

INTERNATIONAL NURSING CONFERENCE OF CHRONIC DISEASES MANAGEMENT (INC2DM)

Organized by

**SCHOOL OF NURSING, FACULTY OF HEALTH SCIENCE
UNIVERSITAS PEKALONGAN**

**Wednesday-Thursday, 7th-8th August 2019
DAFAM HOTEL PEKALONGAN
Jl. Urip Sumoharjo No. 53, Pekalongan**



WELCOME REMARKS OF THE RECTOR OF UNIVERSITAS PEKALONGAN

Assalamualaikum Warohmatullohi Wabarokatuh

All praise and gratitude we pray for the presence of Allah Almighty God because of His mercy and guidance we can attend the opening ceremony of the International Nursing Conference on Chronic Disease Management 2019.

Ladies and gentlemen,

I welcome you to Pekalongan University, a creative campus in the City of Pekalongan, the creative city of the world which is famous with its batik. Chronic disease is still a common problem that we must find the solutions. One way to find effective and efficient solutions is by reviewing relevant recent research results. This conference is one of the UNIKAL efforts to reach purpose of SDG's especially to increase health and wellbeing.

I hope all speakers from various countries can provide the latest insights in the field of health, especially in managing chronic diseases through the results of research and the latest technological innovations.

I express my gratitude to all the speakers who already spent their time to share experience in this event and also Co Host Institution which has participated in this event. I hope that this collaboration will continue and give benefit for all parties such as joint research, student / lecturer exchanges and other forms of cooperation. Finally, as the Rector of Universitas Pekalongan, I would like to express my gratitude and highest appreciation to the Committee and all stakeholders who have contributed their thoughts, time and sincerity to advance UNIKAL in the future. May Allah SWT bless all our efforts.

Wassalamualaikum Warohmatullohi Wabarokatuh

Pekalongan, 7 August 2019

Rector of Universitas Pekalongan

Suryani., SH., M.Hum

WELCOME REMARKS OF THE STEERING COMMITTEE



Chronic diseases, such as cardiovascular disease, cancer, chronic obstructive pulmonary disease and diabetes mellitus, are the majority leading causes worldwide, according to the report of “Top 10 global causes of deaths in 2016” from World Health Organization (WHO). Chronic diseases account for 60% of all deaths and 43% of the global burden of disease, it is expected to increase to 73% of all deaths and 60% of the global burden of disease by 2020. However, 80% of risk factors of chronic disease, such as tobacco, overdose of alcohol, unhealthy diet and physical inactivity, can be prevented by using existing scientific knowledge.

Nursing plays an important role in chronic disease management. How to help people modify the risk factors of chronic diseases to live healthy and achieve Sustainable Development Goals 3 “Good Health and Well-Being” become one of crucial missions to nurses.

The problems come from chronic diseases need multidisciplinary and team-based strategies to solve it. Comprehensive and integrated action from international cooperation will be highly cost-effective and will be the key point to achieve success. That’s why we come together for *INTERNATIONAL NURSING CONFERENCE ON CHRONIC DISEASES MANAGEMENT* to share the experience of chronic diseases management from various sources across nations.

Steering Committee

Li-Chun Hsiao MSN. RN

Lecturer, Department of Nursing, College of Medicine, National Cheng Kung University

PhD student, International Doctoral Program in Nursing, Department of Nursing, College of Medicine, National Cheng Kung University

Taiwan



WELCOME REMARKS OF CHAIRPERSON OF INC2DM

Bismillahirrahmanirrohim, Assalamualaikum warohmatullohi wa barokatuh

All of our praise is always offered to the presence of God Almighty, who has bestowed His mercy and blessings on us all so that today, Wednesday 7 August 2019, we can meet to attend the International Nursing Conference on Chronic Disease Management 2019 hosted by Pekalongan University.

We would like to welcome all the speakers, participants, and invited guests in Pekalongan, the World Creative City and the City of Batik. The purpose of this conference is so that we have the opportunity to share information about various strategies to overcome chronic diseases and become a forum for the application of research findings related to chronic diseases and other relevant themes. Through this activity, it is expected to create innovation and meet the demands of the development of science, technology, and socio-culture, especially in the health sector.

This conference can be held with the help of various parties. Thanks to the Rector of Pekalongan University and all the Vice Rectors, co-host universities from Ngudi Waluyo University Ungaran, Kalasin University Thailand and An Giang University Vietnam, all the speakers, the expert teams, the Indonesian National Nurse Association (PPNI) and all the sponsors participating in this conference.

We need to report that the conference participants were approximately 200 participants consisting of students, lecturers, nurse practitioners both from domestic and abroad.

We recognize that the holding of this conference still has many possible shortcomings in the presentation of events, administrative services, and limited facilities. For that, we apologize profusely.

Finally, I hope that the conference participants will benefit greatly from this activity so that we are able to create a good research atmosphere and a strong, sustainable and quality research culture in accordance with the development of health science and technology.

Wassalamualaikum warohmatullohi wabarokatuh

Chairperson
INC2DM

Sri Mumpuni Yuniarsih.,S.Kep.,Ns.,M.Kep

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**CONFERENCE AGENDA
INTERNATIONAL NURSING CONFERENCE ON CHRONIC DISEASE MANAGEMENT**

PLENARY 1

Day 1 : Wednesday, August 7th, 2019

Venue : Fuschia Ballroom Dafam Hotel Pekalongan

Time	Alocation	Agenda
07.30 – 08.30	60 min	Registration
08.30 – 09.30	5 min	1. National Anthem “Indonesia Raya”
	5 min	2. Performance Folk Dance of Semarang/ Central Java (Gambyong)
	10 min	3. Opening Remarks a) Sri Mumpuni (Chairperson Of INCCDM) b) H. Suryani.,SH.,M.Hum (Chairperson of UNIKAL) c) HM. Saelani Mahfudz, SE (Wali Kota Pekalongan)
	10 min	4. Opening Ceremony
	10 min	5. Souvenir Distribution for Co-Host
	5 min	6. Pray
	15 min	7. Group Photo a) Speakers and all invitation
09.30-10.00	30 min	Coffee Break
10.00-13.00	45 min	1. Prof. Hsing-Mei Chen “Chronic Disease Management in Clinical Setting”
	45 min	2. Ms. Kanokwan Wetasin., RN.,Ph.D “Chronic Disease Management in Community Setting”
	45 min	3. Dr. Tengku Ahmad Damitri Al-Astani b Tengku Din. “Chronic Disease on perspective Islamic Medicine”
	45 min	Discussion
13.00 – 14.00	60 min	Lunch and pray
14.00 – 16.00	120 min	Paper presentation I
16.00 – 16.30	15 min	Break (snack II)
16.30 – 18.00	75 min	Paper presentation II

CONFERENCE AGENDA
INTERNATIONAL NURSING CONFERENCE ON CHRONIC DISEASE MANAGEMENT

PLENARY 2

Day 2 : Thursday, 8 August 19th, 2019

Venue : Fuschia Ballroom Dafam Hotel Pekalongan

Time	Alocation	Agenda
07.30 – 08.00	60 min	Registration attendee
08.00 – 08.30	30 min	Performance
08.30 – 09.00	30 min	Coffee Break I
09.00 – 12.00	45 min 45 min 45 min 45 min	Plenary 2 Prof. Suryani “ Mental Health and Palliative care on Chronic disease Management” Assist Prof Dr. Khadizah Hj Abd Mumin “Nursing Ethics on Chronic Disease Management” Siwi Sri Widowati, M.Sc “Research in Chronic Disease” Discussion
12.00 – 13.00	60 min	Poster Presentation (Venue : Fuschia Ballroom) Interview with NCKU for S2 and S3 Canditates (Venue : Room 1)
13.00 – 14.00	60 min	Lunch and Pray Certificates distribution
14.00 – drop		Closing Ceremony

ORAL PRESENTATION

ANALYSIS AND EVALUATION ABOUT THE EFFECT OF ARVRESISTANCE TREATMENT IN ANGIANG PROVINCE

PhạmThị Thu Hương¹⁾ TrầnThịNgọc Giàu²⁾

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ABSTRACT

The article aims to analyze and evaluate the effect of ARV resistance treatment among HIV patients in AnGiang province. A cross-sectional study of 126 patients in a total of 217 who acquired ARV drug resistance in AnGiang province. The results showed that time from the beginning of ARV treatment to drug resistance for patients in compliance group is longer than patients in non-compliance group (average resistance time for patients in compliance group is 6,03 (years) and for patients in non-compliance group is 2,2 (years)). The CD4 cells increase from 129 cell/mm³ before resistance to 456 cell/mm³ after resistance treatment (P - value < 0,0001); After receiving ARV drug resistance treatment, patients having virus load from 0 to 200 copies/mL accounted for 93,3% and from 200 to 1000 Copies/mL accounted for 6,7%. The patients highly valued the support of the medical center for treatment and health care services. Finally, recommendations for avoiding drug resistance of HIV patients are also presented in this article.

Key words: risk factor, failure of ARV treatment, HIV patients

DISTRIBUTED DATABASE STRATEGIES IN A HEALTHCARE RECORD SYSTEMS

Doan Thanh Nghi

An Giang University

ABSTRACT

The rapid development of information technology has brought various opportunities to the healthcare sector, particularly in facilitating medical examination and treatment as well as hospital management. However, in Vietnam, the healthcare software systems still have many limitations. These include such as inaccurate processing process compared to the actual requirements which are usually developed in discrete, with no common standards, and no data connection with each other. Therefore, it leads to the existence of many separate, duplicated, inaccurate and incomplete databases. A patient comes to medical examination and treatment at a new facility still has to provide the necessary information to the medical personnel from the beginning, causing delay in the treatment and management of patients. The improper system entails inconvenience in terms of storing, checking and monitoring medical records, especially when emergency cases arise. In recent years, the need to collect, store and exchange information has become more and more tangible, forming large blocks of data. The traditional database management systems and centralized data management have no longer met this requirement. Instead, distributed data management technologies development proven to be more optimum, reliable, widely used and popular. Therefore, we have studied and built an information system with a distributed database to apply to the management of medical examination and treatment at medical facilities. This paper will present the construction of information and health information system, learn the dispersion model and deploy Multi-Master replication model of MySQL Replication. Our system has satisfied the basic operations, expanding the necessary functions, thus bringing high efficiency in practical applications. The medical information and treatment system using the humanized dispersion model helps the medical examination and treatment data to be synchronized and retrieved quickly, saving time, avoiding information redundancy, thereby improving the quality of treatment for patients when requiring medical examination in many places.

Keyword: Distributed Database, Health care, Record System

THE HEALTH PROMOTION GUIDELINES OF CONTROLLING BLOOD PRESSURE FOR MONKS IN NONGKHAI PROVINCE

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ABSTRACT

This research aimed to study the health promotion guidelines of controlling blood pressure for monks at NongKhai Province. This research had 3 phases and used research and development model. The target groups were monks in NongKhai province included 4,183 monks, 31 persons involved and 9 experts.

Result : Monk health examination at NongKhai province has implemented all 9 districts from a total of 4,183 monks who participated in 3,741 monks (89.43%). The monks had 1,675 normal systolic pressure (44.77%), risk condition 1,298 monks (34.70%), and normal diastolic blood pressure 2,541 monks (67.92%). In risk condition 587 monks (15.69%), hypertension conditions 768 monks (20.53). The health promotion guidelines in controlling blood pressure for monks contain 5 elements (18 activities) including belly reduction, blood sugar control, body mass index, education and continuous blood pressure measurement. The 9 factors of success in the operation are clear policy, all sector corporation, understanding, integration of operations, management effort, network and coordination, monitoring and evaluation, continuity in operation, steadiness and faith and belief in creating merit that has been made merit together.

Keywords: hypertension, monk

EFFECT OF ULTRAVIOLET RAYS ON WOUND HEALING: LITERATURE REVIEW

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ABSTRACT

Background:Wound healing is essentially, a survival mechanism and represents an attempt to maintain the normal structure and function of the injury. . New therapeutical approaches are needed regarding wound healing, approaches answering the following requirements: low level of toxicity and reduced risk of side and systemic effects, minimal invasivity, high cost-efficiency.

Objective : Identify the effects of UV light on wound healing process.

Method : 3 science direct indexed journals, 1 pubmed indexed journal, 1 google scholar journal used in this literature review.

Result : Ultraviolet B or UVB (280 - 318 nm) has been used in wound care to support wound healing and stimulate the immune system or enhance immunity. Wavelength ranges from 320 to 400 nm for UV-A, 290 to 320 nm for UV-B, and 185 to 290 nm for UV-C. Research shows that UV light can activate genes in cell division and immune responses. UV exposure used in wound healing and recovery of skin homeostasis, anti-inflammatory and anti-oxidants. UV light functions as a potential modulator of keratinocytes - melanocytes in promoting wound healing, reducing the number of exudates in infection wound types.**Conclusion:** Ultraviolet B give the positive impact on wound healing process

Keyword : Ultraviolet, Wound Care, Wound Healing

EFFECT OF SELF-EFFICACY AGAINST BREASTFEEDING SUCCESS:A SYSTEMATIC LITERATURE REVIEW

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ABSTRACT

Background: Mother breastfeeding is ideal nutrition for growth and development of newborns, and has unparalleled benefits in biological and emotional effects on the health of mothers and newborns. Breast conditions and the problem is one of the most important problems that can occur during breastfeeding, especially in the first few days of breastfeeding. There are many psychological factors that play a role in breastfeeding mothers confidence as normative beliefs, maternal self-confidence, social learning, and beliefs about breastfeeding behavior. Confidence breastfeeding mothers and newborn breastfeeding behavior is one of factor breastfeed exclusively. A midwife must monitor the behavior of breast-feeding newborns and mothers not only give important information about breastfeeding but also helps them develop confidence in breastfeeding mothers after childbirth.

Objective: The aim of the study to conclude and check the literature (examine literature) related self-efficacy breastfeeding.

Method: Critical appraisal is a step to determine the quality of an article. In this case, the article removed in the critical appraisal stage as much as 7 corresponding article on breastfeeding self-efficacy. Results: Based on the seven articles that have been selected and in accordance with good quality,

Discussion: Studies have shown that breastfeeding confidence turned out to be one of the most important factors that help mothers continue this practice, support for breastfeeding work has also been found to be an important influence to improve the practice of breastfeeding. Breastfeeding Self Efficacy in breastfeeding mothers include individual experience, socio-demographic, mother's sense of self-confidence, intervention (education).

Conclusion: In breastfeeding intentions, support and trust as an important factor in breastfeeding behavior. Women who have a strong desire to breastfeed for a longer period of time, confident in their ability to breastfeed and are supported by their own families show positive and extend breastfeeding behavior.

Suggestion: Prevention efforts should be improved with more attention to prenatal care so that mothers are ready to face the breastfeeding process so there is no breast pain, with health education is given early in the third trimester.

