, PubMed, Science Direct and Proquest. The articles were limited to being published between 2009 and 2020, written in English and full-text articles. The literature review used the keywords “anxiety, antidepressant, cancer, depression and preventive.” When searching the articles, “AND” was also used. The inclusion criteria in the search strategy consisted of: 1) adult humans ≥ 18 years of age diagnosed with cancer; 2) undergoing antidepressive treatment of any kind; 3) depression and/or depressive symptoms and 4) the study design was a randomized controlled trial. Studies were excluded if the studies had less than 30 samples as this means that they do not have enough strength to use to detect a significant relationship. Following this screening, 15 articles met the inclusion criteria. The studies were classified into 3 groups based on the type of intervention used. The interventions were pharmacotherapy, psychotherapy and other interventions such as exercise programs. Depression in patients with cancer can be prevented. Preventive treatment should start before or during the oncological treatment. Treating psychiatric conditions in patients with cancer may improve not only their quality of life and prognosis but also their survival.

Keywords: anxiety; antidepressant; cancer; depression; preventive



SYSTEMATIC REVIEW: THE EXPERIENCE OF PATIENT WITH DIABETIC FOOT ULCERS

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ABSTRACT

Diabetic foot ulcers can have an impact on the individual responses related to the disease process and healing. The response depends on the perception of the disease, its severity, the environmental factors and the level of family support. The response that often occurs is the existence of fear and anxiety which is due to the stress experienced by the individual. The purpose of this study was to explore the experience of patients with diabetic foot ulcers. This study used the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) approach. The methods used to arrange this systematic review included (1) the identification of the variables in the literature, (2) the identification of the relevant literature based on the topic and title, (3) obtaining the literature in full-text form and (4) conducting an analysis of the results from the literature. The databases used to identify suitable articles were Scopus, Google Scholar, Pubmed, ProQuest and Ebscohost. Based on the 15 articles reviewed, the results explains that the majority of patients who experience DM with the complication of diabetic ulcers experience stress, depression and anxiety. They also have a financial burden, feel helplessness, blame themselves and feel that there is uncertainty their life. They need support from their family and wider social support. However, from the experience of the patients with diabetic foot ulcers, they must be able to adapt to a limited life. They must also have a good coping style and an adaptive response in order to survive and heal their diabetic ulcers.

Keywords: experience, stress, anxiety, diabetic foot ulcer



THE IMPORTANCE OF LEADERSHIP ROLE TO MINIMIZE VIOLENCE AND WORKPLACE BULLYING AROUND NURSES: A SYSTEMATIC REVIEW

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ABSTRACT

Violence is an inappropriate and unpleasant solution that people repeatedly do. Either direct or indirect bullying (physical, verbal, defensive, and hostile insults). Workplace bullying is an unpleasant behavior that occurs in the workplace. The study aimed to find out the leader's role in violence and workplace bullying around nurses. The study through a systematic review with The Preferred Reporting Items for Systematic Review and Meta-Analysis (PRISMA) approach. It was extensively searched in electronic databases (Scopus, PubMed, EBSCO, and Pro-Quest) published between 2016-2020. Boolean operators in the search process used AND and OR. Inclusion criteria in the study literature were: article in English, the article that contains nurses who have disputed and intimidated at work, the role of the nursing manager to the psychological of the nurse. Publishing literature reviews, editorials, critical synthesis, and the like are also exclusion criteria in this review. Overall from fifteen articles in this review, violence and workplace bullying often occur in specialized nurses. Positive things to overcome violence and workplace bullying are the roles of leaders accompanied by organizational support such as interpersonal relations, communication, and mediation to all nurses to support each other and create a comfortable environment. The leader must strengthen the psychological empowerment of nurses to improve the nurse's self-concept. The importance of nursing leaders in reducing violence and workplace bullying around nurses by identifying and managing these behaviors, looking for solutions in the future to prevent and eliminate the behavior, strengthen psychological empowerment. So that nurses can work well, do not feel pressured, and reduce turnover intention and influence in providing optimal nursing care to patients.

Keywords: leadership, psychological empowerment, organizational support, violence, workplace bullying



THE CORRELATION BETWEEN SELF-REGULATION AND INTENTION WITH THE DIET ADHERENCE OF ADULTS WITH TYPE 2 DIABETES MELLITUS

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ABSTRACT

Success in the management of type 2 diabetes mellitus (T2DM) is determined by dietary compliance, intention and self-regulation. The purpose of this study was to determine the relationship between self-regulation and intention with T2DM diet compliance. A descriptive correlation design with a cross-sectional approach was employed. A total of 108 respondents spread across 5 health primary care centers in Surabaya participated in this study. The independent variables were self-regulation and intention. The dependent variable was diet adherence. The data was obtained through the Treatment Self-Regulation Questionnaire (TSRQ), intention and the Personal Diabetes Questionnaire (PDQ). The data was analyzed using Spearman Rho and ordinal regression with a value of $\alpha \leq 0.05$. There was a relationship between self-regulation ($p=0.000$, $r=0.612$) and intention ($p=0.000$, $r=0.646$) with an adherence to diet among the adults with T2DM. The multivariate test results showed that self-regulation is more dominant ($p=0.000$) than intention ($p=0.014$). Self-regulation and intention plays a role in establishing dietary adherence among adults with T2DM. Improved good self-regulation can increase the compliance of patients when they are adhering to the suggested diet. This means that their blood sugar can be controlled properly.

Keywords: adherence; intention; self-regulation; diabetes mellitus



A SYSTEMATIC REVIEW OF FOOT EXERCISES WITH GROUP SUPPORT TO IMPROVE THE FOOT HEALTH OF DIABETES MELLITUS PATIENTS

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ABSTRACT

Foot problems are a process and complication in patients with diabetes mellitus (DM). Foot complications can be prevented by routine foot exercises. Group support is needed to increase the routine of foot exercise. The effects of foot exercise can be seen by measuring the Ankle Brachial Pressure Index and foot sensation. The objective of this systematic review was to identify the prevention of DM foot complications in an easy way so then the patient can do it independently. The method used in this study was a systematic review focused on 2015 – 2019 using the PRISMA method. The literature was obtained from Scopus, Science Direct and Proquest. The results found 25 items of literature on foot exercise which was reduced to 4 studies on preventing damage to the feet of DM patients through routine foot exercise. The literature of this study is supported by 3 other studies that state that foot health can also be used to examine the foot's blood circulation status and sensation. These results have been presented concerning 7 studies regarding special group support in the form of exercise therapy for patients with DM. This study explains the prevention of foot complications through foot exercise. Group support is needed provide motivation to conduct routine foot exercise. Foot exercise can accelerate the blood circulation as can be seen by the Ankle Brachial Pressure Index score and the increase in the neurological system of the foot through foot sensation status.

Keywords: foot exercise, group support, Diabetes mellitus.



A SYSTEMATIC REVIEW OF THE EFFECT OF SOCIAL SUPPORT ON POST-TRAUMATIC STRESS DISORDER IN POST-EARTHQUAKE ADOLESCENTS

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ABSTRACT

Earthquakes can cause mental health disorders in adolescents, one of which is post-traumatic stress disorder (PTSD). The present study aimed to assess the effect of social support on post-traumatic stress disorder in adolescents after an earthquake. The study was a systematic review with the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) approach. Articles were searched for using the Scopus, ScienceDirect, ProQuest, EBSCO and SAGE databases before classifying them into 3 categories: prevalence, risk factors, social support, and post-traumatic stress disorder. The inclusion criteria regarding the literature were documents that were original; where the source was from a journal; where the article was written in English and where the full text was available. The age of the subjects in the articles was determined to be in the range of 10-20 years old. The publication time limit was 2015 to 2020. We identified 264 articles, of which 14 were considered to be relevant for this systematic review. Adolescents who experienced an earthquake were found to demonstrate a high prevalence of post-traumatic stress disorder with the proportion in girls being higher than boys. Showing social support has a significant effect on PTSD after an earthquake. The earthquake-related factors that were the most strongly associated with probable PTSD were feeling scared of dying and exposure to an earthquake. Social support and the prevalence rates of PTSD should be observed in more detail. These results indicate that it is important to provide and strengthen the social support available to reduce the risk and severity of post-traumatic stress disorder after an earthquake among adolescents.

Keywords: social support, stress disorder post-traumatic, earthquake, adolescent



GENDER DIFFERENCES AND THE MEANING OF LIFE AMONG PEOPLE LIVING WITH HIV/AIDS: A CROSS- SECTIONAL STUDY

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ABSTRACT

Meaning of life is an important term for people living with Human Immunodeficiency Virus/ Acquired Immune Deficiency Syndrome (HIV/AIDS). Meaning of life has a correlation with quality of life. However, inconsistent research results on the meaning of life based on gender were found. This study aimed to analyze the gender difference in reference to the meaning of life among people living with HIV/AIDS. A descriptive analytical comparative study conducted with a cross-sectional approach was used. People living with HIV/AIDS older than 17 years old who were mentally healthy were enrolled in the study. Snowball sampling was performed to recruit 133 respondents. There were 69 females and 64 males enrolled in this study. Meaning of life was assessed using 10 questions through a meaning of life questionnaire. The questionnaire validity was in the range 0.60 to 0.79 and the questionnaire reliability was in the range of 0.713 to 0.798. The Mann-Whitney test was used to analyze the gender difference in relation to meaning of life. The range in age was 17 to 55 years old (mean [SD] age: 35.2[8.4]). The majority of the respondents were married and lived together with their spouse (41%), had graduated from senior high school (64%), worked in a private institution/office (57%), had 1 – 3 years length of time pass since diagnosis (43%), and their monthly income was in the range of 1.800.000 – 3.000.000 Indonesian Rupiah (48%). There was a difference in meaning of life based on gender among the people living with HIV/AIDS in Surabaya (p : 0.03; mean in females: 60.01; mean in males: 74.53). This study, in summary, has discovered that men are more likely to find there to be a meaning of life compared to women. Health care providers should discuss and address the existence the gender difference among people living with HIV/AIDS.

Keywords: meaning of life; gender; people living with HIV/AIDS



SUPPORTIVE CARE NEEDS OF WOMEN WITH BREAST CANCER: A SYSTEMATIC REVIEW

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ABSTRACT

An understanding of supportive care needs is essential to achieve good quality care for women with breast cancer. This concept defines the needs of cancer patients in relation to the physical, emotional, psychological, social, informational and spiritual domains since the start of their journey through diagnosis, treatment, survivorship, palliative care and the grief process. This study was conducted to explore the unmet supportive care needs of women with breast cancer. Databases were searched in the journals using pre-determined keywords such as ‘supportive care needs’, ‘breast cancer’ and ‘woman’. The databases used were Scopus, Pro Quest, Science Direct and EBSCO. The search was limited to journals published in the period 2014-2020. Out of the 189 nursing journals initially found, 16 journals were selected that met all of the eligibility criteria. Eight studies used a cross-sectional design. Most of the breast cancer patients were in the post-diagnosis phase and had survived. More than 50% of the journals reported that the needs of breast cancer women were going unmet. The predictors of a higher level of need among the breast cancer patients are age, social support and information. The most prevalent unmet needs among the women with breast cancer were found to be in the health system and related to information. The women with breast cancer who had more unmet needs in the physical and psychological domains were more likely to have a poor quality of life. Future research should focus on improving the education and psychological support programs available to provide for the unmet supportive care needs of patients newly-diagnosed with breast cancer. This can provide high quality care for them.

Keywords: supportive care needs, breast cancer, woman



PERSONAL MASTERY NURSING MODELS TO IMPROVE QUALITY AND PATIENT SAFETY PERFORMANCE

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ABSTRACT

The nurses' performance in terms of quality and patient safety in the health services is still low. The low performance of the nurses is an indicator of the nurses' low personal mastery. The aim of this study was to develop personal mastery models to improve the nursing performance in the domains of quality and patient safety. This study used an explanatory design with 126 respondents. The sample was selected using the cluster sampling technique. The data was collected using a questionnaire that had been tested for validity and reliability. The variables included organizational characteristics, job characteristics, individual characteristics, personal mastery and the nurse's performance in terms of quality and patient safety. The data was analyzed using partial least square. A focus group discussion was conducted with nurses, chief nurses and the hospital management to identify the strategic issues present and to compile recommendations. The results showed that the organization factor influenced the nurse's characteristics ($t=3.631$) and that job characteristics influenced the nurse's characteristics ($t=2.028$). The nurse's characteristics influenced personal mastery ($t=15.703$), the organization factor influenced personal mastery ($t=3,764$) and personal mastery influenced nursing performance in relation to quality and patient safety ($t=3.225$). The nurse's characteristics did not influenced the nursing performance in terms of quality and patient safety ($t=0.919$). The personal mastery models improved the nurse's performance by 36.98 %. The personal mastery model was developed through organizational support, the clarity of their job description and increasing the capacity of individual nurses. Further studies must be conducted to analyze the effects of personal mastery, nursing performance and patient satisfaction.

Keywords: personal mastery; nurses'; performance in quality and safety



THE RELATIONSHIP BETWEEN SMARTPHONE ADDICTION AND INSOMNIA IN RURAL ADOLESCENTS

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ABSTRACT

One factor influencing insomnia in adolescents that relating to habits such as lifestyle. They use smartphones for a long time particularly to access social media, chatting, and playing games until late at night. This study aimed to determine the relationship between smartphone addiction and insomnia in adolescents. The research was descriptive correlational with a cross-sectional method. The sample in this research was identified using a purposive sampling technique with 103 samples with the following criteria: 1) 16 to 18 years old, 2) using a smartphone, and 3) able to communicate well. The independent variable in this study was smartphone addiction and the dependent variable was insomnia. The instruments of this research were smartphone addiction and the Kelompok Studi Psikiatri Biologi Jakarta insomnia rating scale (KSPBJ-IRS) questionnaire. This research undertook statistical analysis using the Spearman Rank test with a significance level $\alpha=0.05$. The results of the statistical test gave a p value=0.006, and the r value=0.267. There was a correlation between smartphone addiction with insomnia in adolescents. Moreover, the significant aspects of addiction were salience and relapse. Support from parents, counseling teachers and community nurses can help students reduce smartphone use especially during sleep and can manage sleep so that students can overcome insomnia.

Keywords: smartphone addiction, insomnia, adolescent



MATERNAL ATTAINMENT OF EXCLUSIVE BREASTFEEDING IN SAMPANG MADURA

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ABSTRACT

Exclusive breastfeeding is important to reduce death and pain rates among babies, which are high in Indonesia. Exclusive breastfeeding is still very low in Madura (38%). The aim of this research was to explain the factors related to maternal attainment of exclusive breastfeeding. This research was a cross-sectional study. Sampling was conducted using a purposive sampling technique. The instrument was a questionnaire which was tested for validity and reliability and given to 110 mothers who had babies aged 6-12 months in the working area of Sreseh Health Center, Sampang Regency. Most of respondents (59.09%) did not provide exclusive breastfeeding. Maternal attainment of exclusive breastfeeding was only in 19.09%; there was a relationship between family support, economic status, infant care, and health services ($p=0.000$) with maternal attainment of exclusive breastfeeding. Economic Status ($\chi^2=80,670 > 9,488$) and health services ($\chi^2=41,594 > 5.99$) had a strong relationship with maternal attainment of exclusive breastfeeding compared to other factors. Economic status and health care were the basis of improving maternal attainment of exclusive breastfeeding.

Keywords: breastfeeding, infant mortality rate, attainment



**ANALYSIS OF THE FACTORS AFFECTING INFANT BIRTH
WEIGHT IN A NEONATAL CARE UNIT IN RSD DR.
SOEBANDI JEMBER**

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ABSTRACT

Infant birth weight is an important indicator of a child's vulnerability to the risk of illness in childhood. Infant birth weight is very closely related to the health and survival of newborns. Low birth weight (LBW) is a major cause of death in newborns. Therefore the identification of the factors that contribute to infant birth weight is very important to be able to reduce the risk factors and promote care in all stages of pregnancy. The purpose of this study was to explore the factors that influence infant birth weight in a neonatal care unit. This study used an observational analysis with a cross-sectional approach. The sample consisted of 92 respondents. The sampling technique used was simple random sampling. The variables in this study were antenatal care (ANC) history, complications in the pregnancy, birth method and infant birth weight. The data was collected using a structured questionnaire and analyzed using logistic regression. The results showed that (1) history of antenatal care (ANC) ≥ 4 times (OR 3,4) and complications in the pregnancy (OR 4.0) have a significant effect on the infant's birth weight and (2) the birth method has no significant effect concerning the infant's birth weight. The antenatal care (ANC) history factors and complications in the pregnancy are logically adequate at explaining the affect o an infant's birth weight in the neonatal care unit. Health workers are expected to be able to apply an infant birth weight prediction model to provide early warnings about situations where there are difficulties or complications. They should conduct immediate management with appropriate therapy to anticipate the LBW events that will occur.

Keywords: infant birth weight; antenatal care; neonatal care unit



WORK STRESS AND SPIRITUALITY IN DIABETES MELLITUS SELF-MANAGEMENT

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ABSTRACT

The problem in diabetes mellitus self-management (DSME) a productive working adult often faces is that diabetes can be caused by high work activities and low spirituality. The purpose of this study was to determine the relationship between work stress and spirituality in DSME. A descriptive correlation design with a cross-sectional approach was used. A total of 101 respondents in one health primary care facility in East Java Province participated in this study. The respondents were acquired by stratified random sampling. The independent variables were work stress and spirituality. The dependent variable was diabetes mellitus self-management. The data were obtained through several instruments (Brief Work stress Questionnaire; Daily Spiritual Experience Scale; and Diabetes Self-Management Questionnaire). The data were analyzed using Spearman Rho and regression logistic with a value of $\alpha \leq 0.05$. The result showed a relationship between work stress ($p = 0.008$) and spirituality ($p = 0.000$) with DSME. The multivariate test results showed that spirituality was the most dominant ($p = 0.000$) related variable. Conclusion: controlling work stress and increasing spirituality are important components that need to be considered to improve DSME.

Keywords: work stress; spirituality; diabetes mellitus; self-management

HEALTH DISASTER PREPAREDNESS USING ANDROID MOBILE-BASED APPLICATION CASE MOUNT BROMO ERUPTION

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ABSTRACT

In the last 10 years, Mount Bromo has erupted four times, in 2004, 2010, 2015 and 2019. However, what is unique is that people in Tengger are reluctant to evacuate even though Mount Bromo is erupting and releasing volcanic material such as stones and dust. This research is a quantitative study, using correlative analytic observational design and a cross-sectional approach with a purposive sample of 120 taken from online questionnaire results of a bivariate analysis using a gamma correlation test. The results obtained the knowledge factors ($p=0.005$; $r=0.27$) attitude ($p=0.000$; $r=0.45$), means of infrastructure ($p=0.000$; $r=0.58$), and android application ($p=0.000$; $r=0.59$) for health preparedness. Knowledge, attitude, infrastructure and android application factors can influence health preparedness in disaster risk reduction in the Bromo area. Using the smartphone application as the Mount Bromo information facilities are one of an effort so that people and tourists can activate if an eruption occurs. There is important health preparedness included in the application such as distribution shelters, evacuation routes, health centres, photos, videos, and primary health care information. Assessment results to the application interface, the information conveyed, and the features offered showed that the application was very useful and gave a new perspective on conveying accurate information to the public and also tourists. The health preparedness community level is also quite good with the services provided by the Bromo alert application.

Keywords: health; disaster preparedness; eruption; evacuation; shelter; android application

MANAGING CANCER AND LIVING MEANINGFULLY FOR ADVANCED CANCER: A SYSTEMATIC REVIEW

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ABSTRACT

Managing Cancer and Living Meaningfully (CALM) is a supportive-expressive psychotherapy designed to address such barriers and to facilitate communication of mortality-related concerns in patients facing advanced disease and their primary caregivers. The study was meant to review the benefits of the CALM psychotherapy on patients with advanced or metastatic cancer and caregivers. This study was done through a systematic review with The Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) approach. It broadly used Scopus, Science Direct, and ProQuest database. The search utilized the Boolean phrases “cancer”, “living meaningfully”, and “psychotherapy” throughout the title, abstract, or keywords. The consideration criteria in the literature study were: an original article, the source from journals, article in English, and available in full text. We obtained 97 articles, and 11 were considered relevant for this systematic review. The findings from the results of this study are that CALM has several psychological benefits for patients with advanced cancer, including: can reduce anxiety and depression, relieve distress, promote psychological growth and well-being, and improve quality of life. Based on these findings, it can be concluded that the CALM psychotherapy has many benefits for patients with advanced cancer and their caregivers and can be used as additional therapy to improve the quality of life to face the end-of-life. CALM may be a feasible intervention to benefit patients with advanced cancer. It may help them overcome obstacles in communication and alleviate death-related distress.

Keywords: advanced cancer, managing cancer and living meaningfully, psycho-oncology, psychotherapy



EFFECTIVENESS OF MOBILE APP-BASED INTERVENTIONS TO SUPPORT DIABETES SELF-MANAGEMENT: A SYSTEMATIC REVIEW

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ABSTRACT

Diabetes is a major health problem worldwide due to its rapidly growing prevalence and high disease burden. Nowadays, the evolution of mobile technology provides a large number of health-related mobile applications (apps) mainly focusing on the self-management of diabetes. The aim of this paper is to systematically review the effectiveness of mobile app-based self-management interventions on clinical and/or psychological outcomes in patients with type 1 and type 2 diabetes. A systematic search of four databases (Scopus, Medline, CINAHL, and Proquest) was conducted using the terms "diabetes" AND "self-management" AND "mobile applications" OR "mobile based" OR "smartphone". Studies published in English from 2016 to 2020 were considered. Only randomized controlled trials (RCTs) for patients with type 1 and type 2 diabetes that reported any of the study outcomes were included. Using our search strategies, we identified 4339 articles. After removing duplicate studies, a total of 12 articles met the inclusion and exclusion criteria included in the review. The majority measured self-monitoring of blood glucose monitoring frequency, glycated hemoglobin (HbA1c) and/or psychological or cognitive outcomes. The most positive findings were associated with mobile app-based health interventions as a behavioral outcome, with some benefits found for clinical and/or psychological diabetes self-management outcomes for patients with type 1 and type 2 diabetes mellitus. Therefore, more research with larger and longer studies to develop the ideal mobile-app based self-management tool for diabetes is needed.

Keywords: diabetes mellitus, self-management, mobile applications



ANALYSIS OF FACTORS AFFECTING RESILIENCE AMONG BREAST CANCER PATIENTS

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ABSTRACT

Patients undergoing chemotherapy must have a good resilience to be able to rise to face the problems caused by the physical and psychological side effects of chemotherapy. Resilience is influenced by many factors. The study aims to analyze the factors related to resilience among breast cancer patients, including age, time of illness duration, cycle of chemotherapy, social support and family support. This study used observational analytic method with cross-sectional approach. The population in this research comprised breast cancer patients who received 2- 6 sessions of chemotherapy at Army Hospital Level II of dr. Soepraoen Malang. The total sample in this study had 62 patients taken by using a purposive sampling technique. Data collection was conducted by using questionnaires. The data were analyzed through a univariate and linear regression test with a significance level of $\alpha \leq 0.05$. The test result showed that out of the 5 independent variables two significantly influenced patient's resilience, namely family support and social support. Social support is the variable that has the greatest influence on the resilience of breast cancer patients. So, nurses need to pay attention to providing social support in nursing services in breast cancer patients to improve their resilience.

Keywords: breast cancer, resilience



THE EFFECTS FROM PHYSICAL EXERCISE ON THE BLOOD GLUCOSE LEVELS, HBA1C AND QUALITY OF LIFE OF TYPE 2 DIABETES MELLITUS PATIENTS: A SYSTEMATIC REVIEW

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ABSTRACT

Physical inactivity affects the physical and mental health status of T2DM patients. Physical training is recommended in several studies and guidelines for the control of T2DM. The present study aimed to analyze the effects of aerobic exercise, resistance and a combination of both on blood glucose levels, HbA1c and quality of life for patients with T2DM. This systematic review used PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analysis). Scopus, Science Direct and PubMed online databases were extensively searched, focusing on the last five years. The search utilized the phrases "diabetes," "physical exercise," "glucose" and "quality of life." The inclusion criteria in the study regarding the literature was that it had to be an original article, that the source was a journal, that the article was in English and that it was available in full text. We identified 1017 articles where 17 were considered to be relevant for this systematic review. The combination of resistance and aerobic physical exercise seems to have a greater impact on glucose, HbA1c and quality of life. Aerobic exercise, resistance exercise and a combination of both have benefits when it comes to reducing blood glucose levels and HbA1c, as well as improving the quality of life of patients with T2DM. The type and intensity of the exercise chosen for the management of T2DM must be adjusted to the clinical condition and the patient's individual physical fitness. Further research is needed to assess the combined effects of aerobic exercise and resistance on glucose, HbA1c and the quality of life of T2DM adjusted for different age categories.

Keywords: diabetes mellitus, physical exercise, glucose, HbA1c, quality of life



FOOT EXERCISE AGAINST INCREASED LOWER EXTREMITY CIRCULATION IN DIABETES MELLITUS PATIENTS : A SYSTEMATIC REVIEW

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ABSTRACT

Hyperglycemia is one of the typical symptom signs in patients with diabetes mellitus. This condition makes the patient very susceptible to impaired circulation of the lower extremities especially in the legs. Lack of leg exercises especially on the feet can lead to increased risk of foot ulcers. This systematic review aims to systematically review research evidence related to the effect of leg exercises on increasing circulation of the lower limb in patients with diabetes mellitus. This systematic review uses a systematic review study based on PRISMA. Search for article sources using databases from Scopus, Pubmed, ProQuest and Google Scholar. Article search is limited in the last 5 years (2015-2020), articles that use English as well as full text articles. The keywords used in the search are "Leg Exercise", "Buerger Allen Exercise", and "Diabetes Melitus". Decreased blood supply to the lower extremity circulation is one of the causes of foot ulcers in patients with diabetes mellitus. One effort to manage diabetes mellitus through physical exercise in the form of leg exercises. Foot exercises aim at increasing circulation in the lower extremities. The exercises that can be applied are Buerger Allen Exercise. The simplest examination that can be done to detect interference with lower limb circulation is to measure the value of the Ankle Brachial Index (ABI). Buerger Allen Exercise has several advantages including not requiring expensive costs and low risk of injury when doing exercises at home.

Keywords: foot exercise, Buerger Allen Exercise, Ankle Brachial Index, diabetes mellitus



DISCHARGE PLANNING STEMI PATIENTS BY MULTIDISCIPLINARY PROFESSION : A DESCRIPTIVE STUDY

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ABSTRACT

Discharge planning starts at admission and begins by gathering educational needs. Lack of knowledge results in a lack of awareness of risk factors, healthy behavior, decreased compliance and increases stress and depression. The objective of the study was to explore implementation of discharge planning held medical team in STEMI patients. Design of this study was descriptive, data were collected through in-depth interviews with participants. The results of interview are transcribed and done verbatim, then conducted FGD (Focus Group Discussion). The participants were 11 nurses, 1 nutritionist and 1 pharmacist with a minimum working period 5-10 years. Sampling starts with a purposive sampling method. There are several things that influence the implementation of discharge planning, namely motivation of nurses, nurse education, workload, infrastructure, level of patient understanding, patient compliance. Of the six themes that emerge, nurse motivation and infrastructure are the most frequently found and need to be addressed as soon as possible to avoid worsening STEMI patients. For the infrastructure, it is necessary to have a digital guideline that is easily accessed by medical team

Keywords : patients, discharge planning, STEMI, education



FACTORS ASSOCIATED WITH HEADACHES ON SMARTPHONE USERS

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ABSTRACT

The use of a smartphone has increased significantly and this can affect a person's health, including the incidence of headaches. This study aimed to analyze the factors that can trigger the incidence of headache in smartphone users. The design of this study was descriptive analytics with a cross-sectional approach. A simple random sampling technique was chosen to get respondents according to the inclusion criteria. The population was 704 college students in the Faculty of Nursing Universitas Airlangga, with total respondents were 176 students. The independent variables were the duration of smartphone use, frequency of smartphone use, and radiation level of the smartphone that is used. The dependent variable was the incidence of headaches. The instrument used was a questionnaire about smartphone use and questionnaire about headaches characteristics. Data were analyzed using a Spearman Rho test. The findings revealed that there was a correlation between the duration of smartphone use ($p = 0.000$) and the incidence of headaches, so is the frequency of smartphone use ($p = 0.004$). And there was no correlation between the radiation level of the smartphone that is used ($p = 0.978$) and the incidence of headaches. The duration of smartphone use and the frequency of smartphone use are risk factors of headaches in a smartphone.