Keywords: Breastfeeding management, postnatal, Self Efficacy

EARLY MOBILIZATION OF WOUNDS HEALING OF PATIENTS POST LAPARATOMY SURGERY

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ABSTRACT

Objective : To systematically review early mobilization of wound healing laparotomy surgery

Method : Searching for literature used uses keywords for early mobilization , and wound healing. Search is done on the *Ebscohost* site, *Elsevier*, *Sciendirec* and *Google Scholar*. Results: From the results obtained five journal associated with the theme. The results of literature review found that early mobilization affected wound healing in patients post laparotomy

Conclusion : Several studies have shown that early mobilization affects wound healing in patients post laparotomy . Early mobilization that can be done includes ROM, deep breath and also an effective cough that can improve wound healing.

Keywords : early mobilization , woung healing

HOPE IN END STAGE RENAL DISEASE: CONCEPT ANALYSIS

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ABSTRACT

Background: Poor prognosis and lifelong treatment of End Stage Renal Disease (ESRD) is considered a life threatening and frustated life event. Hope is an essential and important component in nursing, especially in ESRD patients which has not been satisfactory explored. **Objective:** The purpose of this article is to (1) elucidate the concept of hope and operational definitions that are used to define and measure hope among ERSD patients, (2) identify critical attributes of hope in ESRD patients by illustrated case.

Method: 10 research papers have been reviewed conducted using PUBMED and Google Scholar online databases. Hope in ERSD and hemodialysis patients were used as essential key words.

Result: The result identified several definitions of hope from many literature. Antecedents for hope including spiritual belief/practice, goals, optimism, comfort, caring, intepersonal relationship (communication), perceived support, self-esteem, uncertainty. Consequences for hope in ESRD are the ability to generate plans to achieve goals, positive expectation, coping and resilience.

Discussion: Concept analysis is an effective strategy that identifies the attributes or characteristics of a concept. Hope is a complex concept because of its contribution to other concepts and various definitions that used in general for all patients without specify definitions. Hope implies positive wishes of individuals and their belief in changes for better.

Conclusion : as a holistic nursig care, a nurse have to explore not only physical factor in ESRD patients but also the psychological factor like hope for maintaining their quality of life.

Keywords: End Stage Renal Disease, End Stage Renal Failure, hemodialysis, Hope, Level of Hope.

AURECULAR ACUPRESSURE COMPLEMENTER THERAPY IN REDUCING PAIN LEVEL: LITERATUR REVIEW

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ABSTRACT

Background: Pain is an unpleasant sensory and emotional experience due to actual or potential tissue damage. Pain management can be done either pharmacologically or non-pharmacological. However, pharmacological pain management is known to have side effects such as mucous wall irritation of the stomach, constipation, nausea, vomiting, addiction and others. Therefore, it is important to make non-pharmacological therapy a complementary therapy and an alternative to pain management. Aurecular acupressure is a non-pharmacological technique that has been proven based on research to reduce the level of pain in various pain complaints.

Objective : The aim is to find out the effect of aurecular acupressure as an alternative complementary therapy on reducing pain levels in various clinical conditions. **Method:** The method used is a literature review from ebsco, pubmed, scientdirect. Articles with English and restrictions on publishing articles from 2009-2019.

Result: There was a decrease in the level of pain and a decrease in analgesic consumption in subjects who received aurecular acupressure therapy in various pain complaints such as Low back pain, dysmenorrhea pain, Post TKR pain and Breast cancer pain.

Keyword: Complementary alternative medicine, Aurecular acupressure, pain management.

THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION ON SLEEP QUALITY IN MENOPAUSE WOMEN

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ABSTRACT

Background: Indonesia in 2025 is estimated to have 60 million menopausal women. Menopausal women in 2016 in Indonesia reached 14 million or 7.4% of the total population. The estimated age of menopause in Indonesia is 50 years. Menopause occurs because of decreased levels of the hormones estrogen and progesterone produced by the ovary. Hormonal changes can cause hormonal imbalances that cause sleep quality to decrease. Based on the results of Sahin's study, explaining the effect of Progressive Muscle Relaxation in improving quality, the average sleep quality score was 10.81 ± 4.01 before intervention and 6.25 ± 3.34 after intervention ($p < 0.001$), when patients progressive muscle relaxation routinely increases the quality of sleep. **Objective:** This study aims to see the effect of progressive relaxation on sleep quality. **Method:** The design of this study was Quasi Experiment with pre and post test with control group. The population in the study were menopausal women in Gondokusuman II Yogyakarta Public Health Center as many as 100 people, sampling techniques using sample random sampling. The questionnaire used in this study was the Pittsburgh Sleep Quality Index (PSQI) which was standardized with an alpha value of 0.83 in the previous study. Analysis using the t-independent test.

Result: The results showed that progressive muscle relaxation can improve sleep quality in menopausal women. Researchers recommend to be routinely done and can be used as an alternative choice in improving the quality of sleep in a nonpharmacological manner.

Keywords: Menopause, Sleep Quality, Progressive Muscle Relaxation, Maternity Nursing

**DESCRIPTIVE STUDY : SELF CARE IN CONGESTIVE HEART FAILURE PATIENTS
IN KRATON HOSPITAL, PEKALONGAN DISTRICT**

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ABSTRACT

Heart failure is a cardiovascular disease that has an increased incidence and prevalence. The risk of death from congestive heart failure ranges from 5-10% per year in mild heart failure which will increase to 30-40% in severe heart failure. In addition, heart failure is a disease that most often requires re-treatment in a hospital, and outpatient treatment must be performed optimally. one of the factors that influence the incidence of hospitalization for heart failure patients is the independence of patients in self-care. The purpose of this study was to find out the description of self care in congestive heart failure patients at Kraton Hospital Pekalongan District. The research model used in this study was descriptive qualitative with sampling using purposive sampling. The results of this study obtained 4 themes are knowledge about self care, the implementation of self care, barriers in carrying out self care and social support in doing self care

Keyword: Self care, Heart Failure, Congestive

EXPECTATION VERSUS REALIZATION OF HEALTH SERVICES IN PUBLIC HEALTH CENTERS

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ABSTRACT

Background : Public Health Services (puskesmas) is most utilized health facility such as spearhead of health services and health development. Therefore, quality of health services of puskesmas must improved continously to comply public satisfaction as users of puskesmas services. Satisfaction could be reached if expectation before patient received services exceeded realization after receive health servises.

Objective: Purposes of this study are knowing about disparity between public expectation and realization of health services in public health centers. Method This is a literature study with theoretical analysis related to theories about quality, satisfaction and health services. These contained in books, journals and relevant survey reports.

Result: Dimention of health services quality including ten aspects : one effectiveness, efficiency and punctuality. Those all dimentions correlated one others that influencing patient satisfaction in health services. Generally, good quality of health services could reduce the disparity about expectation and realization of patients. Patient satisfaction is well perception about health services accepted, that non differences between patient's expectation and health services available.

Conclusion: Increasing level of satisfaction implemented by doing continous improvement and persistently. Its needed innovation to make continous improvement adjusted the characteristics of patients.

Keywords : expectation, health service, realization

ART THERAPY ON ANXIETY AND DEPRESSION IN POST-STROKE PATIENTS: LITERATURE REVIEW

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ABSTRACT

Background: Anxiety and depression are common psychological problems experienced by post-stroke patients. 1 in 3 post-stroke patients will experience anxiety in the first year of stroke diagnosis. Anxiety that is not handled properly can lead to depression. Post-stroke depression is experienced by about one third of stroke patients and the highest frequency occurs in the first year after stroke. Post-stroke depression can increase the risk of recurring strokes, worsening quality of life and functional status, and even increase the risk of post-stroke death. Art therapy can be used for therapeutic benefits to explore client feelings, reconcile emotional conflict, foster self-awareness, manage behavior and addiction, develop social skills, improve reality orientation, reduce anxiety and increase self-esteem.

Objective: To review the type of art therapy and its effect on anxiety and depression in post-stroke patients.

Method: A literature review with article search using EBSCOhost, CINAHL, MEDLINE, science direct and google scholar databases. The keywords used are art therapy, anxiety, depression, stroke.

Results: Literatures that fit the inclusion and exclusion criteria are 5 articles. There are 5 studies with various research designs, that are the randomized controlled trial design, pilot study, case study, qualitative study, and review. Years of articles range from 2000-2016. Intervention art therapy that can be done on stroke patients in the hospital setting is creative art therapy, the service of reading, drawing, painting, forming clay, and taking photographs. Art therapy has an effect on reducing anxiety and depression in post-stroke patients in hospitals.

Conclusion: Art therapy can be used as one of the nursing interventions to reduce anxiety and depression in post-stroke patients in hospitals.

Keywords: art therapy, anxiety, depression, stroke

A CROSS-SECTIONAL STUDY OF FRUIT VEGETABLE CONSUMPTION, ACTIVITY AND NUTRITIONAL STATUS WITH HEMOGLOBIN LEVELS AMONG ADOLESCENT GIRLS WITH ANEMIA

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ABSTRACT

Background: Anemia is one of the most common nutritional problems among adolescent girls in developing countries. Many factors such as physical activity, nutritional status and fruit/vegetable consumption contribute to anemia. This study aimed to analyze associations of physical activity, nutritional status, fruit/vegetable consumption with hemoglobin levels among anemic adolescent girls.

Methods: This cross-sectional study was conducted at 6 senior high schools in Sukoharjo Regency, Central Java from January to March 2019. One hundred and twenty adolescent girls with anemia were selected using a cluster sampling that met criteria: 14-17 years old and healthy. Their physical activity and body mass index (BMI) for age were assessed using the International Physical Activity Questionnaire for Adolescent (PAQ-A) and anthropometric standard WHO respectively. Hemoglobin levels were measured using the cyanmethemoglobin method and fruit/vegetable consumption was obtained from data of 3x24 hours food recall. Collected data were analyzed using the Spearman test with p value <0.05.

Results: This study showed that 99.2% adolescent girls with anemia consumed low fruits and vegetables and 85.8% had mild physical activity. Overweight and obesity were found in 17.5% anemic adolescent girls. Fruit/vegetable consumption ($r=0.10$; $p=0.26$) and nutritional status ($r=0.02$; $p=0.85$) were weakly correlated with haemoglobin levels. Whilst, physical activity was negatively correlated with haemoglobin levels ($r=-0.01$; $p=0.90$).

Conclusion: Fruit/vegetable consumption, physical activity and nutritional status were not correlated with haemoglobin levels among adolescent girls with anemia.

Keywords: fruit/vegetable consumption, physical activity, nutritional status, adolescent girls, anemia

SUSTAINING THE REMOTE WORKFORCE SEEN THROUGH NURSING PERSPECTIVES ON WORK CHALLENGES: INDONESIAN CONTEXT

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ABSTRACT

Background: Jobs related to nursing will always be stressful, traumatic or difficult. Some researchers have documented resilience, among others, have a resilient population of health services, but there are still a number of qualitative studies that hear perceptions about why nurses remain and develop in stressful workplaces in the context of nurses working in remote areas. According to the literature, rural nurse work satisfaction varies with resources and support available to respond to specific challenges. Given the possible effects of stressors on retention, it is very important to understand the unique requirements of nurses in rural practice environments.

Objectives: To investigate whether nurses receive the resources and support needed to meet the practical challenges in remote health centers, eastern Indonesia.

Method: A semi-structured interview was conducted with seven nurses in a remote area of eastern Indonesia. Interviews were recorded and transcripts were interpreted through thematic analysis. The main work life themes are identified and analyzed in a healthy work environment model based on work.

Result: The three interrelated dimensions of the model are relevant to the sustainability of the workforce: a balance between the demands and resources of the nurse, the level of social support, and the level of influence. The availability of resources and support is affected whether the nurse considers the challenge to be stimulating or extraordinary. Deficits interfere with the practice and welfare of nurses and patients.

Conclusion: Nurses feel frustrated and helpless when they lack resources, support, and influence to manage negative situations. Strategies for achieving workforce sustainability include resources to reduce stress in the workplace, education to meet the needs of new and experienced nurses, and job preference offers for labor. Overcoming the resources, support and influence of rural nurses is very important to overcome the challenges in the workplace and maintain nursing staff in the countryside.

Keywords: Nursing, Remote Areas, Qualitative Methods

EFFECT OF SEVEN JUMPS LEARNING METHOD ON STUDENT'S SOFT SKILLS AT NURSING STUDY PROGRAM

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ABSTRACT

Background : Soft skills are characteristics that affect an individual's personal and professional relationships and work related to career prospects. Soft skills become an important thing that must be owned by someone in supporting individual life success. The way to train student soft skills is to use problem-based learning methods, one of which is the seven jumps method.

Objective: The purpose of this study was to identify the influence of the seven jumps technical learning method on soft skills for S1 Nursing students at the Faculty of Health Sciences, University of Pekalongan.

Method : the study used the pre-experimental method with one group pre post test design. Respondents in this study were 47 nursing students in the second semester with the inclusion criteria for active students who followed the entire process of implementing the seven jumps from beginning to end. The instrument used is the Soft Skills Questionnaire for Students (SSQ) which measures twelve aspects included in the soft skills dimension which consists of 35 question items.

Results : The results of the study showed an average pretest score of 81.77 ± 14.589 and the average posttest score was 83.36 ± 13.167 , there was a difference in scores of 1.59 points. After being tested for differences between before and after treatment with a paired T test it was found that the significance value was 0.275 (p value > 0.05). This value means that there is no significant difference between student soft skills and after being treated. There are changes to some soft skill attributes including the ability to understand, manage and convey information from various sources, the ability to communicate both verbally and in writing, negotiating skills, ability to solve problems with innovation, decision-making ability, ability to manage organizational resources, business understanding and ability to seize opportunities, the role of leader, ability to encourage and influence people, time management, commitment in self-development and self-quality as well as increased confidence and self-confidence.

Keywords: Seven Jumps, Softs skills, Nursing Students

COMPARATIVE TEST OF DAVE & DJOENAI DI AND GADJAH SCALE ALGORITHM ON THE TYPE OF STROKE ACCURACY IN STROKE PATIENTS IN EDD: LITERATURE REVIEW

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ABSTRACT

Background : The incidence of stroke in the world continues to increase, it is estimated that in 2030 there will be an addition of 3.4 billion people aged > 18 years will be affected by stroke. Clinically stroke is divided into 2, namely ischemic stroke and hemorrhagic stroke. To determine therapy, it is necessary to know whether the patient has an ischemic or hemorrhagic stroke. In pre-hospital conditions, a measuring device is needed to determine the type of ischemic or hemorrhagic stroke. Some of the measuring instruments that have been studied were Guy's Hospital Score, Siriraj Stroke Score, Greek Score, Algorithm, Stroke Djoenaidi Widjaja.

Objective ; The aim of the study was to determine the accuracy of stroke type determination using the Dave & Djoenaidi algorithm and the Gadjahmada Algorithm. This literature review method uses the PICO method (Population, Intervention, Comparative, Outcome). The population in this literature review is stroke patients. Comparisons in this literature review are the differences in the accuracy of Dave & Djoenaidi's score measurements and the Gadjahmada Algorithm. Outcome in this literature review is the most appropriate measure to determine the type of stroke. The results of this literature review are expected to be able to replace certain situations, especially pre-hospital or primary care doctors, it is needed an alternative stroke score system that can quickly distinguish ischemic stroke and hemorrhagic stroke.

Method : This study is a diagnostic test with a cross sectional research design, where the sample is determined by using consecutive sampling technique. The study was conducted in the Igd room of the Karanganyar District Hospital at the date of February 27-March 10, 2019.