Keywords: *Smartphone*, Duration, Frequency, Radiation Level, Headaches




SEXUAL ACTIVITY AND SATISFACTION IN CERVICAL CANCER PATIENTS

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ABSTRACT

Sexuality is an important part of quality of life on cervical cancer patients, before, during, or after post-cancer treatment. Diagnosis and treatment of cervical cancer has provided a change in sexual activity and sexual satisfaction. This study aims to determine the correlation between sexual activity and sexual satisfaction of cervical cancer patient in Surabaya. This study used correlation design. Total sample were 76 cervical cancer survivors obtained by purposive sampling technique. The independent variable in this study was sexual activity, measured using a sexual activity questionnaire. The dependent variable in this study was sexual satisfaction measured using The Sexual Satisfaction Scale for Women (SSS-W). Statistical test analysis used Chi-square ($\alpha=0,05$). Most of the respondents (73,6%) reported that they were sexually active and satisfied with their current sexual lives. Statistical test results showed a relationship between sexual activity and sexual satisfaction in cervical cancer patients in Kota Surabaya ($p=0,02$; $c=0,257$). Cervical cancer survivors can still get sexual satisfaction other than through sexual intercourse. They can get sexual satisfaction through other sexual activities, such as dating, holding hands, hugging, or kissing. Therefore, nurses must develop sexual health promotion programs for cervical cancer patients and their couples.

Keywords : sexual activity, sexual satisfaction, cervical cancer



SOCIAL SUPPORT AND INDIVIDUAL SUPPORT FOR BULLYING PREVENTION AMONG ADOLESCENTS IN THE SCHOOL: A SYSTEMATIC REVIEW

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ABSTRACT

The number of bullying incidents increased especially in adolescents at school; it was a negative impact on the physical and mental health of students. The aim of this study is to provide an overview of the prevention bullying incidence of the adolescent at school. The study through a systematic review with the preferred reporting items for Systematic Reviews and Meta-Analysis (PRISMA) approach. A literature search was conducted in Scopus, Science Direct, and ProQuest database. The search utilized the Boolean phrase used “bullying OR aggression” and “adolescent” and “school” with limitation publication was 2015 until 2019. The subject of this study was adolescent without specific ages and classification at school. The systematic review finally identified 15 articles from 186 articles that most relevant to this study. The result showed that the prevention of bullying at school was influenced by social-supportive and individual support. The intervention most effective in dealing with bullying at school. The results of this review suggest the importance of collaboration all of the elements at school, teachers and school regulation are the key element to suppress bullying in an adolescent.

Keywords: bullying; adolescent; prevention; school



FATIGUE IN TYPE 2 DIABETIS: A SYSTEMATIC REVIEW

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ABSTRACT

Fatigue is often found in people with type 2 diabetes. Fatigue affects the quality of life of people with diabetes. The aim of this study was to identify fatigue in women with diabetes. The database used to identify suitable articles obtained from Scopus, PubMed, Science Direct and Proquest was limited from 2011-2019, English, and fulltext articles. The literature review used the keywords “Diabetes Fatigue Syndrome, Type 2 Diabetes, Fatigue”. In searching articles used “AND”. 11 articles met the inclusion criteria. The studies were classified into three groups based on the causes of fatigue. The causes of fatigue are physiological factor, psychological factor, and lifestyle factors. Diabetes fatigue syndrome is defined as a multifactorial syndrome of fatigue or easy fatigability, occurring in persons with diabetes, which may be caused by a variety of lifestyle, nutritional, medical, psychological, glycemia/diabetes-related, endocrine, and iatrogenic factors.

Keywords: diabetes fatigue syndrome, type 2 diabetes, fatigue



THE CORRELATION BETWEEN PERSONALITY AND FAMILY SUPPORT AND SUBJECTIVE WELL-BEING FOR PATIENTS WITH DIABETES MELLITUS

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ABSTRACT

Diabetes mellitus is a chronic disease characterized by elevated blood sugar levels because the pancreas does not produce enough insulin. People with diabetes mellitus who looked at the negative condition need to be reviewed from a psychological perspective. Factors that may affect subjective well-being (SWB) are the support of family and personality. The purpose of this study was to analyze the relationship between family support and patients' personality with subjective well-being in patients with Diabetes mellitus. This research used a cross-sectional design. Respondents were selected from five primary health centers with the highest number of DM cases in Surabaya, Indonesia with a total of 102 respondents. Data were collected using a personality questionnaire, family support questionnaire and SWB questionnaire. Furthermore, the data were analyzed using Rank Spearman test with a significance level $< 0,05$. The result showed that 81 respondents were female, aged 46-55 years and married. There was a significant correlation between personality and SWB ($p = 0,008$; $r = 0,260$). In addition, the family support also significantly correlated with SWB ($p = 0,011$; $r = 0,249$). The higher the value of positive personality and family support they had, the higher the value of subjective well-being.

Keywords---Personality, Family Support, Subjective well-being, Diabetes Mellitus



EFFECT OF PHYSICAL EXERCISE ON INSULIN SENSITIVITY AND THE MODIFIABLE CARDIOVASCULAR RISK FACTORS OF PATIENT WITH T2DM: A SYSTEMATIC REVIEW

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ABSTRACT

Diabetes mellitus is one of the chronic diseases that have increased in prevalence in Indonesia and the world. Optimal glycemic control is important to prevent the complications of diabetes mellitus. Several recommendations that are used in diabetes treatment involve regular exercise training. This study was undertaken to verify effect of regular exercise training on insulin sensitivity and the modifiable cardiovascular risk factors, and to determine if there was any effect from the different regular exercises. A database search using PRISMA examined articles from Scopus, ScienceDirect and ProQuest. The inclusion criteria were that the article used a randomized controlled trial within the last 10 years, that the respondents were people with type 2 diabetes mellitus and that only physical exercise was the intervention involved. In total, 1,303 articles were screened and 16 articles were included that fit the criteria of inclusion in this systematic review. Based on the review of the 15 articles, the findings show that regular exercise training has some benefits related to glycemic control. It can reduce insulin resistance, plasma insulin, fasting blood glucose, postprandial blood glucose and hbA1c. It also can increase insulin sensitivity and the disposition index of insulin as well. Furthermore, regular exercise training has benefits concerning some of the cardiovascular risk factors. It can reduce the systolic and diastolic blood pressure, waist circumference, fat mass, visceral fat, total cholesterol, and improve the lipid profile and endothelial function by decreasing the carotid intima media thickness and left ventricle wall mass. Moreover, physical exercise has other benefits for people with type 2 diabetes mellitus, such as an increased peak oxygen consumption (VO₂ peak) and decreased c-reactive protein (CRP) level. Regular exercise training has benefits for people with type 2 diabetes mellitus and it can allow them to achieve of optimal glycemic control by improving insulin resistance and decreasing the cardiovascular risk factors. Physical exercise such as combined exercises (aerobic and resistance exercise) or a single exercise such as aerobic exercise can be recommended to improve insulin sensitivity and the modifiable cardiovascular risk factors in patients with T2DM.

Keywords: Regular physical training; insulin resistance; cardiovascular risk factors; type 2 diabetes mellitus.



SOCIAL SUPPORT FOR PULMONARY TB PATIENTS IN SURABAYA, EAST JAVA

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ABSTRACT

Social support for pulmonary TB patients is obtained from families and health workers. Prolonged treatment (6-8 months) can cause incomplete treatment. Social support from families and health workers is needed to achieve adherence to medication. The purpose of this study was to identify the social support among pulmonary TB patients in Surabaya. A descriptive study was done to identify the social support among pulmonary TB patients in Surabaya. The population in this study was pulmonary TB patients from January-April 2019 at the Tanah Kali Kedinding Public Health Center in Surabaya. The sample was made up of 55 pulmonary TB patients. Total sampling was performed in this study. The social support questionnaire was used to measure family support and that of healthcare workers for the patients. Descriptive analysis was used to explain the results of the study. The results showed that the total mean value of family support was 0.68 with a standard deviation of 0.454. The total mean value of support from healthcare workers was 0.86 and the standard deviation was 0.331. Social support from families and healthcare workers have not been fully developed properly. Therefore, it is necessary to improve social support from both families and healthcare workers in the process of treating pulmonary TB patients.

Keywords: Family Support; Health Workers Support; Pulmonary TB



MODEL OF RESILIENCE FOR CARING ENHANCEMENT (MORE CARE) MODULE IMPLEMENTATION IMPROVES CARING BEHAVIOR OF ICU NURSES

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ABSTRACT

The ICU is a ward with high stress levels and nurses experience stress at various levels. Increasing resilience is a promising way for dealing with stress so as to optimize caring behavior. However, study related to improve nursing behaviour is limited particularly in ICU in Indonesia. The study was performed to reveal whether More Care (model of resilience for caring enhancement) Module was effective to improve nurses' caring behaviour in referral hospital in Surabaya Indonesia. This research used quasi experimental design with pretest-posttest control group design. The respondents were 30 ICU nurses who were obtained by purposive sampling technique, separated in two group of 15 for each control and intervention group. Dependent variable was caring behaviour of ICU nurses while independent variable was implementation of More Care Module. The implementation of the module using in house training was given for 4 weeks. The data was analysed using using t test, Mann Whitney and Wilcoxon *Test* based on the normality test of the data. The study findings revealed that the implementation of the module increased significantly on caring behaviour ($p = 0.001$) for the intervention group but not for the control group ($p = 0.106$). The result also showed significant differences of on these post-test of the two groups (0.000). More Care Module improves caring behaviour of ICU nurses. Caring behaviour of nurse is important ensure the patients' satisfaction as well as nurses' satisfaction. Nursing management may provide training on caring behaviour regularly.

Keywords: caring behaviour; intensive care unit; nurse



IMPROVING KNOWLEDGE AND SKILL ABOUT FIRST AID USING *FIRST AID GUIDLINE (F.A.G) APP*

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ABSTRACT

The technology is growing rapidly, while the incidence of injury becomes a problem in the world that can cause morbidity and even mortality. The solution is to provide first aid education as early as possible using a technology. The purpose of this study was to determine the improve in knowledge and skills about first aid using the F.A.G App. The study design uses Quasy experiments using control and experimental groups. This study using 120 respondents taken by purposive sampling technique with two groups. Each group consisted of 60 respondents. Group one was given treatment in the form of providing health education about first aid with F.A.G App and its called intervention group, while the other group used the lecture method and its called control group. There are 5 main menus : Emergency call menu, choking, injuries, burns and bleeding. Data analysis using independent T-Test. The tool used is the F.A.G App, a knowledge and skills questionnaire about first aid. The location of the study was at Junior High School in Jember. The results of the intervention group's between knowledge and skill variable has a higher value difference than control group with a value of 2.91 (SD = 1.608) and p-value of 0.008 for knowledge variable. Whereas skill variable with a value of 3.07 (SD = 1.413) and p-value of 0.035. The conclusion of this study is at the intervention group there was an increase in knowledge and skills about first aid by using F.A.G App.

Keywords : first aid, knowledge, skill, application



THE CORRELATION BETWEEN INTENSITY OF SMARTPHONE USAGE WITH SOCIAL MEDIA ADDICTION, FEAR OF MISSING OUT, AND NEED FOR TOUCH AMONG ADOLESCENTS

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ABSTRACT

Excess smartphone use among adolescents not only can cause physical health-related problems, but also psychological problems. The purpose of this study is to analyze the correlation between the usage intensity of smartphones with social media addiction, fear of missing out and need for touch which is experienced by adolescents. This was a descriptive-analytic study with a cross-sectional approach. The study enrolled 314 adolescents who were recorded as senior high school students in Surabaya, East Jawa, Indonesia, identified using a convenience sampling technique. The independent variable was the usage intensity of smartphones, while the dependent variables were social media addiction, the fear of missing out, and the need for touch. Data were collected using four different questionnaires, consisting of Smartphone Use Frequency (SUF), Bergen Social Media Addiction Scale (BSMAS), The Fear of Missing Out (FOMO) questionnaire, and The Need for Touch Scale (NFTs). Data were then analyzed by using Spearman Rank Correlation with the level of significance $\alpha=0.05$. The study revealed that the usage intensity of smartphones is significantly correlated with social media addiction ($p=0.000$; $r=0.318$), fear of missing out ($p=0.000$; $r=0.255$), and the need for touch ($p=0.000$; $r=0.196$). It can be concluded that the more intensively adolescents use a smartphone, the more they are at risk of experiencing social media addiction, fear of missing out, and need for touch. Therefore, nurses should design a health promotion program for adolescents, so they can use smartphones wisely to prevent smartphone-related problems.

Keywords:Adolescents, Fear of Missing Out; Need for Touch; Social Media Addiction; The Usage Intensity of Smartphones.



EFFECT OF COMBINATION OF THERAPEUTIC GROUP THERAPY AND SUPPORTIVE ON SELF-EFFICACY AND DEVIANT BEHAVIOUR IN ADOLESCENTS

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ABSTRACT

The problem of deviations in adolescents is a major problem in society. This can occur because adolescents have low self-efficacy, infuriating adolescents with apathy and pessimism. The objective of this study was to determine the effect of a combination therapeutic group therapy and supportive on self-efficacy and deviant behaviour in adolescents. The design of this study was quasi-experiment (pre-post test with control group design). Population based on the inclusion criteria was male adolescents aged 15-19 years at High School in Surabaya and exclusion criteria were adolescents with physical disabilities, mental disorders and illness. sample of 62 respondents (31/31) used purposive sampling. The independent variable is a combination therapeutic group therapy and supportive, dependent variable is self-efficacy and deviant behaviour. Intervention are given 4 times for 4 weeks and the control group was given a standard intervention. Data were collected using a self-efficacy and deviant behaviour questionnaire. Analysis using MANOVA. In the intervention and control groups there were significant differences between self efficacy and deviant behavior in adolescents before and after the intervention with a value of 0,000 ($p < 0.05$). Increased self-efficacy in the intervention group is seen from magnitude sub-variable and the variable deviant behavior can decrease in the social deviant sub-variable. The increase in the self-efficacy intervention group was due to the presence of facilities that helped students find information and explore their potential. While the decrease in deviant behavior variables due to increased knowledge and positive support from peer group.

Keywords : adolescents, self efficacy, deviant behavior

ANALYSIS OF NURSING WORKLOAD AT ISLAMIC HOSPITAL SURABAYA

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ABSTRACT

An easy access to receive health services through BPJS (The Healthcare and Social Security Agency) will increase the number of patients coming to a hospital for both inpatient and outpatient medical treatments. The increasing number is dominated by the elderly (70%). This condition has impacts on the nurses' workload. This study aimed to analyze the correlation between the types of hospital wards, nurses' work shift and workload in the in-patient wards of Rumah Sakit Islam Surabaya. This condition affects their workload. This study aimed to analyze the correlation between the types of hospital wards, nurses' work shift and workload in the in-patient wards of Rumah Sakit Islam Surabaya. This study used a descriptive analytic research design with a cross-sectional approach. The population of all nurses in the in-patient wards of the stated hospital totaled 109 nurses of whom 83 respondents were chosen using a cluster random sampling technique. The variables included the types of wards, nurses' work shifts and workloads. The data were collected using an observation sheet. The data were analyzed using a Chi-square test with a level of significance $\alpha = 0.05$. The Chi-square test revealed that there was a correlation between work shift and workload in which $p (0.036) < \alpha (0.05)$, whereas the types of wards did not correlate with workload shown by the result that $p (0.341) > \alpha (0.05)$. In conclusion, work shift correlates with workload. Therefore, proportional work scheduling should be considered to fulfil the patients' needs and prevent tiredness due to high workload.

Keywords: Workload, Work shift, Direct action, Types of wards.



THE EFFECTIVENESS OF KANGAROO MOTHER CARE IN POSTPARTUM MOTHER'S ANXIETY: A SYSTEMATIC REVIEW

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ABSTRACT

There were several problems which occur in postpartum mothers, one of the problems is mother's anxiety. Many supportive methods have been introduced to decrease mother's anxiety. One of them is the kangaroo care between a mother and her child. In the kangaroo mother care, a naked infant is placed between the mother's breasts. This study was to assess the effectiveness of kangaroo mother care on decreasing mother's anxiety for postpartum mother. Multiple databases were searched in the journals by using pre-determined keywords, such as kangaroo mother care, postpartum, mother's anxiety through a database of "Scopus, Science Direct and EBSCO". The journals were limited starting in 2014 to 2019. Out of 86 nursing journal, 15 journals were selected to all eligibility criteria. Most of the journals showed that kangaroo mother care are able to decrease mother's anxiety but there were journal showed that kangaroo mother care has to be done for a long time to decrease mother's anxiety. Study results showed that kangaroo mother care was effective to decrease mother's anxiety. Future research should focus on to improve kangaroo mother care intervention to provide high quality care for postpartum mother.

Keywords: kangaroo mother care, postpartum, mother's anxiety



PROFILE OF NURSING PROBLEMS ACCORDING TO INDONESIAN NURSING DIAGNOSIS STANDARDS (SDKI) IN HOSPITALIZED PATIENTS WITH DIABETES MELLITUS

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ABSTRACT

This study aims to identify nursing problems that arise in hospitalized patients with diabetes mellitus. A descriptive analytic study involving 100 medical records of inpatients with diabetes mellitus in June, July and August 2019. Data collection was made through observation sheet was made according with Indonesian Nursing Diagnosis Standards (SDKI). There are 31 types of nursing problems were identified with the total number of nursing problems found 332. The most frequent nursing problem were: Risiko Infeksi (D.0142) 30.12%, Ketidakstabilan Kadar Glukosa Darah (D.0027) 14.16%, Risiko Penurunan Curah Jantung (D.0011) 12.65%, Risiko Perfusi Serebral Tidak Efektif (D.0017) 8.73%, Risiko Ketidakseimbangan Elektrolit (D.0037) 4.52%. In diabetes mellitus found 31 variations of nursing problems with the most frequent nursing problems are in the physiological category and nutrition and fluid sub categories.

Keywords : Nursing diagnosis, Nursing problem, Diabetes Mellitus



THE EFFECTIVENESS OF OCCUPATIONAL THERAPY ON PATIENTS WITH SCHIZOPHRENIA OR ANOTHER MENTAL ILLNESS: A SYSTEMATIC REVIEW

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ABSTRACT

A growing body of literature sheds light on occupational therapy (OT) interventions and outcomes in mental illness. The purpose of this article is to assess the effectiveness of occupational therapy on patients with schizophrenia or mental illness. Databases searched were Scopus, Proquest, Sage, and Pubmed at the time of publication in the last ten years which was limited by journal source type. The search terms, truncated when relevant, were "schizophrenia" or "mental illness" and "work training" or "occupational therapy" or "vocational therapy". Sixteen peer reviewed intervention studies targeting adults with mental illness or schizophrenia were reviewed and analyzed. There were five categories of occupational interventions emerged: Balancing Everyday Life (BEL), grocery-shopping skills, occupational therapy workshops and community-based support centers users, individualized occupational therapy, occupational goal intervention. Most of the previous literatures stated that there were significant effects of occupational therapies on the level of functioning of patients with schizophrenia or mental illness.

Keywords: schizophrenia, mental illness, occupational therapy, level of functioning



THE EFFECTS OF HOME-BASED EXERCISE TRAINING ON PHYSICAL PERFORMANCE, FATIGUE AND QUALITY OF LIFE IN BREAST CANCER PATIENT RECEIVING CHEMOTHERAPY: A PILOT STUDY

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ABSTRACT

This study was to assess the effects of Home-Based Exercise Training (HBET) on physical performance, fatigue and quality of life on breast cancer patients receiving chemotherapy. One group pre-and post- test design. The setting of this study was in a daycare unit of Dr. Ramelan Navy Hospital Surabaya, Indonesia. 26 women with early stage of breast cancer receiving chemotherapy participated in this study. Participants completed baseline measures and waited a week after chemotherapy for exercise. Patients who were assigned to the HBET group performed 3 weeks of walking program. Test Timed Up and Go (TUG) was used to assess physical performance, while Brief Fatigue Inventory (BFI) was used to measure fatigue and The European Organization for Research and Treatment of Cancer Quality of Life Questionnaire-Core 30 (EORTC QLQ C-30) to assess the quality of life. The paired t-test showed a significant result $p < 0.0001$ for physical performance, fatigue and quality of life. Breast cancer patients who received HBET showed improvement in physical performance and quality of life and also reduction in fatigue. The result showed that HBET is effective in promoting and maintaining both physical performance and quality of life, as well as reducing fatigue by increasing emotional and physical wellbeing on breast cancer patients receiving chemotherapy.

Keywords: Home-Based Exercise Training, Breast Cancer, Physical Performance, Fatigue, Quality of Life, Chemotherapy



THE ROLE OF HIV/AIDS CADRE ON IMPROVING QUALITY OF LIFE AMONG WOMEN WITH HIV/AIDS IN A COMMUNITY SETTING: A QUALITATIVE STUDY

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ABSTRACT

In responding to the AIDS epidemic in Indonesia, HIV/AIDS cadres have been formed derived from various elements of society, but their role is still below the optimal target to support for care, physical and psychosocial mildness of vulnerable women with HIV/AIDS. The aim was to explore the experience of the role of HIV/AIDS cadres on improving quality of life among women living with HIV/AIDS in a community setting. A qualitative research method through a case study approach was conducted in some areas where HIV/AIDS cadres have formed such as: Cirebon West Java, Kudus, and Jepara district of Central Java, Indonesia. A purposive sampling method was applied to recruit the participants. In-depth interview was undertaken with 15 participants using a set of semi-structured questions about: “what HIV/AIDS cadres have been done to date, what skills they must conquer on and how the surrounding supported response”. Thematic content analysis using manual combine an inductive approach. Fives themes were identified which described respondents’ experiences such as: roles as cadre, cadre skills, harmonization with healthcare providers, community response and motivation become a cadre. This study also identified that HIV/AIDS cadres were significantly supporting people with HIV/AIDS in term of acceptance, against the stigma and discrimination in the community. Participants assessed the quality of life among women with HIV/HIV to have improved gradually post accompaniment. However, participants also faced complexity problems and resistance from the community. Cadres’ self-capacity needs to be improved through standardized training to improve their competencies and skills before they implement accompaniment to women with HIV/AIDS in the community.

Keywords: Role, HIV/AIDS Cadre, Quality of Life, Women with HIV/AIDS, Community



NURSES KNOWLEDGE ABOUT EARLY WARNING SYSTEM (EWS) ON THE SPEED AND ACCURACY OF NURSES IN PROVIDING CLINICAL RESPONSE

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ABSTRACT

Error in filling in or interpreting the results of the EWS assessment causes delay and inaccuracy of nurses in providing clinical response. The nurse's level of knowledge about the EWS is very important as supporting the ability of women to carry out an EWS assessment. The aim of this study is to describe the level of nurse knowledge about EWS on the speed and accuracy of nurses in providing clinical responses. The study used descriptive design. Respondents in this study were nurses in the inpatient ward of internal medicine (104 respondents) with purposive sampling technique. The data was collected using questionnaires and observation sheets, then used the descriptive analyzed. The results showed that 60% of respondents (62 nurses) have less knowledge, especially in the interpretation of EWS results (76.93%), followed by knowledge of EWS scoring and clinical response. The ability of nurses in the interpretation of EWS is lower (53.85%) when compared to the ability of scoring and clinical response. As many as 63% of respondents (66 nurses) gave a clinical response within 60 to 120 seconds with an accuracy of 69.23% (72 nurses) in providing a clinical response. The level of nurse knowledge about EWS can affect the speed and accuracy of nurses in conducting EWS assessments.

Keywords : Knowledge, Speed, Accuracy, Early Warning System



A SYSTEMATIC REVIEW OF HOLISTIC CARE MANAGEMENT OF PATIENT WITH DIABETES MELLITUS:

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ABSTRACT

Holistic care includes the bio-psycho-social and spiritual care of individuals. The purpose of this study is to explain the management of holistic care in people with diabetes mellitus. The study was done through a systematic review with Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA) approach. The search for articles included several databases: Ovid, CINAHL, and PubMed. Determination of keywords was based on PICOT framework, P: any diabetes population, I: holistic care, C: any comparison, O: blood sugar, T: any time. We used MeSH as a keyword. The inclusion criteria in this study were articles written in English, search from journals, articles available in full text, and original articles. Searching in journals is done by using the keywords holistic, diabetes mellitus and blood sugar. There were 10 journals reviewed. The result showed that explained holistic care is related to technology, holistic care program and holistic care related to complementary alternative medicine. The conclusion of this study is that holistic care programs provide significant results in the management of care for people with diabetes mellitus.

Keywords: holistic, care, systematic review



THE EFFECTIVENESS INTERVENTION TO REDUCE NURSE'S INTENTION TO LEAVE THE HOSPITAL: A SYSTEMATIC REVIEW

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Nurses who have a desire to leave the hospital have a negative impact on the hospital and services to patients. Nurse's desire to leave the hospital must be reduced to improve the quality of professional nursing services. This systematic review aimed to identify the current best evidence to reduce nurse's intention to leave the hospital and the effectiveness of these interventions. A systematic literature review. Data sources from four electronic databases (Pubmed, SAGE, ProQuest, and Science Direct) were searched for studies using a *quasi-experiment* and published between January 2015 until December 2019 in English. *The boolean operator* in this search use *AND* dan *OR*. Guidelines this review according to Preferred Reporting Items for Systematic Review and Meta Analyze (PRISMA). Researchers independently assessed the eligibility of the studies by title, abstract and full-text and the methodological quality of the studies. Six studies met the criteria for inclusion in the review. The participants were mainly nurses and interventions. Interventions conducted to reduce the intention of nurses leaving the hospital among them cultural change toolkit (n=1), cognitive rehearsal program (CRP) (n=2), rational emotive behavior therapy (n=1), 10-element onboarding program intervention (n=1), Clinical Leadership in Aged Care (CLiAC) program (n=1). Effect sizes of studies varied from small (p=0,001) to very large (p=0,24). Interventions implemented to reduce turnover intention in nurses can improve the quality of nursing services. Future studies must develop other methods that are specific to nursing management.

Keywords : nurse, turnover, strategy



FACTORS RELATING TO ADHERENCE TO MEDICATION IN SCHIZOPHRENIC PATIENTS WHO ARE UNDERGOING REHOSPITALIZATION

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ABSTRACT

Problems with adherence medication is a major cause of relapse in patients with schizophrenia and patients should undergo rehospitalization. Based on several sources, non-adherence to medication in patients with schizophrenia is caused by several factors, including patient socio-demographics, drug side effects and family support. The purpose of this study was to determine factors related to medication adherence in schizophrenic patients which are realizing rehospitalization in Mental Health Hospital in Central Java Province of Semarang. This type of research is correlational analytic descriptive research with cross-sectional approach. The population in this study was schizophrenic patients who were undergoing rehospitalization at the inpatient installation of Mental Health Hospital in Central Java Province of Semarang. Sampling used consecutive sampling technique, to get 36 samples, each given five packets of research questionnaires. The research instruments used were sociodemographic questionnaires, family support questionnaires, medication adherence rating scale (MARS), and Glasgow Antipsychotic Side-effect Scale (GASS). Data analysis used descriptive analysis and Chi-square test. Factors related to adherence to medication of schizophrenics undergoing rehospitalization include gender ($p = 0.007$) and family support ($p = 0.023$), while age factor ($p = 0.678$), Education ($p = 0.476$), monthly income ($p = 0.216$), frequency of care ($p = 0.608$), paid method ($p = 0.306$), drug side effect factor ($p = 0.178$) and antipsychotic ($p=0.481$) had no significant association with adherence medication. This study proves a significant relationship between adherence medication to gender and family support. Suggestion: It is recommended to psychiatric hospitals to develop nursing interventions to increase family support for schizophrenic patients, such as with the implementation of home visit and making the community of family with schizophrenics.