Results : The results showed that the study sample that fulfilled the inclusion criteria was 145 people, consisting of 75 samples of intracerebral hemorrhagic stroke and 70 samples of cerebral infarction stroke. In diagnosing intracerebral haemorrhagic stroke, Dave & Djoenaidi's score has validity, sensitivity: 90.3%, specificity: 89.1%, positive predictive value: 89.4%, negative predictive value: 90.1%, positive likelihood ratio: 4.15, negative likelihood ratio: 0.54. Whereas in diagnosing hemorrhagic stroke, this score has validity, sensitivity: 78.57%, specificity: 64.00%, positive predictive value: 67.07%, negative predictive value: 76.19%, positive likelihood ratio: 2.18, negative probability ratio: 0.33. The overall accuracy of the Dave & Djoenaidi stroke score in diagnosing the type of stroke pathology was 89.7%.

Conclusion : This study concludes that the scores of Dave & Djoenaidi strokes compared to head CT scans have quite good validity in diagnosing cerebral infarction stroke, whereas in diagnosing intracerebral haemorrhagic stroke the validity of this score is not good.

Keywords: Stroke, CT scan, Dave & Djoenaidi's Stroke Score, Gadjahmada Algorithm Stroke Score

THE INFLUENCE OF NRE (NATURAL RESTORATIVE ENVIRONMENT) AND TOUCH THERAPY TOWARD CKD PATIENT (CHRONIC KIDNEY DISEASE) TO HEMODIALYSIS.

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ABSTRACT

Chronic Kidney disease (CKD) is a condition which kidney isn't function properly or adequate so it happens accumulation of metabolism. The development of chronic kidney disease or CKD can result complication and increased cardiovascular disease incidents, hyperlipidemia, and anemia. Hemodialysis is done to the patients with acute and chronic CKD. Hemodialysis for long time can cause quality life changes and psychological disturbance. The most common are anxiety as the result of health status changes, self-acceptance, life threat, stress and depression. The anxiety of CKD's patient can be caused by some aspects such as invasive therapy procedure, threat of health status and long time for therapy. Natural restorative or recovery and touch therapeutic (Natural Restorative and Touch Therapeutic) is to recover the ability for adaptation to stressor and to decrease the anxiety. This research is to analyze the influence of Natural restorative environment and touch therapeutic toward the anxiety of CKD's patient to hemodialysis. The research method was squasi-experiment with pretest-posttest with control group design. The population in this research was the CKD's patients who did hemodialysis therapy. The sampling technique used consecutives sampling as many as 48 patients for each intervention and control group. Intervention group was given Natural Restorative Environment and Touch Therapeutic for twice in a week, while control group was given intervention as hospital standard. Before and after being given intervention, the patient in intervention group and control group were done pretest and posttest about the level of anxiety when being done hemodialysis therapy. The Data was analyzed using 3 test such as Paired t-test, Wilcoxon-test and Mann-Whitney U-test. The research result show that the anxiety level on intervention group with p value = $0,00 < \alpha 0,05$. Natural Restorative Environment and Touch Therapeutic decrease CKD patient's anxiety to hemodialysis.

Keywords : Anxiety, Natural Restorative Environment, Touch Therapy, CKD, Hemodialysis.

THE EFFECTS OF SUPPORTIVE-EDUCATIVE SYSTEM ON ACTIVITY DAILY LIVING IN PATIENTS WITH HEART FAILURE

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ABSTRACT

Background: Heart failure is a chronic phase that causes functional damage to the heart due to the many symptoms that occur. The number of symptoms that occur will have difficulty experiencing difficulties in meeting the needs of daily activities. Heart failure requires proper management, intervention can be given in the form of pharmacological and non-pharmacological therapy, one of which is supportive-educative system. This system helps patients obtain health information, as well as help in decision making. **Objective:** To identify the effect of supportive-educative system on Activity Daily Living for patients with Heart Failure. **Method:** This study used a quasi-experimental method with pre-test and post-test with control group, as many as 34 patients who had been diagnosed with heart failure were selected using a non-probability technique, consecutive sampling type. All respondents were divided into two randomly selected groups. The intervention group was given the treatment of supportive-educative system, while the control group was given a basic (pre-test) intervention according to the hospital discharge planning program for 4 weeks, the first week of intervention (pre-test), the second and third week of observation, the last week of evaluation (post-test). The process that has been done is then tested using Wilcoxon and Paired Samples Test. **Results:** This study showed an increase in Activity Daily Living in the intervention group of the control group, and the results of different tests showed that the intervention group was more influential than the control group with a p-value of 0.00. **Conclusion:** There is an influence of the supportive-educative system on the Activity Daily Living of heart failure patients.

Keywords: Supportive-Educative System, Activity Daily Living, Heart Failure

ASSESSING THE COMPETENCY OF THE NURSING GRADUATES OF DIPLOMA (D3) IN A PRIVATE HOSPITAL IN SEMARANG INDONESIA: INPUT FOR AN ACTION PLAN

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ABSTRACT

Background: The Competency of the Nurse Diploma 3 Graduates is the ability of the person which includes knowledge, skills and attitudes in completing a job or task according to the standard performance as determined. The researcher wanted to explore the competency of the Nurse Diploma 3 Graduates and find out is it there were significant differences in the self-assessed competencies of Nurse Diploma 3 Graduates, when their personal characteristics were taken as test factors. The researcher aimed to develop the competencies of nurses in the service of health care in accordance with the educational background of the nurses to outline, and promote the pursuit of continuing professional development in Santa Elisabeth Hospital Semarang, Indonesia.

Method: The researcher used Miller GE Conceptual Framework about the assessment of the clinical competence of the Nurse Diploma 3 Graduates and Head Nurses who worked in Santa Elisabeth Hospital Semarang, Indonesia, and met the inclusion criteria. There were 187 Nurses Diploma 3 Graduates and 23 Head Nurses. Their competencies were assessed by themselves and by their Head Nurses, and tested the significant differences including their personal characteristics as test factors using t-test and ANOVA.

Result: Majority of the respondents were 36 – 40 years old (27%), Female (89%), Roman Catholic (89%), and their length of service 11 years and above (46%). The competencies of Nurse Diploma 3 Graduates with their corresponding weighted mean were; knowledge overall (wm=4.24) outstanding, Skills overall (wm=4.27) outstanding, Attitude (wm=4.44) outstanding. The assessment of the Head Nurse respondents on the competency of Nurse Diploma 3 Graduates with their corresponding weighted mean were; knowledge overall (wm=4.17) above average, Skills overall (wm=4.26) outstanding, Attitude (wm=4.40) outstanding.

Conclusions : There is no significant difference in the self-assessed competencies of Nurse Diploma 3 Graduate respondents and the assessment of the Head Nurse respondents in the competency of Nurse Diploma 3 Graduates in terms of knowledge, Skills and attitudes.

Keywords: Competency of Nurse Diploma, Competency of Attitude. Competency of Knowledge, Competency of Skill.

THE EFFECTS OF HYPNOSIS RELAXATION TOWARDS FETAL HEART RATE AND VITAL SIGNS AMONG PREGNANT WOMEN WITH PREECLAMPSIA

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ABSTRACT.

Background. Mortality Mother Rate (MMR) in Indonesia is high. One of the causes of MMR is pre-eclampsia. Mothers with preeclampsia disorder who are followed by anxiety tend to have specific vital sign change included increasing blood pressure, heart rate, respiratory rate and fetal heart rate. Pregnant suffered preeclampsia should keep the balance of mind and emotion in order to gain peace, comfortable and reduce a complication of the preeclampsia disorder. Hypnosis relaxation can be chosen as an alternative way.

Objectives. The objective of this study was to analyse the effects of the relaxation hypnosis towards fetal heart rate and vital signs of pregnant women with preeclampsia.

Method. This was a quasi experiment study with pretest-posttest design. The subjects were 17 pregnant women with preeclampsia. Hypnosis relaxation have been done for three times session.

Results. This study suggested that hypnosis relaxation can reduce the systole blood pressure (p -value = 0,000; CI=12,185-23,109), reduce diastole (p -value = 0,000; CI=8.630 - 14.311), reduce heart rate (p value = 0,004; CI= 2,07 - 8,989) and reduce respiratory rate (p value = 0,000; CI = 2,785 - 6,275). In terms of the effect on the fetus, hypnosis relaxation changes the fetal heart rate (p value = 0,000; CI = 5.834 - 13.930).

Discussion. Hypnosis reduce blood pressure through steps (1) relaxation; (2) parasympathetic nerve activation; (4) reducing cardiovascular activity; (5) increasing vasodilatation; (6) increasing VEGf; (7) reducing SFlt-1 in the plasma and; (8) reducing blood pressure. Parasympathetic nerve system has contradiction function with sympathetic nerve system, it slows the work of internal body systems. The effects of the relaxation are reducing pulse, respiratory rhythm, blood pressure, muscle tension, metabolic level and the production of the stress hormone. In addition, hypnosis relaxation will present relax condition and calm in mothers. Furthermore, if the mother feels calm then the fetus can feel it and one of the responses is a slowing down but regular and strong heart rate.

Conclusion: Hypnosis relaxation influences the change of fetal heart rate and vital signs of the pregnant women with preeclampsia. Health care services should include hypnosis relaxation as an alternative way for caring pregnant women with preeclampsia.

Keywords: blood pressure, fetal heart rate, heart rate, hypnosis relaxation, respiratory rate

DIABETES SELF MANAGEMENT EDUCATION (DSME) TO IMPROVE DIABETES EDUCATION IN PATIENTS WITH DIABETES MELITUS: LITERATURE REVIEW

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ABSTRACT

Background: Diabetes mellitus is a chronic disease that requires a change in the healthy behavior of the patient for his recovery. Diabetes Self Management Education (DSME) integrates the four pillars of Diabetes Mellitus Management independently emphasize the behavioral interventions which help people with diabetes to change their lifestyles in terms of diabetic self care.

Objective: Identify diabetes self-management education (DSME) features to improve diabetes education for people with diabetes mellitus.

Method: We conducted a literature from 3 online databases like PUBMED, Science Direct and Google Scholar and used 5 literature for this review.

Result: The educational process of DSME are assessment, goal setting, education and evaluation based on health promotion model theory. DSME focus on management of DM, nutrition, phisical activity, blood glucose monitoring, avoid/prevent/treat chronic or acute complications, resolve the psychological impact and focus on behavioural changes. From 5 studies include in our analysis, we identified that DSME have a good relationship with the positive outcome of DM.

Conclusion: DSME is an effective educational method for increasing the good behavioral changes in DM.

Keywords: Behaviour, Diabetes Mellitus, Diabetes Self Management Education

INTERPROFESIONAL EDUCATION (IPE) MODEL STRATEGY ON ENHANCEMENT OF YOUTH REPRODUCTIVE HEALTH IN HIGH SCHOOL, PEKALONGAN CITY

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ABSTRACT

Background: IPE (*Interprofesional Education*) is a method of discussing cases involving health workers both nurses and midwives to empower cadres of colleagues in the school order. The reason for this method is because it is adapted to the characteristics of adolescents who are more confident with their friends, so it is more effective to give understanding to adolescents regarding reproductive health, especially the dangers of sexually transmitted diseases. the phenomenon of sexually transmitted diseases in adolescents is actually a lot that happens but only a few cases are detected like like the tip of an iceberg because many teenagers are still afraid or ashamed to see a doctor / other health services.

Objective: the aim this research is to find out the influence of the IPE model (Interprofessional Education) on the Improvement of Adolescent Reproductive Health to prevent Sexually Transmitted Diseases (STDs) in the High School 3 of Pekalongan City. Method: this study was an quasy experiment study with quantitative approach. The bivariat analysis used Paired T-test.

Results: The result of bivariat analysis showed there was a significant difference before being given an IPE and after being given an IPE to Pekalongan Senior High School 3 students (p value 0,001)

Keywords: interprofesional education, reproductive health, teenagers.

INTERNAL AND EXTERNAL FACTORS OF HEALTH PROMOTORS'S PRODUCTIVITY IN PEKALONGAN DISTRIC

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ABSTRACT

Background Health Promotion is one of essential program in public health center, which is under responsibility health promoters. Performance indicators of health promotion services include health maternal, family planning, HIV/AIDS and nutritional program for under weight cases. Operationally, health promototion in public health centers to overcome public health problems with prevention and promotion services. Health promoters are important part of health movement campaigns, because they are doing direct relationship with community. Health promoters are also knowing well field situation of communities. Main task of health promotor is delivering health education which its indicator of productivity, comprise internal and external factors of productivity.

Method This is a descriptive research to describe internal and external factors of health promotor's productivities. Population of this research are health promoters of public health centers in Pekalongan Distric which are 27 persons. Sample size its total population of health promoters. Data collection using questionnaire which contains items of productivitiy indicators and leadership roles questions. Secondary data collected from yearly reports including public health center profiles.

Result Results show that 63 % of health promoters have good productivites, and 63% of respondents perception about leadership are poor. The research strenghthened with triangulation approach to indepth answers of leadership roles and motivation.

Discussion and Conclusion : As external factor, leadership has strong roles to improve health promotor's productivities which different style to construct it well. Internal factor of productivity including knowledge, skills, ability and attitude.

Keywords : internal, external, productivity, health promotor

EARLY DETECTION OF AFASIA ACUTE STROKE: CONCEPT ANALYSIS

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ABSTRACT

Background: The concept of early detection of acute stroke aphasia has not been extensively studied by nursing researchers, but many aspects are used throughout the current literature which include assessment, screening, and early assessment. This term is used in the current literature in various contexts that relate to studying acute stroke aphasia quickly and accurately so that the handling is timely.

Method: A search for literature by using MEDLINE, Pubmed, Scince Direct database for 2010-2019 with the keywords "Early Detection", "Acute Stroke Aphasia". The reference list was identified and there were 10 journals that were included in the paper. Concept analysis using the Wilson Process.

Findings: Early detection of acute stroke aphasia is the main aspect to determine or find language disorders in stroke patients in less than 3 months. Early detection is influenced by attributes, namely screening, assessment, finding and tracking. This balance is also an important factor in the incidence of disease and for optimal health and reduces anxiety, depression, quality of life and length of stay.

Conclusion: Early detection of acute stroke aphasia is potentially relevant to many aspects of nursing. In order for nurses to have a positive relationship with patients with acute stroke aphasia, early detection of acute stroke aphasia must be applied in terms of assessing aphasia, screening, and finding the incidence of acute stroke aphasia.

Keywords: Concept Analysis, Aphasia Screening, Acute Stroke Aphasia, Wilson Method

EFFECT OF NANDA, NIC AND NOC APPLICATION ON DIAGNOSIS AGAINST CHILD CARE IN NURSING ROOM

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ABSTRACT

Background: Documentation preparation of nursing diagnoses, outcomes, and intervention is a part of nursing process. There were many preparation of nursing diagnoses, outcomes, and intervention didn't have clear reference resulting nursing diagnoses that are not qualified. The standard used in the world of nursing is NANDA (North American Nursing Diagnosis Association), NIC (Nursing Interventions Classification), dan NOC (Nursing Outcomes Classification).