Keywords: Adherence medication factors, Relapse, Schizophrenic, Rehospitalization



THE RESILIENCE OF FAMILIES WHO LIVE IN A DISASTER-PRONE LOCATION IN TERMS OF DISASTER PREPAREDNESS: A SCOPING REVIEW

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ABSTRACT

Post-disaster difficulties and problems are closely related to the level of family resilience. 50% of Lapindo mudflow victims in Indonesia have faced delays in getting disaster compensation due to having low resilience. Meanwhile 60% - 70% of riverbank residents in the UK have never been prepared due to low resilience. Objective: To explore the research that has been done related to the topic of family resilience living in disaster-prone locations in terms of disaster preparedness. Method: The study design was a scoping review where data were searched through the Medline and Scopus databases. Data analysis was performed using qualitative thematic analysis. Result: 20 articles were found that met the inclusion criteria. Themes that emerged from the basic research analysis included: definition of preparedness according to family, factors affecting disaster perceived risk, inter-family factors and intra-family factors that increase resilience. Discussion: Emotional and religious support can help shape coping and positive thinking so as to increase family resilience. An intervention that includes religion and increased resilience can fill a few gaps in understanding the science of resilience in preparing for disasters.

Keywords: Resilience; Family; Disaster; Preparedness

FACTORS CONTRIBUTING TO THE IMPLEMENTATION OF SITUATIONAL LEADERSHIP IN HOSPITALS

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ABSTRACT

An organization's success in achieving its goals is influenced by the leader. But in carrying out its leadership, leaders often experience obstacles from various factors. This study aimed to consider factors that influence the application of situational leadership in hospitals. A cross-sectional quantitative research design was used with a population of 162 nurses and a sample of 115 nurses. The independent variables were leader internal factors, nurse factors, job characteristics; and the independent variable was situational leadership. The instrument was in the form of a questionnaire related to the internal factor variables of the leader: 25 questions, the factor of nurses: 13 questions, job characteristics: 10 questions, and situational leadership: 32 questions. Multivariate analysis with multiple linear regression tests was used. There was a joint effect of internal leader factors, nurse factors and job characteristics on the application of situational leadership with a value of $p = 0.000$ ($p < 0.00$) and R Square 0.437 (43.7%) where the dominant factor was the nurse factor. The results of the analysis of multiple linear regression tests obtained a significance value of internal factors leader of $p = 0.000$ ($p < 0.05$); nurse factor $p = 0.000$ ($p < 0.05$); and job characteristics $p = 0.601$ ($p > 0.05$). Internal leadership factors and nurse factors influence the application of situational leadership while job characteristics do not affect it. Influential factors are used as the basis for implementing situational leadership in hospitals referring to aspects of increasing nurses' knowledge and expectations.

Keywords: Leader's Internal Factors; Nurse Factors; Job Characteristics, Situational Leadership



A SYSTEMATIC REVIEW OF EARLY INTERVENTION FOR SUICIDE PREVENTION AMONG COLLEGE STUDENTS

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ABSTRACT

Suicide is a worrying health problem with a high prevalence among students. An effective and efficient program in preventing suicide is needed for campus environments. This research investigated various forms of suicide prevention programs and identified the most effective and efficient interventions. The databases were Scopus, Proquest, Pubmed, Cinahl, and SagePub using keywords consisting of “intervention”, “suicide” and “college student”. This systematic review used Item Reporting Approach for Systematic Review and Meta-Analysis (PRISMA) to analyze 15 articles extracted from databases using specific criteria. The interventions to reduce the risk of suicide among student were peers’ willingness to intervene, positive thinking and social support, affirmation, spiritual motivation, web-based videos, online screening and counseling, online mental health assistance, surveys web-based personal experiences, Question-Persuade-Refer (QPR) training with Gatekeepers, dialectic group skills training and group cognitive therapy, and social norm campaigns. There are advantages and disadvantages of suicide interventions concerning student compliance, faculty staff involvement, a small number of subjects and social stigma about mental illness. Web-based or online interventions posed more advantages, especially about the social stigma. Web-based or online interventions were the most preferred interventions among students because they had a lower chance of creating a negative stigma.

Keywords: intervention, prevention, suicide, college students.



**DESCRIPTION OF MOTIVATION, KNOWLEDGE,
ATTITUDES, PERCEPTIONS, COGNITION OF MOTHERS
IN NONPHARMACOLOGICAL PAIN MANAGEMENT DUE
TO INVASIVE PROCEDURES IN CHILDREN AT ISLAMIC
HOSPITAL IN SURABAYA**

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ABSTRACT

Invasive procedures and being in a hospital can be painful and frightening experience for children and their parents. Pain is a condition that must be treated immediately, other than being unethical to leave the patient in a state of pain. The ability of a family is still low and can lead to minimal nonpharmacological pain management which can lead to negative psychophysiological effects, increased health costs and increased chronic pain syndromes that are in line with the child's response to the experience of pain in the future. This study aims to describe the mother's internal factors in nonpharmacological pain management due to invasive procedures in children at the Islamic Hospital in Surabaya. The study design was descriptive, cross-sectional with a sample of 96 respondents with purposive sampling. Research analysis with frequency distribution. The results showed mothers had 100% positive motivation, 54% good knowledge, 99% attitude positive, 66% negative perception, mother cognitive 55% very confident belief they can treat children who experience pain. High motivation, good knowledge, positive attitude, cognitive are very confident but negative perceptions about the nonpharmacological pain management ability. All internal factors of the mother have a positive value so this proves that the mother has good motivation, knowledge, attitude and cognition to be involved in dealing with pain in her child when an invasive action is taken. Nurses must be sure to involve mothers in nonpharmacological interventions to overcome pain in children who undergo out invasive procedures when hospitalized.

Keywords: nonpharmacological pain management , mother's ability, children



PATIENT PERSPECTIVE ON DIABETIC FOOT CARE

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ABSTRACT

A diabetic foot ulcer is the highest complication of diabetes mellitus, it increases the amputation rate. Ignorance and mistakes of foot care cause the increase the cases of diabetic foot, but foot care based on the patient perspective and what it means have never been explored in-depth. This study used a qualitative research with a phenomenology approach aimed to explore patient's perspective about diabetic foot care at General Hospital in Gresik. Using an in-depth interview; fields note, recording; and memories note, the interview was conducted on 20 participants. Data collection was conducted by semi-structured interviews and analyzed by Braun and Clarke Thematic Analysis. The finding provides detailed information on eight main themes, that are foot care goals; urgency; area; type of care; the technique of care; education; diabetic foot prevention; and the last, consequences of an untreated foot. The conclusion is that patient's perspective about foot care means caring for the foot; skin; nail; foot form, using warm water; appropriate footwear; lotion and identification of risk factors are the important ways to prevent ulcers and amputation. In fact, the health professional does not give complete information about foot care. Finally, diabetic foot care is an important way to prevent the appearance of diabetic foot ulcers, appropriate education and information from health professionals are needed to perfect perception about diabetic foot care.

Keywords: diabetic foot care, patient, perspective



THE EFFECT OF LIQUID SMOKE ON SCABIES PAIN AND WOUND AMONG STUDENTS AT ISLAMIC BOARDING SCHOOL

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ABSTRACT

Scabies is one of the skin diseases frequently experienced by students at Islamic boarding schools. Almost all Scabies medication has a side effect, such as irritation. Liquid smoke from coconut shells contains analgesic, anti-inflammatory, antimicrobial, and antioxidant properties that benefit the process of wound healing. This study aimed to analyze the effect of liquid smoke from coconut shells on scabies pain and wound. This was a quasi-experiment study. The sample used was 60 students at an Islamic Boarding School. The samples were divided into two groups (intervention and control). The independent variable was topical liquid smoke for 14 days, while the dependent variable was the level of pain and the process of wound healing. Data were collected by using a questionnaire and wound observation. The results showed that there were significant differences between the intervention and control groups ($p = 0,000$) based on the Mann-Whitney test. There were significant differences between the treatment and control groups in the wound healing process with erythema criteria ($p = 0,000$), lesions ($p = 0,000$), granulation ($p = 0,000$), and scabies hole closure ($p = 0,000$) based on the Mann-Whitney test. Topical liquid smoke from coconut shells can decrease the level of pain and accelerate the process of scabies wound healing. Future studies can analyze the effect of liquid smoke on other skin diseases.

Keywords : Liquid Smoke, Pain, Wound, Scabies



FACTORS CORRELATED TO BODY FAT PERCENTAGE, BONE DENSITY, MUSCLE MASS AND MUSCLE STRENGTH IN WOMEN PRACTICING ZUMBA AND AEROBICS EXERCISE

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ABSTRACT

Many believe that practicing Aerobics or Zumba helps lose weight and increase muscle strength. The purpose of this study was to analyze factors correlated to body fat percentage, bone density, muscle mass and strength in women practicing Zumba and Aerobics exercise. This study was a correlational study targeted at women practicing Aerobics or Zumba exercise. There were 114 participants selected through inclusion and exclusion criteria. Factors being investigated were Body Mass Index (BMI), milk and supplements consumption, parity, breastfeeding history, frequency of exercise, the length of participation for Zumba and Aerobics exercise, and other physical exercise activity. The data were collected using questionnaires, Bio impedance Analysis TANITA BC-541 and Wall Sit Test (WST). Data were analyzed using Spearman's Rho Test and Mann Whitney with a significance level of $\alpha=0.05$. Results showed that factors correlated to body fat percentage were parity, breastfeeding history, frequency of exercise, the length of participation, also other physical exercise activity ($p<0.05$; $r>0.28$). Factors correlated to bone density were milk and supplements consumption, breastfeeding history, and frequency of exercise ($p<0.05$; $r\leq 2.1$). Factors associated with muscle mass and strength were BMI, frequency of exercise, and practicing other physical exercise ($p<0.05$; $r>0.25$). From these data, it was concluded that not all factors studied were related to body fat percentage, bone density, muscle mass and strength. However, the results of this study also show that the frequency of exercise per week correlates with all dependent variables. This shows that practicing Zumba or Aerobics can improve women's fitness.

Keywords: body fat percentage, bone density, muscle, women, zumba, aerobic exercise



THE RELATIONSHIP BETWEEN COGNITIVE FUNCTION AND THE ABILITY OF SOCIAL INTERACTION IN THE ELDERLY IN GRESIK

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ABSTRACT

Cognitive impairment analysis that is associated with social interaction problems is important in order to know whether the intellectual ability of the elderly influences social activities carried out daily. The aim of the study was to identify cognitive functions and their relation to the ability of social interaction in the elderly. A cross-sectional study was conducted from 1 February to 30 May 2019, among the elderly in Gresik District. The sample selected as many as 102 respondents. The sampling technique used proportional random sampling. The independent variable is the cognitive function. The dependent variable is the ability of social interaction. The statistical test used is the Phi Coefficient test which showed a significant relationship between cognitive function and social interaction abilities in the elderly with the value (X^2) count of 75.683 and Phi coefficient (ϕ) value of 0.861, $p = 0.000$. The elderly need an environment that supports social interaction to avoid cognitive decline so they need facilities that can be used to interact and communicate with fellow elderly people.

Keywords: Elderly, cognitive function, social contact, communication



VALIDITY AND RELIABILITY STUDIES OF THE INDONESIAN VERSION OF HEART FAILURE SOMATIC PERCEPTION SCALE (HFSPS) QUESTIONNAIRE

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ABSTRACT

Heart Failure Somatic Perception Scale (HFSPS) is one of the most commonly used questionnaires to assess HF physical symptoms. However, to be utilized in Indonesia, it needs validity and reliability studies. This study aimed to obtain a valid and reliable Indonesian version of the Heart Failure Somatic Perception Scale (HFSPS) so that it can be used in Indonesia. This study was a cross-sectional study with 152 subjects with a mean age of 58.03 ± 10.2 years who had heart failure disease and were treated at the outpatient clinic of cardiology in Government Hospital in Lamongan and Gresik, East Java, Indonesia. The validity of the HFSPS was assessed by evaluating the construct validity using a multitrait-multimethod analysis and external validity was evaluated by comparing the HFSPS with the MLHF questionnaire. Reliability was assessed using Cronbach's α . All items in the Indonesian version of the HFSPS questionnaire were valid and had a positive strong correlation with the MLHF questionnaire ($r=0,635$; $p<0.000$). The Cronbach α of the Indonesian version of HFSPS was 0.813. The Indonesian version of HFSPS has good validity and reliability to assess the physical symptoms of patients with chronic heart failure in Indonesia.

Keywords : HFSPS, Heart Failure, Symptoms, Validity Reliability Questionnaire



HEALTH EDUCATION EFFECT OF ROLEPLAY METHOD ON IMPROVEMENT OF SELF CONFIDENCE IN CHILD OBESITYVICTIMS OF BULLYING VICTIMS (10-12 YEARS)

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ABSTRACT

Obesity in children has a negative impact and influences children's growth and development, especially in aspects of psychosocial development. Short-term effects caused by bullying behavior are feeling insecure, embarrassed, reduced interest in learning that has an impact on academic achievement. The study was a "Pre-Experimental" research design with the pre-posttest one group design. The sampling technique uses purposive sampling. The number of research samples was 15 respondents. Data were analyzed using the Wilcoxon Signed Rank Test $p \leq 0.05$ and showed that role play method can increase the self-confidence in children with obesity as bullying victims ($p = 0.001$). Role play can make children develop the ability to think and act creatively. understand the feelings of others, put themselves out of other people's situations, understand and respect differences of opinion, so that they can live up to the role played, are able to put themselves in situations, learn how to get along and how to approach and relate to others.

Keywords: Obesity, children *bullying*, self-confident, *role play*



ANALYSIS OF IMPLEMENTATION OF PERIOPERATIVE CARE INSTRUMENT BASED ON STANDARDS OF NURSING DIAGNOSIS, INTERVENTION AND OUTCOMES IN INDONESIA

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ABSTRACT

Perioperative nursing care has been widely applied in either various hospitals or other healthcare facilities. The purpose of this study was to analyze the implementation of a perioperative care instrument based on the Indonesian Nursing Diagnosis Standards (SDKI, the Indonesian Nursing Intervention Standards (SIKI), and the Indonesian Nursing Outcome Standards (SLKI) in the operating room in a Teaching hospital, East Java. This research design was a descriptive study. The study population was the perioperative nursing care instrument in the medical records of patients with fracture cases. The research sample consisted of 106 medical records with total sampling. The dependent variable of this study was the implementation of the perioperative nursing care instrument based on SDKI, SLKI, and SIKI. Data were collected using observation sheets and analyzed using descriptive analysis. Applying the diagnosis of nursing care according to the standard the risk of infection is (27.36%), acute pain (20.75%), and the risk of injury (2.83%). The application of nursing outcomes according to standards is the infection rate (27.36%), pain level (20.75%) and fluid balance (2.83%). The nursing interventions, implementation, and evaluation of nursing are not according to the Indonesian Nursing Intervention standards (SIKI). The application of perioperative nursing care instruments, which includes titles, diagnoses, and outcomes, is partly following SDKI and SLKI standards. Nursing interventions, implementation, and evaluation of nursing are not according to standards.

Keywords : Perioperative nursing, instruments, nursing care



SYMPTOM BURDEN AND HEALTH-RELATED QUALITY OF LIFE AMONG PATIENTS WITH HEART FAILURE IN INDONESIA

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ABSTRACT

Heart Failure (HF) is a complex syndrome that can cause a variety of symptoms, leading to a greater symptom burden than other chronic diseases, and contribute to poor health-related quality of life (HRQOL). This study aimed to examine the relationship between symptom burden and HRQOL among patients with HF in Indonesia. This study used a cross-sectional research design. A convenience sample of 164 heart failure patients was recruited from the cardiology department at a public hospital in Indonesia. A set of questionnaires was used including the Memorial Symptom Assessment Scale-Heart Failure (MSAS-HF) and the Minnesota Living with Heart Failure Questionnaire (MLHFQ) and hierarchical regression analysis was utilized to analyze the data. All participants experienced a mean of 9.72 ± 5.44 symptoms, in which chest pain and lack of energy were the most prevalent, while chest pain, lack of energy, difficulty sleeping, numbness/tingling in hands/feet and cough were the most burdensome symptoms. After controlling for demographic factors and illness-related factors, hierarchical multiple regression analysis showed that higher NYHA classes, psychological symptoms and heart failure symptoms predicted 55.1% of the variance in HRQOL. The study found that patients who experienced poor HRQOL also had greater symptoms burden. Future interventions should be directed to ameliorate symptom burden in order to improve HRQOL.

Keywords : Heart failure, symptom burden, health-related quality of life



THE RELATIONSHIP BETWEEN SPIRITUAL MEANING OF THE
EXPERIENCE OF ILLNESS AND THE USE OF COPING
STRATEGIES IN PEOPLE LIVING WITH HIV/AIDS

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ABSTRACT

People with HIV/AIDS (PLWHA) have complex health problems including physical, psychological, social, and spiritual. Until now there has been no study evidence that shows the relationship between coping strategies and the spiritually meaning (*hikmah*) of the experience of illness PLWHA. Objective: This study aims to determine the relationship between coping strategies and spiritually meaning (*hikmah*) of the experience of illness in PLWHA at RSUD Kemayoran. Methods: The study used a cross sectional design in the PLWHA population with a sample size of 30 clients aged 28-29 years, HIV positive, who were willing to be respondents. The research variables consist of coping strategies as the dependent variable and spiritually meaning (*hikmah*) of the experience of illness as an independent variable. The research instrument used questionnaires and data analysis with Chi square test. The results of the study show that there is a relationship between coping strategies and spiritually meaning of the experience of illness PLWHA (p value 0.010). There is a significant relationship between coping strategies and the spiritually meaning of the illness experience of PLWHA in RSUD Kemayoran. Nurses need to facilitate the use of coping strategies by PLWHA in order to improve their positive attitudes and behaviors.

Keywords: coping strategies, PLWHA, spiritually meaning (*hikmah*) of the experience of illness



**RELATION SUPPORT FAMILY WITH LIFE QUALITY
PATIENT CHRONIC RENAL FAILURE WHICH
HEMODIALISA AT RUMAH SAKIT UMUM SUNAN
KALIJAGA DEMAK 2020**

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ABSTRACT

Patients who experience the chronic renal failure with hemodialysis and undergo such therapy for a long time has an impact on patients life, like economic problem, financial, difficulty to work, downhill sexual motivation, fear and depression, also life style which must change, more or less influencing the spirit of someone life. Quality of life chronic renal failure which experience hemodialysis enough draw attention to health professional, because problem of the quality of life become of vital importance in treatment service which totally to patient, on the chance of patient can experience hemodialysis and can live on although constructively machine of dialisa. Family support in patients with chronic renal failure undergoing hemodialysis consists of instrumental support, informational support, emotional support, hope support and self-esteem support. This support is provided throughout the patient's life. This study is correlation uses bivariate analysis to prove whether the hypothesis is accepted or rejected by using Somer's test, Target of this Research to know family support relation with quality of life chronic renal failure experiencing hemodialysis. Way of intake of sampel with technique of total sampling is 60 responder. The instrument is a quality of life questionnaire according to WHOQOL, the significant level of observation p values are used <0.05 . Most of the respondent have family support enough counted 37 respondent (61.7%). Most quality of life of respondent is enough counted 31 respondent (51.7%). Statistical tests performed using some's show the results of a p-value of 0,000, significance value of 0,000 <0.05 . There is family support relation with quality of life patients who experience the chronic renal failure hemodialysis at value of p-value equal to 0.000.

Keywords : support family, Quality Of Life, chronic renal failure, hemodialysis



ANTENATAL MULTIMODAL INTERVENTION AND HEMODYNAMIC RESPONSE IN PREGNANT WOMEN WHO EXPERIENCE BACK PAIN

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ABSTRACT

Pregnancy is a physiological process experienced by a woman which gives rise to an adaptation response to the body that often causes complaints. The study aimed to determine the effectiveness of multimodal antenatal interventions for back pain and hemodynamic responses in pregnant women. This study used a Quasy Experimental design with a pre and posttest with a control group design. Data were collected using a Numeric Rating Scale and observation sheet. The number of samples, 76, consisting of 38 in group 1 and 38 in group 2, were taken by purposive sampling technique. The data obtained were processed using the Wilcoxon test and the *Mann-WhitneyU-Test*. There is an influence between Antenatal Multimodal Interventions in the form of exercise and acupressure on pain, and hemodynamic response, with $p < 0.05$. There is a relationship between the use of maternity belts and pain, but there is no effect on the hemodynamic response. Conclusion, Multimodal Antenatal Intervention is more effective in reducing back pain and stabilizing the hemodynamic response in pregnant women compared to the use of maternity belts.

Keywords: Antenatal Multimodals Intervention, Haemodinamic Response,
Pregnant Women, Back Pain



THE EFFECT OF STORYTELLING ON ABILITY TO CONTROL VIOLENCE BEHAVIOR IN EARLY CHILDHOOD

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ABSTRACT

Storytelling is a narrative activity that is close to children. This activity can convey the contents of stories, feelings or ideas without making the children feel like being patronized. Narrators can also convey or teach about the behavior that children should do. Early children often do aggressive or violent actions. Based on the condition, storytelling becomes a way to teach children about good behavior. The purpose of this study was to determine the effect of storytelling on the ability to control violent behavior in early childhood at Sultan Agung Islamic Kindergarten 4 Semarang. This research is a quantitative research. Sampling technique used total sampling with 24 students as respondents. The data obtained were processed statistically using the marginal homogeneity test. Using marginal homogeneity test, it was obtained p value of 0,000 (<0.05). It can be concluded that there is a storytelling effect on the ability to control violent behavior in early childhood. There is an effect of storytelling on the ability to control violent behavior in early childhood at Sultan Agung Islamic kindergarten 4 Semarang. For institutions, the storytelling method can be used as daily learning because learning is not only about academics but also attitudes.

Keywords: storytelling, aggressive behavior



SUPERVISION INCREASES THE IMPLEMENTATION OF SHARIA NURSING SERVICES

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ABSTRACT

Sharia nursing services are nursing services provided to patients based on the Koran and hadith, where sharia nursing services exceeds patient expectations to increase patient satisfaction. One of the implementations of sharia nursing services is influenced by supervision conducted by the leadership. The purpose of this study is to analyze the relationship between supervision and the implementation of sharia nursing services. This research method used an analytic survey with the cross-sectional approach; the subjects of this study were nurses at Sultan Agung Islamic Hospital Semarang, 96 respondents chosen by a simple random sampling technique according to the: criteria work period is more than 1 year and nurses with DIII / S1 education strata. The data analysis techniques in this study used the Spearman rank. The results showed a relationship between supervision and the implementation of sharia nursing services with a p-value of 0.01 and a correlation coefficient of 0.451. The better the supervision conducted by the leadership, the better the implementation of sharia nursing services, so for a well-run implementation of sharia nursing services it is necessary to increase the supervision to nurses.

Keywords: sharia nursing services, supervision

EPIDEMIOLOGY



**THE PREVALENCE OF MENTAL DISORDERS
IN THE COMMUNITY LAMONGAN-INDONESIA:
RESULTS OF EARLY DETECTION WITH THE
COMMUNITY MENTAL HEALTH NURSING
(CMHN) APPROACH**

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ABSTRACT

Mental disorders are a common problem among people who have an impact on additional burden on the state and a decrease in human productivity. The purpose of this study to estimate the prevalence of mental disorders in Lamongan-Indonesia with the community mental health nursing approach. This research was conducted in the general population of all ages. The research method used descriptive design. This research was conducted in the area of the community in 2017 to 2018. It involves 140 (121 female and 19 male) mental health worker for early detection. Respondents of this research in 2385 family. Symptoms of mental disorders detected in 87 families (3.6%), 530 families (22.2%) are at risk of mental disorders, as well as the 1768 family (74.2%), are at healthy life. Among the 87 families who have symptoms of mental disorders 51 (58, 6%) were treated pharmacologically by reason of insanity. From the early detections, there are still families who show symptoms of mental disorders and risk of mental disorders. It shows the need for systematic monitoring of the status of mental disorders in the community.

Keyword: Mental Illness, Early Detection, CMHN



**RISK FACTORS FOR STUNTING AND SEVERE STUNTING
AMONG CHILDREN (12-59 MONTHS OLD)
IN THE COASTAL AREA OF SURABAYA, EAST JAVA,
INDONESIA**

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ABSTRACT

The prevalence of children with stunting in Indonesia has remained high over the past decade, especially in the coastal areas. This study was aimed to analyze factors which correlate with stunting and severe stunting among children (12-59 months old) who lived in the coastal area of Surabaya, East Java, Indonesia. This was a descriptive analytic study with cross-sectional approach. The study enrolled 85 pairs of mother-child aged 12-59 months old with stunting, taken by using multistage random sampling technique. The independent variables were child's age, birth order, number of under five years old children at home, mother's age, mother's level of education, complementary feeding practice, family size, and family's income. While the dependent variable was the level of stunting. All of socio-demographic data were gathered by using questionnaire. Complementary feeding practices assessed with Child Feeding Questionnaire. Child's height measured with infantometer. Nominal logistic regression test showed that factors which correlates with stunting and severe stunting among children aged 12-59 months old, consist of: birth order (first and second child), and sub-optimal complementary feeding practice. First and second children were less likely to experience severe stunting (OR 0.035; 95% CI 0.003-0.36 and OR 0.003; 95% CI 0.00-0.02). Children with sub-optimal complementary feeding practice had higher odds for severe stunting (OR 2.477; 95% CI 2.42-58.48). Reducing birth rates which limit birth order and providing appropriate complementary feeding practice is important to reduce stunting in the coastal areas of Surabaya. Hence, health promotion programs to address these findings should be designed comprehensively.

Keywords : stunting, children, Indonesia



FAMILIES' PSYCHOLOGICAL FRAGILITY DURING AN EMERGENCY

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ABSTRACT

Critical conditions due to traffic accidents are situational crises for families which result in a disruption in the stability of the equilibrium and cause psychological problems to family members. This study aimed to explore the psychological reaction experienced by the families of traffic accident victims who were treated in the emergency room in a critical condition. A qualitative interpretive phenomenology approach was applied as the research design. Purposive sampling technique was used to recruit participants according to the inclusion criteria. The inclusion criteria were the nuclear family, families of critically traumatized patients and who were able to communicate. There were 10 participants involved in this study. Data collection was conducted via the semi-structured interviews. Data were analyzed by Braun and Clarke Thematic Analysis. Five overarching themes emerged from this study. Firstly, the family feels "denial reaction to an accident" and when the patient is critical, they become "fearful of losing a loved one". This situation makes them "vulnerable to fragility" and in the end "give up hope". The physical condition of the patient and the loss of family members can be the traumatic effect of an accident. Interestingly, we found that a critical situation leads to a closer relationship within family members. The emotional response felt by the family member provides an overview of the family's feelings in a state of grieving and they need support from other people including health care providers. Appropriate coping mechanisms and family support are important to prevent fragility in the families of critical patients in the emergency room.

Keywords: traffic accident, psychological reaction, critical ill, emergency room



PSYCHOSOCIAL INTERVENTIONS TO PROMOTERECOVERY FOR PATIENT WITH SCHIZOPHRENIA: A SYSTEMATIC REVIEW

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ABSTRACT

Schizophrenia can adversely affect the functioning of daily activities, so interventions are needed that can overcome its effects. Psychosocial interventions are the easiest treatment to do by involving patients in their daily activities. This study systematically reviews the literature to ensure the psychosocial interventions to promote recovery for patient with schizophrenia. Systematic review consists of five steps based on the PRISMA guidelines. Articles were searched using the PICOT framework in the international databases; Ebsco, ScienceDirect, Scopus, ProQuest, limited to the last five years, 2016 to 2020. Articles were identified using the keywords "Psychosocial" AND "Schizophrenia" OR "Psycho" OR "Recovery" OR "intervention". The article used is intervention research. Twenty of the 5017 articles found were used in this systematic review. According to results, cognitive remediation has been found to be effective in reducing the impact of cognitive impairment, social skills in the learning a variety of skills and to a lesser extent in reducing negative symptoms, psychoeducation in improving compliance and reducing relapses, and cognitive therapy in reducing the intensity of or distress related to positive symptoms. All psychosocial interventions should be considered as evidence-based practices for schizophrenia and need to become a major part of the standard treatment of the disease.

Keywords: Psychosocial Interventions, Schizophrenia, Recovery,



FACTORS RELATED TO VACCINE HESITANCY IN ANTI-VACCINE GROUP ON FACEBOOK.

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ABSTRACT

The current controversial issue regarding the anti-vaccine movement is the biggest challenge in implementing immunization in Indonesia because it influences the stagnation in the coverage of complete basic immunization in Indonesia. WHO also states that the anti-vaccine group is one of the ten major threats to global health in 2019 since this phenomenon can cause rare diseases to become epidemic. Objective: To explore the correlation between demographic characteristics, perceived susceptibility, and perceived severity to vaccine hesitancy. This study used a descriptive correlational method with a quantitative approach. The sample in this study was 150 mothers who were members of the anti-vaccine group on Facebook social media, selected using a purposive sampling technique. Demographic characteristics include religion, ethnicity, education, and income. Perceived susceptibility and perceived severity were assessed using Hwang's Health Belief Model questionnaire, while vaccine hesitancy was assessed using Saphiro's Vaccine Hesitancy Scale questionnaire, then analyzed using Spearman Rho ($\alpha < 0.05$). The results of this study showed that there was a correlation between perceived susceptibility and perceived severity of vaccine hesitancy ($p = 0.000$), while demographic characteristics were not related to vaccine hesitancy. Certain religions and ethnics which have been feared this time have proven unrelated to parent's hesitance in immunization, as well as the level education and income. The vulnerability and severity of a disease emerged as the most parent's overriding concern when making decisions about vaccine.

Keywords: perceived susceptibility, perceived severity, vaccine hesitancy, anti-vaccine



THE EFFECT OF HEALTH EDUCATION ON GASTRITIS PREVENTION BEHAVIOR AMONG HIGH SCHOOL STUDENTS

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ABSTRACT

Gastritis is the inflammation of the gastric mucosa that is characterized by discomfort felt in the upper abdomen in addition to nausea, vomiting, a decreased appetite and headaches. Gastritis is one type of discomfort that is generally suffered by adolescents caused by various factors including their level of knowledge related to being aware of the necessary behavior to prevent gastritis. The purpose of this study was to determine the effect of health education on the student's behavior and on the prevention of gastritis. The design used was pre-experimental with a pretest-posttest design approach. The sampling technique used in this study was a total sampling technique resulting in 57 respondents. Before the intervention, the respondents filled in a questionnaire about the concept of gastritis. Furthermore, the respondents were given health education intervention material about gastritis in the form of leaflets containing information on the understanding, causes, signs and symptoms, risk factors and prevention. The intervention was only conducted for one session for 20-30 minutes per respondent. Following this, 1 hour later, the intervention was evaluated by giving the same questionnaire to the respondent to fill in according to the questions. The data analysis used a paired sample t-test $p = 0,000$. The results showed an increase in behavior before and after the intervention related to preventing gastritis among the students. The results showed that 28 respondents (49.1%) with good behavior changed to 33 respondents (57.9%) who behaved well. The conclusion is that there is a significant influence from counseling on the prevention of gastritis among high school students.

Keywords: Gastritis, Health Counseling, Behavior, students.



THE IMPACT OF FAMILY CONFIDENCE ON FOOT CARE BEHAVIOR BY FAMILY MEMBERS SUFFERING FROM DIABETES MELLITUS

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ABSTRACT

Family confidence in caring for family members suffering from diabetes is an important determinant in improving foot care behavior. The purpose of this study was to determine the impact of family confidence in caring for family members suffering from diabetes on foot care behaviors. This study uses observational analytic with cross-sectional method, 126 family samples were gathered through the random sampling method; the independent variable is family confidence and the dependent variable is foot care behavior. The instrument used was the foot care confidence scale (FCCS) to assess family confidence and foot care behavior scale (FCBS) to assess foot care behavior by family. The analysis used was the Spearman correlation test. The results of the research data are high family confidence of 119 (94.4%), low family confidence 7 (5.6%); low destructive behavior, 111 (88.1%) and high destructive behavior, 15 (11.9%). This research analysis uses Spearman rank test, the results are $p = 0.009$ ($\square < 0.05$) $r = -,532$ so there is a correlation between family confidence and foot care behavior. Caring for family members who have diabetes, the lower the destructive behavior of family members, which means the behavior of caring for the feet of family members who have diabetes the better. Another impact of high family confidence is forming positive thinking patterns and self-confidence in his ability to deal with diabetes, as well as increasing motivation and support among family members.

Keyword: Diabetes Mellitus, Family Confidence, Foot Care Behavior

**FOOD NUTRITION
AND HEALTH**



OVERVIEW OF CHRONIC ENERGY DEFICIENCY (CED) IN PREGNANT WOMEN BASED ON DEMOGRAPHIC FACTORS, KNOWLEDGE AND SOCIAL SUPPORT

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ABSTRACT

Chronic Energy Deficiency (CED) is the leading cause of maternal death. Pregnant women with poor nutritional status can cause CED. The purpose of this study was to determine the correlation between demographic characteristics, knowledge, and social support with chronic energy shortages in pregnant women. This study used a cross-sectional design. The population is pregnant women at the Tanah Kali Kedinding Public Health Center. The total sample of 186 respondents was taken by simple random sampling technique. The independent variables in this study were demographic characteristics (age, pregnancy distance, number of births, education level, employment status, income), knowledge and social support, while the dependent variable is the incidence of CED in pregnant women. Data were obtained by questionnaire and UAP measurement and analyzed using a chi-square test. There was a correlation between demographic factors based on age ($p = 0.002$), number of births ($p = 0.012$), pregnancy distance ($p = 0.015$), occupation ($p = 0.025$) with CED in pregnant women, but there was no relationship educational factors ($p = 0.444$) and family income ($p = 0.801$). There is a relationship between knowledge ($p = 0.015$) and social support ($p = 0.023$) with CED in pregnant women. Demographic characteristics, knowledge, and social support have important contributions to the chronic lack of energy in pregnant women. It is important to provide counselling and assistance to pregnant women to increase awareness about fulfilling nutrition. Further experimental research needs to be done by providing interventions to overcome chronic energy deficiency in pregnant women.

Keyword: demographic, knowledge, support, women, chronic energy deficiency



UNHEALTHY LIFESTYLE AND THE PREVALENCE OF HIGH BLOOD PRESSURE AMONG EARLY ADULTS: A CROSS-SECTIONAL STUDY


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ASBTRACT

Younger people with an unhealthy lifestyle have been predicted to have factors related to the risk of hypertension. To determine the factors that contribute to the risk of hypertension in early adults, a cross-sectional descriptive correlational study was conducted from 393 of eligible early adults by cluster sampling techniques. The independent variables were nutrients, sleep, smoking, and anxiety. The dependent variable was blood pressure. The nutrient was measured by BMI, sleep was assessed by the quantity of sleep in hours per day, smoking was measured by the Global Tobacco Surveillance System (GTSS), and Hamilton Rating Scale for Anxiety (HARS) was used to measure anxiety. The contributing factors were analyzed by chi square with $\alpha \leq .05$. 58.27% of participants experiencing obesity, 45.30% less sleep, 66.41% smoked in moderate levels, 56.49% of them expressed anxiety, and 60.05% showed high blood pressure. The association between all variable and blood pressure were: nutrients ($p = <.0001$, OR = 1.299), sleep ($p = .041$, OR = 1.527), smoking ($p = .025$, OR = .622), anxiety ($p = .026$ OR = 1.585). Nutrition (BMI), sleep hours, smoking, and anxiety have a significant relationship with the risk of hypertension. Nutrients, sleeping, smoking, and anxiety contributed to high blood pressure among the early adult population. A further longitudinal study is suggested to examine the trajectory associated with the prevalence of high blood pressure among early adults.

Keywords: risks of hypertension, unhealthy life-style, early-adult, blood pressure.



BREAST CANCER PREVENTION BEHAVIOR AMONG WOMEN OF REPRODUCTIVE AGE: KNOWLEDGE, ATTITUDE, AND FAMILY SUPPORT

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ABSTRACT

Breast cancer is the leading cause of cancer deaths among women. Many breast cancer patients come to health services at an advanced stage. Most women of reproductive age in some countries have not done breast cancer prevention due to various factors. This study aims to identify the correlation of knowledge, attitude, and family support with breast cancer prevention behavior. A cross-sectional approach was carried out on 110 women of reproductive age in the Pacar Keling Community Health Center, Surabaya, selected by cluster sampling. The inclusion criteria were women 15 – 49 years who live together with their family. The exclusion criteria were women diagnosed with breast tumors or breast cancer. The independent variables were knowledge, attitude, and family support. The dependent variable was breast cancer prevention behavior. Data were collected using questionnaires. The data analysis was using statistic test Spearman's rho ($\alpha \leq 0.05$). There was a correlation between knowledge ($p = 0.002$, $r = 0.290$), attitude ($p = 0.004$, $r = 0.271$), and family support ($p = 0.001$, $r = 0.326$) with breast cancer prevention behavior. Prevention of breast cancer in women of reproductive age can be done optimally if they have good knowledge and positive attitude. Family support is a reinforcing factor so that prevention of breast cancer in women of reproductive age can be done consistently.

Keyword: attitude, breast cancer prevention, family support, knowledge, women of reproductive age

PREVENTION BEHAVIOR AMONG FAMILY OF BREAST CANCER PATIENTS

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ABSTRACT

Health screening, avoiding cigarette smoke, routine exercise, a healthy diet, adequate rest, and managing stress are included in a cancer prevention behavior program launched by the Ministry of Health of the Republic of Indonesia. Families of women patients with breast cancer are at greater risk of developing breast cancer and as such are expected to perform the behavior. The Health Belief Model Theory (HBM) is used to assess a person's perception of performing health behaviors. This study aimed to analyze the factors related to breast cancer prevention behavior among families of women patients with breast cancer based on HBM. This research used a descriptive-analytic design with a cross-sectional approach. The independent variables were factors on HBM theory, while the dependent variable was cancer prevention behavior. Data collection used questionnaires with a sample size of 59 respondents. The samples were recruited using a total sampling technique. The data were analyzed using spearman-rho ($\alpha \leq 0.05$). There was a relationship between perceived severity ($p=0.012$), perceived benefits ($p=0.029$), and perceived barrier with breast cancer prevention behavior in these women's families ($p=0.031$). On the other hand, perceived susceptibility ($p=0.388$), perceived self-efficacy ($p=0.064$) and cues to action ($p=0.054$) were not correlated with breast cancer prevention behavior in female breast cancer patients' families. These have to maintain their perceived severity, perceived benefits and perceived barriers, and improve their perceived susceptibility, perceived self-efficacy and cues to action to improve their breast cancer prevention.

Keywords: prevention behavior, breast cancer, family, health belief model



PERCEIVED BARRIERS AND EXPERIENCES OF PARENTS IN PERFORMING ORAL CARE ON CHILDREN SUFFERING FROM CANCER: A QUALITATIVE STUDY

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ABSTRACT

Oral hygiene is one of the factors associated with dental problems, a major factor in preventing oral infections and systemic complication prevention. This study aims to explore the perceived barriers and experiences of parents in performing oral care for children suffering from cancer. The study sample consists of 16 parents of children with cancer who live in special shelters for children with cancer who have homes very far from the hospital. This study used a qualitative design through semi-structural phenomenological interviews. The data were analyzed by Colaizzi. The perceived barriers experienced by parents come from external and internal factors. External barriers originate from the condition of the child during hospitalization as related to the equipment installed, for example, the IV line, oxygen mask, etc. Internal barriers are strongly associated with concerns about the possibility of bleeding if the child is given oral care. Health education about oral care can provide an understanding and information about procedures appropriate for oral care methods for children suffering from cancer.

Keyword :perceived barriers, oral hygiene, oral care, children, cancer, and parent



BUZZ GROUP METHOD TO IMPROVE EXCLUSIVE BREASTFEEDING SELF-EFFICACY IN PREGNANT WOMEN

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ABSTRACT

Exclusive breastfeeding for six months is an attempt to increase the benefits of breastfeeding and to reduce infant mortality rate. Pucang Sewu Community Health Center had exclusive breastfeeding coverage value of 48.08% in 2016, and has not yet reached the national target of 80%. This research is aimed to identify the level of self-efficacy before and after applying modified buzz group method and to analyze the influence of modified buzz group method about exclusive breastfeeding to self-efficacy of pregnant women. Modified buzz group method was conducted in Pucang Sewu Community Health Center. This study was designed using quasi-experimental design. The population was 42 pregnant women. A total sample of 38 respondents was taken using purposive sampling. BSES-SF (Breastfeeding Self-Efficacy Scale Short Form) questionnaire was administered at pre-test and post-test. Data analysis was performed using Wilcoxon Signed Rank test and Mann Whitney test. The results showed that Wilcoxon Signed Rank statistic test obtained p-value of 0.000 in the treatment group and p-value of 0.355 in the control group. Mann Whitney statistic test obtained significant value of $p=0.000$ in treatment and control group. Modification of buzz group method took effect to improve self-efficacy about exclusive breastfeeding for pregnant women because this method is organized by four sources of self-efficacy - direct experience, indirect experience, verbal persuasion, and emotional condition. Modification buzz group method improved exclusive breastfeeding self-efficacy in pregnant women coverage in Surabaya, especially Pucang Sewu Community Health Center.

Keyword: buzz group, self-efficacy, breastfeeding



RESILIENCE IN FAMILIES OF CHILDREN WITH SPECIAL NEEDS FROM SIBLING'S PERSPECTIVE

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ABSTRACT

Family resilience is a dynamic process in the family to make positive adaptations to the danger from outside and from within the family. The purpose of this study was to describe the family resilience in families with special needs children from the perspective of siblings. This was a qualitative research design phenomenological approach with in-depth interview method on 15 siblings of children with special needs. The population was the siblings of children with special needs who were registered at the Gresik Resource Center. Participants were teenage siblings of children with special needs who live in the same house. Data were collected by visiting the participant's home. This study used data collection with purposive sampling. The level of family resilience was strongly influenced by the relationship, level or sequence of birth positions within the brotherhood, and various responses of the siblings of the child with special needs. The positive response generated will strengthen the communication process, the division of tasks and obligations in accordance with the role in the family belief system that can produce better family resilience. It is hoped that this research could be the basis for further research and could be a model of community nursing intervention, especially families with child with special needs, such as the establishment of sibling communities of children with special needs in Indonesia by involving related institutions.

Keywords: family resilience, sibling, children with special needs



EFFECT OF UNCERTAINTY ON ADHERENCE AND QUALITY OF LIFE IN BREAST CANCER SURVIVORS: A SYSTEMATIC REVIEW

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ABSTRACT

Quality of life takes precedence in the terminal stages of disease, such as breast cancer survivor, when a cure is considered impossible and all alternative methods to prevent disease progression have been exhausted. Given the distress associated with a cancer diagnosis, the treatments and their side effects, as well as the uncertainty of outcomes, it has been suggested that psychosocial factors ought to be considered as an important aspect of breast cancer treatment. The purpose of this research was to assess the effect of uncertainty on adherence and quality of life in breast cancer survivors. A systematic review of the literature concerning uncertainty, adherence and quality of life for patients with breast cancer was conducted by searching PubMed (including Medline), Web of Science, CINAHL Plus, Embase, Breast Cancer Research, The Cochrane Library and Google Scholar Database for articles featuring the terms “uncertainty”, “adherence”, “quality of life”, “cancer” and “breast cancer”. Eligible studies were those whose title or abstract specifically indicated the inclusion of breast cancer patients. There were no restrictions regarding participants’ age, number of participants, or disease stage and the studies were analyzed using prisma. The results of the studies confirmed that the effects of uncertainty were significant, alluding to the possibility to enhance adherence and quality of life in breast cancer survivors. Distress from prognostic uncertainty are associated with adherence and quality of life in breast cancer patients. The findings of this review encourage efforts to further research to enhance quality of care and better quality of life in breast cancer survivors.

Keyword :uncertainty, adherence, quality of life, breast cancer survivor



IMPROVING THE COOPERATIVE LEVEL OF PRESCHOOL CHILDREN DURING THE INTRA VENA INJECTION THROUGH VIRTUAL REALITY CARTOON EDUCATION

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ABSTRACT

Preschoolers who are hospitalized have higher anxiety and fear reactions, especially when given an intravenous injection which is included in an invasive procedure, therefore a distraction method is needed, such as an educational cartoon virtual reality. The purpose of this study was to determine the effect of educational cartoon virtual reality on the cooperative level of preschool children during intravenous injection procedures. A quasi experiment method with pretest-posttest control group design was used. The sample was 34 children aged 4-6 years who underwent treatment in one of the public hospitals in Atambua, who were selected by purposive sampling. The independent variable was educational cartoon virtual reality while the cooperative level was the dependent variable. Data were collected by using cooperative level observation sheet then analyzed using Wilcoxon sign rank test and Mann Whitney u test with significance $p \leq 0.05$. The results of this study showed that the cooperative level of the treatment group increased with a significance value of $p=0.000$, while the control group was not significant with a value of $p=0.340$. There was a difference in the cooperative level of preschool children in the control and treatment groups after being given the intervention of virtual reality educational cartoon with a significance value of $p=0.000$. Educational cartoon virtual reality can be used as an alternative distraction and educational media in improving the cooperation of preschool children during the intravenous injection procedure. Further researchers can develop educational cartoon virtual reality interventions in terms of content/topics, age targets, or other types of invasive procedures in hospitals or health centers.

Keywords: virtual reality, cartoons, education, cooperative level, preschool



THE RELATIONSHIP BETWEEN PARENTING STYLE AND SEXUAL BEHAVIOR BEFORE MARRIAGE IN TEENAGERS

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ABSTRACT

The purpose of this study was to learn about the relationship between parent style and sexual behavior before marriage among the teenagers in SMKN 3 Banjarbaru. The design of this study was analytical with a cross-sectional approach. The population consisted of 810 teen classes X, XI, XII with the sample totaling as many as 226 teen classes X and XII in SMKN 3 Banjarbaru. The sample was determined using a stratified random sampling technique. The independent variable was parenting style and the dependent variable was sexual behavior before marriage. The data was collected using a questionnaire. The analysis was done using Spearman Rho. Sex before marriage is a bad behavior. There is a significant relationship between the parenting style used and sex before marriage in terms of the behavior of teenagers in SMKN 3 Banjarbaru with a P-value < 0.05 ($p = 0.001$). The majority of parenting that is used is authoritarian parenting. Poor premarital sexual behavior by respondents is in the form of holding sensitive areas, doing petting, having had oral sex, and claiming to have had intercourse.

Keywords: premarital sex, parenting, teens



THE FACTORS ASSOCIATED WITH SUCCESSFUL AGING IN ELDERLY: A SYSTEMATIC REVIEW

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ABSTRACT

Successful aging (SA) is defined as adding life to years and as feeling satisfied with past and present life. Criteria for successful aging: free of disease and disability; high levels of physical and cognitive functioning; and social engagement. The aim of this study was to describe factors associated with successful aging among older people. The literature search strategy identified 1.914 articles. The PRISMA strategy was used to identify articles that met inclusion criteria. Initially 255 duplicated studies were excluded; resulting in 1659 articles screened for inclusion in this review. A further 1567 articles were removed based on the title and abstract. The remaining 32 articles were assessed for inclusion this review. Nineteen articles were excluded. In total 13 studies met inclusion criteria for this review. These 13 studies were assessed for quality, data extraction and synthesis. The factors associated with successful aging are age, gender, few physical morbidities, absence of depression, body weight or BMI in the overweight range, carrying out more than six AADL and high levels of physical activity, education, smoking, alcohol consumption, marital status, proactive engagement, wellness resources, positive spirit, and valued relationships, sleep quality, leisure activity, economic status, religious activity, and high perceived meaningfulness. The factors that influence successful aging are socio-demographic factor, physiological, psychological, and lifestyle behavioral factors. This study shed light on the key factors that healthcare providers or researchers should consider in intervention studies and programs to promote healthy aging.

Keywords :successful aging, elderly



WHAT DOES IT MATTER? FACTORS IN OCCURRENCE OF ELDERLY ABUSE AMONG HEALTHCARE WORKERS IN NURSING HOMES: A SYSTEMATIC REVIEW

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ABSTRACT

Elderly abuse appears to become an important public health concern and to be widely underestimated by health professionals. The cases are misunderstood and misreported, and often reported as fatal consequences of crimes toward elders. The aim of this review was to explore the factors in occurrence of elder abuse among healthcare workers in nursing homes. Seven databases, including Scopus, EBSCO, ProQuest, PubMed, CINAHL, Web of Science and ScienceDirect, were explored to search relevant articles. The initial keywords were “elderly” “abuse” “healthcare workers” and “nursing homes”. The search was limited to English and the data sources were limited to articles published from 2015-2020. The perspective of the WHO’s integrated care for older people was used as a lens to discuss the results. Fourteen articles were involved in the review. This review suggests that healthcare workers in nursing homes do elder abuse because of their high workload and lack of knowledge around the topic. This finding acts as a contributor to the paucity of study about elder abuse among healthcare workers. The available evidence suggests that elder abuse has become a significant problem in nursing homes. It is indicated that elder abuse was never been a popular topic among the health workers in nursing homes.

Keywords:elderly abuse; healthcare workers; nursing homes



THE FACTORS RELATED TO EXCLUSIVE BREASTFEEDING AMONG WORKING MOTHERS BASED ON THE THEORY OF BECOMING A MOTHER APPROACH

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ABSTRACT

Breast milk provides the best nutritional value for babies. Low intake of exclusive breast milk poses a threat to the growth and development of children. Most working mothers find difficulties working and giving exclusive breastfeeding to their babies at the same time. This study aimed to analyze the exclusive breastfeeding factors among working mothers based on the theory of becoming a mother approach. This study used a descriptive analytic research design with a cross-sectional approach. The population of this study was working mothers who had infants aged 6-12 months. The total sample for this study was 90 respondents who met the inclusion criteria. The independent variables were infant temperament, social support, and maternal confidence. The dependent variable was exclusive breastfeeding. Instruments used in this study were the Infant Characteristics Questionnaire (ICQ), social support questionnaire, Maternal Confidence Questionnaire (MCQ) and exclusive breastfeeding checklist. The data were analyzed by using Spearman rank correlation and regression logistic with a level of significance of $\alpha = 0.05$ to determine the relationship between variables. The results showed that infant temperament had a negative correlation with exclusive breastfeeding. Social support had 2 subscales that correlated with exclusive breastfeeding which were emotional and informational support. Maternal confidence did not correlate with exclusive breastfeeding.

Keywords: working mothers; exclusive breastfeeding; becoming a mother



THE EFFECT OF FAMILY PSYCHOEDUCATION ON ANXIETY, SUPPORT AND SELF EFFICACY ON THE FAMILY OF PATIENTS WITH TUBERCULOSIS

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ABSTRACT

Tuberculosis (TB) has a significant effect on both the sufferers and their family. The family members have been known to develop psychological problems such as anxiety, feeling that there is a lack of support, and poor self-efficacy. To date, little is known about how best to deal with psychosocial morbidity. This study aims to analyze the effect of psychoeducation on the anxiety, support, and self-efficacy of the TB patients' families. This was a quasi-experimental study with a pre-posttest design involving 28 participants for each of the control and intervention groups. The patients were selected using consecutive sampling based on their admission to the hospital in-patient wards. The intervention group received a 60-minute session on family psychoeducation comprised of an information session, discussion and a question and answer sub-session. The primary outcome measures were anxiety, family support and the self-efficacy of the family members. The data was retrieved using questionnaire and then analyzed using the Mann Whitney and Wilcoxon Signed Rank tests with a significance level $\alpha \leq 0.05$. Family psychoeducation significantly decreased anxiety ($p = 0,000$) and increased the family support ($p= 0.001$) and self-efficacy of the family members ($p = 0,000$). Family psychoeducation is an informational transfer motivator for patients. It forms an adaptive coping mechanism so then any anxiety can be overcome. It affects the personal and interpersonal factors of the respondents' related to forming self-efficacy. Family psychoeducation may have the positive benefit of solving family psychological problems, thus there is a need for support from internal and external resources.

Keywords: family psychoeducation; anxiety; support; self-efficacy; tuberculosis



**THE EFFECT OF CONSUMPTION OF BOILED RED BEANS
(PHASEOLUS VULGARIS L) ON HEMOGLOBIN LEVELS IN
ADOLESCENT IN INSTITUTE OF HEALTH SCIENCE
(STRADA) INDONESIA**

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ABSTRACT

Anemia in general is a condition where hemoglobin and erythrocyte levels are lower than normal. Anemia that is occurred by many adolescents due to Fe deficiency and can be called Fe deficiency anemia (Tarwoto, 2014). The purpose of this study was to determine the effect of consumption of boiled red beans (*Phaseolus Vulgaris L*) on hemoglobin levels in adolescents in Institute of Health Science (STRADA), Kediri. The research design used was pre-experiment with one group pre-posttest design. The population in this study was all third semester students in Institute of Health Science (STRADA) who experienced anemia with a sample of 18 respondents. The sampling technique used was purposive sampling. The results showed that all (100%) had mild anemia before treatment, after the treatment, the results of all respondents (100%) experienced a change to non-anemia. Based on the statistical results using Wilcoxon test, the obtained p value = 0.005 < α 0.05, then H_0 is rejected and H_1 accepted, which means there is an effect of boiled red beans (*Phaseolus vulgaris L*) on hemoglobin levels in adolescents in the Institute of Health Science (STRADA), Kediri. It can be concluded that boiled red beans (*Phaseolus Vulgaris L*) contain iron, which is useful for increasing hemoglobin levels in the blood. It is recommended for respondents to use boiled red beans as food to prevent anemia.

Keywords: red beans; hemoglobin levels; adolescent



THE CORRELATION BETWEEN STIMULATION, NUTRITIONAL STATUS AND CHILD DEVELOPMENT

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ABSTRACT

Developmental disorder could be affected by many factors, such as stimulation and nutritional status. This study aimed to determine the correlation between stimulation, nutritional and development of children ages 3 to 6 years. The Design of study was an analytic survey with cross sectional approach. Population were parents that have children ages 3 to 6 years as many as 419. Sample used were 109 respondent taken by simple random sampling technique. Independent variable were stimulation and nutritional status that collected using questionnaire. As dependent variable was development of children ages 3 to 6 years collected using observation. Data were analyzed using ordinal regression test. Result showed that half respondent with good stimulation for about 52 respondents (47,7%), most of them with normal nutritional status about 80 respondents (73,4%) and have appropriate development for about 88 respondents (80,7%). There was an effect that caused by stimulation and nutritional status for development of children ages 3 to 6 years. Result Showed from the statistic test was p value 0,000 for stimulation factor. Its mean that stimulation was a dominant factor for children development. It could be concluded that stimulation and nutritional status was very important for development of children ages 3 to 6 years. This study suggested that parents should be more active joined with health service center so they can give an appropriate stimulation and increasing nutritional status for their children, so they can have an optimal growth and development.

Keywords: stimulation, nutritional status, development of children



IMPROVING THE FINE MOTOR SKILLS WITH EMBROIDERY AMONG CHILDREN WITH AN INTELLECTUAL DISABILITY

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ABSTRACT

Children with intellectual disability experience delays in fine motor skills compared to normal children, if the child's fine motor skills are not trained and developed, it will affect other child's growth and development. Non occupational therapies to improve their fine motor skills through embroidery. The purpose of this study was to analyze the effect of embroidery to the fine motor development of children with moderate mental retardation at the special school, Bangkalan Indonesia. The design was pre experimental research with one pretest-posttest design group, population of all children with moderate mental retardation as many as 13 children. The research instrument used was observation sheet. Data analyzed by Wilcoxon Signed Ranks Test. The embroidery therapy using cross stitch technique. It was held every Monday and Thursday for eight weeks, took an hour each session. The results of the study showed that most children after had embroidery had enough fine motor skills (84.6%) and the statistical test value was obtained $p < \alpha$ ($0.002 < 0.05$). The students improved their fine motor ability such as how they coloring, scissoring, grasping, and holding up a paper. The conclusion of this study is that there was an effect of embroidery therapy on fine motor skills in children with intellectual disability.