Objective: This research aims to determine the influence of application NANDA, NIC, and NOC diagnoses to the quality of nursing care in the inpatient room.

Method: This research designed was Quasi Experiment study with 73 nurses considered as purposive sampling. Data were collected by observation checklist sheet modified of Q-DIO instrument. Processing and analysis data using Wilcoxon test.

Result: The result using Wilcoxon method show *p value* ($p=0,000 < 0,05$) and this is describe these is a influence of application NANDA, NIC, and NOC and quality of nursing care. Therefore, when implementation of diagnoses, outcomes and intervention use NANDA, NIC and NOC as a standard it can improve quality of nursing care.

Keywords: application NANDA, NIC, and NOC diagnoses, quality of nursing care

EFFECT OF TOUCH THERAPY, TOUCH OF HEALING AND BIOFIELD THERAPY IN VARIOUS DISEASES

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ABSTRACT

Background: various independent actions have been widely used by nurses to deal with patient problems. Among some of the nurse's independent actions, touch therapy is one that has been applied. Touch therapy in its use experiences the use of different terms and is used for various different cases. This literature review aims to find out in depth about the effectiveness of touch therapy in adult patients.

Methods: electronic database search (PubMed, Scopus, Google Scholar, and Science Direct) were searched from 2000 to 2019 to find suitable articles, using therapeutic touch keywords, touch therapy, healing touches, biofield therapy. In addition, relevant journals and references from all existing articles are searched manually for other potentially relevant studies.

Results: Touch therapy with various terms, effective for healing in pain, nausea, anxiety and fatigue, increasing relaxation and quality of life.

Conclusion: Based on the results of the study, it can be concluded that touch therapy is effective as a non-invasive intervention to reduce postoperative pain, overcome anxiety in heart patients, and improve health status in patients with cancer.

Keywords: therapeutic touch, healing touch, biofield therapy

**MINDFULNESS INTERVENTION SIGNIFICANCY TOWARD DEPRESSION LEVEL OF NAPZA
PATIENT: *LITERATUR REVIEW***

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ABSTRACT

Drug is an addictive substance that can cause dependency and has a negative impact on its users and even causes death. Global and regional drug abuse levels in 2016 there are 275 million people worldwide. The World Health Organization (WHO) estimates that 121 million people suffer from depression, 1.7 of the world's population is depressed because of drug abuse. Most drug users experience mild and moderate levels of depression (41.7%) of the remaining 24 respondents experiencing severe depression (29.2%) and (8.3%) not depressed. Management in dealing with depression levels can be done by pharmacological and non-pharmacological therapy. Non-pharmacological management can use depression psychological therapy including using mindfulness therapy. Mindfulness is an exercise for someone to be aware of conditions so they are able to make goals and focus in solving problems faced through behavior changes to increase capacity in dealing with problems using three components, namely awareness, acceptance, attention. This literature literature aims to determine the effect of mindfulness interventions on depression levels in drug patients. The method used was reviewing nursing articles and journals from 2009 to 2018. The results of studies from several previous studies proved that mindfulness is a therapy that can be used in interventions in mental nursing, and mindfulness interventions have been shown to significantly reduce depression in drug patients. Conclusion that nurses need to know mindfulness is one of the effective and proven intervention-based therapeutic therapies in providing nursing care to drug patients. Suggestions nurses need to develop mindfulness interventions as one of the interventions in dealing with depression levels in drug patients.

Keywords: Mindfulness, Depression, drugs

**RELATIONSHIP OF SPIRITUALITY WITH COPING MECHANISM PATIENTES
SCHIZOPHRENIA IN PSYCHIATRIC HOSIPITAL DR.AMINO GONDOHUTOMO
CENTRAL JAVA PROVINCE**

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ABSTRACT

Background: Patients with schizophrenia have cognitive and behavioral limitations that cause an increase in inability to determine coping that is in line with an increase in emotional change. The use of maladaptive coping also has an impact on passivity in religion. In individuals with schizophrenia, the level of spirituality can increase or decrease depending on the coping transition of individuals in overcoming it. Adaptive coping relationships and the application of spirituality are good collaborations to improve inner calm and improve the quality of life for patients with schizophrenia.

Objective : To determine the relationship between spirituality in Schizophrenia patients with coping mechanisms at the Regional Mental Hospital Dr. Amino Gondohutomo Central Java Province.

Methods : This study used analytic observational research methods. The design of the study is a cross-sectional approach. The research sample is 56 patients with schizophrenia who undergo outpatient treatment at Psychiatric Hosipital Dr. Amino Gondohutomo Central Java Province. Data collected by questionnaire Spirituality and quesionanaire Coping Mechanisms. Analysis of the data by frequency distribution and correlation statistical test nonparametric *Spearman*.

Results : Spirituality research results showed as many as 38 respondents (67.9%) had high spirituality, as many as 10 respondents (17.9%) had low spirituality and 8 respondents (14.3%) had moderate spirituality. The research result shows the coping mechanisms of 30 respondents (53.6%) had an adaptive coping Mechanism and as many as 26 respondents (46.4%) had maladaptive coping mechanisms. The test results showed correlation p value <0.05 which indicates that there is a relationship of spirituality in schizophrenic patients with coping mechanisms coefficient colleration value of 0.625, which means the power of a strong correlation. This suggests that patients with schizophrenia in the Psychiatric Hospital Dr. Amino Gondohutomo Central Java Province has a high spirituality have adaptive coping mechanisms.

Conclusion: In this study indicate that there is a relationship of spirituality with coping mechanisms in schizophrenia in Psychiatric Hospital Dr. Amino Gondohutomo Central Java Province.

Keywords : Schizophrenia, Spirituality, Coping Mechanisms

TRANSFORMASIONAL LEADER FOR INCREASING CARING IN NURSE: *LITERATURE REVIEW*

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ABSTRACT

Background: The best nursing services can be realized through caring. Caring behavior is an attitude of caring and attention to patients, so that patients feel protected, valued and patients feel satisfied. Based on the phenomena that there is not optimal caring behavior of nurses, these conditions can affect patient satisfaction and can reduce the quality of care. Currently in Indonesia transformational leadership is still not as leader in the organization, therefore transformational leadership is required by each in nursing, Transformational leadership is expected to increase caring nurses in nursing care to patients.

Objective: Knows the right solution to increase caring nurses in the service of transformational leadership.

Method: This article uses a literature review design that researchers review, summarize and write thoughts on several libraries such as articles, books, and laws. Search articles through PubMed, and Google Scholar.

Results: In this review literature shows that narratively transformational leadership has a positive influence on caring nurses, transformational leadership is able to improve caring nurses and also contribute to improving service quality and patient satisfaction.

Conclusion: Transformational leadership can increase nurses caring

Keywords: *Transformasional leadership, Satisfaction, Nurses, Caring*

SHARIA SERVICE WITH PATIENT SATISFACTION LEVEL AT HOSPITAL: LITERATUR REVIEW

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ABSTRACT

Background : Satisfaction is an expression of someone's pleasure from the results of a comparison between perceptions or products that are perceived as expected. Satisfied patients will tend to reuse hospital services and patients will leave the hospital if they feel dissatisfied. Sharia services in the field of nursing are services provided by nurses based on quran and hadith that can improve patient satisfaction at the hospital.

Objective : The aim of this paper is to identify how the relationship of sharia services in the field of nursing with the level of patient satisfaction and identify the patient's knowledge of sharia services to take the decision to get care at the hospital.

Method : The method used is the review literature from pubmed.scientdirect.ebsco.inta. Articles with English and Indonesian with restrictions on publishing articles from 2010-2019.

Result : There is a significant relationship between sharia services in the field of nursing with patient satisfaction. The better the sharia service provided, the more patient satisfaction will be.

Keywords: Sharia services in the field of nursing , patient satisfaction

THE BENEFITS OF PHYSICAL ACTIVITY (PA) TO IMPROVE QUALITY OF LIFE (QOL) FOR DIABETES MELLITUS PATIENTS

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ABSTRACT

Background According to the International Diabetes Federation (IDF) Atlas 2017, epidemic diabetes in Indonesia shows an increasing tendency. Indonesia was the sixth in the world on having diabetes patients aged 20-79 years approximately 10,3 million of people. Diabetes mellitus patients will experience a various disturbing symptoms. The American Diabetes Association recommend Physical Activity (PA) as one of the intervention to improve the control of blood sugar, acute and chronic healing and prevent diabetes complications.

Objectives. To discover the benefit of Physical Activity as one of the interventions to support the quality of life improvement on diabetes mellitus patients.

Methods. Literature Review is used in this study. Database sources taken from CINAHL, Pubmed, Science Direct, Medline, ADA (American Diabetes Association) and Diabetes Research and Clinical Practice. The inclusion criteria include published articles starting from 2010 to 2018 and in full english language literature. The search included the following keywords: physical activity (PA), diabetes mellitus, quality of life (QOL). PICOT (Population, Intervention, Comparison, Outcome and Time) is used to analyze the literatures.

Results. Based on the journals analysis 5 themes were found, they are characteristic on quality of life of patients with diabetes mellitus, physical activity as an intervention to improve the control of blood sugar, physical activity as an intervention to prevent complication of diabetes mellitus, physical activity as an acute and chronic healing intervention due to diabetes mellitus.

Conclusion. Patients with diabetes mellitus will experience a decrease in quality of life. Recommendation. Physical Activity is an intervention that recommended to support the quality of life improvement of diabetes mellitus patients.

Keywords. Diabetes mellitus; physical activity; quality of life.

EXISTING KAMPUNG KB AND THE DEVELOPMENT STRATEGY (A RESEARCH ACTION OF TRIHELIX IMPLEMENTATION IN PEKALONGAN DISTRICT)

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ABSTRACT

Background the main indicators of development success in a region can be seen from the achievements of the human development index (HDI). in the past three years the achievement of HDI in Pekalongan Regency has increased, which amounted to 67.39 inversely to the condition with acceleration figures which have not been quite encouraging. The acceleration of the increase in the HDI rate of Pekalongan Regency will be achieved with an appropriate, effective and efficient social program. This is in line with the objective of the "Kampung KB" social program, which is an increase in three indicators of human development systematically and systematically by involving all elements. The method uses exploratory research design with a qualitative approach accompanied by source triangulation through indepth interview to the main informants, and accompanying informants to look for apperception of various sources. The instrument uses Guidance interviewing. The results of the KB Village in Pekalongan District were initiated in 2015 at the socialization stage, which in 2016 was launched by the first KB Village in Galangpengampon Village, then through collaboration with the Public Health Study Program of Pekalongan University for assistance in the establishment of 9 KB villages. For cooperation in the following year, it was formed in 28 KB villages in 2017. Unikal Commitment as Higher Education continues to follow up on efforts to accelerate development through the periphery in order to increase HDI with Field Learning Practices activities for Public Health study program students and real work thematic work in KB Village in collaboration with OPD (Regional Device Organizations) which in this case is Dinas PMD, P3A, PPKB and Health Office. Until 2018 60 KB villages have been formed. Suggestions for strengthening cross-program and cross-sector cooperation in supporting existing KB villages and strengthening OVOP as a positive impact on KB villages.

Keywords: existing, village KB, development strategy.

EFFECTIVENESS OF EARLY AMBULATION TRAINING IN POST ORIF PATIENTS WITH INDEPENDENCE IN DOING ACTIVITY OF DAILY LIVING

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ABSTRACT

Background: Post operative ORIF patients clinically need action management and education to go through the patient's ADL dependency phase and achieve full ADL independence. Patients post ORIF surgery should immediately carry out early mobilization. Treatment measures in postoperative cases ORIF in addition to wound care interventions, care is directed at early ambulation exercises.

Research Methods: Using a pre-experimental design with one group pretest- posttest design research design. The sample used was purposive sampling, the sample of this study was post-operative patients in the Prima Medika Hospital Pemalang as many as 20 respondents. Statistical analysis using Wilcoxon.

Results: The results showed that the majority of respondents were 20-35 years old (70%), female (60%), basic education (60%) and not working (60%). Independence before early ambulation is moderate dependence (45%) and after early ambulation is mild dependence (55%).

Conclusions : There was an effect of early ambulation exercise on independence in doing ADL (Activity of Daily living) in post ORIF patients in the Inpatient Room of Prima Medika Hospital Pemalang with p value $\leq \alpha$ ($0.001 \leq 0.05$).

Keywords: Early ambulation, Independence, Activity of Daily Living, Post ORIF

THE DIFFERENCE EFFECTIVENESS BETWEEN GINGER STEW COMPRESS AND WARM WATER COMPRESS TO DECREASE PAIN SCALE IN RHEUMATOID ARTHRITIS IN KENCONOREJO VILLAGE , BATANG REGENCY

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ABSTRACT

Background: Elderly is the age stage where facing physical and mental health problems. The problem that often happens is joint disease, one of which is rheumatoid arthritis. Elderly with rheumatoid arthritis will experience inflammation that causes pain. Management of rheumatoid arthritis pain there are two that is pharmacology and nonpharmacology management. One of the non-pharmacological management is a warm water compress and warm compresses of ginger stew.

Objective: To determine the difference in the effectiveness of warm compresses of ginger stew and warm water compresses to decrease the scale of pain in elderly with rheumatoid arthritis.

Research Method: The research design used in this research is quasy experimental with pretest design and posttest nonequivalent control group design. The population in this study was 44patients with rheumatoid arthritis in Kenconorejo Village. Sample was 24 respondents with purposive sampling technique. This research was conducted in May-June 2018.

Results: The average decrease of pain scale in the warm water compress group was 0.3 and the mean decrease of pain scale in the warm ginger stew compress group was 2. Different results using the mann whitney test obtained a significance value of 0.0000 ($p < 0,05$) which means there is significant difference between warm compress ginger stew and warm water compresses to decrease the scale of pain.

Conclusion: warm compound ginger stew is more effective than compressing warm water in lowering the pain scale.

Keywords: Rheumatoid Arthtritis, Elderly, Pain, warm compress ginger stew, warm water compress.

THE EFFECTIVENESS OF HEAD NURSE DIRECTION WITH COACHING METHOD TO IMPROVE NURSE COMPLIANCE IN FALL RISK PREVENTION

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ABSTRACT

Fall risk prevention is one indicator of the quality of nursing services that needs to be improved through the function of head nurse direction. Coaching as a method of direction is seen as more effective in increasing nurse compliance in fall risk prevention. The purpose of this study was to determine the effectiveness of head nurse direction with coaching method to improve nurse compliance in fall risk prevention. The design of this study was quasi-experimental, pre-post with control group design. The sample using purposive sampling technique were 42 in the intervention group and 45 control groups. The implementation of the head nurse direction with the coaching method begins with training and role play, the process of mentoring and implementation independently. The observation form is used to ensure that the implementation of risk fall prevention by the nurse goes well. The results of statistical test showed the difference mean in the intervention group and the control group with p-value = 0,000. This result indicated that the head nurse direction with coaching method in the intervention group improved nurse compliance in risk fall prevention compared to the control group that did not get intervention.