Keywords: intellectual disability, fine motor skills, embroidery



EFFECTS OF DIETARY MANAGEMENT IN OVERWEIGHT AND OBESE WOMEN WITH POLYCYSTIC OVARY SYNDROME: A SYSTEMATIC REVIEW

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ABSTRACT

Polycystic ovary syndrome (PCOS) is the most common endocrinopathy affecting women of reproductive age. A comorbidity of PCOS is obesity. It is associated with excess weight gain, which, in turn, exacerbates the health burden of PCOS. Obesity, particularly visceral adiposity which is common in obese and non-obese women with PCOS, amplifies and worsens all metabolic and reproductive outcomes in PCOS. This review systematically searched databases: PubMed, SAGE, Scopus, ScienceDirect, Ebscohost, limited to the last 5 years, 2015 until 2020. The primary outcome was weight management defined as either weight loss, weight maintenance or prevention of weight gain, dietary interventions, carbohydrate diets, diet patterns of PCOS patients. The secondary outcome of interest was ovulation. A total of 306 publications was found, with fifteen relevant studies consisting of ten randomized controlled trials, three pilot studies and two case control studies. This was 12 weeks which all dietary interventions are aimed at simple weight loss, especially through short-term reductions in dietary intake. Weight management through lifestyle intervention was crucial for PCOS management to improve fertility, pregnancy complications, risk factors for diabetes and cardiovascular disease, and psychological health. Development of these strategies for PCOS should be informed by research in reproductive-aged women and during pregnancy.

Keywords: polycystic ovary syndrome; obesity; dietary management



SOCIAL-CULTURAL ASPECT OF STUNTING: A SYSTEMATIC REVIEW

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ABSTRACT

Stunting is a priority concern in developing countries because it harms children's health and development. The WHO's conceptual framework for stunting states that socio-culture is one of the factors causing it. The purpose of this systematic review was to summarize the previous studies that provide an overview related to the socio-cultural aspects of the incidence of stunting. This systematic review used the guidance from the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA). The article search was carried out using 8 databases (Scopus, ProQuest, Springerlink, ScienceDirect, PubMed, SAGE, Medline and CINHAL) with the help of Boolean Operators and keywords such as culture OR culture OR "cultural beliefs" OR transcultural OR "growth disorder" OR stunted OR stunting. The initial findings totaled 430,679 documents. There were 24 studies included in the review after they were limited by the criteria for the study such as being published between 2015 and 2020. Other criteria were that they were English-language articles, journal articles, that the children's age ranged from birth to 5 years and that they used the interview method in their study to explore the socio-cultural picture related to stunting. The analysis of the findings from each study was grouped according to the 4 main themes: nutritional practices, family support systems, views on stunting and the barriers to providing interventions. This covers the socio-cultural aspects related to stunting. This systematic review has limitations such as where all of the information recorded was done so using the interview method or an FGD. This means that the participants may give answers that they think are the most generally accepted rather than the truth. The results of the study form the basis for the development of socio-based stunting care.

Keywords: social culture, stunting, child growth



CORRELATION OF HEALTH SERVICE IN POSYANDU WITH OBEDIENCE VISITS OF ELDERLY IN COASTAL AREA CEMANDI SEDATI SIDOARJO

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ABSTRACT

Posyandu is one of the health services in the sub-district to facilitate public's health service especially for elderly. Obedience visits in each Posyandu certainly have a benefit for elderly. The purpose of this research is to know correlation of Health Service in Posyandu with obedience visit of elderly in coastal area Cemandi Sedati Sidoarjo. Analytical observational research design with time approach used cross sectional approach. Samples obtained using probability sampling with proportionate stratified random sampling technique as much as 72 respondents, that separate are 21 respondents from Posyandu Balai Desa, 37 respondents from Posyandu Balai RW, and 14 respondents from Posyandu RT 15. The instrument used questionnaires and documentary studies. The statistical test used Spearman with significance value $\leq 0,05$. The result of the elderly's obedience compliance in Posyandu Balai Desa (Purnama) was obedient (76.2%), Posyandu Balai RW (Mandiri) obedient visit (91.9%), and Posyandu RT 15 (Madya) disobedient visit (57, 1%). The results of this study indicate that there was a relation between Health Service in Posyandu and obedience visit of elderly in Coastal Area Cemandi Sedati Sidoarjo ($p = 0.000$). The Program of Posyandu were expected to increase in providing health services so that elderly were interested in coming because the activities are not only a 5-table system but there are various variations such as health competitions, screening, gymnastic, ect.

Keywords: health service, visit obedience, elderly

THE CORRELATION BETWEEN PARENTAL STIMULATION AND MOTOR DEVELOPMENT IN STUNTED TODDLERS

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ABSTRACT

Stunted toddlers cannot explore their fine and gross motor skills because they tend to have shorter body and change in brain structure and function in brain development caused by the late maturity of cerebellum cells. Stimulation plays an essential role in improving child development, especially children's motor development. This study aimed to analyze the role of parents' stimulation in motor development in stunted toddlers. The study design used was a cross-sectional approach. The sample was 96 mothers, with their stunted toddlers using simple random sampling. Parental stimulations was the independent variable and motor development was the dependent variable. Data collection used the Denver Developmental Screening Test (DDST) questionnaire. Data were analyzed using the Spearman rank correlation test with a significance $p < 0.05$. The results showed that parent's stimulation has a significant relationship with the gross motor development of stunted toddlers ($p = 0.02$, $r = 0.237$), and parent's stimulation has a significant relationship with the fine motor development of stunted toddlers ($p = 0.002$, $r = 0.314$). If the parents provide a pleasant stimulation pattern, then the motor development of children will be proper. The role of a parent's stimulation can be done by stimulating by habituation, stimulating by example, stimulating with exercise, and stimulating with competence. Habituation is mostly used by parents to encourage their children.

Keywords: motor development, parental stimulation, stunted



ANALYSIS OF DIET PATTERN ABILITY SETTING IN HYPERTENSION PATIENTS WITH SELF-CARE THEORY APPROACH

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ABSTRACT

The number of Patients with hypertension continues to increase every year. Hypertension is often referred to as " The Silent Killer " disease. The ability to regulate dietary patterns to prevent complications is needed. The purpose of this study was to analyze the ability to regulate dietary patterns in patients with hypertension. The design of this research was analytic observational with a cross-sectional approach. Samples were taken using a purposive sampling technique resulting in 92 respondents. Inclusion criteria are people with hypertension in Tegalsari Village, Kepanjen, Malang who are willing to be respondents and the exclusion criterion is a mental disorder. This study using a closed questionnaire (list of questions with answers provided by the researcher) which includes knowledge, attitude, health worker support and an ability questionnaire (regulation of dietary patterns for hypertension sufferers). Statistical tests used multiple linear regression analysis tests. The results of the multiple linear regression analysis test found that from the variables knowledge, attitude, support of health workers the attitude variable had the biggest influence on the ability to regulate dietary patterns with a significance value (p-value: <0.001), followed by knowledge (p-value: 0.227) and support of health workers (p-value: 0.969). Attitude is the most important factor that can influence the ability to regulate dietary patterns, so it is necessary to increase a positive attitude in someone to improve the ability to regulate diet and to prevent an increase in uncontrolled blood pressure or hypertension complications.

Keywords: hypertension; ability to regulate diet; knowledge; attitude; support of health workers



FAMILY DETERMINANTS OF STUNTING IN INDONESIA: A SYSTEMATIC REVIEW

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ABSTRACT

Malnutrition is a problem experienced by every country in the world, including Indonesia. The present study aimed to analyze family factors associated with stunting in Indonesia. Five databases (Scopus, Science Direct, EBSCO, ProQuest, and PubMed) were explored to find relevant articles published from 2015 to 2020. The Boolean search used "factor", "stunting", "parent" and "Indonesia" in the title, abstract, or keywords. Inclusion criteria were: original article in English; the source from journals; research sites in the Indonesia region; families with children < 5 years; and available in full text. This systematic review used PRISMA guidelines. The determinants were analyzed based on the WHO conceptual framework for stunting. We identified 541 articles, and 15 were considered relevant for this systematic review. The main research design for these 15 journals was cross-sectional. This review shows that stunting in Indonesia is still very high. Family factors related to stunting in Indonesia include low caregiver education, low household welfare, poor nutrition during pregnancy, poor sanitation, and inadequate water supply, a father who smokes, a young mother and poor parenting. The results of the study form the basis for developing family centered-care for stunting.

Keywords: child growth; family factors; stunting; toddlers



THE COMPARATION OF SELF ESTEEM AND PREMARITAL SEXUAL BEHAVIOR ON ADOLESCENT IN RESOCIALIZATION AND NON-SOCIALIZATION REGION IN SURABAYA

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ABSTRACT

Adolescent is a vulnerable period of behavior irregularities, especially premarital sexual behavior. Premarital sexual behavior can be caused by personal and social factors. This study aimed to analyze the comparison of self-esteem and premarital sexual behavior on adolescents of resocialization and non-socialization regions. This study used a quantitative descriptive comparative method. The population was middle adolescents who were not married. The sample consisted of 118 adolescents, including 59 adolescents of resocialization and 59 adolescents of non-socialization, which included the inclusion criteria. The variables were self-esteem, premarital sexual behavior, resocialization, and non-socialization. Data were collected using questionnaires and analyzed using Mann-Whitney U Test with a significance level of $\alpha=0,05$. Results showed that there was no difference in self-esteem levels between adolescents of resocialization and non-socialization regions ($p = 0,568$), but there was a difference in premarital sexual behavior between the two groups ($p = 0,017$). It can be concluded that both groups had high self-esteem levels and a risk category of premarital sexual behavior. Adolescents of resocialization had a better self-esteem level than those of non-socialization, but they had a risk category of premarital sexual behavior. Further studies should include more variables such as the relationship between parents and their children, peer group, and social. The next research should analyze the role of parents and peer groups and provide health promotion interventions to influence knowledge levels on adolescent premarital sexual behavior.

Keywords: adolescent, premarital sexual behavior, self-esteem



CORRELATION OF FAMILY APPRAISAL WITH THE ABILITY TO CARE FOR CHILDREN WITH LEUKEMIA

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ABSTRACT

Families who have children with chronic conditions such as leukemia, are faced with demands, challenges, emotional and cognitive problems, and changing roles in the family and community. This has an impact on family sustainability in providing care for children. This study aims to explain the correlation between family appraisal and the family's ability to care for children with leukemia. This study was a correlation study with a cross-sectional design. The population in this study were families with children suffering from leukemia who were treated at Dr. Soetomo Surabaya. A sample of 100 respondents were recruited using a purposive sampling technique with the inclusion criteria being mothers with children suffering from leukemia who receive chemotherapy. Data were collected by questionnaire based on the revised caregiving appraisal scale (RCAS) and the Health Status Questionnaire (HSQ-12). The independent variable was family appraisal while family's ability (perceived health, personal growth, existential well-being) to care for children suffering from leukemia was the dependent variable. Data were analyzed with Spearman correlation $p \leq 0,05$. The results showed a significant relationship between family appraisal (challenge) and personal growth ($p = 0.000$; $r = 0.640$), perceived health ($p = 0.000$; $r = 0.536$), and existential well-being ($p = 0.367$; $r = -0.091$) in treating children with leukemia, whereas the results were different for the relationship between family appraisal (stress) and personal growth ($p = 0.002$; $r = -0.367$), perceived health ($p = 0.006$; $r = -0.272$), and existential well-being ($p = 0.367$; $r = -0.546$). Family Appraisal in caring for children with leukemia is needed by the family so that it can improve the family's ability to provide optimal care for children with leukemia. Perceived good health, personal growth, and existential well-being of the mother can improve the mother's ability to care for the child with leukemia. Further research is needed on how the family appraisal model can be used by families caring for children with leukemia.

Keywords: family appraisal, leukemia, children

A SYSTEMATIC REVIEW OF LACTATION COUNSELING FOR EXCLUSIVE BREASTFEEDING

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ABSTRACT

There is a need to listen to and accept the mother's opinion without judgment and helping mothers to make the best choice based on relevant information and advice given by a lactation counselor. This systematic review illustrates the role of lactation counselors, which involves informing pregnant women and new mothers about the benefits and management of breastfeeding. Our main goal was to determine whether breastfeeding education during pregnancy and postnatally can make mothers provide exclusive breastfeeding. A systematic review of the literature concerning breastfeeding counseling and lactation counselors for breastfeeding mothers was undertaken. Electronic databases were searched, including Proquest, Science Direct, Sage, Pubmed, Oxford Academic and Cochrane Library. Databases were searched for articles featuring the terms "mother", "mothers", "breastfeeding counseling", "lactation counselor", "breastfeeding counselor", "exclusive breastfeeding", "rct", "randomized control trial", "randomized controlled trial" for peer-reviewed manuscripts published between 1 January 2010 to 31 March 2020; 81 manuscripts were obtained. We included all English studies relevant to the topic. The design study used randomized control trial (RCT). All studies found relating to breastfeeding counseling in breastfeeding mothers were included. Eligible studies were those whose title or abstract specifically indicated the inclusion of breastfeeding counseling and they were analyzed using prisma (5 manuscripts). The results of all studies confirm that the effects of breastfeeding counseling programs are significant. The conclusions of the findings of this review encourage efforts for further research on maternal readiness in breastfeeding, and whether lactation counselors are required or breastfeeding health promotion by health workers.

Keyword :mother, breastfeeding, counseling, exclusive, rct..

THE RELATIONSHIP BETWEEN BODY MASS INDEX AND THE LEVEL OF PREECLAMPSIA

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ABSTRACT

Preeclampsia is a condition of hypertension with proteinuria, edema, or both, which usually occur after 20 weeks of gestation. Risk factors of preeclampsia are parity, age, obesity, etc. The prevalence of preeclampsia reached in "Kanjuruhan" hospital, Kepanjen Malang, East Java in 2015 up to 219 incidents and had increased to 292 in 2016. This research aimed to determine the relationship between body mass index (BMI) and the level of preeclampsia. This research was a *Retrospective Study with a total sampling* technique. The samples were chosen from the population of pregnant women with preeclampsia who had complete data of height and weight in a patient's medical record and single pregnancies. There were found 83 respondents from the total data. This research used *Rank Spearman* with SPSS (Statistical Product and Service Solution) 16.0 to find the relationship between body mass index and level of preeclampsia. The result showed that 52 (62.7%) of the respondents had very fat category of BMI, 11 (13,3%) of the respondents had obesity category of BMI, 19 (22.9%) of the respondents had normal category of BMI, 1 (1.2%) of the respondents had very thin category of BMI and 53 (63.9%) of the respondents had severe preeclampsia, 30 (36.1%) of the respondents had mild preeclampsia. Respondents who had severe preeclampsia are mostly respondents who had a very fat category of BMI, there are 38 (71.7%) of the respondents. The results of data analysis using *the Spearman test* were (p) value of 0.009 (p-value <0.05) and the coefficient correlation (r) value of 0.285. There was a significant relationship between body mass index (BMI) and level of preeclampsia. Body mass index can increase the level of preeclampsia. For further research, it should be carried out with more samples and pay attention to weight gain respondents during pregnancy.

Keywords: body mass index, preeclampsia, pregnant women, level of preeclampsia

FACTORS ASSOCIATED WITH OBESITY IN ADULTS IN SOUTH EAST ASIA

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ABSTRACT

Obesity is defined as an abnormal condition with excess fat which is a risk to health. There is a risk of diseases caused by obesity such as type 2 diabetes for adolescents, coronary heart disease, stroke, myocardial infarction, cancer, and even failure to breathe normally while sleeping. The purpose of this research literature is to find factors that are strongly associated with obesity in adults in south east Asia. The literature search strategy identified 647 articles. The PRISMA strategy was used to identify various articles through a database of publications: Scopus, Direct Science, ProQuest, and Springer link. Search keywords used were "Obesity" and "Adult", and articles had to focus on "East Asia" according to the inclusion criteria. Inclusion criteria are 5-year journal limits (2015-2020), document type articles, English language, journals that allow full-text form to be retrieved. Rough calculation of the prevalence of obesity in adults aged 18 years and over in ASEAN countries shows the following levels: Indonesia 28%, Cambodia 50.20%, Laos 20.9% Class I or Class II Obesity, Malaysia 15.4%, Myanmar 8.4%, Singapore 44.1%, Thailand 12.7%, Vietnam 2.53%, Brunei Darussalam 29.5%. In all ASEAN countries rates of obesity are more prevalent in women. Obesity is a health problem in Southeast Asia which can be seen from the increasing prevalence of obesity from year to year in Southeast Asia. In general, the factors that can cause obesity are, sex, age, level of education, physical activity, marital status, history of obesity during childhood, genetics, stress, alcohol consumption and smoking habits, consumption patterns, residence, economic status, sleep habits, culture, social media, and influence of friends.

Keywords: obesity, adults, southeast asia, risk of obesity



RELATIONSHIPS BETWEEN ENVIRONMENTAL FACTORS AND A HISTORY OF FALLING WITH THE FEAR OF FALLING (FOF) AMONG ELDERLY IN THE COMMUNITY

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ABSTRACT

Falls among community-dwelling older people are a major issue worldwide. Falls are one of the effects of the aging process. Increased risk of falls in the elderly is caused by intrinsic and extrinsic factors and occurs due to multifactorial issues. The purpose of this study was to analyze the relationship between the environment and history of falling towards the fear of falling among elderly in the community. This study used a descriptive-analytic cross-sectional design. Sampling was carried out using a cluster random sampling technique with a sample of 210 elderly in Surabaya and Lamongan district. The respondent were recruited through Posyandu Programs. The independent variables were environmental factors and history of falling, while the dependent variable was the fear of falling among the elderly. The research instrument used was a home fall prevention checklist for older adults, Open questions on the history of falling among the elderly, and the Falls Efficacy scale (FES-I) were used to measure the fear of falling. Analysis was carried out using the Chi Square test with degrees $\alpha = 0.05$. Results: statistical test results showed a relationship of environmental factor with a fear of falling ($p=0.001$) and there was a relationship of history of falling with a fear of falling ($p=0.001$). A risky home safety environment and a history of falling will cause the risk of fear of falling among the elderly.

Keywords: elderly; fear of falling; history of falling; environment, safety

PERCEPTIONS OF WORKING MOTHERS TOWARDS BREASTFEDING SELF EFFICACY

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ABSTRACT

The benefits of exclusive breast feeding are well-documented; however, in Indonesia, breast feeding rates fall well below global recommendations. One of the factors contributing to the low breast feeding rates is the economic need for many mothers to work and workplaces not providing an adequate environment in which to do so. The aim of the research was to explore the meaning of breastfeeding self-efficacy from the working mothers' perspective. The methodology is phenomenology; hence, it is qualitative in nature. The study was conducted in an outpatients department in a hospital in Surabaya, Indonesia. Participants: 8 working mothers working outside the home 40 hours a week, attend lactation class, Indonesian, children ages 7 months to 2 years, and baby born healthy. There were six main themes identified in the women's stories that related to self-efficacy and breastfeeding: 1) the source of breastfeeding self-efficacy, 2) the benefits of breastfeeding, 3) another woman's experience, 4) perception of workplace control, 5) estimated ability of self-confidence, and 6) decision of breastfeeding. The participants who decided to breastfeed for at least two years tended to think positively about breastfeeding. The women had realistic expectations of the commitment that breastfeeding entailed even though they were faced with many workplace obstacles. This research provides the basis for recommendations for medical personnel, employers, government organizations and community centers to support breast feeding women who work with specific interventions so that these women can increase their breastfeeding self -efficacy and thereby increase the overall rates of breastfeeding women in Indonesia.

Keywords: breastfeeding; self-efficacy; working mother; phenomenology



**RISK FACTORS ANALYSIS OF NOISE INDUCE HEARING
LOSS AMONG HIGH-RISK EMPLOYEES AT RS.
DR.SOETOMO HOSPITAL IN SURABAYA, INDONESIA**

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ABSTRACT

There are five different locations, there are pumps, boilers, workshops, incenerators and kitchens from three installations to be studied. The five measurement locations have noise levels above the Kep-51 / MEN / 1999 Threshold Value, which is 85 dBA. The source of noise in that place and other factors will cause permanent hearing loss or cannot be recovered. The purpose of this study was to analyze the risk factors Noise Induce Hearing Loss (NIHL) among officers in the installation of Environmental Sanitation, Maintenance of Facilities and Infrastructure and Nutrition Installation at Dr. Soetomo Hospital. This type of research is cross sectional. The study was conducted at Audiology out patient room. Samples were taken by total sampling. 48 samples were obtained for an audiometric examination. Risk factors (gender, age group, education and years of service) of staff can influence NIHL. Statistical test results with Pearson correlation show there is no relationship between sex with NIHL because the significance value is P-value > 0.05. While the relationship between age, education, years of service with GPAB is significant because the significance level of <0.05. Age, education and years of service are associated with Noise Induce Hearing Loss

Keywords: noise induce hearing loss, risk factors

**MEDICAL
MICROBIOLOGY**



THE ROLE OF THE HUSBANDS VIA THE ENDORPHIN MASSAGE ON THE OCCURRENCE OF POSTPARTUM BLUES IN PRIMIPAROUS POSTPARTUM MOTHERS

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ABSTRACT

The role of the husband's is very necessary when it comes to helping the mother have an endorphin massage. The aim of this research is to determine the effectiveness of endorphin massages on primiparous postpartum mothers. A quasi-experimental design with a posttest approach only with a control group was used. The population consisted of postpartum mothers for 3-10 days. This research used total sampling to get 56 respondents. The population was divided into 2 groups, namely the case group and the control group. The case group was given a massage once a day everyday for 20 minutes. The treatment was done for 2 weeks. The control group wasn't given a massage. The postpartum blues were measured using the Edinburgh Depression Postnatal Score (EPDS) questionnaire scale. The results of the data after tabulation were processed using an independent paired sample t-test. The results show that the postpartum blues of the mothers who had an endorphin massage were less severe than the blues of the mother who had not received an endorphin massage. The difference was 29,62 points. The results obtained a p value = 0.0001 and $\alpha < 0.05$, which obtained the result that there is impact from the endorphin massage on postpartum blues. An endorphin massage given by the husband is effective at reducing the rate of postpartum blues. Thus an endorphin massage can be used as an alternative to the postpartum mothers reducing their stress levels during lactation.

Keywords: husband's role, endorphin massage, postpartum blues



THE EFFECT OF WOUND CLEANSING ELECTROLYZED STRONG WATER ACID (ESWA) TOWARD HEALING DIABETIC FOOT ULCER

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ABSTRACT

Diabetic Foot Ulcer (DFU) is a chronic complication of concern for patients with diabetes mellitus. DFU without proper treatment can increase the risk of amputation. DFU treatment using electrolyzed strong water acid (ESWA) wound cleansing helps wound healing and prevents amputation. This study aims to prove the effect of ESWA wound cleansing on DFU healing. The research method used is Quasi Experiment design with a pre post test control group design approach. Independent variables, ESWA wound cleansing and dependent variables, DFU healing. The total sample of 100 respondents, divided into 2 groups, namely the ESWA wound cleansing treatment group and the normal saline wound NS (control) wound cleansing control group. Pre post ESWA treatment group using Wilcoxon test results $p = 0,000 < 0.05$ means that ESWA wound cleansing is effective against DFU healing. Pre post NS control group using Wilcoxon test results $p = 0.000 < 0.05$ means that NS wound cleansing is effective against DFU healing. Mann-Whitney test to determine the effect of ESWA wound cleansing, the results $p = 0.078 < 0.05$ means that there is no effect on DFU healing. The implication of this research is that nurses can apply electrolyzed strong water acid (ESWA) as an alternative Wound cleansing

Keywords: wound cleansing, electrolyzed strong water acid, diabetic foot ulcer

A SYSTEMATIC REVIEW OF SUPPORTIVE THERAPY EFFECT ON QUALITY OF LIFE IN CANCER PATIENTS

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ABSTRACT

Supportive therapy is considered an important element in the treatment of cancer patients which is often associated with efforts to overcome life-threatening problems. However, the application of this intervention in clinical practice has not yet been fully carried out. This systematic review summarizes the evidence regarding the effect of supportive therapy in improving the quality of life (QoL) of cancer patients. The review was performed according to PRISMA guidelines. We searched four electronic databases to identify studies comparing patients who received specific protocol interventions with the control group. The keywords used are "Supportive Therapy" AND "Palliative Supportive Care" AND "Quality of Life" OR "Health Quality" OR "Health-Related Quality of Life". The articles taken were published between 2016 and 2020. Then 117,011 articles were obtained, consisting of 2,554 articles from PubMed, 570 articles from Scopus, 25,748 articles from ScienceDirect, and 88,139 from ProQuest. Fifteen studies were included with title and abstract inclusion criteria following the desired topic. Methodological quality was assessed using the Downs and Black tool. Supportive therapy includes pain management, nutrition, elimination, blood index, and self-efficacy toward improving the quality of life of cancer patients, including symptom management counseling, Complementary and Integrative Medicine (CIM), disease preferences, prognostic perceptions, health status, emotional support, social needs and spiritual, and can be seen from the difference in the ability of cancer patients in the intervention and control groups. In the study, the average quality of life assessment was carried out at 12 weeks and six months after the intervention. Seven of the 15 studies used QLQ-C30 to measure the quality of life of patients with cancer, which was managed to validate and assess the quality of life in patients with cancer, whereas of the 15 studies evaluating results reported, patients reported differences in favor of the intervention group. The overall methodology quality is good. Several comparative studies have evaluated the impact of supportive therapy on the quality of life of cancer patients. The quality of this study is good and the results are acceptable in improving the quality of life of cancer patients undergoing chemotherapy treatment, and palliative care.

Keywords: supportive therapy, quality of life (qol), cancer patients



A SYSTEMATIC REVIEW OF COMPLEMENTARY THERAPY FOR TREATING OSTEOARTHRITIS

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ABSTRACT

Osteoarthritis (OA) is a chronic progressive disease that is often experienced by the elderly resulting in pain and joint stiffness which then causes movement or mobility disorders. Complementary therapy eases osteoarthritis with a traditional technique known as non-pharmacological treatment. The aim of this systematic review is to identify the effectiveness of several complementary therapies as osteoarthritis management. The review was performed according to PRISMA guidelines. We searched from PubMed, Scopus, ProQuest, and ScienceDirect databases. The search identified 14 relevant journals from the 19,123 articles published between 2016 and 2020, and all studies used the Randomized Control Trial (RCT). Complementary therapies consisted of flaxseed poultice compress, acupressure, acupuncture therapy, cumin black oil compress, aromatherapy massage, ginger oil massage, lavender oil massage, sensorimotor exercise, application of heat, exercises with elastic bands, ultrasound therapy, geotherapy combination kinesiotherapy, phonophoresis therapy, and stimulation of compression. The effectiveness of these therapies can be seen from the different results of osteoarthritis patients who received the intervention and the control group. The decrease in the total index WOMAC and Lequesne, VAS and increase in the physical function of patients with osteoarthritis who received the complementary therapy are significantly higher than the control group. It proved that the complementary therapy has positive impact as management of osteoarthritis pain. The effects of complementary therapy have an influence on pain, joint stiffness, and physical function limitations in osteoarthritis patients.

Keywords: complementary therapy, osteoarthritis pain



RELATIONSHIP BETWEEN ANXIETY, DEPRESSION, AND QUALITY OF LIFE AMONG HEMODIALYSIS PATIENTS :A SYSTEMATIC REVIEW

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ABSTRACT

Anxiety and depression are the most prevalent psychological disorder among hemodialysis patients and affect quality of life. The aim was to analyze prevalences of anxiety, depression and quality of life among hemodialysis patients. We comprehensively searched in multiple data bases limited to the last 5 years, 2016 to 2020. Reviewers working independently and appraised the quality and included cross sectional that evaluated, in patient with depression and anxiety on hemodialysis treatment and how can affect QoL (Short Form Health Survey with 26 question (SF-36).Fifteen moderate quality cross-sectional met the inclusion criteria. Total of 2,298 hemodialysis patients showed that anxiety and depression is highest psychological disorder prevalences which was associated with a lower Quality of Life. The body of evidence suggest that depression and anxiety can decrease quality of life on hemodialysis patients.

Keywords:hemodialysis, quality of life, depression, anxiety

THE RELATIONSHIP AMONG HYPERTENSION HISTORY, MATERNAL AGE, PARITY AND FAMILY SUPPORT WITH THE INDEPENDENCE IN PREVENTING PRE-ECLAMPSIA

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ABSTRACT

Preeclampsia is a medical problem that often occurs during pregnancy and is a leading cause of maternal death worldwide and in Indonesia; therefore, a discussion is important to help pregnant mothers be able to do self-care and maintain health as well as to recognize the danger signs of pregnancy to prevent and control preeclampsia. The research design used a cross-sectional approach. The population study was made up of 148 pregnant women, a large sample of 124 respondents was taken using simple random sampling. The independent variables were a history of hypertension, maternal age, parity, and family support while the dependent variable was independence in preventing preeclampsia. The instruments used were questionnaires and observation sheets. Data were analyzed bivariately with Pearson correlation and using multivariate with multiple linear regression analysis with significant level ($\alpha = 0.05$). There were significant correlations between a history of hypertension ($p=0.000$, $r=0.592$), parity ($p=0.000$, $r=0.752$) and family support ($p=0.000$, $r=0.810$) with independence in preventing preeclampsia. There was no correlation between maternal age and independence ($p=0.375$, $r=-0.101$). Maternal age and history of hypertension together correlated with maternal independence in preventing preeclampsia. Health workers are expected to be able to increase their ability to prevent and detect preeclampsia for all pregnant women and families so that the incidence of preeclampsia and maternal and fetal mortality can be reduced.

Keywords: independence, preeclampsia, pregnant women



PELVIC MUSCLE FLOOR TRAINING (PMFT) REDUCE URINARY INCONTINENCE POST RADICAL PROSTATECTOMY IN PATIENT WITH PROSTATE CANCER: A SYSTEMATIC REVIEW

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ABSTRACT

Pelvic floor muscle training (PFMT) is an important rehabilitative approach as they play a crucial role in male urinary mechanism and urinary continence as well as strength. The purpose of this study was to assess the effectiveness of PFMT in the treatment of urinary incontinence post radical prostatectomy in patients with prostate cancer. Studies were systematically identified by searching electronic databases within keywords “pelvic floor muscle training AND urinary incontinence AND radical prostatectomy” and consist of 103 articles from Scopus, 60 articles from Science Direct, 34 articles from EBSCO, and 195 articles from Pro Quest. The data sources were limited to articles published from 2011 to 2020 and language was used in English. Fifteen studies were included in this systematic review with inclusion criteria are patients diagnosed with prostate cancer, men with urinary incontinence after radical prostatectomy, types of study Randomized Controlled Study (RCT) and protocol study, intervention PFMT and main outcome is continence rate. Twelve of fifteen articles suggest PFMT significantly more effective than the standard care in improving recovery of continence in patients undergoing radical prostatectomy. PMFT is effectively carried out with a duration of 10 minutes per day with 10 contractions in a lying, sitting, and standing position with three sets, each set of contractions 5 seconds and relaxation 5 seconds. The Benefits of this review are that PMFT is suitable, well accepted and achievable for the patients who experience incontinence after radical prostatectomy.

Keywords: pelvic muscle floor training; urinary incontinence; prostate cancer; prostatectomy



EFFECT OF COMBINATION MIRROR THERAPY AND CYLINDRICAL GRIP ON SELF-CARE OF POST- STROKE ISCHEMIC PATIENTS

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ABSTRACT

The purpose of this study was to determine the effect of a combination of mirror therapy and cylindrical grip on improving self-care of post-stroke patients. The design of this study was quasi-experiment (pre-post test with control group design). Population is post-stroke patients who experience upper limb hemiparesis in the Medical Rehabilitation Poly. A sample of 66 respondents (33/33) used purposive sampling. The independent variable is a combination of mirror therapy and cylindrical grip, dependent variable is self-care. Data were collected using a self-care questionnaire with strong validity and reliability. Analysis using Kolmogorov Smirnov and Wilcoxon Sign Rank Test. Interventions are given 3 times a week for a month. In the intervention and control groups there were significant differences between self-care before and after the intervention with a value of 0.000 ($p < 0.05$). The increase in the intervention group can be seen from the sub-variables in self-care toileting, which is able to clean genitalia area after defecation/urination. This intervention stimulates the finger sensory and motor nerves so that they can perform self-care to the maximum. Combination of mirror therapy and cylindrical grip has been shown to improve self-care.

Keyword: mirror therapy, cylindrical grip, self-care, hemiparesis, stroke rehabilitation



EDUCATION BASED MOBILE APPS PLATFORM IN PATIENTS UNDERGOING SURGERY : A SYSTEMATIC REVIEW

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ABSTRACT

Providing sufficient information during a pre-operative helps patients understand their condition and plan of care, to identify and manage potential complications, and to reduce hospital readmission. New innovation mobile application platforms put education in the hands of patients and their families. The aim of study was to investigate the effect of mobile application education in patients undergoing surgery. A systematic review study was based on PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analyzes) with article sources using the Scopus, Science Direct, PubMed and ProQuest databases. Limited to the last 5 years (2015-2020) using English as well as full-text articles. This was done using a combination of keywords and Boolean operators (AND and OR). Keywords used in searching are “Education” “Pre-operative Education” "Perioperative", "Mobile Application", “Smartphone”, “Multimedia” and "Surgery". Total article found were 438 articles and we just included 15 articles which related to topic. The design RCT was 10 articles, 2 quasi-experimental articles, 1 cohort study, and 2 descriptive study. Mobile application platform has multiple benefit and challenges to effective delivery of health information to patients, new models of health care demand patient empowerment and so are fundamentally dependent on success with patient education. Patients indicated they understood of the content prior to discharge. Additionally, patient demonstrated mobile application advances allow delivery of both individualized and “just-in-time” education. Our findings indicate that education based mobile application platform have a positive effect on patients undergoing surgery.

Keywords: patients education; mobile application; surgery patients

**MOLECULAR
BIOLOGY**

DETERMINANTS OF THE CAREGIVER BURDEN OF CKD PATIENTS UNDERGOING HEMODIALYSIS

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ABSTRACT

Families who treat chronic kidney disease (CKD) patients are at risk of experiencing caregiver burden. The family caregiver burden depends on the ability of the families to care for their family members who experience CKD when undergoing hemodialysis. The purpose of this study was to determine the factors associated with the caregiver burden of caring families (primary caregivers). This study used quantitative research and a cross-sectional design. The sample consisted of 95 respondents determined using consecutive sampling from the population in the Hemodialysis room of Muhammadiyah Lamongan Hospital. The variables of this study were caregiver burden (Y), Age (X1), Gender (X2), Educational level (X3), Salary (X4) and Treating the patient's time (X4). The research instrument consisted of the Zarit Burden Interview (ZBI) method to determine the caregiver burden. Multivariate analysis was done using logistic regression. The results showed that the caregiver model shows a significant burden with a variable in salary and age. The accuracy of the model when predicting caregiver burden was 62.1%. These two variables can explain the burden of the caregivers by 10%. The equation model obtained the results of Caregiver burden = $-0,277 + 0,818 * \text{salary} - 1,313 * \text{age (adults)} - 0,738 * \text{age (elderly)}$. There is a need for social support from other families who care. Support system can influence the level of caregiver stress.

Keywords :caregiver; burden; hemodialysis; chronic kidney disease



UNDERGRADUATE NURSING STUDENTS' KNOWLEDGE, ATTITUDE AND PRACTICE TOWARD PALLIATIVE CARE IN INDONESIA: A CROSS-SECTIONAL ONLINE SURVEY

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ABSTRACT

Confirming adequate knowledge about palliative care (PC) and positive attitudes towards PC are crucial educational aspects when arranging undergraduate nursing students to act on the complexities of care for people affected by a progressive, life-limiting illness. In Indonesia, the level of students' attained knowledge and developed attitudes and practice towards PC remain unknown. The objective of this study was to investigate Indonesian undergraduate nursing students' knowledge, attitude, and practice towards PC. A quantitative research method and descriptive online-survey design were used. The sample consisted of 240 undergraduate nursing students selected by using simple random sampling from three private nursing schools. Participants completed a demographic form, the Palliative Care Quiz for Nursing, the Frommelt Attitudes Towards Care of the Dying questionnaire, and a PC practice questionnaire. Of the total 255 participants selected, a response rate of 240 (94.2%) was achieved. Out of the total study participants, only 51 (24.3%) had good knowledge but 226 (94.2%) had a favorable attitude towards PC. Regarding the knowledge aspect of the practice, the majority of the respondents 198 (85.2%) had good implementation. Currently, the students widely held a lack of knowledge, but their attitude and knowledge aspect of practice towards PC was favorable. Thus, assimilating PC education by developing an effective learning model for nursing students to improve knowledge is critical.

Keywords: knowledge, attitude, practice, undergraduate nursing students, palliative care

**HEALTH LAW
AND POLICY**



ROLE OF NURSE IN PUBLIC HEALTH ACCORDING TO INDONESIAN LAW

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ABSTRACT

The Law No.38 Year 2014 regarding Nurse (the Nursing Law) provides the possibility for nurses to have their own private practice. Based on Article 30 the Nursing Law, nurses may also provide nursing care in public health. The aim of this research is to define and elaborate the role of nurses in public health conducted in their own private practice according to the nursing law and other related laws applicable in Indonesia. Data used in this research were secondary data, obtained through internet search using google machine. The collected data were analyzed using content analysis to reduce only to relevant data. The relevant data were then analyzed using qualitative method with normative and comparative approach. Result shows that based on understand Law No.36 Year 2009 regarding Health (the Health Law) and Law No.36 Year 2014 regarding Healthcare Givers (the Healthcare Givers Law), each health profession has its own competencies. Therefore, nurses in providing nursing care in public health, nurses are required to obtain public health competencies, besides all the requirements that must be complied in accordance with the Nursing Law. In practice, nurses can play many roles in public health care, in conditions that she/ he shall not conducts activities in public health which do not belong to their competencies. According to Indonesian laws, the role of nurses in public health are somehow limited because of the competencies' issues.

Keywords: private practice nurses, public health, community nurses



INFLUENCE FACTORS OF EMERGENCY MEDICAL SERVICES (EMS) PREHOSPITAL TIME INTERVAL VARIETY: A SYSTEMATIC REVIEW

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ABSTRACT

Prehospital time interval is one of important indicators of EMS performance. It consisting of total prehospital time (TPT), response time (RT), on-scene time (OST) and transport time (TT) in the world is very diverse. Many factors are able to affect the duration of prehospital time. The purpose of this systematic review is to identify internal and external EMS factors that affect prehospital time which is useful as a predictor of the prehospital time interval variety. This study was conducted with a systematic method by reviewing the literature obtained from four electronic databases namely ProQuest, Pubmed, ScienceDirect, and Google Scholar. The inclusion criteria of literature were original research article, published in the 2007-2018 timeframe, discusses EMS prehospital time interval and the factors that influence it. Seventy five literature obtained, there were 14 articles that met the requirements for analysis. Factors influence to prehospital time variations can be classified as internal and external factors. Internal factors, namely factors come from inside the EMS system, include: facilities and infrastructure, human resources, and service protocols. External factors, namely factors originating from outside the EMS system, include: the environment (natural and non-natural) and the patient's clinical condition. Extension of one component of response time intervals, such as OST or TT interval has an impact on lengthening the total prehospital time. Investigation at prehospital time intervals and influential factors is useful in developing evidence-informed in assessing EMS performance and correcting the obstacles found. This review also identifies the gaps in the existing literature to inform future research efforts.

Keyword: EMS, influencing factors, prehospital time



DETERMINANTS OF QUALITY OF NURSING WORK LIFE: A SYSTEMATIC REVIEW

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ABSTRACT

A large number of studies have addressed the detection of quality of nursing work life determinants, and the results are still inconclusive. This study aimed to systematically identify and review evidence regarding determinants of quality of nursing work life and to seek the reasons for contradicting results in relationships between determinants and quality of nursing work life in the literature to design a more robust measurement system for the quality of nursing work life. Methods: This systematic inclusion review followed the guidelines of the Preferred reporting items for Systematic reviews and Meta-Analysis (PRISMA) statement. The search was conducted in Scopus, EBSCO, Science Direct, and ProQuest. We used some search terms which were ('predictors' Or 'determinants' Or 'factors affecting' Or 'measurements' Or 'dimensions' Or 'aspects' Or 'attributes') AND ('quality of nursing work life'). The search terms were adapted from previous review studies with the same purpose and general search in various data bases. We also manually searched for a list of relevant article references to identify additional publications. A total of 61 articles researching QNWL were identified. All quantitative, qualitative, and mixed-methods studies, including experimental, quasi-experimental, observational, review, and so on, were considered for the systematic review. Six, one and five papers had been published in Asia, America, and Europe. As we used broad inclusion and exclusion criteria to gather as many studies as possible, this attempt led us to have a huge amount of data to extract and synthesise. The number of documents that focus on nursing organizations' factors (66.7%) was the most concerned sector. There were over 200 participants (83.3%) in significant studies. We found several determinants of QNWL investigated in a wide diversity of contexts. However, results varied as there is no globally accepted formulation of quality of nursing work life and measurement system.

Keywords: qnwl; cultural; organization factors; determinant factors



ANALYSIS OF ACCURACY NURSING CARE PROCESS IMPLEMENTATION

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ABSTRACT

Implementation of the nursing care process is still a problem in nursing services. The problem found in the nursing process is the accuracy of nurses in applying the nursing care process. The aimed of this study to analyzed the accuracy of the implementation of the nursing care process. This study was used an descriptive analytics design with 100 respondents. Samples were selected using cluster sampling. Data were collected using a questionnaire that has been tested for validity and reliability. The variables included assessment, nursing diagnosis, nursing plan, nursing implementation, evaluation and nursing documentation. Data were analyzed in descriptive form consisting of good, sufficient and less categories. The standard for implemented the accuracy of the nursing process is 100%. The result showed that accuracy of implementation nursing care namely assements is sufficient (82 %), nursing diagnosis is sufficient (85 %), nursing plan is sufficient (75%), nursing implementation is sufficient (80%), 75% of nursing care evaluation and 75% of nursing care documentation. The accuracy of nursing care process that described the quality and patient safety and useful for patients, nurses, and the health team. Further studies must be conducted to analyzed factors related accuracy of implementation nursing care process.

Keywords :nursing care process, accuracy, implementation



THE INFLUENCE OF IMPEDANCE AND ENHANCEMENT FACTORS OF DISCHARGE PLANNING IMPLEMENTATION AT HOSPITAL: A SYSTEMATIC REVIEW

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ABSTRACT

Discharge Planning is one of various nursing duty agendas, starting from when patients are admitted to hospital up to being allowed to go home. The phenomenon of implementation discharge planning for patients today is not optimal whereby nurses just do limited implementation of routine activities in the form of information on re-control. Based on those facts, the author wishes to study the analysis of impedance and enhancement factors in discharge planning implementation at hospitals. The researcher conducted investigation in February 2020 and involved exploration of some scientific papers journal from ScienceDirect, ProQuest, Scopus, and, PubMed as references with keywords nursing discharge planning, enhancement and impedance factors, implementation, and, hospital. This paper identified 15 relevant research articles from 500 original full texts between 2010 and 2018 and analyzed inclusion criterion of enhancement and impedance factors in discharge planning implementation. It involves three RCTs, eight descriptive, and four qualitative research papers. As a result, there are found eight enhancement and five impedance factors influencing in discharge planning implementation. Meanwhile, from 3250 research respondents, 2125 persons reports enhanced factors contrary 1.125 samples implies impedance factors. Conclusion; the implementation discharge planning is influenced by some factors that should be given attention by nurses to do discharge planning properly.

Keyword: nursing discharge planning; enhancement and impedance factors; implementation; hospital

**PHARMACOLOGICAL
ASPECT**



**THE EFFECT OF JASMINE AROMATHERAPY AND BACK
MASSAGE TO REDUCE THE INTENSITY OF LABOR PAIN
IN THE ACTIVE PHASE IN MATERNITY HOSPITAL
NGADILAH, MALANG CITY**

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ABSTRACT

Labor pain is a physiological pain that is experienced by a mother. Jasmine aromatherapy and back massage can probably reduce pain, and stress. The sedatives (linalool) in the aroma of jasmine will stimulate the hypothalamus to reduce pain. This study aims to determine the effect of jasmine aromatherapy and back massage on labor pain when used in the active phase of childbirth. The method used in this study was a pre-experimental design with a one group pre-test post-test. The sample was taken through total sampling from 10th -26th August 2019. The population consisted of birthing mothers from Maternity Hospital Ngadilah in Malang city. The number of samples taken totaled 30 respondents. Pain intensity was measured using a numeric rating scale. The data analysis was conducted using the Wilcoxon test with an Asymp. Sign ($0.00 < 0.05$). The results of the analysis showed a value of $p < 0.00$. There were differences in the average intensity of pain when in the active phase of labor before and after being given aromatherapy using jasmine and a back massage. There is an effect because the endorphin compounds in the jasmine aromatherapy and back massage can provide comfort to the mother and eliminate pain. Hopefully this method can be applied to maternity wards by health workers.

Keywords: Jasmine Aromatherapy, Back Massage, Labor Pain





THE EFFECT OF BENSON RELAXATION ON ANXIETY LEVELS AT THE THIRD TRIMESTER PREGNANCY WOMEN: A PILOT STUDY

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ABSTRACT

Anxiety in third-trimester pregnant women is increasing and can cause premature birth, preeclampsia, and disorders during labor. The purpose of this study was to determine the effects of Benson's relaxation on anxiety during pregnancy in the third trimester. This study was quasi-experimental with 20 pregnant women referred to health center services randomized into two groups: control and tests. They were then asked to do relaxation for 15-20 minutes for one month twice a day. The anxiety levels were compared using the Prenatal Anxiety Screening Scale (PASS) and the obtained result was analyzed using the Wilcoxon and Mann-Whitney test at a significance level <0.05 . Based on the obtained result, 80 % of mothers were aged from 20-35 years old. The mean and standard deviation of anxiety level in the intervention group before Benson relaxation was 32.3 ± 5.36 and after relaxation was 25.5 ± 2.8 . Analysis (Mann-Whitney test) of anxiety level before and after intervention in the test group showed a significant difference $P=0.04$. Analysis (Wilcoxon) of anxiety level in the intervention group and the control group showed a difference ($P=0.008$; $P=0.083$). This demonstrated the positive effect of Benson's relaxation on decreased anxiety level in pregnancy. Education is recommended for all pregnant women in the third trimester of pregnancy in health centers.

Keywords: Benson, relaxation, pregnancy, anxiety



MIND-BODY-SPIRITUAL NURSING CARE EFFECTS ON SPIRITUALITY AND CARDIOVASCULAR RISK MARKERS

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ABSTRACT

Patients with coronary heart disease (CHD) undergoing hospitalization experience various stressors. These stressors may increase expression of cardiovascular risk marker molecules, resulting in building up atherosclerotic plaque. This study aimed at explaining the influence of a mind-body-spiritual nursing care on spirituality and cardiovascular risk markers. This study employed a pre-post-test quasi-experiment with control group design. CHD patients treated in various rooms divided into the control group (20 respondents) and the treatment group (21 respondents). The variables of interest were measured at both pre and post intervention. The spirituality was measured using a questionnaire, while the cardiovascular risk markers were tested using enzyme-linked immunosorbent assay from the respondents' serum of venous blood sample. The control group received a standard-nursing intervention while the treatment group received a mind-body-spiritual (MBS) nursing care for three respective days. Data collection took place in 2017. The results showed that mind-body-spiritual nursing care improves patients' spirituality ($p = 0.000$) and the cardiovascular risk markers, particularly VCAM-1 and MCP-1, but not the Hsp70 and eNOS. Additionally, pathway analysis shows that mind-body-spiritual nursing care firstly increases the CHD patients' spirituality, which, in turn, attenuates the expression of VCAM-1 and MCP-1 through the improvement of Hsp70 expression. These findings indicate the mind-body-spiritual care's potential in preventing the process of further build-up of atherosclerotic plaque in CHD patients. It can be concluded that MBS nursing care plays an important role in improving spirituality and thus the expression of cardiovascular risk markers.

Key words: Mind-body-spiritual therapy, nursing care, Hsp70 heat shock proteins, vascular cell adhesion molecule-1 (VCAM-1), nitric oxide synthase (eNOS), and monocyte chemoattractant protein 1 (MCP-1)



THE EFFECT OF A COLD COMPRESS ON PAIN DURING THE FIRST STAGE OF CHILDBIRTH AT BPM

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ABSTRACT

Childbirth is a physiological process that happens as part of a woman's development into becoming a mother. The process can be traumatic for some women because of the pain that they experience. Cold compress therapy is one of the non-pharmacological approaches to reducing pain. The objective of this study is to determine the effect of a cold compress on pain in the first stage of childbirth. Methods: This was an experimental study with a one group pretest-posttest design. The population of this research consisted of women who had given birth, totaling 15 respondents. The samples were chosen using Accidental Sampling. The data was taken through observations and it was analyzed using the Wilcoxon Signed Rank test with a significance level of 0,05. Results: There were changes in pain level with a significance value of $p = 0,008$ with a testing rule $p < 0,05$. This shows that the cold pack affected the level of pain during the first stage of childbirth. Conclusions: A cold compress is effective at reducing the pain felt during childbirth. The items used to make a cold compress are easy to find and a woman can make it herself. A cold compress can be given without causing harmful effects for either the babies or the mothers who are giving birth.

Keyword: Cold pack, Childbirth pain, Uterine contractions, First Stage



A SYSTEMATIC REVIEW OF PRANAYAMAYOGA AS A COMPLEMENTARY THERAPY IN COPD PATIENTS

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ABSTRACT

Yoga is one of the top ten complementary and alternative healthcare approaches practiced in the United States, it also gaining popularity in Asia. Pulmonary rehabilitation programs include exercise training, such as yoga, designed to increase the physical and psychological condition in COPD patients. The purpose of this systematic review was to show the effectiveness of yoga as a complementary therapy to COPD patients. Three databases were used to search for the keywords “Yoga Pranayama” AND “Yoga Breathing Exercises*” AND “COPD OR Chronic Lung Disease OR Lung Disease”. This obtained 65 articles, consisting of 21 articles from Scopus, five from PubMed and 39 from ScienceDirect. Fifteen studies were included with inclusion criteria: patient diagnosed with COPD who has symptoms such as dyspnea and decreased activity, aged 18-60 years. Interventions given during the treatment period ranged from two weeks until six months and a frequency of between three or six times every week. Each session reached 10 to 90 minutes. All research was focused on evaluating the impact of pranayama yoga separately or in combination with another type of yoga (dirga svasam, nadhi suddhi asana, kapalabhati, tele-yoga, laughter yoga), or other intervention, such as tai chi, calisthenics, education and, usual care only. On average, studies found yoga pranayama was significantly more effective for six weeks. This systematic review concludes that pranayama yoga is able to be accepted as a complementary therapy for COPD patients because it could improve lung function.

Keywords: Yoga Pranayama, Yoga Breathing Exercise, COPD; Lung Disease



MOBILE-HEALTH REMINDER MANAGEMENT SYSTEM TO MONITOR HYPERTENSION PATIENTS: A SYSTEMATIC REVIEW

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ABSTRACT

Information technology can be a medium for improving consumer health care. Since the development of industry 4.0, mobile phones have become an important tool for monitoring health interventions. The purpose of this review was to assess the effectiveness of an m-Health reminder management system for patients with hypertension. The review identified fifteen related studies following the defined inclusion and exclusion criteria, in PubMed, ScienceDirect, ProQuest, Sage, EBSCO, and Scopus, limited to the last 5 years, 2015 to 2020. Fifteen articles were involved in the review. Mobile phones are used as a tool for monitoring physical activity, healthy diets, education, blood pressure monitoring, symptoms and activating notifications (Reminder Management System) as a lifestyle monitoring tool every day. m-Health makes it easy for consumers to management hypertension. There should be further research related to the lifestyle monitoring of patients with hypertension.

Keywords: application, m-Health, management hypertension, reminder management system



**THE USE OF 30% SUCROSE AND NON-NUTRITIVE
SUCKING (NNS) TO MEDIATENEONATES' PAIN
RESPONSE FROM VENOUS PUNCTURE
(QUASI-EXPERIMENT IN ONE PRIVATE HOSPITAL
IN SURABAYA)**

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ABSTRACT

Pain often occurs in neonates when venous puncture is performed during hospitalization. If pain persists for a long time, it can interfere with the process of growth and subsequent development. Nonpharmacological actions that can be undertaken to minimize pain are by giving 30% sucrose or NNS. The study aimed to identify differences in neonatal pain responses among those who received 30% sucrose and NNS. The research design used was a quasi-experimental post-test only control group design using a consecutive sampling technique; the independent variables were 30% sucrose administration and NNS while the dependent variable was neonatal pain response. The research sample was 36 respondents, namely 12 respondents who received 30% sucrose and 24 respondents who received NNS. The pain scale used was the Neonatal Infant Pain Scale (NIPS). The results showed that the average pain score in the 30% sucrose group was 1.5 and the NNS group was 3.7 with the Mann Whitney nonparametric statistical test p -value = 0.006. There are differences in neonatal pain response obtained with 30% sucrose and NNS. Pain management is very important for neonates considering the adverse effects, so to reduce pain optimally we have to undertake pain management using the 30% sucrose method or the NNS method.

Keywords: 30% sucrose, NNS, pain, venous puncture



DOES CHEWING GUM REDUCE POSTOPERATIVE ILEUS? A SYSTEMATIC REVIEW

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ABSTRACT

Postoperative ileus (POI) is one of the complications in the postoperative period. Chewing gum have many beneficial effects on the resumption of bowel function and digestive system stimulation. This paper aims to systematically review the effect of chewing gum in reducing postoperative ileus in patients after surgery. A systematic search from four English databases, including Scopus, ScienceDirect, ProQuest, and CINAHL which published from 2012 to 2018. There are 15 articles, 14 studies were Randomized Controlled Trial (RCT) study and another one is a prospective randomized trial involving chewing gum for reducing postoperative ileus or bowel function after surgery. Relevant data regarding inclusion criteria such as participants, interventions, and outcomes. Eight articles from fifteen articles showed the effectiveness of chewing gum for reducing POI in children and adult patients after surgery. Chewing gum more superior to no chewing gum and compared with standardized postoperative care. It showed in reduction time to first flatus, defecation and length of hospital stay were shorter. There are benefits of chewing gum after surgery, conclusions based on current evidence, chewing gum offers an inexpensive, well-tolerated, safe and effective method to reducing postoperative ileus after surgery. The current best available evidence, chewing gum is recommended for reducing postoperative ileus. New high-quality studies are needed to clarify the usefulness of the interventions.

Keywords: chewing gum, postoperative ileus, after surgery



EFFECTIVENESS OF ACUPUNCTURE FOR REDUCING DURATION OF POI (POSTOPERATIVE ILEUS) AFTER ABDOMINAL SURGERY : A SYSTEMATIC REVIEW

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ABSTRACT

Postoperative ileus (POI) is a common problem following abdominal surgery leading to other complications that prolong hospital stay. Acupuncture is suggested for managing postoperative ileus. The study aimed to asses the effectiveness of acupuncture and electroacupuncture in reducing the duration of POI in patients after abdominal surgery. We systematically searched from seven English language databases (Scopus, CINAHL, Science Direct, SAGE, MEDLINE, Proquest, and Springer Link) which published from 2013 to 2020. Randomized control trials (RCTs), clinical study and case report involving acupuncture or electroacupuncture for POI or bowel motility in patients after abdominal surgery were identified by PRISMA protocol. All included studies were assessed for methodological quality and result. Twelve articles from fifteen articles showed the effectiveness of acupuncture for reducing POI in patients > 18 years old after abdominal surgery. The most commonly used acupuncture point was ST 36 (Zusanli) which applies for 20 minutes. This review suggests that acupuncture could be done as a part of intervention after abdominal surgery for early recovery.