Keywords: coaching method, head nurse direction, risk fall prevention

**SHARIA SERVICES AND NURSE JOB SATISFACTION LEVELS IN HOSPITALS :
A LITERATURE REVIEW**

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ABSTRACT

Nurse job satisfaction is very influential on the performance of nurses in the implementation of nursing services. Sharia services in the field of nursing are services provided by nurses based on the guidance of the Qur'an and Al-Hadith which can improve nurse job satisfaction. The purpose of this literature study is to identify how the relationship between sharia services in the field of nursing and the level of job satisfaction of nurses in hospitals. The method used is a review literature obtained from the search of scientific research articles from Pubmed, Scintdirect, Ebsco, and Google Scholar. Articles with English and Indonesian languages with publishing limits for 2010-2019. There is a significant relationship between sharia services in the field of nursing with the level of nurse job satisfaction. The better the sharia nursing service is given, the nurse will be more satisfied with its performance.

Keywords: Nurse job satisfaction, Sharia Nursing Service, Nurse Performance.

**THE CORRELATION BETWEEN SELF ACCEPTANCE AND STRESS LEVEL OF PARENTS
HAVING DOWN SYNDROME CHILDREN AT SLB NEGERI UNGARAN SEMARANG REGENCY**

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ABSTRACT

Background: Acceptance of parents who have down syndrome children causes frustration, tension or even anger. One of the factors that influence self-acceptance is self-acceptance.

Objective: To know the relationship of social support with the self-acceptance of parents who have down syndrome children in SLB Negeri Ungaran Semarang Regency.

Methods: The design of this study was descriptive correlation with cross sectional approach with total sample 91 respondents using total sampling method. Data collection tools using questionnaires. Data analysis using SPSS version 23.0. Bivariate analysis using chi square test.

Result: Acceptance of parents who have down syndrome children most of the good category (64.8%), stress level of parents who have down syndrome most of the normal category (16.5%). There is a significant correlation between self-acceptance and stress level of parents with down syndrome children in SLBN Ungaran Semarang Regency, with p value of 0,039 <0,05 (α).

Conclusion: There is a correelation between acceptance of self and stress level of parent with down syndrome child in SLBN Ungaran Semarang Regency.

Suggestion: Family should do stress management by holding a group or a special association of parents who have children down syndrome so that they can share feelings experienced so as to minimize the stressor faced by parents.

Keywords : self-acceptance, stress level of parents, down syndrome

SELF-MANAGEMENT :IMPROVING QUALITY OF LIFE PATIENT WITH CERVICAL CANCER

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ABSTRACT

Background :Cervical Cancer is the disease with the most suffered by people after Breast Cancer. Cervical Cancer not only causes pain, death and physical disability in sufferers but also long treatment procedures can cause sufferers to experience psychological distress and feel hopeless. So that good self-management is needed to improve the management of chronic diseases,improve health and well-being and quality of life.

Objectives :The purpose of this study to effectiveness self manajement and the life quality of cervical cancer

Methods :This study used a quantitative method with a descriptive correlational approach. The samples in this study were 88 samples. The research instrument used the EORTC QLQ C30 Life Quality questionnaire and self management screening (SeMaS), and data were analyzed by using Chi Square test.

Result :The results obtain respondents who get less family support, most of their quality of life is lack as many as 8 respondents (47.1%). Respondents with sufficient family support, mostly have poor life quality as many as 18 respondents (58.1%). While respondents who has good self management, mostly have good life quality as many as 22 respondents (55.0%). Chi Square test results obtain p-value $0,000 < \alpha (0,05)$, so that it can be concluded that there is effectivenessself management and the life quality of cervical cancer patients.

Conclusions :There were effectiveness self management and the life quality of cervical cancer patients.

Suggestion :Client should improving her self management, people/family/ care giver should provide more motivation, support and more attention to the condition of cervical cancer patients. Meanwhile, for the health workers, they should concern more in supporting patients in order to improve the life quality for patients with cervical cancer.

Keywords:cervical cancer, self management, quality of life

THE EFFECT OF WALKING EXERCISE ON THE DECREASED RISK OF PERIPHERAL ARTERY DISEASE (PAD) BASED ON THE ANKLE VALUE OF BRACHIAL INDEX (ABI) IN TYPE 2 DIABETES MELLITUS PATIENTS IN LEREP VILLAGE, WEST UNGARAN SUBDISTRICT

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ABSTRACT

Diabetes Mellitus will cause complication factor in arterial blood vessels, such as atherosclerosis and arteriosclerosis. Atherosclerosis that occurs can cause *Peripheral Artheri Disease* (PAD). One way to prevent the occurrence of PAD is by doing a physical activity such as a walking exercise, where while doing a walking exercise, it can increase the production of Nitric Oxide plasma so it can improve PAD by increasing the value of *Ankle Brachial Index*(ABI). The purpose of this study was to analyze the effect of the walking exercise to decrease the risk of PAD in patients with type 2 diabetes in Lerep Village, West Ungaran District. Research design used Quasi experiment, with pretest- posttest nonequivalent control group design. The population was clients of diabetes type II in Lerep Village, Ungaran sub district. Samples of this research were 32 respondents divided into control and intervention groups. The sampling method used purposive sampling while data collecting tool used stethoscope. Data analysis used Mann Whitney U-test. Based on the research, it was found that there was a difference of risk level of PAD before and after the research in intervention group with *pvalue* 0,002 < α 0,05. There was no difference in PAD risk level in the control group with *pvalue* 0,269 < α 0,05. There was an effect of walking exercise on the risk of PAD in patients of Diabetes Mellitus type 2 with *p value* 0,000001 < α 0,05. Diabetes Mellitus is one of the factors that affect blood flow because the increase of viscosity factor due to hyperglykemia. The increased blood viscosity can cause impaired blood flow throughout the body and causes a decrease in perfusion to body tissues. The heaviest decrease in perfusion is in the distal or leg area if this condition persists can cause complications such as PAD and in DM it can cause gangrene injury. Gangren wounds occur due to a decrease in perfusion so the tissue does not get nutrients and lacks oxygen and neuropathy. The conclusions of the study showed that there was an influence on the walking exercise towards increasing the value of ABI which had an effect on reducing the risk of PAD. Suggestion : Based on this research, walk exercise can be used as non pharmacologic therapy and be applied correctly to reduce the risk of PAD in Diabetes Mellitus type 2.

Keywords : *Diabetes Mellitus type 2, Peripheral Arthery Disease, Leisurely Walk*

**THE EFFECT OF “COMMERCIAL HOT PACK THERAPY AND ISOMETRIK EXERCISE” ON
REDUCING OSTEOARTHRITIS KNEE JOINT PAIN OF OLDER ADULT IN CEPOKOKUNING
BATANG DISTRICT**

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ABSTRACT

Background: Osteoarthritis is a non-inflammatory degenerative joint disease characterized by joint cartilage degeneration, bone hypertrophy, and synovial membrane change, accompanied by pain and stiffness (Novak, 1998). It causes pain and disability in patients, moreover it could disturbing daily activities. There are so many strategy to reduce pain, one of them is combination of commercial hot pack therapy and isometric exercise training.

Purpose: This study aimed to describe the effect of commercial hot pack and isometric exercise on reducing knee joint pain in the elderly with osteoarthritis.

Method: This study was used experimental design with randomized pre and post test control group approach. 14 respondents were involved in this research by using purposive sampling design. Respondents were divided into two groups, which group 1 with commercial hot pack therapy and group 2 with combination training for commercial hot pack therapy and isometric exercise. The exercise was carried out for 6 weeks with the frequency of interventions for 1 time a week for both commercial hot pack therapy and combination of commercial hot pack therapy and isometric exercise training. Measuring tool used by the VRS (Verbal Rating Scale) pain scale.

Results: Results reveals that both of therapy were effect to reduce osteoarthritis knee joint pain with p-value $p = 0,011$ ($p < 0,05$). The results of hypothesis III using the Mann-Whitney U test obtained a value of $p = 0.128$ ($p > 0.05$) which means there is no difference in influence of commercial hot pack therapy and combination training of commercial hot pack therapy with isometric exercise on reducing knee pain in the elderly who have osteoarthritis .

Conclusion: There are no difference effect between *commercial hot pack therapy* and *combination therapy commercial hot pack therapy with isometriks* on reducing knee joint pain in the elderly with osteoarthritis.

Reccomendation: Researcher can control samples from a variety of activities for further research.

Keywords : Commercial Hot Pack Therapy, Isometrik Exercise, Osteoarthritis, VRS scale.

SPATIAL ANALYZE OF DHF CASES (DENGUE HAEMORRHAGIC FEVER) IN DISTRICT OF PEKALONGAN YEAR 2015-2017

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ABSTRACT

Background: The incidence of DHF in Pekalongan District experience an increase in cases in 2015-2017. Incident Rate (IR) of 2017 DHF is 22,12/100.000 population and Case Fatality Rate (CFR) of DHF is 0,99%. The high prevalence of DHF is followed by situation of endemic community health centers and endemic villages.

Objectives: The porpose of the research to determine the spatial pattern of the distribution of dengue cases in Pekalongan District.

Methods: This type of research is a descriptive study with an ecological study design.

Results: Distribution of dengue cases in Pekalongan District from 2015-2017 had the highest cases of 27 cases in June, while the lowest cases were 12 cases in August. The air temperature in Pekalongan District during 2015-2017 is relatively constant with an average air temperature between 27.2°C-28.6°C. The average air humidity in Pekalongan District for the period 2015-2017 is relatively constant with the highest humidity occurring in February with 85% and the lowest humidity which is 73.3% occurring in August until September. The highest rainfall occurred in February with 394mm and the lowest average rainfall occurred in August with 26.7mm. Areas with extensive land use, high rice fields and high population densities have a high distribution of dengue cases.

Conclusion: there is a correlation between air temperature, rainfall, population density, land use, indicators of transmission of House Index, Countainer Index, Breteau Index and free number of mosquito larvae with the incidence of DHF. While air humidity does not have a significant correlation to the incidence of DHF in Pekalongan District.

Suggestions: Further research is needs regarding the distribution of dengue cases by including coordinates.

Keywords: Dengue Hemorrhagic Fever, Spatial Analysis, Climate

EFFECTIVENESS OF RED BATEL LEAF INFUSION CLEANSING (*Piper crocatum*) IN REDUCING TOTAL BACTERIAL NUMBERS DIABETICUM ULCUS ISOLATE IN WHITE RATS

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ABSTRACT

Background: Diabetes mellitus (DM) is a chronic disease that can cause diabetic ulcer complications, long healing process, type of technique is related wound management in this regard, especially cleansing. Selection of techniques and solutions is very important, swabbing and irrigation is a technique that is often used. Normal saline is the standard solution used for cleansing process with the result of that need to look for an alternative solution used for cleansing, one of which is red betel leaf (*Piper crocatum*). Red betel leaves contain of flavonoids, phenols, tannins and essential oils that can be antiseptic.

Objective: this research to know how effectiveness of the use of infusion of red betel leaf (*Piper crocatum*) against a decrease in the total number of bacterial isolates diabetic ulcers in rats induced by alloxan.

Methods: The design of this research is true experimental pre-post control. Subjects in this study were white mice induced winstar types alloxan and do injury. Number of samples 20 tails are divided into 5 groups. Samples were taken cleansing with irrigation and swabbing technique using red betel leaves infuse 20% and up to 5 times the normal saline intervention, each intervention is done counting the numbers of bacteria were then processed by one-way ANOVA test analysis.

Results: The number of bacteria at the end of the intervention the lowest number of 11 CFU / cm² and the highest was 131CFU / cm², data were analyzed with the test one-way ANOVA showed that there are significant cleansing with the techniques of irrigation and swabbing using infuse red betel leaves 20% From the test results obtained LSD post hoc with a p-value of 0.001 for cleansing group with swabbing technique using red betel leaves infuse 20%.

Conclusion: in this study cleansing by irrigation techniques using red betel leaves infuse 20% and swabbing using red betel leaves infuse 20% in reducing the total isolates ulcus baketri diabetic white rats induced alloxan.

Keyword : piper crocatum, bacterial number, cleansing

THE EFFECTIVENESS OF WET CUPPING AND DRY CUPPING IN REDUCCING BLOOD PRESSURE IN HYPERTENSION PATIENTS

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ABSTRACT

Hypertension is the 5th deadliest disease in the world at various ages. Management of hypertension can be done with a pharmacological, non-pharmacological, or alternative treatments that can treat hypertension is cupping therapy. The purpose of study was to find out the differences in the effect of wet cupping therapy and dry cupping therapy on the back point to decrease blood pressure in hypertension patients in Wonopringgo Village, Pekalongan Regency. This research used a type of pre-experimental design with a pre-post-test design. There are 2 groups (two groups) on this research without a control group. The result of Mann Whitney Test obtained p-value $0,000 < 0,05$ which mean there is a difference in blood pressure reduction between wet cupping therapy with dry cupping therapy, this is because wet cupping has an effect on blood pressure in hypertension patients, one of which is reducing the volume of blood in the body by removing some of the blood, while dry cupping has a relaxing effect on the heart, kidneys, back veins, such relaxation effect will occur vasodilatation of blood vessels that have previously undergone vasoconstriction resulting in a decrease in blood pressure in patients with hypertention. The conclusion of this study is that wet cupping therapy with dry cupping therapy can reduce blood pressure in patients with hypertension.

Keyword : Hypertension, Blood Pressure, Wet Cupping, Dry Cupping, Alternative Medicine

DECISION MAKING PROCESS OF CHILDBIRTH HELPER AND REFERRAL FOR MOTHER CHILDBIRTH WITH OBSTETRIC EMERGENCY IN PUSKESMAS BANDAR I KABUPATEN BATANG

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ABSTRACT

Background: The high number of maternal mortality rate in Bandar-Batang (16 cases) is caused by bleeding, pre eclampsia, disruption of blood circulation system (liver, stroke) etc. Pregnancy complication urges to have next referral in a large hospital. Referral must be the planned program, not an incidental reaction.

Methods: Qualitative research with analytical descriptive was used for research design. The Sample were 5 primer informants consist of childbirth mother and 2 triangulation informants: midwife of public health centre and midwife coordinator. The data was collected with in-depth interview, observation, and documentation. The data was analyzed with data reduction.

Results: 80% (n=4) of mothers having the first referral is caused by: pre-eclampsia severely, early broken amniotic fluid, the fast heart rate of fetal, and long 1 kala . The decision making of referral obstetric emergency problem was dominant by the patient's family (husband). The scheme of referral is: from midwife to public health centre to hospital. Some obstacles occurred during maternal referral are rejection and hospital access (transportation).

Conclusion: Husband plays the main role in decision making of referral obstetric emergency problem. Referral from public health centre to hospital need to follow procedure system.

Keywords: Mother childbirth, Complication, Referral

THE RELATIONSHIP BETWEEN GAME ONLINE ADDICTION AND PERSONAL STYLE INVENTORY IN ADOLESCENT AT PEKALONGAN SENIOR HIGH SCHOOL

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ABSTRACT

Background : More than 35% of the world's population are active internet users, especially games. This can lead to the effects of addiction even more severe can affect a person's personality

Objectives : This study aims to determine the relationship between game online addiction and personal style inventory in adolescent at Pekalongan Senior High School. Research

Method: Research with cross sectional method on 215 students at Senior High School in Pekalongan. Data collection uses the Indonesian Online Game Addiction Questionnaire and the Personal Style Inventory Questionnaire. Test data analysis using Chi-square test.

Result: 98 respondents had a moderate level of online game addiction, and many were possessed by extrovert personalities.

Conclusion : The results of this research indicate the relationship between online addiction and personal style inventory with a p value of $0.00 < 0.05$.

Keyword: game online, addiction, personal style inventory

THE EFFECT OF PARE (PALLIATIVE CARE) EDUCATION CLASS ON QUALITY OF LIFE OF CHEMOTHERAPY PATIENTS IN KRATON HOSPITAL PEKALONGAN

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ABSTRACT

Background : Cancer is known as a disease that has seriously physical and psychological impact on the sufferee. The development of cancer detection and treatment has greatly helped reduce mortality from cancer. One of them is chemotherapy. Long-term treatment undertaken by cancer patients can affect the health of patients related to quality of life (quality of life). One effort to be able to improve the quality of life of chemotherapy patients, namely by providing health education and social support for cancer patients.

Objective: To determine the effect of the PARE (Palliative Care) education class on the quality of life of chemotherapy patients in Kraton hospital Pekalongan.

Methods: This research is a Quasy experiment Design Without Control Group with a pre-post test approach. The sample used was 17 respondents who were selected using purposive sampling technique. Quality of Life cancer patients were measured using the Quality of Life Q-30 European Organization of Research and Treatment of Cancer (EORTC QLQ-C30) questionnaire.

Results: Based on the analysis, it can be seen that the PARE education class has a positive impact on the quality of life of chemotherapy patients both on the functional scale domain (p value = 0.028), symptom item domain (p value = 0.006) and general health domain (p value = 0.012).

Conclusion: There is an influence of the PARE education class on the quality of life of cancer patients undergoing chemotherapy.

Keywords: Quality of Life, palliative care education, chemotherapy

FACTORS AFFECTING THE LEVEL OF ANXIETY IN PRIMIGRAVIDA PREGNANT WOMEN IN FACING LABOR IN THE WORK AREA OF THE PUBLIC HEALTH CENTER IN PEKALONGAN CITY

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ABSTRACT

Background: Pregnancy is a transition period that makes the emotions felt by pregnant women labile. Primigravida pregnant women experience higher anxiety is a natural thing because they do not have the experience of labor so that the level of confidence is lacking and tend to experience greater anxiety than multigravida mothers. Psychological aspects that arise can be influenced by various factors.

Objective : To know the factors that influence the level of anxiety of primigravida pregnant women in facing labor in the Work Area of Bendan Public Health Center in Pekalongan City.

Methods : The study design used correlational analysis with a cross sectional approach. The study population was primigravida pregnant women in the Working Area of the Bendan Health Center in Pekalongan City. The research sample was 37 respondents taken by the total sampling method. Bivariate analysis was processed using the Fisher's Exact test and multivariate analysis using logistic regression analysis.

Results : Age variables ($p = 0.007$), family support ($p = 0,000$), health status ($p = 0.002$), and class participation of pregnant women ($p = 0.005$) there is a relationship with the anxiety level of primigravida pregnant women. But there was no relationship between education ($p = 0.302$) and the anxiety level of primigravida pregnant women. The results of multivariate is family support analysis were the most dominant variable associated with anxiety of primigravida pregnant women.

Conclusion : Variables of age, family support, health status and participation of pregnant women have a relationship with primigravida pregnant women, but education has no relationship with anxiety of primigravida pregnant women. While the most influential variable is family support.

Keyword : Anxiety, Primigravida Pregnant Woman.

THE ROLE OF HEALTH PROMOTION WORKERS IN ROB DISASTER MITIGATION PROGRAMS IN PEKALONGAN DISTRICT

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ABSTRACT

Background : Regency is one of the districts which is always affected by the tidal flood of the North Sea. As many as 3 sub-districts in Pekalongan district are prone to tidal flooding, namely the sub-districts of Wiradesa, Wonokerto, and Tirto. The phenomenon of tidal floods that hit Pekalongan regency, the role of health workers is very much needed, especially a health promoter where health promotion is included in achieving one of the objectives of the disaster mitigation program.

Objectives : The purpose of this study was to determine the role of health promotion workers in the robotic impact mitigation program in Pekalongan Regency.

Methods : This study used a qualitative descriptive research method with a case study research design. The data collection process uses indeph interviews and observations. The technique of determining the informants used a Purposive sampling technique

Results : The role of health promotion personnel in the rob impact disaster mitigation program plays a role in counseling activities on PHBS, ODF, DHF, Nutrition, Diarrhea, and Health, GERMAS advocacy, approaches to religious leaders and community leaders, across sectors, and administering health services, mobile broadcasts. As for the optimal role, and those who are not optimal in taking part are in the Rappid Health Assessment section.

Conclusions : It was concluded that health promotion staff working in the Wiradesa Community Health Center work area, Wonokerto I Health Center and Tirto II Health Center in the robotic impact mitigation program in Pekalongan Regency could play a role and carry out several tasks contained in the main tasks and functions in the disaster situation determined by Pekalongan District Health Office.

Suggestions : It is necessary to conduct training for health promotion personnel in the rob impact disaster mitigation program.

Keyword : Role Health Promotion Workers, Disaster Mitigation, Rob.

THE EFFECT OF SUCKING ON ICE CUBES TO REDUCE THIRST IN PATIENTS WITH CHRONIC KIDNEY DEASEASE UNDERGOING HEMODIALYSIS IN RSUD BENDAN PEKALONGAN CITY

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ABSTRACT

Backoround: The incidence of Chronic Kidney Disease (CKD) is increasing every year. Someone with Chronic Kidney Deasease is required to undergoing therapy, one of which is hemodialysis. With hemodialysis the patient feels excessive thirst due to fluid restriction. Sucking ice cube can be used as an alternative to reduce the level of thirst of patients with hemodialysis.

Objective: Knowing the Effect of sucking on the ice cube to reduce thirst in the case of Chronic Kidney Diasease (CKD) undergoing hemodialysis.

Method: The research method uses pre-experiment with the design of one group pre test post test. With 36 respondenst. The instrumen used was the categorical visual analog scale score (VAS).

Result: The result of different test using the Mann Whitney test were found to be significantly different between before and after giving the intervention to sucking ice cube with the result of the significance value 0,000 ($p < 0,05$)

Conclusion: There is effect of ice cube sucking on decreasing the scale of thirst level in patients with Chronic Kidney Diasease (CKD) undergoing hemodialysis

Keywords : Sucking ice cube, Hemodialysis, Chronic Kidney Diasease

LIST OF ORAL PRESENTATION CONCURRENT SESSION SCHEDULES

Day : Wednesday, August 7th 2019

Venue: Dafam Hotel Pekalongan

CONCURRENT SESSION : WOMEN AND CHILD HEALTH, EDUCATION AND MENTAL HEALTH

Commentator :

No	Name	Country	Title	Room
1	Steffy Putri Amanda	Indonesia	The Effect Of Progressive Muscle Relaxation On Sleep Quality In Menopause Women	1
2	Ezhaty Diah Riani	Indonesia	A Cross-Sectional Study Of Fruit Vegetable Consumption, Activity Andnutritional Status With Hemoglobin Levels Among Adolescent Girls With Anemia	1
3	Siti Khuzaiyah	Indonesia	The Effectsof Hypnosis Relaxation Towards Fetal Heart Rate And Vital Signs Among Pregnant Women With Preeclampsia	1
4	Remilda A.V	Indonesia	Interprofesional Education (Ipe) Model Strategy On Enhancement Of Youth Reproductive Health In High School, Pekalongan City	1
5	RR.Vita Nurlatif	Indonesia	Existing Kampung Kb And The Development Strategy (A Research Action Of Trihelix Implementation In Pekalongan District)	1
6	Ernawati	Indonesia	Effect Of Self-Efficacy Against Breastfeeding Success:A Systematic Literature Review	1
7	Hardini Fatwati	Indonesia	Decision Making Process Of Childbirth Helper And Referral For Mother Childbirth With Obstetric Emergency In Puskesmas Bandar I Kabupaten Batang	1
8	Dinar Ramadhani	Indonesia	The Relationship Between Game Online Addiction And Personal Style Inventory In Adolescent At Pekalongan Senior High School	1
9	Nikodimus Margo	Indonesia	Effect Of Nanda, Nic And Noc Application On Diagnosis Against	1

No	Name	Country	Title	Room
	Rinenggantyas		Child Care In Nursing Room	
10	Agustina C. B. Mare	Indonesia	Art Therapy On Anxiety And Depression In Post-Stroke Patients: Literature Review	1
11	Asiah	Indonesia	Mindfulness Intervention Significancy Toward Depression Level Of Napza Patient: <i>Literatur Review</i>	1
12	Rr. Sri Endang Pujiastuti	Indonesia	Relationship Of Spirituality With Coping Mechanism Patientes Schizophrenia In Psychiatric Hosipital Dr.Amino Gondohutomo Central Java Province	1
13	Defi Puji Lestari	Indonesia	The Correlation Between Self Acceptance And Stress Level Of Parents Having Down Syndrome Children At Slb Negeri Ungaran Semarang Regency	1
14	Sri Mumpuni Yuniarsih	Indonesia	Effect Of Seven Jumps Learning Method On Student's Soft Skills At Nursing Study Program	1
15	Emirensiana Anu Nono	Indonesia	Assessing The Competency Of The Nursing Graduates Of Diploma (D3) In A Private Hospital In Semarang Indonesia: Input For An Action Plan	1
16	Ahsinina Islamia	Indonesia	Factors affecting the level of anxiety in primigravida pregnant women in facing labor in the work area of the public health center in Pekalongan city	1

CONCURRENT SESSION : CHRONIC DISEASES

Commentator :

No	Name	Country	Title	Room
1	PhạmThị Thu Hương	Vietnam	Analysis And Evaluation About The Effect Of Arv resistance Treatment In Angiang Province	2

No	Name	Country	Title	Room
2	Muchlisin	Indonesia	Effect Of Ultravioletrays On Woundhealing: Literature Review	2
3	Yuliana	Indonesia	Early Mobilization Of Wounds Healing Of Patients Post Laparatomy Surgery	2
4	Nining Puji Astuti	Indonesia	Hope In End Stage Renal Disease: Concept Analysis	2
5	Sutarwi	Indonesia	Comparative Test Of Dave & Djoenaidi And Gadjah Scale Algorithm On The Type Of Stroke Accuracy In Stroke Patients In Edd: Literature Review	2
6	Maksum	Indonesia	The Influence Of NRE (Natural Restorative Environment) And Touch Therapy Toward Ckd Patient (Chronic Kidney Disease) To Hemodialysis.	2
7	Ditha Astuti Purnamawati	Indonesia	The Effects Of Supportive-Educative System On Activity Daily Livingin Patients With Heart Failure	2
8	Wahyono	Indonesia	Diabetes Self Management Education (DSME) To Improve Diabetes Education In Patients With Diabetes Melitus: Literature Review	2
9	Anton Suhendro	Indonesia	Effect Of Touch Therapy, Touch Of Healing And Biofield Therapy In Various Diseases	2
10	Muhamad Syofwan Syarif Rizqon	Indonesia	Sharia Service With Patient Satisfaction Level At Hospital: Literatur Review	2
11	Maria Karolina Selan	Indonesia	The Benefits Of Physical Activity (Pa) To Improve Quality Of Life (Qol) For Diabetes Mellitus Patients	2
12	Nonik Eka Martyastuti	Indonesia	Effectiveness Of Early Ambulation Training In Post ORIF Patients With Independence In Doing Activity Of Daily Living	2
13	Iswanti P	Indonesia	Effectiveness Of Red Batel Leaf Infusion Cleansing (Piper Crocatum) In Reducing Total Bacterial Numbers Diabeticum Ulcus Isolate In White Rats	2

No	Name	Country	Title	Room
14	Windi Imaningtias	Indonesia	The Effectiveness Of Wet Cupping And Dry Cupping In Reducing Blood Pressure In Hypertension Patients	2
15	Isrofah	Indonesia	The Effect Of Sucking On Ice Cubes To Reduce Thirst In Patients With Chronic Kidney Disease Undergoing Hemodialysis In Rsd Bendan Pekalongan City	2

CONCURRENT SESSION : COMMUNITY , INTENSIVE CARE AND PALLIATIVE, MANAGEMENT OF HEALTHCARE SERVICE

Commentator :

No	Name	Country	Title	Room
1	Doan Thanh Nghi	Vietnam	Distributed Database Strategies In A Healthcare Record Systems	3
2	Heni Purwaningsih	Indonesia	Self-Management :Improving Quality Of Life Patient With Cervical Cancer	3
3	Dwi Febryanto	Indonesia	Early Detection Of Afasia Acute Stroke: Concept Analysis	3
4	Irene Dwitasari Wulandari	Indonesia	The Effect Of "Commercial Hot Pack Therapy And Isometrik Exercise" On Reducing Osteoarthritis Knee Joint Pain Of Older Adult In Cepokokuning Batang District	3
5	Dewi Nofitasari	Indonesia	The Difference Effectiveness Between Ginger Stew Compress And Warm Water Compress To Decrease Pain Scale In Rheumatoid Arthritis In Kenconorejo Village , Batang Regency	3
6	Dharma Satya Nugraha	Indonesia	"The Effect Of Walking Exercise) On The Decreased Risk Of Peripheral Artery Disease (Pad) Based On The Ankle Value Of Brachial Index (Abi) In Type 2 Diabetes Mellitus Patients In Lerep Village, West Ungaran Subdistrict"	3
7	Muh. Firman Yudiatma	Indonesia	Aurecular Acupressure Complementer Therapy In Reducing Pain Level: Literatur Review	3

No	Name	Country	Title	Room
8	Dwi Yogo Budi Prabowo	Indonesia	Descriptive Study Self Care In Congestive Heart Failure Patients In Kraton Hospital, Pekalongan District	3
9	Yuniarti	Indonesia	Expectation Versus Realization Of Health Services In Public Health Centers	3
10	Violin Irene Ninef	Indonesia	Sustaining The Remote Workforce Seen Through Nursing Perspectives On Work Challenges: Indonesian Context	3
11	Yuniarti	Indonesia	Leadership Roles Increasing Health Promoters's Productivity In Pekalongan District	3
12	Hadi Suweko	Indonesia	Transformasionalleader For Increasing Caring In Nurse: <i>Literature Review</i>	3
13	Luluk Purnomo	Indonesia	The Effectiveness Of Head Nurse Direction With Coaching Method To Improve Nurse Compliance In Fall Risk Prevention	3
14	Panggah Widodo	Indonesia	Sharia Services And Nurse Job Satisfaction Levels In Hospitals : A Literature Review	3
15	Upik Lindik Lestari	Indonesia	Spatial Analyze Of DHF Cases (Dengue Haemorrhagic Fever) In District Of Pekalongan Year 2015-2017	3
16	Dani Prastiwi	Indonesia	The Effect Of PARE (Palliative Care) Education Class On Quality Of Life Of Chemotherapy Patients In Kraton Hospital Pekalongan	3
17	Novita Kusumah Dewi	Indonesia	The role of health promotion workers in rob disaster mitigation programs in Pekalongan district	3
18	Kris Khunluek	Thailand	The health promotion guidelines of controlling blood pressure for monks in nongkhai province	3

POSTER PRESENTATION

BODY POSTURE OF ELEMENTARY SCHOOL STUDENTS GADGETS ACTIVE USER IN PEKALONGAN CITY: A DESCRIPTIVE STUDY

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ABSTRACT

Background: Indonesia's Minister of Health (2017), expressed concern about the popularity of online games among children and adolescents which affect to many health problems such as: aggression, physical injury and addiction. One of its problem was body posture which can lead to the worst health problem. Therefore, the early detection of body posture in elementary school students is needed to anticipate the worse impact.