Keywords: electroacupuncture; acupuncture; POI (postoperative ileus); surgery; post operation



THE EFFECT OF PHYSICAL TRAINING IN THE FORM OF WALKING ON BLOOD PRESSURE REDUCTION AND THE QUALITY OF LIFE OF THE ELDERLY LIVING WITH HYPERTENSION

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ABSTRACT

This study aims to analyze the effects of physical exercise in the form of walking on systolic blood pressure, diastolic blood pressure and the quality of life of the elderly with hypertension. Hypertension is called a silent killer because the disease causes death. Hypertension affects the quality of life of the elderly in terms of their physical health, psychological condition, social relations and environmental condition. The study design used was quasi-experimental. The sample involved consisted of 27 respondents in the intervention group and 27 respondents in the control group. The independent variable in this study was physical exercise on foot and the dependent variables were blood pressure and quality of life. The instruments used were an aneroid tensimeter, a stethoscope and a questionnaire. Analysis was done using the Wilcoxon Signed Rank Test and the Mann Whitney test with a significance level $\alpha \leq 0.05$. Physical exercise on foot significantly impacted systolic blood pressure ($p = 0,000$), diastolic blood pressure ($p = 0.001$) and quality of life in terms of physical health ($p = 0.014$), psychological condition ($p = 0,000$), social relations ($p = 0,000$) $p = 0,000$) and the environmental conditions ($p = 0,000$). The walking exercise has positive benefits when it comes to overcoming the problem of blood pressure and improving the quality of life of hypertensive patients. For further research, the researchers suggest carrying out physical exercise in the form of walking at different intensities and paying attention to confounding factors for hypertension

Keywords: physical exercise on foot, hypertension, quality of life, elderly.



HOW A TEAM GAMES TOURNAMENT METHOD IMPROVES INJURY HANDLING BEHAVIOR AMONG THOSE WHO PARTICIPATE IN EXTRACURRICULAR SPORTS

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ABSTRACT

Individuals who participate in extracurricular sport (hereafter sports extracurricular members) are required to handle injuries. But, members' knowledge of ways to handle injury is still lacking. This study aimed to analyze the effectiveness of health education using a Team Games Tournament (TGT) method to enhance extracurricular members' behavior in terms of handling injuries. This study used a quasi-experimental pretest-posttest design. A simple random sampling technique was chosen to recruit respondents according to the inclusion criteria. There were 64 sports extracurricular members at Junior High School level involved in the study. The dependent variables were injury handling behavior, consisting of knowledge, attitude, and practice; the independent variable of this study was the TGT method. This study used a questionnaire related to injury knowledge, attitude toward treating injury, and injury treatment. Data were analyzed using the Wilcoxon Signed Rank and Mann-Whitney test with a significance level of $p < 0.05$. The research results indicate that the TGT method against increased knowledge ($p = 0.000$), attitude ($p = 0.000$) and action ($p = 0.000$) in the treatment group. There was a significant difference between the treatment group and the control group in terms of knowledge ($p = 0.000$), attitude ($p = 0.000$) and action ($p = 0.000$). This study showed that using TGT in health education is effective in changing sports extracurricular members' behavior in terms of treating injuries

Keywords: Team Games Tournament, Sports Extracurricular Members, Sports Injuries





EFFECTIVENESS OF HONEY DESSING TOWARDS HEALING OF WOUNDS IN DIABETIC FOOT ULCER PATIENTS : A SYSTEMATIC REVIEW

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ABSTRACT

Honey is a natural product made by bees by using nectar from flowers. Honey dressing has been widely used for wound dressing, but there are still few studies that review the effectiveness of honey dressing in wound healing in patients. The objective of this study was to evaluate the effectiveness of honey dressing on the healing of wounds based on a literature study. The study was undertaken through a systematic review with the preferred reporting items for systematic reviews and meta-analyses (PRISMA). The literature search was through the Scopus, ProQuest, springer link, EBSCO and Sage databases in the last 10 years (2010-2020) using the keywords: wound care or wound treatment or wound management and honey dressing. There were 15 articles selected from 892 journal articles found. From all the journals analysed there were several comparisons used as a comparison of honey dressing for wound healing in reducing wound surface area, pain level, treatment costs, and increasing patient comfort level. Further research is needed to evaluate honey dressing so that it can be applied more widely as an alternative dressing for diabetic foot ulcers.

Keyword: Wound Management; Honey Dressing; Modern Wound Care



THE EFFECT OF LISTENING TO ASMAUL HUSNA, ISOMETRIC HANDGRIP EXERCISE, AND FOOT HYDROTHERAPY INTERVENTION TO REDUCE BLOOD PRESSURE IN THE ELDERLY WITH HYPERTENSION

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ABSTRACT

This study aimed to assess the effectiveness of the influence of listening to Asmaul Husna (the names of God are beautiful, good, great, and noble), isometric handgrip exercise, and foot hydrotherapy interventions on blood pressure in elderly with hypertension. Background: Hypertension or high blood pressure often appears without symptoms, so it is called a silent killer. Based on these problems, non-pharmacological methods can reduce blood pressure, namely the intervention of listening to Asmaul Husna, isometric handgrip exercise, and foot hydrotherapy. Method: Quasi-experimental research design with pre-post test control group design involving 60 respondents using probability sampling techniques. The independent variable in this study was listening to Asmaul Husna, isometric handgrip exercise, and foot hydrotherapy intervention, while the dependent variables were systolic, diastolic blood pressure, and pulse. The data obtained were then analyzed using the Independent t-Test or Wilcoxon Signed Rank Test and Mann Whitney with a degree of significance $\alpha \leq 0.05$. Results: Results of data analysis using the Independent t-Test statistic in the treatment group and control group were, for pulse ($p = 0.000$). The results of tests with Mann Whitney obtained the following result for systolic ($p = 0.000$) and diastolic ($p = 0.000$), which means that there were changes in systolic, diastolic, and pulse before and after listening to Asmaul Husna, isometric handgrip exercise, and foot hydrotherapy. Discussion: Listening to Asmaul Husna, isometric handgrip exercise, and foot hydrotherapy interventions have positive benefits for reducing systolic and diastolic blood pressure, and pulse in the elderly with hypertension. For further research, the researchers suggest that more studies about the effectiveness of this intervention should be conducted by increasing the number of dependent variables..

Keywords: Asmaul Husna, isotonic handgrip exercise, foot hydrotherapy, blood pressure, hypertension, elderly

COMBINATION THERAPY: MUROTTAL AND SLOW STROKE BACK MASSAGE AFFECTING THE BLOOD PRESSURE OF HEMODIALYSIS PATIENTS

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ABSTRACT

For the clinical condition of hemodialysis, patients can be seen to struggle with many parameters such as interdialytic weight gain, blood pressure before and after hemodialysis, blood sodium levels, and the patient's physical activity. Measurement of blood pressure is the simplest way to assess these factors because blood pressure can describe the hemodynamic situation of the patient at that time. With optimal blood pressure, it is expected that the patient's quality of life will be good. To achieve optimal blood pressure, complementary therapies can be performed, one of which is a combination therapy of murottal and Slow Stroke Back Massage (SSBM). The purpose of this study was to determine the effect of murottal and SSBM on changes in blood pressure in hemodialysis patients. This study had a quasi-experiment one group pretest and posttest design, involving 17 respondents chosen by a purposive sampling technique. Respondents in this study were hemodialysis patients who had hypertension and fulfilled the inclusion and exclusion criteria. Measurement of blood pressure was done with a sphygmomanometer before and after combination therapy with murottal and SSBM. The data normality test was done using the Shapiro-Wilk test and data analysis was done using a paired t-test. The mean blood pressure before giving the combination therapy, systolic pressure was 170.41 mmHg and diastolic was 119.18 mmHg. The mean blood pressure after combination therapy was 145.94 mmHg for systolic pressure and 108.65 mmHg for diastolic. There were significant changes in systolic and diastolic blood pressure after murottal and SSBM combination therapy ($p < 0.000$). There were significant changes in systolic and diastolic blood pressure after giving combination therapy with murottal and SSBM. Murottal Al-Qur'an can reduce cortisol levels which are stress hormones that contribute greatly to high blood pressure. SSBM can increase the serotonin hormone in the body, reduce stress and release norepinephrine and epinephrine hormones which play a role in lowering blood pressure.

Keywords: Hemodialysis, blood pressure, Murottal, Slow Stroke Back Massage

**TROPICAL
DISEASES**



INDIVIDUAL COACHING ON SELF-EFFICACY, CONTROL AND MEDICATION ADHERENCE IN PATIENTS WITH TUBERCULOSIS

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ABSTRACT

Self-efficacy, infection prevention behavior and the treatment adherence are the 3 factors that support TB control programs. The purpose of this study was to analyze the effect of individual coaching on improving self-efficacy, infection prevention behavior, and adherence to the TB treatment. This study used a quasi-experiment with a pre-posttest control group design. The sampling technique used was total sampling. Sixty respondents were divided into control and treatment groups. Each group had 30 respondents. Individual coaching was carried out at the Oesapa Health Center divided into 5 stages with a 60-minute home visit. The respondents were given questionnaires and then observed. The study was conducted for 2 weeks. The independent variable in this study was individual coaching and the dependent variables were self-efficacy, infection prevention behavior and the treatment adherence of tuberculosis patients. The Wilcoxon sign rank test and the Mann-Whitney test were used for statistical analysis. The statistical tests showed that individual coaching has an effect on self-efficacy ($p=0.000$), on the knowledge of infection prevention behavior ($p=0.000$), attitudes ($p=0.000$) and on actions ($p=0.000$) and the adherence to the tuberculosis treatment ($p=0.000$). The individual coaching method affects self-efficacy, the prevention of infection behavior and the adherence to TB treatment as well as the suppression of infection and dropping out of the TB treatment.

Keywords: Individual Coaching; Tuberculosis; Self-Efficacy; Adherence; Tuberculosis Treatment



SUPPORTING FACTORS AND COPING MECHANISM ON QUALITY OF LIFE AMONG HOUSEWIVES AND CAREER WOMAN WITH CHRONIC HEPATITIS B

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ABSTRACT

Hepatitis B is mostly diagnosed when women has a pregnancy check up and this affects patient's quality of life. Quality of life between housewives and career women shows different results, because of their support and coping abilities. This study aimed to explore quality of life of woman experience with Chronic Hepatitis B. Qualitative research methods consisted of 14 women with chronic hepatitis B in-depth interviews about supporting factors and coping mechanism in quality of life. Analysis was based of interpretive phenomenological analysis. Different impact of housewives and career woman quality of life was reported. Housewives have better quality of life than career woman because their supporting factors and coping mechanism. This is related to their daily habits, which influences stress levels, acceptance and ability to deal with chronic hepatitis B. Housewives can be more receptive because they have more time to relax after homework is done, they have a lot of time at home and do not take care of other work outside the home. Compared to career women who have a variety of jobs that require targets, they always faced with a lot of deadlines and do not have time to manage their health. Quality of life in housewives with chronic hepatitis B can be better from career woman because they more acceptable, and it was affected by supporting factors and coping mechanism to face disease.

Keyword: supporting factors, coping mechanism, quality of life, woman, chronic hepatitis B



RELATIONSHIP BETWEEN INDIVIDUAL BELIEFS AND HYPERTENSIVE PATIENT BEHAVIOR WHEN PERFORMING BLOOD PRESSURE CONTROL

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ABSTRAK

The control of blood pressure in the context of hypertension remains an important health problem and finding strategies to overcome it is a worldwide problem. It is generally believed that a person will take actions to prevent, reduce, and control health problems depending on kind of health belief that they have. The purpose of this study is to find out the relation between the individual beliefs and blood pressure control behavior of hypertensive patients. This study used a cross-sectional design. The subjects were hypertensive patients at the primary health center in Kupang, NTT (n = 67). The independent variable was individual beliefs (perceived threat, perceived benefit, perceived barrier, and perceived self-efficacy) and the dependent variable was blood pressure control behavior. In this study, each respondent was interviewed by the researchers using the individual belief questionnaire and the Hypertension Self-Management Behavior Questionnaire (HSMBQ). The data was analyzed using Chi-square analysis. There was a significant relation between individual beliefs and the blood pressure control behavior of hypertensive patients (χ^2 values all > 3,841). Perceived barriers had the highest estimated value (OR = 28,889) which shows that the perceived barriers have the biggest relation with blood pressure control behavior. The indicators of individual beliefs of perceived threat, perceived benefit, perceived barrier and perceived self-efficacy will influence the behavior of hypertensive patients when they seek to control their blood pressure.

Keywords: Behavior, Hypertension, Perceived



THE CORRELATION OF SPIRITUAL STATUS AND ANXIETY LEVEL IN PATIENTS WITH PULMONARY TUBERCULOSIS


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ABSTRACT

Pulmonary tuberculosis (TB) is an infectious disease caused by the mycobacterium tuberculosis. The increasing prevalence of tuberculosis and infectious disease overall is causing patients to experience anxiety. Someone who experiences anxiety will find support in their religious beliefs. The purpose of this research was to analyze the relationship between spirituality and the anxiety level of patients with pulmonary tuberculosis. The study design was analytical observational research with a cross-sectional approach. The independent variable was spirituality and the dependent variable was anxiety. The population of this research was 55 people with pulmonary tuberculosis. The sample totaled 49 people. The retrieval of the data was conducted on 1-31 May 2018 using the Simple Sampling Random technique. The research instrument used the anxiety questionnaire DASS 21 and spiritual questionnaire DSES and the results were tested using Spearman Rho Correlations. The statistical results with $\rho = 0.01$ with $\rho \leq 0.05$. The results of this study show that the majority of the anxiety levels experienced are normal and that the spiritual outcomes for the majority are at a high level. This shows the relationship between the anxiety level and the spirituality of the patients with pulmonary tuberculosis at Puskesmas Perak Timur Surabaya. The result of the correlation coefficient was 0.552. The implication that the research indicates is that high spiritual intelligence causes someone to reduce their anxiety. Expected health workers can provide more education about the treatment o further reduce the anxiety levels of pulmonary tuberculosis patients.

Keyword: Anxiety, Pulmonary Tb, Spiritual



SELF-MANAGEMENT EDUCATION FOR THE QUALITY OF LIFE OF PATIENTS WITH PULMONARY TUBERCULOSIS

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ABSTRACT

Treatment for pulmonary tuberculosis (TB) may become a problem when the patients show no adherence to the treatment and feel bored with its long duration. This condition may lead to drop out in the treatment. Therefore, this study aimed to analyze the effects of self-management education on the quality of life of patients with pulmonary TB. The design of this study was quasi-experimental, conducted in 3 Puskesmas (Perak Timur, Sawahan, Kebonsari), in which 150 respondents were divided into 2 groups: 75 respondents in the control group and 75 respondents in the treatment group. They were chosen as the sample by using a simple random sampling technique. The data were collected by conducting a pretest to identify the quality of life, interventions through self-management education, and finally providing a posttest. Furthermore, the data were analyzed using the Mann Whitney U test and Wilcoxon signed rank test. Change in the physical health domain, psychological domain, social domain and an environment domain that was affected by self-management education. The right place for the treatment is Puskesmas, and a high hope for a cure needs supports from the family and medical workers. Self-management education increases the quality of life of patients with pulmonary TB. Future research is expected to analyze their life expectancy more deeply.

Keywords: Quality of Life; Pulmonary TB; Life Expectancy



A SYSTEMATIC REVIEW OF STIGMA AMONG TUBERCULOSIS PATIENT AND ITS EFFECT

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ABSTRACT

The cause of success in the process of treating tuberculosis patients is the emergence of stigma. Stigma has been argued as a barrier to tuberculosis therapy, because, with the stigma, the patient will become more closed, withdrawn and difficult to monitor treatment. The purpose of this systematic review is to determine the stigma among tuberculosis patients and its effect. This study used systematic review with literature search using online reference databases: ProQuest, ScienceDirect and Scopus. The keywords used in this research were tuberculosis OR TB AND social OR public stigma. A full literature search and study selection process was in accordance with the PRISMA guidelines. Studies will be a part of this research if they explain about stigma among tuberculosis patients. The review of 15 articles that met the criteria showed that many tuberculosis patients receive negative stigma in their life. The level of stigma is mostly high. In general, the majority of the community indicated that they would treat TB patients differently for the rest of their lives, do not want those with TB to play with their children, do not want to eat or drink with friends who have TB, and are uncomfortable about being close to those with TB. The stigma among tuberculosis patients is of high rate, so stigma reduction should prioritize the involvement of clients living with the stigmatized condition or behavior and health workers living with stigmatized conditions and should address both individual and structural level stigma

Keywords: *tuberculosis, stigma, effect of stigma*



COMPREHENSIVE TUBERCULOSIS MANAGEMENT TO IMPROVE SELF MANAGEMENT AND PHYSICAL HEALTH STATUS: A SYSTEMATIC REVIEW

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ABSTRACT

One of the problems in tuberculosis treatment is nonadherence in undergoing treatment, which has an impact on physical health status. Physical health status is affected by physical, psychological, social and spiritual changes. The purpose of this review is to explain interventions that can improve tuberculosis self-management in improving physical health status. Six databases were used including Scopus, CINAHL, ProQuest, ScienceDirect, and Google Scholar using the keywords "tuberculosis", "pulmonary tuberculosis", "self-management", "intervention" and "treatment". Journal searches were limited to 2015-2020 using Bahasa and English. We identified 1387 articles of which 16 were systematically relevant to this review. This study found that efforts to improve self-management and health status of tuberculosis patients were divided into five categories of interventions. The interventions include physical interventions, psychological interventions, social interventions, spiritual interventions and comprehensive management of tuberculosis. The present review shows that, to achieve an increase in physical health status in tuberculosis patients, a comprehensive intervention is needed. The paper emphasizes the need for more research on efforts to improve the physical health status of tuberculosis patients.

Keywords: Intervention; Pulmonary Tuberculosis; Self-Management; Tuberculosis



PERCEIVED BARRIERS TO ACCESSING TUBERCULOSIS CARE AMONG MULTI DRUG RESISTANT TUBERCULOSIS (MDR-TB) PATIENTS: A QUALITATIVE STUDY IN INDONESIA

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ABSTRACT

Indonesia is one of the highest MDR-TB burdens in the world. The success rate of MDR-TB treatment in Indonesia is still low. Indonesia has changed the health system policy, which is called as the National Health Insurance since 2013. The purpose of this study is to provide a description from the point of view of MDR-TB patients about barriers during their treatment, although the health system in Indonesia has changed. This study was qualitative with semi in-depth questions. Fifteen of MDR-TB patients were interviewed concerning the barriers during their treatment. Purposive sampling was used to recruit study participants. Thematic analysis was used to identify and analyse main topic. Topics generated were financial barriers, poor service, inadequate hospital facilities, ineffectiveness communication of patient-provider, stigma, and lack of social support. Each theme was from verbatim defined during the coding process. Codes and themes were developed coincide with data collection. Periodic monitoring of aid disbursements, improvement of hospital services including health workers and facilities, increased social support, increased knowledge and home-based MDR-TB service programs can be implemented to reduce the perceived barriers for MDR-TB patients during treatment.

Keyword: Barriers, Multidrug-resistant tuberculosis, Patients perspective, Qualitative study



EFFECT OF HEALTH EDUCATION ON MOTHERS' KNOWLEDGE IN THE PREVENTION OF ACUTE RESPIRATORY INFECTION IN TODDLERS IN WAIMITAL VILLAGE, MALUKU

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ABSTRACT

Acute Respiratory Infection (ARI) is a disease caused by infectious agents that are usually toddlers, so it is expected that the family, especially the mother, plays a role in terms of having good knowledge about the prevention of ARI transmission. Health education through visual aid leaflets is very effective to increase knowledge and understanding in preventing ARI disease. The aim of this study was to determine the effect of health education on the level of maternal knowledge in the prevention of ARI in children under. The research design used was a pre-experiment with one group and a pretest-posttest design approach. Intervention was carried out by way of house visits on a sample of 129 people. The research instrument used was questionnaire data analysis using the Wilcoxon test at a significance of ($\alpha < 0.05$). Results: Before doing health education, good knowledge was seen in 2 respondents or 1.6% and after the action of health education using leaflets, good knowledge was seen in 33 respondents or 25.6%. Statistical analysis of respondents' knowledge after treatment obtained an average value for knowledge of 68.84; the lowest value was 30 and the highest was 100, significant with a p-value = 0.000 ($\alpha < 0.05$). Health education using leaflets can increase mothers' knowledge so that it encourages self-efficacy and self-management and increases awareness in the prevention of disease. There is an influence of health education on the level of maternal knowledge in the prevention of ARI among children under five.

Keywords : acute respiratory infection, health education, knowledge



CHARACTERISTIC OVERVIEW OF HIV PATIENTS RECEIVING ANTIRETROVIRAL THERAPY

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ABSTRACT

This study aims to describe the characteristics of patients with HIV who are undergoing antiretroviral therapy. The study is a quantitative descriptive study carried out in a community health center in Surabaya, East Java province, in February 2020. The population was HIV patients who had received antiretroviral therapy for more than one month. A sample of 35 respondents was recruited using purposive sampling. Data were collected using a questionnaire that had been tested for validity and reliability. Data were analyzed descriptively. The frequency distribution of 35 respondents was obtained, with respondents aged 26-35 years at 31.4%, male sex at 48.6%, married at 45.7%, high school education at 31.4%, employment at 65.7%, income less than 500,000 per month at 62.9%, ARV consumption for more than one year at 80% and 60% receiving a fixed-dose combination therapy, 77.1% having a good knowledge level and 71.4% showing good adherence and 57.1% demonstrating fewer methods in providing health education. Characteristics of HIV patients receiving antiretroviral therapy generally include low levels of education and income, but the level of knowledge about HIV disease and respondent adherence to ARVs was good. Low income does not reduce the patient's desire to continue treatment. Support from health workers in providing health education with appropriate methods is expected to increase patient knowledge so that they can commit to adherence with ARV medications.

Keywords: Antiretroviral (ARV) therapy, HIV, Adherence, Knowledge, Health education



THE EFFECT OF PEER GROUPS ON SOCIETY'S STIGMA PERCEPTION OF PWLA (PEOPLE LIVING WITH HIV/AIDS) AT CAKAP FOUNDATION GROUP WPA TUREN

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ABSTRACT

PWLA is used to refer to people living with HIV/AIDS. It is not uncommon for PWLA to possess negative habits. The act of labeling or viewing them negatively has become a sort of social stigma. In its practice, the stigma may result in discrimination such as not recognizing PWLA as human beings worthy of dignity. One of the efforts to avoid such discrimination is through healthcare-related and educational approaches through peer groups with the aim of raising society's awareness of HIV-AIDS. Therefore, PWLA can be accepted by society. The purpose of this study was to reduce the community's negative stigma towards PWLA. Pre-experimental action research with a one group pretest-posttest design was used in this study. The sample was selected using a simple random sampling technique. The independent variable was peer support and the dependent variable was the respondent's stigma. The data was collected using a questionnaire that had good validity and reliability. The data was collected using questionnaires focused on the results of the modified HIV stigma scale by Berger with as many as 40 items. The measurements were done 2 times with the 48 respondents who were people living with HIV-AIDS at CAKAP Foundation TalokTuren Village, Malang District. Peer group support was given 4 times for 1 month with 1-2 hours set aside for the meeting duration. The data was analyzed in a bivariate and comparative manner using the Wilcoxon signed rank test for normally undistributed data at a significance level of $p < 0.05$. The results of the research show improvements in society's perception with a positively valued difference ($p = 0.000$) before and after the intervention. The conclusion on the change in society's stigma perception of PWLA is consistent. Health education with a peer education intervention is effective when it comes to changing the perception of others in order to avoid stigma focused on PWLAs. Therefore, it is necessary to increase the frequency of the intervention and to conduct continuous healthcare education.

Keywords: peer group, stigma, PWLA



IMPACT OF TB STIGMA AND INTERVENTION STRATEGIES: A SYSTEMATIC REVIEW

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ABSTRACT

Tuberculosis (TB) is still a major public health problem worldwide. Stigmatization and replacement can prevent active TB patients from seeking medical care, overcoming their disease status, and can stop treatment. This study aims to review the impact and intervention strategies to reduce TB stigma. This assessment method is carried out by following the PRISMA guidelines. Search for articles was carried out in the empathy database (Pubmed, Scopus, Science Direct, Proquest) using relevant keywords. Initial findings identified 1,822 documents, with 19 remaining after applying the study criteria for 2015 to 2020, discussing the UK, journal articles discussing stigma in TB. Exclusion criteria are library priorities, discussion papers, comments, mini-reviews and stigma focused on HIV/AIDS patients. From 17 journals, 3 journals used mixed methods, 8 interview journals, and 6 cross-sectional journals. Reviews indicate the stigma of TB disease is still high, and is expressed through low self-esteem, humiliation, change, social exclusion and isolation, which cause a decrease in quality of life and delay in seeking health care/canceling a decrease in treatment. These findings illustrate that the majority of TB patients who correct the stigma associated with a number of factors that often hinder effective TB control. Therefore, intervention strategies that can be provided include health education, home visits, TB patient support, social support, financial support, and improving the quality of health workers.

Keywords: Reducing Stigma; Stigma; Systematic Review; Tuberculosis



Contact Investigation and Preventive Therapy for Tuberculosis Prevention among Children with Tuberculosis Household

Contact: A Systematic Review

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ABSTRACT

The increasing number of tuberculosis cases in children showed management of Tuberculosis itself. There was a finding regarding TB case in children according to the World Health Organization (WHO) TB report 2019 that not all children are being well diagnosed, treated or reported each year. This systematic review aims to describe implementation of TB prevention often missed in children with adult TB household contacts. This study is based on PICO, which contains Participants are family who living household with adult TB, Interventions are CI followed by PT, no comparison, Outcomes are improving the implementation of CI and PT. Searching for articles was undertaken using Scopus, PubMed, and Science Direct and 15 articles were found which were limited to the last 3 years (2017-2020). Keywords used in searching were "Tuberculosis", "Transmission", and "Preventive Therapy". The population included were respondents identified as family having child aged ≤ 15 years with TB household contacts. The study design varied in rigor and in terms of being quantitative or mixed studies. Conclusion: household contacts (HHCs) contribute to TB cases in children. Contact Investigation (CI) and Preventive Therapy (PT) could be successful strategies to prevent TB transmission to children provided not only by Health Care Workers (HCWs) but also the public concerned with a community-based approach in order to encourage family members affected by TB.

Keywords: Tuberculosis, transmission, and preventive therapy



LIVED EXPERIENCE OF PEOPLE LIVING WITH HIV/AIDS (PLWHA) IN UNDERGOING ANTIRETROVIRAL THERAPY : A QUALITATIVE STUDY

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ABSTRACT

Antiretroviral therapy is an important factor in improving the quality of life of HIV sufferers, but a complex problem in HIV sufferers is a trigger factor for non-compliance in undergoing ARV therapy. The purpose of this study was to explore the experience of people living with HIV/AIDS (PLWHA) undergoing antiretroviral treatment. This study was a qualitative phenomenological study, with a sample of 13 HIV patients (10 men and 3 women) who were taking antiretroviral therapy for more than one year; they were recruited using purposive sampling techniques, and data were collected through in-depth semi-structured interviews, field notes and document reviews. Data were analyzed using the Colaizzi method which consists of nine stages. There were six themes that emerged from the experience of PLWHA undergoing antiretroviral therapy and these became the subject of this study, namely knowledge of HIV disease and antiretroviral drugs, self-motivation, social support, and skills in undergoing treatment (self-management), adherence, and quality of life. Of the six themes that emerged, poor knowledge (understanding of the disease and its treatment), social support and self-management were the main factors that were obstacles to and causes of treatment failure; this was due to the unpreparedness for receiving information at the beginning of treatment, lack of motivation, and ignorance in behavior when people had problems with medication.