Purpose: This study aimed to describe body posture of elementary school students gadget active user in Pekalongan City.

Method: This study was used descriptive study with cross sectional design approach. 119 elementary school students were involved as samples in this study using purposive sampling technique. This research was conduct during April to May 2019 in 4 (four) elementary school in Pekalongan. Flexible Curve Ruller and inspection method were using to measure body posture of elementary school students.

Results: Results reveals that 11% students were detected have bad posture, with 92% classified have scholiosis and 8% have khyposis. The rest of the students were detected normal posture, but they also need special treatment to prevent it becoming bad posture and worse complication.

Conclusion: Elementary school need to develop strategies to reduce gadget using in elementary school students. Healthcare provider need to develop strategy to overcome bad posture disorder in elementary school students.

Reccomendation: Both of school and healthcare provider should have collaborative strategy to prevent bad posture in elementary school children.

Keywords : bad posture, gadgdet, Flexible Curve Ruller, scholiosis, khyposis

**THE EFFECT OF TYPE II DM EDUCATION WITH BOOKLETS ON COMPLIANCE WITH
DIABETES MELLITUS PATIENTS IN POLY NURSING ON
RSUD BENDAN, PEKALONGAN**

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ABSTRACT

Background: Diabetes mellitus is a disease characterized by an increase in glucose levels which causes several complications. To reduce complications with the DM diet using 3 J. The results of a preliminary study conducted by researchers at the Hospital Bendan Pekalongan City there is no media for effective education so researchers took the initiative to use a booklet as an educational medium.

Objective: To find out the effect of Type II DM Diet Education on Booklet Media on Compliance with Diabetes Mellitus Patients in Poly Nursing on Rsud Bendan in Pekalongan City.

Research method: The design of this study uses quasy experiment. The sample of the study was patients with type II diabetes mellitus in the outpatient clinic of Bendan Hospital in Pekalongan City as many as 20 people. Sampling is done by accidental sampling. Analysis of data in this study using the Paired T-Test.

Results: Different tests using the Paired T-test showed significant results between before and after booklet education with the variable adherence in the intervention group with significant results $p \text{ value} = 0,000 < (0.05)$. It can be concluded that there is an effect that booklet media can improve adherence in type II DM patients. While the results of the control group before and after the results obtained were significant $p \text{ value} = 0,000 \alpha < (0.05)$. But not as much as the intervention group for the level of compliance.

Keywords: Booklet media, education, type II DM, DM dietary compliance.

THE EFFECT OF WHITE GINGER AROMATHERAPY INHALATION ON THE INTENSITY OF NAUSEA AND VOMITING IN PATIENTS AFTER THE CHEMOTHERAPY BREAST CANCER IN KRATON HOSPITAL PEKALONGAN

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ABSTRACT

Background: chemotherapy generates nausea vomiting through a variety of varied mechanisms and a complex series, vomiting centers can occur indirectly by a stopped stimulus that can activate the chemoreceptor trigger zone (CTZ) in the medulla, the role of CTZ as chemosensor, this area has various neurotransmitter receptors while chemotherapy agents cause the process of nausea vomiting through one of the receptors. A common problem is nausea vomiting due to side effects of chemotherapy. There are two treatments for side effects of chemotherapy, namely pharmacology and non-pharmacology. One of the non-pharmacological management is white ginger aromatherapy.

Objective: to determine the effectiveness of white ginger aromatherapy on the intensity of vomiting nausea in patients after breast cancer chemotherapy.

Research Method: The research design used in this study was quasi experimental with a non-equivalent control group design post-test design. The population in this study were 110 breast cancer chemotherapy patients at Kraton Hospital. Samples were 40 respondents with purposive sampling technique. This research was conducted in June 2019.

Results: There is the effect of giving white ginger aromatherapy to the treatment group with an average of $20.6 \pm SD$ which is included in the level of intensity of severe nausea and vomiting. The control group $25.0 \pm SD$ was included in the level of intensity of poor nausea and vomiting. By analyzing the data using SPSS and different tests using the Mann Whitney test it was found that the significance value was 0.037 ($p < 0.05$) which meant that there were significant differences.

Conclusion: Post-chemotherapy respondents who were given white ginger aromatherapy decreased the intensity of nausea vomiting by about 50.0%, this is because ginger can block serotonin in neuro-neuro serotonergic in the central nervous system and enterochromaffin cells which can provide a comfortable feeling that can overcome nausea and vomiting.

Keywords: nausea vomiting, chemotherapy, white ginger aromatherapy

THE EFFECT OF GIVING CARROT JUICE TO DECREASE BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION IN JATIREJO VILLAGE, PEMALANG REGENCY

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ABSTRACT

Background: One of the problem that happen in elderly is hypertension. Hypertension in elderly occur because of the wrong diet. There are two management in hypertension that are pharmacological and non pharmlological management. One of the non pharmakological therapy is by giving carrot juice to decrease blood pressure carrot contain mineral that can decrease blood pressure, wich is a strong diuretic as a vasodilator in blood vessels.

Objective: To determine the effect of carrot juice to decrease blood pressure in the elderly with hypertension.

Research Method: This research use an qesy experimental design with pre and post test with control group design. The population device two group. Is control group and is intervention group with purposive sampling technique.

Results: This result of paired t test snown that p value in sistoly pre and post test in inventation group is 0,000 ($p < 0,05$) and wilcoxon test snown that p value in diastole pre and post test in intervantion group 150,001 ($p < 0,05$). P value sistole pre and post test in control group is 0,180 ($p > 0,05$) and p value diastole pre and post test in control group is 0,157 ($p > 0,05$).

Conclusion and Suggestion: There is an effect of carrot juice to decrease blood pressure in elderly with hypertension. Responden excepted can use a non pharmacologycal therapy with carrot juice because it easy to get, and eficieny.

Keywords: Hypertension, blood pressure, carrot juice.

RELATIONSHIP FREQUENCY OF FAST FOOD CONSUMPTION WITH OBESITY IN CHILDREN IN THE STATE OF WEST PEKALONGAN REGION

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ABSTRACT

Background: The current increase in the amount of obesity in children is because children prefer to consume modern fast food which can be categorized as junk food, because it contains more energy and less fiber.

Objective: To determine the frequency of fast food consumption as a risk factor for obesity in the Public Elementary School District of Pekalongan Barat District.

Method: The design of this study was analytical design using the Ex post facto approach. The sample of the study were 52 elementary school children in the Public Elementary School, sampling using proportional stratified samples. The research instrument used a questionnaire.

Results: There is a significant relationship between the frequency of fast food consumption, namely p value 0.043.

Suggestion: Health workers should provide fast food and obesity counseling to public elementary school children.

Keywords: Frequency of Fast Food Consumption, Obesity

**ASSOCIATION BETWEEN BREASTFEEDING AND STUNTING AMONG TODDLERS IN
PURWOHARJO HEALTH CENTER PEMALANG REGENCY**

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ABSTRACT

Background : Stunting is an impact of malnutrition that can occurs in a long time which will inhibit the growth of toddlers. Factors that cause stunting are multifactorial and one of them is breastfeeding given <6 months of the life of a toddler.

Objective : To determine the association between breastfeeding and stunting in toddlers in Purwoharjo Health Center Pemalang Regency.

Reaserch meth : the research method is using Cross sectional method on 108 mothers of toddlers aged 24-59 months. Collecting data by questionnaire breasfedding and height measurement using microtoise. test data analysis using chi square.

Result : The result of the research showed the number of stunting events in toddlers was greater in infans who did not get exclusive breastfeeding(66.7%) than toddlers who received exclusive breastfeeding(7,2%). The result of the analysis show that there is an association between breastfeeding and stunting (p value 0,000 < 0,05).

Conclusion : there is a relationship between breastfeeding and stunting in infants It is recommended for mothers to exclusively breastfeed for 6 months to optimize the growth of toddlers.

Keyword : stunting, breast milk, toddlers

THE EFFECT OF GIVING WATERMELON JUICE TO BLOOD PRESSURE REDUCTION IN HYPERTENSIVE PATIENTS IN PAKIS PUTIH VILLAGE, KEDUNGWUNI SUB-DISTRICT, PEKALONGAN DISTRICT

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ABSTRACT

Background of study : Elderly is the last period of human life where a person experiences gradual physical, mental and social decline. Disorders of the elderly organ system namely disorders of the cardiovascular system such as hypertension disease symptoms of hypertension headache, nausea, throw up, breathless, and anxiety. Management of hypertension consist of pharmacological and nonpharmacological therapy.

Purpose of the study : To analyze the effect of watermelon juice on reducing blood pressure in elderly people with hypertension.

Method : This study uses a quasi-experimental method with a pretest and posttest design with control design for two groups.

Results : There were differences in the mean systolic and diastolic blood pressure before and after watermelon juice was given in the intervention group. Before being given watermelon juice systole blood pressure 1 52.46 to 1 43.20 and diastole 96.93 to 93.26.

Conclusion : There was a significant effect of a decrease in systolic and diastolic blood pressure after being given watermelon juice in the intervention group with p value 0,000 <0,05. And there are mean differences between the intervention group and the control group.

Key words : Elderly, Hypertension, Watermelon Juice

THE ASOCIATION BETWEEN CLEAN AND HEALTHY BEHAVIOR WITH THE INCIDENCE OF SCABIES IN KENDAL AL MUSYAFFA' ISLAMIC BOARDING SCHOOL.

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ABSTRACT

Background: The prevalence of scabies in the world and Indonesia is still quite high. The prevalence of scabies prevalence reaches 204 million people in the world from the total number of men and women. Scabies is a contagious skin disease caused by mites *Sarcoptes Scabiei var hominis*. Scabies often attacks school-age children, especially in densely populated places such as dormitories and boarding schools. Transmission can occur through direct or indirect contact, especially personal hygiene which generally gets less attention.

Aim: To identify the association between clean and healthy lifestyle (PHBS) and the incidence of scabies in Al Musyaffa 'Islamic Boarding School Kendal central java.

Method: The research design used was correlational with a cross sectional design. The number of samples was 87 respondents. Data collection using questionnaires and observations then analyzed using Chi Square test.

Results: Based on the results of the study, it was found that respondents who had PHBS were not as good as 54.0%. Respondents who experienced scabies were 86,2%. There is a association between PHBS and the incidence of scabies ($p\text{-value} = 0.005 < 0.05$).

Conclusion: There is association between clean and healthy behavior (PHBS) with the incidence of scabies in Kendal Al Musyaffa 'Islamic Boarding School. The researcher hopes that after this research the santri will be able to improve clean and healthy behavior to prevent the occurrence of a disease, especially scabies.

Keywords: Health Behavior, Scabies, Islamic boarding school.

THE TRADITIONAL CARE OF MASSAGE AND CONSUMING HERB DURING PUERPERIUM IN POSTPARTUM MOTHERS IN THE SUB DISTRICT OF PETARUKAN PEMALANG REGENCY

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ABSTRACT

Background : the pruerperium or postpartum begins after parturition is completed postpartum and approximately 6 week is the end. It's about 3 months that could be recorvered part of the body fragnance. There could happend change the fisiologis as physical change, uterus revolution and lokhian discharge, lactaction, psychological changes , there was continuing bleeding and could stop soon. The blood must becure as soon as better because could be infection of uterus and death caused by infection. According the research attention to know about effects of traditional care massage and consuming herbs during pruerperium in postpartum mothers in the distric of Petarukan Pemaslang.

Research Method : using qualitatif research with design of phenomenological. Participation about 6 baby's care. Purposive sampling technique was applied in determining the samples.

Results : based on this research that tradisional treatment like herb consuming and massage still belired in the people. Postpartum mother drink herb in twice a day, between morning and evening. The herb is contens of beras kencur, anggur beranak, katuk herb etc. One week the massage does doing. After postpartum coming of and 35 day later.

Conclusion: the postpartum mother want to follow the traditional treatment like massage and consume herb since the first pregnant because getting good effect for their body health as no soreache, the body become enjoyed and tighten the body.

Keywords : traditional care, massage, consuming herbs, postpartum mothers.

RELATIONSHIP BETWEEN FAMILY SUPPORT AND EATING BEHAVIOUR AMONG PATIENT WITH HYPERTENSION IN PUSKESMAS KRAMATSARI PEKALONGAN CITY

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ABSTRACT

Background : Hypertension is a silent killer because in most cases did not show any symptom. The incidence of hypertension in indonesia is increasing at 34,1% every yaer. Someone has who hypertension has the chance of complications of a disease that can cause death. Eating behaviour among patient with hypertension as one of handing blood pressure so that family support in necessary in order to achive compliance with management healthy eating behaviour among patient patient with hypertension.

Aim : To identifty relationship between family support and eating behaviour among patient with hypertension In Puskesmas Kramatsari Pekalongan City.

Method : Design of research uses analytic correlation with cross sectional design. Research was conducted in Puskesmas Kramatsari Pekalongan with 84 respondent was taken by accidental sampling. Family support an eating behaviour among patient with hypertension by questionnaire and analyzing used by Chi-Square test.

Results : The analysis result obtained p-value 0,000 (p-value <0,000). It can be concluded that there accociation between family support and eating behaviour among patient with hypertension In Puskesmas Kramatsari Pekalongan City.

Conclusio : It can be concluded that there accociation between family support and eating behaviour among patient with hypertension In Puskesmas Kramatsari Pekalongan City.

Keyword : Family Support, Diet, Hipertension.

THE INFLUENCE OF HEALTH EDUCATION ON THE MANAGEMENT OF DYSMENORRHEA ON ADOLESCENT GIRLS' KNOWLEDGE IN SMP N 2 TERSONO, BATANG REGENCY

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ABSTRACT

Backoround : Adolescence is a rapid growth and development both physically psychologically and intellectually.. In Indonesia more women who experience dysmenorrhea do not report or visit a doctor. It is said that 90% of Indonesian women have had dysmenorrhea.

Objective : To determine the effect of health education about the handling of dysmenorhhea in the knowledge of young women on female students in SMP N 2 Tersono, Baatang

Methods : The study design used the Pre-experimental design method with one group pre-test and post-test. The research sample was 41 female students in SMP N 2 Tersono.

Sampling uses total sampling technique. The instrument used was a knowledge questionnaire about handling dysmenorrhea.

Results: Based on the results of the study showed the results that the average pre test is 1.95 and post test 1.66, so that there was a significant difference between those who were given health education and those who were given health education, the results of Paired T-test found the results of the value of p value 0.001.

Conclusion : Based on the results above, it can be concluded that there is an influence of health education on the management of dysmenorrhea.

Suggestion : The results of this study are expected to be even more active in promoting and providing information to students through UKS activities or school parties can provide posters in every corner of the room about how to treat dysmenorrhea in junior high school

Keywords : Young Women's Knowledge Level, Dysmenorrhea.

THE INFLUENCE OF PREGNANCY EXERCISE TO REDUCE BLOOD PRESSURE OF PREGNANCY WOMEN WITH HYPERTENSION RELATED PREGNANCY IN SRAGI 1 COMMUNITY HEALTH CENTER PEKALONGAN REGENCY

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ABSTRACT

Background : One of the diseases that threaten pregnancy is hypertension. Hypertension related pregnancy contributes 6-8% in the world. In Indonesia, in 2010 is 26,9%. In Central Java, in 2012 contributed 67,57%. One of the way to by doing non-pharmacology is with sports that is pregnancy exercise, it is because hearth can pump more efficient and it will distribute more exygen throughout the body during exercise, so that the body relaxes, blood circulation will be streamlined and blood pressure will decrease. It is recommended to do it three times a week or regularly.

Aim : The aim of this research is to analized the effect of pregnancy exercise to reduce blood pressure of pregnancy women with hypertension related pregnancy in Sragi 1 Communiy Health Center Pekalongan Regency.

Method : This research method is pre-experiment with pre and post test without control design, using 16 repondences. The sampling technique used is total sampling technique.

Result : the average systolic blood pressure before being given pregnancy exercise was 145.00 and after being given to 138.83, while the average diastole blood pressure before being given pregnancy exercise was 93.77 and after being given e to 90, 44. There is the influence of pregnancy exercise on the reduction in blood pressure of pregnant women with hypertension in the area of Puskesmas 1 Sragi in Pekalongan Regency with a p value of systole 0,000 (<0.05) and diastole 0,000 (<0.05)

Summary : It can be concluded that pregnancy exercise takes effect to reduce blood pressure of pregnancy women with hypertension related pregnancy.

Suggestion: for puskesmas it is expected to be taken into consideration in compiling a plan for puskesmas activity programs, in order to implement routine exercise activities to reduce blood pressure for pregnant women with hypertension in pregnancy

Keyword : Pregnancy exercise, blood pressure, hypertension

RELATIONSHIP OF SELF MOTIVATION AND QUALITY OF LIFE OF RENAL FAILURE DISEASE WITH HEMODYALYSIS IN BENDAN HOSPITAL PEKALONGAN

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ABSTRACT

Background : It really takes such a high self motivation to help the patients improve their adherence in undergoing hemodialysis therapy. It is very important for the patients with chronic kidney failure, to have such a high self motivation, in order to make their quality of life improved when doing hemodialysis therapy.

Objective : To find out the correlation between self motivation and quality of life improvement in patients with chronic kidney failure who are undergoing hemodialysis therapy at RSUD Bendan, Pekalongan.

Method : This study used the correlational analytic research-design using the cross-sectional study approach. The method of collecting data used in this study was the total sampling, involving 54 respondents at RSUD Bendan, Pekalongan.

Results : The results of the bivariate analytical research with the Spearman correlative test showed that p-value 0.003 or <0.05 , it can be concluded that there is a correlation between self motivation and quality of life improvement in patients with chronic kidney failure who are undergoing hemodialysis therapy at RSUD Bendan, Pekalongan.

Conclusion : The Respondents with high self motivation tend to have a better quality of life compared to those with low self motivation.

Keywords : Self Motivation, Hemodialysis, Quality of Life.

RELATIONSHIP BETWEEN MOTHER'S KNOWLEDGE ABOUT EXCLUSIVE ASI TOWARDS COMPLIANCE WITH THE IMPLEMENTATION OF EXCLUSIVE BREASTFEEDING IN THE REGION GRINGSING HEALTH CENTER 2

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ABSTRACT

Background: Exclusive breastfeeding can reduce infant mortality by up to 13%. (Ministry of Health, 2015). According to the results of the Khairunniyah (2012) study, exclusive breastfeeding has an effect on the quality of infant health. The fewer the number of babies who get exclusive breastfeeding, the better the quality of the health of infants and toddlers.

Objective: This study has a general purpose, namely to determine the relationship of knowledge of mothers about exclusive breastfeeding to the compliance practices of the implementation of exclusive breastfeeding in the Gringsing 2 Batang community health center.

Method: This type of research is a correlation study using a quantitative approach. This research method uses ex post facto. ex post facto research is a study conducted to examine events that have occurred and then trace back to find out the factors that can be the cause of the occurrence of these events. the population in this study were all mothers who had babies at least 6 months old in the working area of Gringsing 2 health center from April to June 2019 as many as 112 people. The sample in this study were 88 people.

Results: There is a relationship of knowledge with compliance with exclusive breastfeeding in the Gringsing II Community Health Center area with a p value of 0.008 <0.05

Suggestion: Nurses are advised to observe the psychological condition of post partum mothers so that nursing actions can be taken to provide support in overcoming the psychological impact of exclusive breastfeeding and motivating patients to be obedient in giving exclusive breastfeeding

Keywords: Mother's Knowledge of Asi Exclusive to Compliance with Execution of Exclusive Breastfeeding

AUDIOVISUAL MEDIA APPLICATION CAN INCREASE MOTHER'S KNOWLEDGE IN THE PREVENTION OF STUNTING IN CHILDREN AGED 0-2 YEARS

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ABSTRACT

Background : The incidence of stunting (short) toddlers is a major nutritional problem faced by Indonesia. The prevalence of short-term toddlers has increased from 2016 at 27.5% to 29.6% in 2017. The immediate causes of stunting are disease factors in infants and a lack of knowledge of mothers in fulfilling nutritional intake from pregnancy to children aged 2 years. Audiovisual media can increase maternal knowledge, because audiovisual media displays interesting information through images and sounds so that it is easier for mothers to understand.

Purpose : Knowing the difference in knowledge of mothers before and after providing health education about prevention of stunting through audiovisual media.

Method : This study uses the Quasy experiment using "One Group Pretest-Posttest Design". The population is 30 mothers who have children aged 0-2 years, with a total sampling sampling technique. Retrieving data using a questionnaire. Data analysis using t test dependent test.

Results : The results showed that there were differences in knowledge before and after the provision of health education about the prevention of stunting through audiovisual media with a p-value of 0.001 (p value \leq 0.05)

Suggestion : Audiovisual media can be applied by health workers in the community to increase maternal knowledge so that the incidence of stunting can go down.

Keywords: Audiovisual media, mother's knowledge, prevention of stunting

ANIMATION VIDEO ABOUT PAIN MANAGEMENT IN UNGARAN PUBLIC HEALTH CENTER

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ABSTRACT

Background : Immunization is one of the acute painful procedures and cause trauma in infant. Non pharmacologic intervention is pain management 5 (swaddling, side/stomach position, shushing, swinging, sucking). More of moms and parent not understanding about pain management at infant after giving imunization.

Purpose : This study was to identify the moms level understanding, so that will be developed information media about pain management in infant. The method used are two stage. The first stage to identified respondent characteristic and external factor about moms understaned pain management at infant after immunization and than maked information media. The second stage to tried the animation video about pain management 5S information media.

Method : Used in quasy experiment with pretest postes control group design. The sampling used in 30 moms wint infant get immunization in Ungaran Public Health. Data collected at pre and post test. Then tested by Mann Withnew test.The result showed more respondent (83.3%) at education he results showed that some respondents (83.3%) belonged to the productive age (20-35 years), with the most high school education.

Results : Showed that some respondents had less knowledge about the pain of babies after getting immunizations and how to deal with baby's pain after immunization. Media information expected by respondents is video. There is an effect of the animated video of 5S pain management on infants on understanding 5S pain management in infants in Ungaran Health Center (p value = 0.000). Information media in the form of animated videos is precisely used to improve maternal understanding of 5S pain management in infants.

Keywords: Pain management, Animation video, pain

**THE RELATION BETWEEN NURSE'S THERAPEUTIC COMMUNICATION AND SELF-EFFICACY
IN PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) AT LUNG
HOSPITAL DR. ARIOWIRAWAN, SALATIGA.**

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ABSTRACT

Background : Chronic obstructive pulmonary disease (COPD) is a group of lung diseases characterized by the increase of airway resistance due to the narrowing of the airways. Self efficacy is required for patients with COPD to increase the independence of the patient in managing the disease. Based on this concept, patients with chronic diseases need information, knowledge and maintain their health status as optimally as possible.

Purpose : This study aims to determine The Relation between Nurse's Therapeutic Communication and Self-Efficacy in Patients with Chronic Obstructive Pulmonary Disease (COPD) at Lung Hospital Dr. ArioWirawan, Salatiga.

Method : This type of research was descriptive correlation with *crosssectional* approach. The population in this study were patients who underwent treatment at COPD at Lung Hospital Dr. Ario Wirawan, Salatiga, as many as 178 people. The sampling technique used *accidental sampling* with total samples of 64 people. Data collection used used instruments and data were analyzed by using chi square test.

The results : To most respondents state that nurse's communication therapeutic in good category as many as 43 respondents (67.2%) and most respondents with self-efficacy in both categories as many as 39 respondents (60.9%). The results of analysis by using *chi square test* show there is corelation between therapeutic communication nurse with self-efficacy Obstrukti patients with Chronic Pulmonary Disease (COPD) in Lung Hospital Dr. Ario Wirawan Salatiga with p value of 0.0001. The results of this study are expected to be material input, reference and consideration for the nursing profession to improve the quality of service, improve the existing resources in order to support the management of patients with Chronic Obstructive Pulmonary Disease (COPD) when providing nursing care

Keywords: therapeutic communication, self-efficacy, COPD patients

THE EFFECT OF GROUP SUPPORTIVE THERAPY ON STRESS LEVELS IN DIABETES MELITUS PATIENTS IN LEREP HEALTH CENTER, UNGARAN BARAT, SEMARANG

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ABSTRACT

Background : Diabetes Mellitus (DM) ranks 6th as the cause of death. About 1.3 million people die from diabetes and 4 percent die before age 70. One of the psychological effects on patients suffering from DM is stress.

Purpose : This study was to determine the effect of group supportive therapy on stress levels in patients with Diabetes Mellitus in the working area of Lerep Health Center.

Method : This study uses a quantitative approach in a quasi experiment control group design, the research method used is quasi-experimental. The type of design in this study was in the form of non-equivalent pre-test and post-test control group design. The population in this study were patients with diabetes mellitus in 40 Lerep health centers. The number of respondents in the treatment group and the control group were 15 people each. The results of the study were analyzed by univariate and bivariate.

Results : Showed that the stress level at the pretest in the control group and the intervention was the most mild category, respectively 43.3% and 26.7%. Patients who experienced severe stress in the intervention group were 3.3%. The level of stress at post test in the intervention group was normal category of 30%, while in the control category the light stress level was 40%. There were differences in stress levels before and after group supportive therapy was given in the intervention group (p: 0.001). There were differences in stress levels before and after group supportive therapy was given in the control group (p: 0.066). There is influence of group supportive therapy on stress levels in patients with Diabetes Mellitus at Lerep Health Center (p: 0.025)

Conclusion : It hopely that group supportive therapy can be used as an alternative to decrease stress in people with diabetes mellitus.

Keywords: Group supportive therapy, Diabetes mellitus, Stress Level

LITERATURE STUDY: MOTIVATIONAL INTERVIEWING AS ONE OF EFFECTIVE INTERVENTIONS TO IMPROVE SELF-BEHAVIOR IN CHRONIC DISEASE PATIENTS

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ABSTRACT

Background : Motivational Interviewing has been used as an alternative intervention that has a positive impact on behavior change in health. Some studies said motivational interviewing directs patients to behave positively in dealing with various health problems due to chronic diseases.

Purpose : This Literature Study was conducted to determine the effectiveness of motivational interviewing as one of the interventions to improve self-behavior because of the effect of chronic diseases

Method : A comprehensive searching was carried out using all health research databases. In this study, it was necessary to identify the effects of Motivational Interviewing that used a systematic review design

Conclusion : Motivational Interviewing could be provided by all family members of patients independently and sustainably. Motivational Interviewing could have a positive effect on the affirmation of achieving health goals to be achieved, provide problem solving for the difficulties of solving problems and as a measure of the strength of the patient's commitment in changing his health behavior.

Keywords : Motivational Interviewing, chronic disease

THE EFFECTS OF MODERATE INTENSITY AEROBIC EXERCISE ON BLOOD GLUCOSE IN PATIENTS WITH TYPE 2 DIABETES MELLITUS

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ABSTRACT

Background : Moderate-intensity aerobic exercise is exercise with regular movement so that the body can develop or pump oxygen and heart rate increases by 60-70 % VO_2 limit and 50-70 % MHR. Moderate-intensity aerobic exercise will activate the muscles that are not accompanied by increased levels of insulin. Many patients with type 2 diabetes mellitus do not know a lot about moderate intensity aerobic exercise to control blood glucose levels.

Purpose : This study is to analyze the effect of moderate intensity aerobic exercise on blood glucose levels in type 2 diabetes mellitus.

Method : The Quasi- Experimental research design with non Equivalent Control Group. The population on this study were all patients with type 2 diabetes. The total sample of 40 respondents were divided into control group and intervention. Sampling technique used Purposive sampling and data collection tool used Glucometer.

Results : Show that there is influence of moderate-intensity aerobic exercise on blood glucose levels in type 2 diabetes mellitus. It is seen from the p value of 0.000 ($\alpha = 0.05$). Changes in difference of mean blood glucose levels after intervention in the intervention group decrease as many as 21,06 mg/dl and in control group increase as many as 4,43 mg/dl.

Conclusion : Moderate-intensity aerobic exercise can be used as a non-pharmacological treatment in the management of type 2 diabetes to control blood glucose levels. Further research studies can control the counfounding factor, namely : activity and diet.

Keywords : Moderate-intensity aerobic exercise, blood glucose levels, type 2 diabetes patients.

The Effect of Indonesian Diabetes Exercise-Calendar (INDEX-C) for Diabetic Patients Type-2 in Pekalongan, Central Java, Indonesia

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ABSTRACT

Globally, its estimated that Diabetic Mellitus would increase about 2 - 3 times in 2035. Therefore, early prevention is needed for high-risk people and prevent disease complications for those who have been diagnosed with Diabetic Mellitus. Physical activity is one of the strategies to prevent Diabetic Mellitus. In addition physical activity will support body nutrition therapy and treatment. The key to success of physical activity is it should be done regularly, therefore the expected results such as maintaining fitness, losing weight and improving insulin sensitivity that control blood glucose in the body could be achieved. Indonesia Diabetes Exercise-Calendar (INDEX-C) is one of the innovations to facilitate type 2 Diabetes Mellitus patients in carrying out physical exercise. This study aims to identify the effectiveness of INDEX-C for patients with type-2 diabetes using the quasi-experimental design method (one-group pretest-posttest). Collecting the data was conducted in two months that involved 15 Diabetic persons in Puskesmas Bendan, Kota Pekalongan. Paired T-test was used to analyze the data. Results revealed that there was differences between blood glucose before and after Index C programme. Therefore, Index C programme should recommend as the one of programme in PROLANIS Puskesmas Bendan, Kota Pekalongan.

Keywords : *Diabetic mellitus, excercise, prolanis*