Keywords: Adherence, PLWHA, Experience, Antiretroviral



A SYSTEMATIC REVIEW OF PSYCHOLOGICAL DISTRESS THAT OCCURS DURING THE TREATMENT OF TUBERCULOSIS

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ABSTRACT

Compliance with treatment is the key to the success of the DOTS program in patients with tuberculosis. Psychological problems are one of the factors that can result in non-compliance of patients following the DOTS treatment regimen. The purpose of this review is to explain the psychological problems that can arise in tuberculosis patients following the treatment program. This study used a systematic review with the Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA). A search used the following data sources: Scopus, Science Direct, Pubmed and ProQuest. The total articles found were 1042 articles, the articles used totaled 17. The article search was limited to the last 5 years (2015-2020), the English language as well as full-text articles. Keywords used were "Psychological Distress", "Emotional Distress", and "Tuberculosis". The population included were respondents aged > 18 years who were undergoing a tuberculosis treatment regimen and had no previous history of mental disorders. The results show that the psychological disorders that may arise during the treatment of tuberculosis patients are depression, anxiety, loneliness, and psychological distress. Psychological disorders that arise can be associated with a decrease in quality of life and risk of multidrug-resistance and non-compliance with treatment. Conclusion: psychological distress occurs among tuberculosis patients and the most experienced of these among patients is depression. Interventions in tackling psychological disorders in tuberculosis patients are urgently needed to help patients improve in terms of completing tuberculosis treatment. The role of health workers in providing comprehensive nursing care and support from families is very helpful for patients in overcoming their psychological problems.

Keywords: Anxiety; Depression; Loneliness; Psychological Distress; Tuberculosis



FACTORS CONTRIBUTING TO TB AT PRIMARY HEALTH CENTER IN SIDOARJO - INDONESIA

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ABSTRACT

Leprosy cause physical and social disability which can affect psychological wellbeing. The aim of this study is to analyse factors related to psychological wellbeing in lepers (people with leprosy) at Public Health Center in Surabaya. This study used descriptive correlational design with a cross-sectional research. The population study was lepers in Public Health Center in Surabaya, East Java. The number of samples obtained were 60 lepers by purposive sampling through total population sampling. The dependent variable is psychological wellbeing of lepers and independent variables form of age, sex, education, length of diagnosis, duration of treatment, social support and family support. Data were collected using the Psychological Well Being, social support and family support questionnaires. Statistical tests using Spearman Rho and chi-square were significant <0.05 . Psychological wellbeing had a significant relationship with age ($p=0.024$), sex ($p=0.000$), education ($p=0.007$), the time of initial treatment ($p=0.033$), duration of treatment ($p=0.028$), social support ($p=0.000$) and family support ($p=0.003$). Of all the factors studied, it appears that social support factor shows the strongest relationship with the psychological wellbeing of lepers. In contrast, the time of initial treatment factor has the weakest relationship with the psychological wellbeing of lepers. Further research can be developed by identifying other possible variables and constructing a model of leprosy treatment that can improve psychological wellbeing in people with leprosy.

Keywords : leprosy, psychological wellbeing, social support

DETERMINANTS OF PSYCHOLOGICAL WELL BEING IN LEPERS

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ABSTRACT

Leprosy can cause disability which affects psychological well-being. The aims of this study is analyse factors related to psychological well-being in leprosy patients based on the theory of psychological well-being (PWB) at Public Health Center in Surabaya, East Java. This study used descriptive correlational with a cross sectional research. The population study was lepers in Public Health Center in Surabaya, East Java. The number of samples obtained were 60 lepers by purposive sampling. The dependent variable is psychological well-being of lepers and independent variables form of age, sex, education, length of diagnosis, duration of treatment, social support and family support. Data were collected using the Psychological Well Being questionnaire, social support and family support. Statistical tests using Spearman Rho and Chi Square with significant $<0,05$. Psychological well-being had a significant relationship with age ($p=0,024$), sex ($p=0,000$), education ($p=0,007$), length of diagnosis ($p=0,033$), duration of treatment ($p = 0,028$), social support ($p=0,000$) and family support ($p = 0,003$). All the factors studied, it appears that social support factor shows the strongest relationship with the psychological well-being of lepers. In contrast, length of diagnosis factor has the weakest relationship with the psychological well-being of lepers. 50% of sufferers have low psychological well-being. It is expected that the government will pay attention the psychological well-being of lepers.

Keywords: leprosy, psychological well-being, social support



FACTORS AFFECTING HEALTH WORKERS REGARDING STIGMA OF LEPROSY



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ABSTRACT

Leprosy remains a neglected disease with a strong negative stigma in society. Stigma does not only come from ordinary people, but also health workers. This study aims to determine the factors affecting health workers regarding stigma of leprosy. This research used a cross-sectional design. A sample of 257 out of 773 health workers in 23 Public Health Center (Puskesmas) in Surabaya-Indonesia taken by cluster sampling technique. Independent variables in this research were age, gender, education, profession, length of working experience, knowledge, institutional support and informational exposure, while the dependent variable was the leprosy stigma by health workers. Data were obtained by questionnaire and analyzed by using chi-square and Spearman's Rho. The result showed 35.4% of respondents had a high stigma. There is a relationship between sex ($p = 0.002$), education ($p = 0.000$), profession ($p = 0.000$), knowledge ($p = 0.000$), institutional support ($p = 0.000$), and information exposure ($p = 0.000$) with stigma health workers. Otherwise, age ($p = 0.124$) and length of working experience ($p = 0.349$) did not show association with the stigma of health workers. It is expected that Public Health Centers in Surabaya can provide more informational support about leprosy for the health worker to increase the knowledge and so that they can eliminate the stigma and optimize the leprosy control program.

Keywords: leprosy, health workers, stigma

POSTER



IS THERE A CORRELATION BETWEEN THE COPING STRATEGY USED AND THE QUALITY OF LIFE OF THE CAREGIVERS OF SCHIZOPHRENIC PATIENTS IN A FAMILY UNIT?



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ABSTRACT

The caregiver in a family where there is a person with schizophrenia will use coping strategies to deal with the stressors related to caregiving. Based on the previous studies, differences in the use of coping strategies may produce different levels of quality of life. This study aims to reveal how the use of specific coping strategies may affect the carer's quality of life. This study used a cross-sectional design with quantitative data. The samples consisted of 222 caregivers in a family with a person with schizophrenia. The sample was obtained using purposive sampling. The data was obtained through the Ways of Coping questionnaire and the Schizophrenia Caregiver Quality of Life Questionnaire (S-CGQoL) which were then analyzed using the Spearman Rho correlational test. The results showed that there was a significance value of 0.05 ($p=0.00$). The correlation coefficient of $r=-0.476$ indicates that there is a negative correlation and a moderate strength of the relationship found. The use of appropriate coping strategies by each caregiver in the family of a person with schizophrenia is recommended, specifically Problem-focused Coping (PFC). The use of an Emotion-Focus Coping (EFC) strategy is more effective at resolving problems over a short period. There is a significant negative correlation between coping strategies and the quality of life of the caregivers in a family where there is a person with schizophrenia. This means that the more that caregivers use EFC strategies, the lower their quality of life.

Keywords: Coping Strategies, Quality of Life, Caregiver, Skizophrenia



**PRACTICE-BASED SIMULATION MODEL (PBSM) AND
DEMONSTRATION: COMPARISON OF CRITICAL
THINKING OF NURSING STUDENTS IN CLINICAL SKILL
OF DIABETIC WOUND CARE**

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ABSTRACT

Nurses must have critical thinking to provide good nursing care. Nursing education is important to support the student in achieving critical thinking skills to be a professional nurse. Learning methods that can be applied in laboratories to minimize undesirable events in hospitals and encourage students to think critically in making decisions are simulations and demonstrations. The purpose of this study was to determine the differences in practice-based simulation models and demonstrations of students' critical thinking in conducting diabetic wound care clinical skills. This research method uses a quasi-experimental design. Sampling with a purposive sampling technique with a sample of 42 respondents. Students are given a simulation method with three stages, namely briefing, conducting simulation, debriefing, while, for demonstration of the stage of material exposure, demonstration, and remonstrating. Students given the practice-based simulation model have critical thinking with a mean of 54.43 and a demonstration with a mean of 42.62. The independent t-test found that the p-value is 0.000. There was a significant difference in students' critical thinking skills in performing diabetic wound care skills between the two groups. Students with simulation methods have a higher mean value compared to demonstrations. So students can apply the practice based simulation model as an innovative learning method in the laboratory to improve critical thinking if confronted with a case using simulated patients.

Keywords: Practice-based simulation model, demonstration, critical thinking



THE DEMONSTRATION AND AUDIOVISUAL HEALTH EDUCATION PACKAGE (DEMAVI) COULD AFFECT THE HOUSEWIVES' KNOWLEDGE OF FIRST-AID IN BURNS

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ABSTRACT

Burns is a condition that is experienced by the community that can cause skin damage to the epidermis. This is often experienced by housewives due to their daily life in the kitchen. So that this does not cause serious problems, then housewives need sufficient knowledge. The use of demonstration and audiovisual (Demavi) health education is packaged to increase one's knowledge. The study aims to recognize the impact of the demonstration health education package and audiovisual on the first aid knowledge of the burns on housewives in Bangetayu Wetan. This type of research is quantitative research. The design used a quasi-experiment with the control group pretest-posttest. The instrument used in this study was a questionnaire with 27 closed-ended questions with multiple choice answer. The number of respondents is 107 which are 54 in treatment group and 53 in control group using the simple random sampling. Data obtained are statistically processed using chi-square test. The result of the statistical test shows significant effects of demonstrations and audiovisual and health education packages on knowledge about first aid burns among housewives with p-value of 0.094. The demonstration and audiovisual health education packages has an effect on housewives' knowledge of first aid in burns. Other package methods can be developed to make it easier for health workers to do health promotion, and other methods of health promotion package development should be adapted to the theme of the material and the existing audience characteristic

Keywords: Burn Knowledge, Health Education Package (DEMAVI), Housewife

THE EFFECT OF COPING STRATEGIES ON THE DIETARY REGULATION OF PATIENTS WITH HYPERTENSION

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ABSTRACT

Dietary regulation in patients with hypertension is an important component of hypertension management to control their blood pressure and to prevent complications. This study aims to analyze the effect of coping strategies on the dietary regulation of patients with hypertension. The study employed an analytical observational design with a cross-sectional approach. The research was conducted in Malang regency, Indonesia. As many as 225 second and third levels of hypertension sufferers have been used as the sample of this study. The samples were taken using multistage random sampling. The variables of the study came in the form of focused coping inclusive of active coping, planning, restraint, the suppression of competing activities, seeking informational and instrumental social support and emotion-focused coping that consists of positive reinterpretation, turning to religion and seeking emotional social support. The study also employed a research instrument in the form of a questionnaire using the Scales of the COPE Inventory and the Hypertension Self-Care Profile (HBP SCP). The data was analyzed using linear regression testing. The results show that restraint (p-value=0.021), positive reinterpretation (p-value=0.006), turning to religion (p-value=0.044) and seeking emotional social support (p-value=0.010) significantly influence the dietary regulation of patients with hypertension. Emotion-focused coping has become a more dominant factor when it comes to influencing the dietary regulation of patients with hypertension.

Keyword: coping strategy, dietary, hypertension



MEN'S DECISION TO USE CONTRACEPTION IN SURABAYA, INDONESIA: PERCEIVED BARRIERS, SERIOUSNESS AND BENEFITS

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ABSTRACT

The high rate of population growth, and the frequency at which mothers give birth is still a problem in Indonesia. Contraceptive use is still dominated by women. However, male decision to use contraception are still low in many countries. This study aimed to identify the correlation of the perceived barriers, perception of seriousness and perception of benefits with men's decision to use contraception in Surabaya, Indonesia. A cross-sectional study was carried out with 162 men who were remarried in Surabaya. Data were collected using questionnaires. Spearman's rho values were used to determine the correlations of perceived benefits, perceived seriousness, perceived barriers and men's decision to use contraception. This study found that perceived barriers ($r=0.487$, $P = 0.001$), perceived seriousness ($r= 0.779$, $P=0.001$) and benefits ($r = 0.779$, $P = 0.001$) were noted to be correlated with the men's decision to use contraception in Surabaya, Indonesia. It can be concluded that perception of barriers, perception of seriousness and benefits are related to men's decision to use contraception; thus, developing good perceptions and benefits should be properly promoted.

Keywords: Barrier; Contraception; Family planning; Male contraception



FAMILY FACTORS AND THEIR RELATION TO THE TREATMENT ADHERENCE OF PULMONARY TB PATIENTS IN SURABAYA

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ABSTRACT

Pulmonary TB is a chronic disease of which is one of the keys to its successful management is the quality of the patient's family support system. The family has a role in the psychological wellbeing of sick family members in the care process. The purpose of this study was to look for the effects of family factors (family stress level and family resilience) with treatment adherence of pulmonary TB patients in North Surabaya. The design of this research was analytic observational research design with cross-sectional approach. A sample of 284 respondents was taken using proportional random sampling technique from 990 patients with pulmonary TB in the North Surabaya area. The instrument used was a questionnaire that had been tested for validity and reliability. Data were analyzed using Pearson correlation test at $\alpha \leq 0.05$. The results showed that family stress level was mostly in the normal category (86.6%), family resilience was mostly in the good category (79.9%), and TB medication adherence was in the moderate category (39.8%). The Pearson correlation test results obtained family stress level associated with TB medication adherence ($p = 0.004$) and family resilience has a relationship with TB medication adherence ($p = 0.001$). Families can work to reduce stress and increase the resilience of their families to increase adherence with TB treatment in family members suffering from pulmonary TB.

Keywords: Adherence; Family Resilience; Stress; Pulmonary TB; Tuberculosis



COMPARISON OF FEAR OF FALLING EXPERIENCED BY ELDERLY WHO LIVES IN URBAN AND RURAL AREAS

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ABSTRACT

Fear of Falling (FOF) is a risk factor for falls in the elderly. The fear of falling on the elderly often leads to undesirable health effects such as limitation of activity, falls, depression, social isolation, and reduced quality of life. Falling in the elderly is a serious problem in society including those living in urban and rural areas. The purpose of this study is to compare the fear of falls experienced by the elderly who live in urban and rural areas. This research method was a comparative study, using simple random sampling with a sample of 210 elderly consisting of 108 elderly living in urban cities of Surabaya and 102 rural elders in Lamongan Regency, East Java Province, Indonesia. The questionnaire used was FES-I with analysis using Mean-Whitney test. The results showed that for FOF in the elderly in urban areas 34% were in the low category, 52% had a moderate fear, and 14% had a high fear. Whereas, for elderly in rural areas FOF for 58% was high, 22% had a moderate fear, and 21% low. There were differences in fear of falling between the elderly in urban and rural groups with a value of $p < 0.05$. Conclusion: the elderly who live in rural areas have more fear of falling than the elderly in urban areas related to the safety of the home environment.

Keywords: Elderly; Fear; Fall; Home Environment



**DIFFERENCE IN EFFECTIVENESS BETWEEN NUTRITIONAL
SCREENING METHODS NUTRITIONAL RISK SCREENING (NRS-2002)
WITH THE MALNUTRITION UNIVERSAL SCREENING TOOL (MUST)
AGAINST PREDICTION OF METABOLIC CONDITIONS IN BURN
PATIENTS**

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ABSTRACT

The body's metabolic response to burns occurs through two phases, namely the ebb phase and the flow phase. The ebb phase begins immediately after a burn occurs and lasts for 12-24 hours. The ebb phase is characterized by tissue hypoperfusion and decreased overall metabolic activity. Flow phase, which includes anabolic and catabolic phases is characterized by high cardiac output (CO) and increased metabolic response. If the metabolic response is not handled properly it will cause length of treatment, complications and death. Nutritional Risk Screening (NRS-2002) has a higher specificity value than MUST in trauma cases. While the screening tool The Malnutrition Universal Screening Tool (MUST) shows a higher sensitivity value than NRS 2002, in the detection of nutritional disorders. This study uses an observational design with observational or posttest measurements. And cross sectional study design. Diagnostic analysis by examination of albumin and hemoglobin blood as a standard. The sampling technique in this study used consecutive sampling according to the inclusion criteria consisting of 48 respondents. To determine the specificity and sensitivity values of NRS 2002 and MUST use contingency table analysis and for the Area Under the Curve AUC with Receiver Operating Characteristic (ROC) curve analysis. The sensitivity value in MUST for predicting metabolic conditions was higher than in NRS 2002, namely 36.1% and 16.8%, but the specificity value and AUC (Area Under Curve) value of NRS 2002 were higher than MUST for predict metabolic conditions ie 47.2% and 100% for specificity and AUC NRS 2002 and MUST values for BUN are 76% and 65.4%, AUC NRS 2002 and MUST values for blood glucose are 69% and 56.2 %. There is a difference in effectiveness between Nutritional Risk Screening (NRS-2002) screening and The Malnutrition Universal Screening Tool (MUST) on Metabolic Conditions in Burn Patients. NRS 2002 has a specificity value and AUC greater than MUST. NRS 2002 has the ability to identify patients more precisely with negative results and show the absence of metabolic conditions.

Keywords: NRS 2002, MUST, metabolic conditions, burns



THIRST AND INTERDIALYTIC WEIGHT GAIN IN CHRONIC KIDNEY DISEASE PATIENT UNDERGOING HEMODIALYSIS

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ABSTRACT

Patients with chronic kidney disease who undergo hemodialysis require dietary compliance in order to prevent increased interdialytic weight gain (IDWG). The escalation in IDWG has a serious impact. 60-80% of patients die due to excess fluid in the interdialytic period. The purpose of this study was to determine the correlation between thirst and interdialytic weight gain (IDWG) in chronic kidney disease patients undergoing hemodialysis at General Hospital of Ulin, Banjarmasin. This was a correlational study with cross sectional approach. 93 respondents were taken by convenience sampling. The research instrument were a demographic questionnaire, thirst scale and IDWG calculation sheet. Data was analyzed with Somer's D test. The major results of demographic data showed that the age of respondents was 47.78 years, the gender was woman (52.7%), the last education was high school (33.3%). 57% of respondents experienced moderate thirst, and 57% of respondents had moderate IDWG criteria. SPSS analysis using Somer's D test showed the p-value of 0.616 (>0.05) which means there was no significant correlation between thirst and IDWG. Compliance in controlling fluid intake must be consistent. Further study on the possibility of other factors related to interdialytic weight gain (IDWG) in chronic kidney disease patient undergoing hemodialysis needs to be established.

Keywords: thirst, interdialytic weight gain, chronic kidney disease



SOCIAL SUPPORT AND THE IMPLEMENTATION OF THE EARLY INITIATION OF BREASTFEEDING (IMD) AMONG THE MADURESE IN INDONESIA

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ABSTRACT

This study is focused on the early initiation of breastfeeding referring to infants receiving breastfeeding within the first hour after birth. The early initiation of breastfeeding can reduce infant mortality and it is crucial for newborn survival. However, the implementation of the Early Initiation of Breastfeeding (IMD) initiative seems to fail in some areas. The purpose of this study was to determine the relationship between social support and the implementation of IMD among the Madurese of Indonesia. This study employed a cross-sectional design. The sample consisted of 76 postpartum mothers at the Sreseh Health Center, Sampang Regency. A questionnaire was used as the instrument for the data collection. Spearman rank correlation was used to determine the relationship at a significance level of $p < .05$. The results of the statistical test ($r=0,703$ $n= 76$ $p=.00$) showed that social support was related to IMD implementation. Most of the respondents did not implement IMD and the level of social support was low. The lowest support offered was information support and the highest level of social support was obtained from the religious or community leaders. This analysis leads to the conclusion that the increased IMD implementation needs social support from the people around the mothers such as the health workers. These people can provide counseling and information about the importance of the Early Initiation of Breastfeeding (IMD).

Keywords: Breastfeeding, Early Initiation of Breastfeeding, Social Support



DOLL SIMULATION FOR SEXUAL EDUCATION TO IMPROVE KNOWLEDGE OF PERSONAL SAFETY SKILLS

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ABSTRACT

Sexual violence against children, especially those aged 5-17 years, has increased every year with culprits mainly consisting of the people closest to the victims (80.23%). Sexual violence experienced by children can cause fear, excessive anxiety, disruption of self-concept, a feeling of deep trauma, the deterioration of the child's physical and mental health condition and can take place in the long term. Therefore the importance of providing knowledge about personal safety skills, so that children understand how they can protect themselves, recognize dangerous situations, and what to do. The purpose of this study was to determine the effectiveness of doll simulation of sexual education on personal safety skills knowledge in preschool children. This quantitative study used the pre-experiment method and a pre-test and post-test research design without a control group. This study used non-probability sampling with total sampling, namely a group of 17 children aged 5-6 years. The instrument used was a knowledge questionnaire about personal safety skills consisting of 17 items that had been tested for validity and reliability. Data analysis was conducted using the Wilcoxon test. The results of this study indicate that doll simulation is effective in increasing knowledge about personal safety skills in pre-school children with a p value of 0.008 ($p < 0.05$). Doll simulation can be an alternative learning method for increasing an understanding of personal safety skills. Based on these results, what nurses can do is collaborate with schools to provide education about sexual education to preschoolers.

Keywords: preschool children, sexual education, personal safety skills.



EXPERIENCE OF MEETING NUTRITION NEEDSMUSLIM SURVIVOR CERVICAL CANCER: PHENOMENOLOGY STUDY



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ABSTRACT

Cancer affects all aspects of the patient's life, both physically, psychologically and spiritually. Cancer does not always mean illness and suffering for life. Patients who have recovered from cancer convey the opposite, namely health, wellbeing, and happiness after recovering from cancer. Complementary and alternative medicine (diet, herbs, supplements, therapies that involve the body, mind, and emotions) have an important role in helping people with cancer recover and prolong their lives. There are little data about how to meet the nutritional needs of cervical cancer patients, so this needs to be explored. Evidence-based information is needed by cancer patients to be able to live a quality life to the maximum and for a long time. The research aims to explore the experience of meeting the nutritional needs of cervical cancer survivors. The design of this study is qualitative with a hermeneutic phenomenology approach. An in-depth interview was conducted with five participants who were selected through purposive sampling. Data were analyzed using content analysis. Results: The results of this study obtained six themes, including (1) eating vegetables (2) eating fruit (3) avoiding MSG (4) avoiding foods containing preservatives (5) drinking a liquid that contains antioxidants, and (6) not consuming burnt foods. This study concludes that cancer survivors have positive and negative experiences in fulfilling nutritional needs while undergoing treatment for cervical cancer until healed. They prefer to consume healthy food without MSG and a lot of antioxidants.

Keywords: Survivor; Cervical Cancer; Nutrition



ENDORPHIN, OXYTOSIN AND SUGESTIVE (SPEOS) STIMULATION METHODS TO INCREASE THE PRODUCTION OF BREAST MILK AND INVOLUTION OF UTERSON MOTHER POST PARTUM

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ABSTRACT

Decreased breast milk production after giving birth can be caused by the lack of stimulation of the hormone prolactin and the hormone oxytocin which are very instrumental in the smooth production of breast milk. One massage that can launch the production of breast milk and uterine involution is endorphin stimulation, oxytocin and suggestive. The purpose of this study was to determine the effect of endorphin, oxytocin and suggestive stimulation on breast milk production and uterine involution in post partum mothers. This research uses quasi experiment post test only design. The study used consecutive sampling. The independent variable SPEOS Method and the dependent variable Smoothness of breast milk and Uteric Involution. data collection using observation sheets. Data analysis using Mc Nemar with $\alpha < 0.05$. The study population and sample were 30 respondents with purposive sampling technique. The independent variable SPEOS Method and the dependent variable are ASI production and Uteric Involution. Data collection uses observation sheets. Data analysis using Mc Nemar test with $\alpha = (0.05)$. The results of the study of 30 respondents, 15 respondents were not given speos method therapy almost all respondents, namely 13 respondents not producing smooth milk (86.6%) and 10 respondents were abnormal Uterus (66.67%), while 15 respondents were given SPEOS therapy almost All respondents, 14 respondents, were producing breast milk smoothly (93.3%). Mc Nemar test results obtained $pvalue = 0,000 \leq \alpha = (0.05)$, so that H_a is accepted. There is an influence of endorphin stimulation, oxytocin and suggestive to increase milk production and involution of the uterus in post partum mothers. Endorphin, oxytocin and suggestive stimulation methods are proven as efforts that can be done to expedite milk production and uterine involution, so endorphin, oxytocin and suggestive stimulation needs to be applied by midwives and hospitals.

Keywords: SPEOS Method, Breast Milk Production, Uteric Involution, Post partum Mother



EFFECT OF BUTEYKO BREATHING EXERCISE ON ASTHMA CONTROL IN ELDERLY PATIENTS WITH ASTHMA IN PULMONARY POLY RSUD NGANJUK

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ABSTRACT

The aging process experiences physical setbacks and changes in aspects of function such as the heart, lungs, kidneys and also arise degeneration process (osteoporosis), disruption of the body's defense system against infections such as Arthritis Gout (Padila, 2013). Asthma is an incurable but manageable disease. Asthma sufferers can still live productively if they can control their asthma. Asthma can be controlled with complete management, not only pharmacologically but also non-pharmacologically by controlling asthma symptoms. Buteyko breathing exercise is used to control asthma symptoms in order to stay controlled. The purpose of this study was to determine the effect of buteyko breathing exercise on asthma control in elderly patients with asthma in Pulmonary Poly Nganjuk Regional Hospital. This study used a Pre-experimental design with one group pre-post test design study, conducted on February, 14-27th 2020. The population was 57 respondents, sampling technique used accidental sampling with a sample of 30 respondents. Data collection used the Asthma Control Test (ACT) questionnaire. Analysis of data with the Wilcoxon Singed Ranks Test statistic test with significance level $\alpha = 0.05$. The results of the research of 30 respondents before being given buteyko breathing exercise mostly had uncontrolled asthma namely, 17 respondents (56.7%). After giving buteyko breathing exercise, most of them experienced total controlled asthma, that was, 16 respondents (53.3%). Wilcoxon Singed Ranks statistical test results show ρ value = $0.008 \leq \alpha = 0.05$ so that H_a was accepted. There is an effect of buteyko breathing exercise on asthma control in asthma patients in pulmonary poly at RSUD Nganjuk. Buteyko breathing exercise is expected to be used as a rehabilitation program in pulmonary poly, every routine control is carried out so that asthma remains under control.

Keywords: Buteyko Breathing Exercise, Asthma Control, Elderly Patients with Asthma



NURSES' COMPLIANCE WITH THE CATHETER ASSOCIATED URINARY TRACT INFECTION PREVENTION BUNDLE

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ABSTRACT

Catheter-associated Urinary Tract Infection (CAUTI) was the fourth most common infection and results in increased morbidity, mortality, maintenance costs and length of stay. Prevention and Control of CAUTI were carried out by nurses through bundles. This study aimed to analyze the determinants of nurses' compliance behavior in the implementation of the CAUTI bundle with the Theory of Planned Behavior (TPB) approach. The study design was cross sectional study. A total of 111 nurses recruits with simple random sampling participated as the sample. Compliance with the implementation of the CAUTI bundle was the dependent variable whereas the independent variables were background factors, attitudes, subjective norms and intentions. The instrument used consisted of questionnaires. A logistic regression test (0.05) was used to determine the determinants of nurse compliance behavior. Educational background factors ($p=0.039$) and knowledge ($p=0.014$) was related to attitudes, knowledge ($p=0.023$) and work experience ($p=0.020$) related to subjective norms, attitudes ($p=0.008$) and subjective norms ($p = 0.003$) related to intention, and intention related to behavior ($p=0.000$) and had a value of $r = 0.510$ which means that the relationship between intention and behavior was quite strong. In conclusion, a factor that was directly related to the compliance in the implementation of the CAUTI bundle was the nurse's intention and the factors that were indirectly related were attitudes, subjective norms, and background factors (knowledge, education and length of work).

Keywords: CAUTI bundle, Nursing, Theory of Planned Behavior, Determinant factors

In Collaboration with:

