



AIPTINAKES INTERNATIONAL CONFERENCE OF HEALTH (AICH) 2023

Theme

“Strengthening Health Educational Institutions
in the Implementation of Merdeka Campuses
to Create a Resilient Society”



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INTERNATIONAL
CONFERENCE OF HEALTH
(AICH) 2023**

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**"Strengthening Health Educational Institutions
in the Implementation of Merdeka Campuses
to Create a Resilient Society"**



**AIPTINAKES INTERNNATIONAL CONFERENCE OF HEALTH (AICH) 2023
Strengthening Health Educational Institutions in The Implementation Of
Merdeka Campuses To Create Resilient Society**

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COMMITTEE'S WELCOME

We Are Welcoming You ...

Greetings To The Participants And Welcome To The 2023 AIPTINAKES International Conference Of Health (AICH) In Collaboration With Stikes Kepanjen. This Conference Carries The Theme "**Strengthening Health Education Institutions In The Implementation Of An Independent Campus To Realize A Resilient Society**". I Hope You Will Come And Join This Event With Exciting Ideas.

This Conference Was Created To Provide Many Positive Educational Experiences And Networking Experiences. This Conference Was Held For 2 Days On August 26-27, 2023. We Also Have Excellent Speakers From 4 Countries, Namely Indonesia, Malaysia, India, And Saudi Arabia.

I Would Like To Thank The Members Of The Planning Committee Who Have Worked Hard So That This Event Can Be Carried Out Smoothly And As Expected.

Finally, I Hope That All Parties Involved In This Conference, With Their Respective Expertise, Can Provide New Knowledge And Relationships To Make The Health Education Sector In Particular Even Better.

Thank You.

AICH 2023 Committee

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CONFERENCE SCHEDULE

Sabtu, 26 Agustus 2023	
07.00 - 07.45	Registration
07.40 - 07.55	Opening 1. Welcome traditional dance 2. the national anthem of Indonesia Raya 3. the national anthem of Malaysia
07.55 - 08.10	Report from AIPTINAKES Activity
08.10 – 08.20	MOU signing AIPTINAKES, MAHSA University & BNPB
08.20 - 08.40	Speech by the Regent of Malang
08.40 - 09.10	Speech by LLDIKTI Region VII East Java
09.10- 10.40	MOU signing 22 institution
10.40-10.50	Coffe Break
EXPOSURE OF INTERNATIONAL WEBINAR MATERIALS SESSION 1	
10.50-11.10	INDIA Dr. Syed Ali Gulab Jan, Ph.D MSN RN RM
11.10-11.30	SAUDI ARABIA Professor Dr Mustafa Bodrick PhD, RN, MSc (Nsg), MPH, FFNM (RCSI), FAAN
11.30-11.40	Question & Answer Session
11.40-12.30	Break
EXPOSURE OF INTERNATIONAL WEBINAR MATERIALS SESSION 2	
12.30-14.10	MAHSA UNIVERSITY MALAYSIA 1. Y.Bhg. Professor Dato’ Dr. Ikram Shah Bin Ismail FASc 2. Prof. Dr. Rusli Bin Nurdin 3. Prof. Che An Binti Ahmad 4. Assoc.Prof. Dr. Abdul Alin bin Raja Mohamed 5. Prof Zahra Bin Saad
14.10-14.20	Question & Answer Session
EXPOSURE OF INTERNATIONAL WEBINAR MATERIALS SESSION 3	

14.20-14.45	Founder of WPA HIV Aids Turen & Head of STIKes Kepajen Tri Nuhudi Sasono S.Kep., Ns., M.Kep.
14.45-15.00	AIPTINAKES East Java Prof. Dr. Zainudin Muhammad
15.00-15.15	Head of BNPB Drs. Pangarso Suryotomo
15.15-15.25	Question & Answer Session
13.25-17.00	Work Plans Discussion Room 1
13.25-17.00	Conference Room 2 & 3
17.00-17.30	Closing Ceremony

SPEAKER LIST

1	<p>“Kebijakan MBKM Untuk SDM Unggul 2045”</p> <p>Prof. Dr. Dyah Sawitri, SE., MM Head of Regional VII LLDIKTI, East Java</p>
2	<p>”Paradigma Baru Pembelajaran Di Perguruan Tinggi dan Growth Mindset”</p> <p>Prof. Dr. apt. Muhamad Zainuddin Rector of IIK Bhakta, Kediri</p>
3	<p>“Profil of WPA HIV AIDS Turen”</p> <p>Tri Nurhudi Sasono, S.Kep., Ns., M.Kep Head of the STIKES Kepanjen, Malang & Founder of WPA HIV AIDS Turen</p>
4	<p>Y. Bhg. Professor Dato’ Dr. Ikram Shah Bin Ismail FAS</p> <p>MBBS(Qld) PhD(Wales) FRCP(Edin) FACE FAMM & Vice Chancellor Mahsa University, Malaysia</p>
5	<p>“Road Traffic and Commuting Accidents, Injuries And Deaths: Global Public Health Issues And Responses”</p> <p>Prof. Dr. Rusli Bin Nurdin Faculty of Medicine, Bioscience and Nursing MAHSA University, Malaysia</p>
6	<p>“Life Long Learning in AI Era”</p> <p>Prof. Zahra Binti Saad MSc (Mgt) UUM. Mal. BSc (Hons) in Nursing Studies (UK) Edu. (UM) RN SCM Director Internationalizations Relations Mahsa University, Malaysia</p>
7	<p>“ATLS: Initial Management of Multiple Injured Patient”</p> <p>Assoc. Prof. Dr. Abdul Ali Bin Raja Mohamed Assoc. Prof. for Anaesthesiology/Emer Med/C&P Care Faculty of Medicine Mahsa University, Malaysia</p>

8	<p>“Mentoring in Healthcare” Prof. Che An Binti Ahmad Mahsa University, Malaysia</p>
9	<p>“The First Muslim Nurse RUFAIDA AL-ASLAMIA: Principles of Islamic Nursing Professor” Dr. Mustafa Bodrick., PhD, RN, MSc (Nsg) MPH, FFNM (RCSI), FAA Consultant Advisor, Health Research Center Saudi Commission for Health Specialties Kingdom of Saudi Arabia</p>
10	<p>“Diabetes Mellitus Self Care Management” Dr. Syed Ali Gulab Jan Ph.D MSN RN RM Professor. Department of Medical Surgical Nursing. MNR college of Nursing, Telangana India</p>

ORAL PRESENTATION SCHEDULE

Room 1:	
1	<p>Javanese Father Breastfeeding: How Understanding And Involvement Of Husbands In Breastfeeding?</p> <p>Inu Martina, Janes Jainurakhma, Indah Nur'aini, Qori Fanani, Luthfiatul Mustafidah</p>
2	<p>Management Policy For Preventing Of Stunting: A Qualitative Study In Public Health Centers Of Indonesia</p> <p>Luthfiatul Mustafidah, Jennyla Puspitaning Ayu, Lailatul Kodriyah, Inu Martina, Mat Zudi</p>
3	<p>Game Cologuezels (Collage Images, Coloring Images Of Animal And Plant, Guess The Image, And Compile Puzzels) Improves Emotional And Cognitive Development In Preschool</p> <p>Maria Anita Yusiana, Selvia David Richard, Dyah Ayu Kartika Wulan Sari, Desi Natalia Trijayanti Idris</p>
4	<p>Grow Coaching Model: How Is The Career Planning Of Nursing Students?</p> <p>Qori Fanani, Janes Jainurakhma, Indah Nur'aini, Inu Martina, Luthfiatul Mustafidah</p>
5	<p>Hubungan Generasi Perencana Media Sosial Dengan Pengetahuan Dan Perilaku Kesehatan Reproduksi Pada Remaja</p> <p>Bima Aminul Karim</p>
6	<p>Evaluation Of The Implementation Of The Puskesmas Management Information System Using The Hot-Fit Method</p> <p>Ida Herwati, Yolanda Anastasia Sihombing, Jennyla Puspitaning Ayu, Listiyawati Ratna Ningrum, Ella Mayasari</p>
7	<p>Study Of Government Budget Efficiency Related To Covid-19 Hospitalization Claim Policy In Indonesia</p> <p>Lailatul Kodriyah, Lutfiyatul Mustafidah</p>

8	<p>Perceived Behavioral Control, Subjective Normand Attitude Influencing Mothers' Intention In Helping Choking Victims</p> <p>Sekarini, Annisa Rahmi Galleryzki, Lintang Puspita Prabarini, Inu Martina, Faizatur Rohmi</p>
9	<p>Relationship Of Post Sectio Caesarea Pain On The First Day With Early Mobilization Of Postpartum Mothers At Rsia Muslimat Jombang.</p> <p>Ita Eko Suparni, Ema Lilik Mas'adah</p>
10	<p>Fine Motor Skill Preschool Child: How Does External Factor Mother's Education Contribute?</p> <p>Ni Luh Dih Ayu Sita Dewi, Inu Martina, Galuh Kumalasari, Anik Yulaika</p>
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11	<p>Hubungan Dukungan Sosial Dengan Resiliensi Keluarga Dalam Merawat Penderita Skizofrenia Di Desa Talok Dan Desapagedangan Kecamatan Turen</p> <p>Leny Pratiwi, Faizatur Rohmi, Nia Agustiningsih</p>
12	<p>Family Support And Emotional Regulation In Adolescents In The Face Of Bullying: Cross Sectional Study</p> <p>Nia Agustiningsih, Faizatur Rohmi, Tri Nurhudi Sasono, Bima Aminul Karim, Jeri Farida</p>
13	<p>The Relationship Between Anxiety Levels And Quality Of Life For Elderly Posyandu Participants In Sidorejo Village</p> <p>Hardiyanto, Puspita Dyah Tri, Janes Jainurakhma</p>
14	<p>Relationship With Body Shaming Treatment Levels Of Anxiety And Self-Blaming In Adolescents</p> <p>Rizqi Amalia, Frastiqa Fahrany, Galuh Kumalasari</p>
15	<p>Systematic Review: Causing Factors Of Dementia In The Elderly As A Degenerative Disease</p> <p>Devanus Lahardo</p>
16	<p>The Impact Of Self-Efficiency On Tb Stigma Among Kediri's Informal Workers</p> <p>Aries Wahyuningsih, Ari Probandari, Sumardiyono, I Wayan Gede Artawan E.P</p>

17	Analysis Of Family Factor Support, Knowledge And Attitudes On Motivation For Treatment In People With Hiv/Aids Tri Nurhudi Sasono, Ainun Hurrotaini
18	Hubungan Body Shaming Dengan Tingkat Stres Hubungan Kejadian Body Shaming Dengan Tingkat Stres Pada Remaja Vendi Eko Kurniawan, Gevi Melliya Sari, Tri Widya Endah, Karisma Dwi Ana
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23	Lay Cpr Outreach: What Is An Effective Approach To Increasing The Skills Of Youth In Rural Areas In Helping Ohca? Janes Jainurakhma, Nabila Azura Yasmin, Frastiqa Fahrany, Lintang Puspita Prabarini, Qori Fanani
24	Changes In Intradialysis Blood Pressure Values In The Hemodialysis Room At Karsa Batu Hospital Fatimah Zahra, Bima Aminul Karim, Annisa Galerizky, Lintang Prabarini, Janes Jainurrahma
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	Probolinggo District Achmad Kusyairi, Widya Addiarto
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29	ATTITUDE WITH PREVENTION OF DIABETIC ULCUSES In Mlilir Hamlet, Purwoasri Village, Purwoasri District, Kediri Regency Evi Rosita, Nia Fitri Qhoiriyatul Latifah, Dwi Prasetyaningati, Ifa Nofalia
30	Literature Review Obesity In Children Aged 6-12 Years Yuppi Rosmala Sari
31	The Difference In Adolescent Blood Hemoglobin According To Body Mass Index Tutut Pujianto, Enggar Anggraeni,
32	Quality of Excel Based – Validity And Reliability Test Application By Mc Call Method Anas Tamsuri, Ratna Hidayati
33	Hospital administrative management: How does the work environment affect employee engagement? Ella Mayasari, Lailatul Khodriyah, Jennyla Puspitaning Ayu, Luthfiatul Mustafidah, Ida Herwati
34	Knowledge contribution to medication adherence and physical activity among diabetic outpatient : Corelation study Bayu Budi Laksono, Nila W. Keswara , Mochtar Jamil

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LIST OF ABSTRACTS

Abstract No. 001



The 1st AIPTINAKES International Conference of Health (AICH)

JAVANESE FATHER BREASTFEEDING: HOW UNDERSTANDING AND INVOLVEMENT OF HUSBANDS IN BREASTFEEDING?

Inu Martina¹, Janes Jainurakhma^{2*}, Indah Nur'aini³,
Qori Fanani⁴, Luthfiatul Mustafidah⁵

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ABSTRACT

Background

Breastfeeding fathers have long helped their wives care for babies, bathe them, change diapers, and accompany their wives to breastfeed. This kind of role is still rarely carried out by Javanese people, where the existing culture considers that this task is only done by mothers.

Objective

This study aims to determine the extent of the husband's understanding of exclusive breastfeeding with the involvement of breastfeeding fathers in Javanese society.

Methods

This study used a quantitative design with a cross-sectional approach. Data collection was carried out using a questionnaire distributed online. A total of 37 respondents participated in this study. Sampling was carried out using simple random sampling. The variables in this study were the

independent variable, namely the level of knowledge of the husband, and the dependent variable, namely the application of breastfeeding fathers in the form of a questionnaire that had been carried out. Validity and reliability test. Data analysis used a Somers correlation test.

Results

The results of the analysis between the two variables found p-value $0.727 > 0.05$, that there was no significant relationship between the level of understanding of Javanese husbands about exclusive breastfeeding and the implementation of breastfeeding fathers, in Pagedangan, Malang Regency, Indonesia. The attachment to Javanese culture, where the task of a father or husband is to earn a living, while a mother plays a major role in providing breast milk for babies. The task of breastfeeding fathers is not common in Javanese society, especially in Pagedangan, Turen District, Malang, East Java.

Recommendation

The results of the research show that the socialization of breastfeeding fathers needs an education that directly leads to skills or their application, not just from a cognitive perspective. The breastfeeding father role-play can be an alternative for health workers in the community, by providing examples of its application, especially for husbands in the Javanese community and also involving many community leaders, it is hoped that it will be able to change the way of thinking of a husband or father, especially the role of breastfeeding father.

Keywords: breastfeeding father, understanding, father's involvement, exclusive breastfeeding, Javanese



MANAGEMENT POLICY FOR PREVENTING OF STUNTING: A QUALITATIVE STUDY IN PUBLIC HEALTH CENTERS OF INDONESIA

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ABSTRACT

Background

Stunting is one of the nutritional problems experienced by toddlers in Indonesia. This study examines the implementation of stunting prevention policies in the work area of the Demak District Health Center

Objective

The efforts and performance exerted by the implementing team for the implementation of the stunting prevention policy have been maximally generated through data which has relatively continued to decline every year. So that the implementation of the stunting prevention policy in Demak Regency can be said to be effective. In this case the researcher discusses the extent to which stunting prevention policies have been implemented in the working areas of public health centers

Methods

Qualitative research was used to explore the implementation of the stunting control policy at the Public Health Center in Demak Regency of Central Java, Indonesia. This study uses data processing techniques in the form of observation, interviews, and documentation. The determination of informants is done by purposive sampling technique. the main informant was a member of the team responsible for the policy, a nutrition programmer, while the triangulation informants were the head of the Public health center and the health service team

Results

The results of the study show that the implementation of the stunting prevention policy has fulfilled the 5 policy indicator variables from Donald Van Metter and Carl Varn Horn which also have an impact on reducing the stunting rate in Demak Regency. achievement of the policy objective, namely reducing the number of stunting sufferers in Demak Regency with the latest data for 2020 the prevalence of stunting in Demak Regency reached 4.34% and fell to 3.60%. although it has not yet met the achievement targets, Demak district is still trying to become a priority locus for stunting prevention and control.

Recommendation

The 5 policy indicator variables of Donald Van Metter and Carl Varn Horn have had an influence on the implementation of the stunting prevention policy in Demak Regency

Keywords: *Implementation, Policy, Stunting, policy models, nutrition issues*



GROW COACHING MODEL: HOW IS THE CAREER PLANNING OF NURSING STUDENTS?

Qori Fanani¹, Janes Jainurakhma^{2*}, Indah Nur'aini³,
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ABSTRACT

Background

Strengthening student career planning is one of the tasks of the nursing study program in personality development. Nursing students need facilitators who are able to shape their career development, develop towards more professionalism and be responsible for the professional nursing career decisions they have chosen.

Objective

This study aims to analyze the suitability of the interests and potential of nursing students in planning a career as a nurse using the GROW coaching model.

Methods

This study used an experimental approach involving 96 nursing students/participants. Participants are divided into small groups (4-5 people). The intervention is provided with the GROW coaching model, with four agreed-upon meetings. This research was conducted for six months, the data obtained were analyzed descriptively quantitatively.

Results

The results of the analysis showed that after GROW coaching was carried out, nursing students with good (41.67%) and very good (13.54%) career planning skills of 96 students. Assessments carried out in GROW coaching include: being able to state self-potential (strengths and weaknesses); able to set goals / targets; able to identify problems or obstacles that affect the achievement of targets; able to find alternative solutions to problems; able to describe actions to achieve targets; and able to make a career planning portfolio. The results of the research analysis based on observations made during the intervention were given, indicating an increase in the ability of nursing students in determining career planning and explaining actions to achieve targets. Quality coaching can assist and support the achievement of individual and group outcomes against individual and group goals.

Recommendation

The results of the research indicate the importance of mentoring nursing students, especially in developing self-potential through career planning. Targeted personality development with the GROW coaching model encourages nursing students to prepare themselves, understand opportunities, and determine what steps they should take to enter the nursing profession they choose.

Keywords: GROW coaching, career planning,
nursing students, self-development



**THE RELATIONSHIP OF SOCIAL MEDIA PLANNING
GENERATION TO KNOWLEDGE AND BEHAVIOR OF
REPRODUCTIVE HEALTH IN ADOLESCENTS**

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ABSTRACT

Background

Adolescents are truly the hope of all nations. Countries that have strong youth and strong spiritual, intellectual and emotional intelligence make the nation strong in the future. The development of an increasingly globalized world has made major changes to adolescent behavior, but these changes are more likely to lead to negative activities than positive ones.

Methods

Quantitative with a cross-sectional approach, the population in this study were all adolescents aged 15-22 years.

Results

From the results of the correlation test, it was obtained the value of each variable of adolescent knowledge and adolescent behavior $P < 0.05$ which has a meaning if there is a relationship between the social media genre (Planned Generation) has a significant relationship

Recommendation

The results of the study show that there is a relationship. so that the research provides recommendations for conducting studies related to counseling methods and providing education using social media

Keywords: *Social media, Adolescent behavior, Adolescent knowled*



**EVALUATION OF THE IMPLEMENTATION OF THE PUSKESMAS
MANAGEMENT INFORMATION SYSTEM USING THE HOT-FIT METHOD**

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ABSTRACT

Background

As an effort to improve the performance of the Puskesmas Management Information System, an evaluation needs to be carried out on the system that has been running to find out the positive aspects that encourage the use of the system and identify factors that cause obstacles. The evaluation covers various aspects of the use of information technology, communication as well as human and organizational aspects in the Puskesmas. The purpose of this study was to evaluate the implementation of the puskesmas management information system using the HOT-fit method at the puskesmas.

Objective

Since the implementation of the Puskesmas Management Information System until now, the Puskesmas Management Information System has never been evaluated. Currently the management of the puskesmas continues to make improvements both to the physical appearance of the building and to the quality of service, especially in the service in the puskesmas management

information system. Therefore, in this improvement process, it is necessary to continue to make improvements in terms of management or the Puskesmas Management Information System in providing quality health services.

Methods

This research is a descriptive research. With this type of quantitative research with cross sectional research design. And the sampling technique used was purposive sampling obtained by 30 respondents using the Puskesmas Management Information System.

Results

The results of the study show that the average respondent agrees with the existing statement items, so that it can provide an illustration that the application of information systems is related to the implementation of the Puskesmas Management Information System both from the human, organizational, technological, and organizational aspects. Regarding the aspect of net benefits (net benefit) has been going well.

Recommendation

In connection with this research taking very limited subjects, the researchers suggest to other parties to carry out further research on puskesmas management information systems applied to a wider range of subjects.

Keywords: *Evaluation, Puskesmas Management Information System, HOT Fit.*

Abstract No. 007



The 1st AIPTINAKES International Conference of Health (AICH)

**STUDY OF GOVERNMENT BUDGET EFFICIENCY RELATED
TO COVID-19 HOSPITALIZATION CLAIM POLICY IN INDONESIA**

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ABSTRACT

Background

Coronavirus Disease 2019 (Covid-19) infection spread rapidly to more than 190 countries and territories. Covid-19 spreading has a tremendous effect socially and economically, Indonesia included. Indonesian Government was issuing regulations about Technical Claim Instructions for anticipation. This Technical Claim Instruction was regulated on Keputusan Menteri Kesehatan (KMK) No HK 01.07/Menkes/238/2020, that renewed on KMK No HK.01.07/Menkes/446/2020.

Objective

The purpose of this research is to analyze government budget efficiency related to the change of covid-19 hospitalization claim regulation.

Methods

The research was done retrospectively, using secondary data such as claims and patient's medical records. Research conducted in October 2020 on Hospital X The research sample used was all COVID-19 patients from March to September 2020 totaling 146. The Data were analyzed using chi-square

Results

The result showing that there is no correlation between changes of technical claim regulation with government budget efficiency, with the signification of $p\text{-value} < 0,05$.

Recommendation

This research did not find a significant difference between claims that were being done before and after regulatory changes to Health Ministry decree no 446 year 2020. So that can be concluded that there is no government budget efficiency.

Keywords: *COVID-19, claim, comorbid, efficiency*



**PERCEIVED BEHAVIORAL CONTROL,
SUBJECTIVE NORM AND ATTITUDE INFLUENCING
MOTHERS' INTENTION IN HELPING CHOKING VICTIMS**

**Sekarini^{1*}, Annisa Rahmi Galleryzki^{2a}, Lintang Puspita Prabarini^{2b},
Inu Martina^{2c}, Faizatur Rohmi^{2d}**

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ABSTRACT

Background

Choking is a condition where all or part of the inner airway is blocked due to an object blocking the airway. This airway obstruction can be fatal, causing serious impairment of the ventilation and oxygenation systems. The Centers for Disease Control (CDC) in 2001 estimated that approximately 17,000 children less than 14 years old were treated in emergency departments for choking and 160 children less than 14 years old died due to respiratory tract obstruction. In order to provide training and health education to mothers on choking management, we need to know the factors influence mothers' intention in helping choking victims.

Objective

To find out the factors influence the intentions of mothers in helping choking victims.

Methods

This study was quantitative with a cross sectional research design, and the data analysis was spearman rank correlation for factors influence the

intention of mothers of toddlers in helping choking victims. Which conducted to 54 mothers in Brongkal Village East Java Indonesia. The criterias of respondents which determined are: mothers who have toddlers aged >12 months to ≤56 months, have never attended Basic Life Support, mothers in the age range of 18-45 years, mothers who are able to read and write fluently without assistance, mothers who have no impairment in hearing, speech, vision or other mentally and physically impairment, and mother who do not work as health workers. The instrument for measuring intention and factors that influence intention refers to Ajzen's (2013) questionnaire on based on the theory of planned behaviour consist of three indicators: perceived behavioral control, subjective norm and attitude.

Results

The results indicates that the respondents' tendency to help choking victims was dominated by the perceive behavioural control p-value 0.000. Perceive behavioural control is an individual's perception of the control they have in relation to certain behaviours, how they are encouraged to behave to help choking or not. The second factor was subjective norm. Mothers' intentions were also influenced by the surrounding environment. If they found a choking victim and did not take any action at all, respondents felt bad with others and were afraid of being blamed if they did not provide help. The last was attitude. Mothers' attitude in helping choking victims comes from within themselves, how they feel as mothers and obliged to help.

Recommendation

In providing training and education to the community about help in choking should pay attention to the factors that affect their intention to provide help to choking children, mostly in perceive behavioral control.

Keywords: choking, children, perceived behavioral control, subjective norm and attitude.



**RELATIONSHIP OF POST SECTIO CAESAREA PAIN
ON THE FIRST DAY WITH EARLY MOBILIZATION
OF POSTPARTUM MOTHERS AT RSIA MUSLIMAT JOMBANG.**

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ABSTRACT

Background

Pain in the sectio caesaria process is commonplace, but if it is not treated it can have a negative impact on the health of the mother and fetus.. Mobilization is important to accelerate the recovery of the mother so that she can return to normal daily activities..

Objective

The purpose of this study was to determine the relationship of post sectio caesarea pain on the first day with early mobilization of postpartum mothers at RSIA Muslimat Jombang.

Methods

The design of the research was an observational with cross-sectional approach, the population was post-sectional Caesarean patients with regional anesthesia of 80 respondents in RSIA Muslimat Jombang, by means of simple random sampling. The independent variabel of this research is the pain of post section caesarea and the dependent variable is the early mobilization. Data collected to measure pain by VAS scale and to know early mobilization

by observation sheet. Analysis of the data used is the Chi Square test with < 0.05 .

Results

The results showed that 97,5 % of responden with mild pain mobilized quickly. The Chi-Square Test obtained a p value = 0.000 which is smaller than alpha (0.05%), then H_0 is rejected and H_1 is accepted. This means that there is a relationship between Post Sectio Caesarea Pain on the first day with early mobilization of postpartum mothers at RSIA Muslimat Jombang.

Recommendation

Early mobilization has an important role in reducing pain by eliminating the patient's concentration on the pain site or operating area. Through this mechanism, early mobilization is effective in reducing the intensity of postoperative pain. In addition, mothers are given education about early mobilization. It is recommended that health workers provide adequate information and the importance of early mobilization and supervision of health workers is expected to increase the mother's motivation to do early mobilization

Keywords: *Early Mobilization, Pain, Post Sectio Caesarian.*



**FINE MOTOR SKILL PRESCHOOL CHILD: HOW DOES EXTERNAL
FACTOR MOTHER'S EDUCATION CONTRIBUTE?**

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ABSTRACT

Background

The growth and development of preschool children is an important part of their life phase. Fine motor skills, gross motor skills, social behavior and language skills are sectors that can be assessed to show their development. Fine motor skills are a combination of nerve and muscle abilities in coordinating carrying out activities that support preschool children's readiness to face the school year. There are two major factors that affect the development of fine motor skills in preschool, namely internal and external factors, where is preschool age children interact more with their family or their immediate environment.

Objective

This study aims to find the most dominant internal factors influencing the development of Fine motor skills in preschool children in Ngajum Village.

Methods

This study was used qualitative design with a cross-sectional approach. Data collection using two methods, namely distributing closed questionnaires and DDST II to measure the growth and development of children. This study

was involved 30 parents and children as respondents using purposive sampling data collection method. Two variables involved in this research are development of fine motor skills in preschool-aged children (as measured by the DDST II instrument) and the internal factor dependent variable (as measured by a questionnaire).

Results

The results found that the mother's education had a strong correlation with the development of fine motor skills of preschool children in Ngajum Village, Malang Regency, Indonesia, with p-value 0.020. A culture in rural areas, allows mothers to be the main caregivers of children and provides a lot of direct assistance in stimulating children to carry out developmental tasks according to their age. Preschool age where children interact more with those closest to them before starting to interact widely at the school development stage. Where education from parents is an important factor in the development of fine motor skills of children.

Recommendation

The results show that mother's education is the dominant factor in the development of fine motor skills in school-age children. The mother's ability is role model to improve fine motor skills, teach games that stimulate children's fine motor skills. Information and learning support for a mother will increase her confidence in providing learning to children to achieve age-appropriate development. The role of health workers in preparing the mother's mentality and forming a parenting pattern that is appropriate to the child's developmental level is an important part of the child's growth and development process.

Keywords: *Eksternal Factors; Mother's Education; Fine motor; Preschool*



THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND FAMILY RESILIENCE IN CARING FOR SCHIZOPHRENIA

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ABSTRACT

Background

Family resilience helps to rise and become stronger over the problems faced. One of the important roles of resilience is social support. The purpose of this study was to determine whether there is a relationship between social support and family resilience in treating schizophrenic

Objective

This study aimed to determine the the relationship between social support and family resilience in caring for schizophrenia

Methods

Research design using cross-sectional. The sample of this research is a family who is in charge of caring for people with schizophrenia using non-probability sampling with purposive sampling method. This study has two variables, namely social support as measured by the Medical Outcomes Study: Social Support Survey Instrument (MOS MSSS) questionnaire and family resilience as measured by the Walsh Family Resilience Questionnaire (WFRQ)..

Results

Data analysis used the Spearman Rank correlation test. The results of the Spearman Rank analysis are $(p) 0.000 = (p) < 0.05$ with a correlation coefficient of 0.507 which means that there is a relationship between Social Support and Family Resilience in caring for Schizophrenic Patients.

Recommendation

When the family gets support from other people it can help solve problems. Social support is one of the factors that can help achieve resilience, so there is a significant positive relationship between family social support and resilience.

Keywords: Schizophrenia, social support, family resilience



**FAMILY SUPPORT AND EMOTIONAL REGULATION IN
ADOLESCENTS IN THE FACE OF BULLYING: CROSS SECTIONAL STUDY**

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ABSTRACT

Background

The ability to regulate adolescent emotions in dealing with stressors such as bullying is influenced by family support. The inability of adolescents to carry out emotional regulation in the face of bullying will cause a tendency to attack the perpetrator so that it does not break the bullying chain.

Objective

The purpose of this study was to determine the profile of family support and emotional regulation in adolescents in dealing with bullying as well as the relationship between family support and emotional regulation.

Methods

This research is a cross sectional research. The research was conducted in a junior high school in March 2023 for 2 weeks. The research population was adolescents aged 13-15 years who had experienced bullying. A sample of 92 teenagers was obtained by purposive sampling based on the sample criteria

determined by the researcher. The Revised Olweus Bully/Victims Questionnaire was used to determine the role of adolescents as victims, victims – perpetrators, perpetrators, and not involved in bullying. Family support questionnaire to measure family support given to adolescents. Emotion regulation questionnaire is used to measure adolescents' emotional regulation. Data collection was carried out after being approved by the ethics committee. Data were analyzed with Spearman Rank.

Results

The results showed that of the 92 adolescents, 53 people (56.6%) in the high category of family support and 39 people (42.4%) in the sufficient category, 48 people (52.2%) in the high category of adolescent emotional regulation abilities and 44 in the moderate category. (47.8%). The results of Spearman rank analysis with p-values 0.017 (p-values < 0.05) means that there is a relationship between family support and emotional regulation.

Recommendation

Other factors related to the ability of adolescents to regulate emotions in the face of bullying need to be further investigated so that appropriate interventions can be provided for adolescents to improve their ability to regulate emotions in dealing with stressors such as bullying.

Keywords: [Family Support](#), [Emotional Regulation](#), [Bullying](#), [Adolescent](#)



THE RELATIONSHIP BETWEEN ANXIETY LEVELS AND QUALITY OF LIFE FOR ELDERLY POSYANDU PARTICIPANTS IN SIDOREJO VILLAGE

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ABSTRACT

Background

An elderly person is said to be of good quality referring to the aging process that remains healthy physically, socially and psychologically so that they remain prosperous throughout life and can participate in improving the quality of life in society. The aging process allows an elderly to experience gradual physical and psychological decline which can cause psychosocial problems such as stress, anxiety, and depression.

Objective

This study aims to determine the relationship between the level of anxiety on the quality of life of elderly Posyandu participants in Sidorejo Village.

Methods

This study used a correlational design with a cross sectional approach. Samples were taken as many as 88 respondents from 98 existing population using purposive sampling technique. Anxiety level was appointed as the independent variable as measured by the GAS questionnaire and quality of

life was appointed as the dependent variable as measured by the WHOQOL-Bref questionnaire. Data collection was carried out by filling out questionnaires under the guidance of researchers and data analysis tests were carried out using the Spearman Rank test.

Results

The results showed that 52 people were not anxious and 60 people had a fairly good quality of life with a significance value of the correlation test $p = 0.001$ ($p < 0,005$) and a correlation coefficient value of -0.572 . So it can be concluded that there is a significant relationship between anxiety levels and the quality of life of elderly posyandu participants in Sidorejo Village.

Recommendation

it is necessary to take steps and actions from village health administrators to maintain the level of anxiety not anxiety and improve the quality of life so that it can be better

Keywords: *Anxiety, Quality Of Life, Elderly, Elderly Posyandu*



THE EFFECT OF BODY SHAMING ON THE LEVELS OF ANXIETY AND SELF-BLAMING IN ADOLESCENTS

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ABSTRACT

Background

Adolescents are currently experiencing instability because they are in a transitional period and trying to adapt to previous stages of development. Body shaming in adolescents greatly affects the level of anxiety and can lead to self-blaming

Objective

This study aims to determine the effect of body shaming on the levels of anxiety and self-blaming in adolescents

Methods

This research design uses a cross-sectional design. The sample of this study was 86 respondents in Bantur Region, Malang Regency, with probability sampling using a proportionate stratified random sampling technique. This study has three variables: anxiety level measured by the Zung Self Rating questionnaire, self-blaming measured by the Self Blame questionnaire, and body shaming measured by the Body Shame questionnaire

Results

Pearson correlation test results obtained a significant value of 0.001, meaning there is a correlation between body shaming on the level of anxiety and self-blaming in adolescents. From the research data obtained, the correlation coefficient is at the anxiety level of 0.554 and self-blaming 0.581, which means that both currently have a high level of relationship

Recommendation

This research suggests that adolescents do not need to pay attention to bad words from other people, especially those related to comments related to the shape of body image, because the more teenagers ignore the form of body action shaming from other people, the higher the level of anxiety and self-blaming felt by adolescents.

Keywords: *Body shaming, Self-blaming, Adolescent, Anxiety*



**SYSTEMATIC REVIEW: CAUSING FACTORS OF DEMENTIA
IN THE ELDERLY AS A DEGENERATIVE DISEASE**

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ABSTRACT

Background

The elderly is the final stage of human life. The elderly will experience various setbacks in the body's system. The incidence of dementia in the elderly is related to the physical factors of the elderly themselves, for example, due to complications and degenerative diseases. The second factor that causes dementia is the psychological stress of the elderly. Often the elderly experience psychological pressure due to being left to die by their partner, away from their children and other families. Most of the elderly experience risk factors that cause dementia, but it depends on the willingness of the elderly to follow advice from health workers regarding adopting a healthy lifestyle and having good habits, because dementia in the elderly does not occur in a short time but requires a long time, even when someone is still in the productive age range.

Objective

Search and analyze 35 journal articles that discuss the risk factors that cause dementia in the elderly

Methods

The purpose of knowing the causes of dementia in the elderly from various research results. The method used is journal collection, which collects research articles that discuss the causes of dementia in the elderly, then classifies and discusses the contents of the research.

Results

Results From this systematic review, 35 journal articles were obtained, with the keyword dementia in the elderly, data found. The causes of external dementia are malnutrition, wrong diet, bad lifestyle, and education. The causes of dementia on internal factors are age, sex, genetics, or heredity. The factors that cause dementia, can be modified by means of measurable physical activity, participating in elderly gymnastics, fulfilling adequate nutrition and supplements, avoiding smoking and alcohol, reading, pursuing hobbies, and maximizing sleep rest. Conclusion: The causes of external dementia are related to food intake. The causes of dementia on internal or irreversible factors are age, gender, and genetics.

Recommendation

the recommendation for health practitioners is to provide health education, especially for productive age to reduce the risk of dementia such as practicing a healthy lifestyle and modifying risks that cannot be changed such as genetics and congenital diseases

Keywords: *Degenerative disease, dementia, elderly*



**THE IMPACT OF SELF-EFFICACY ON TB STIGMA
AMONG KEDIRI'S INFORMAL WORKERS**

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ABSTRACT

Background

An infectious condition that affects the respiratory system and causes stigma from society, including in the workplace, is pulmonary tuberculosis (pulmonary TB). Acts of reducing staff due to frequent sick days, passing up promotions, receiving stigma and being shunned by coworkers or management out of fear of infection are examples of stigma and discrimination in the workplace. These actions have a negative impact on treatment delays, diagnosis delays, and early treatment termination.

Objective

This study aims to find out determine the effect of self-efficacy on TB stigma.

Methods

This study used a quantitative analytical method with a cross sectional approach. The population is informal workers in Kediri. The sampling technique used multi-stage random sampling of 175 respondents.

Results

The findings showed a strong and positive increasing between self-efficacy and TB stigma among informal workers, with a p value less than 0.000 and a t-statistic value more than the crucial value ($4.727 > 1.96$). A significant coefficient shows that increasing self-efficacy can greatly lessen the stigma associated with TB. The community must be encouraged and educated, and stakeholders must support and contribute to the endeavor, in order to prevent and reduce self-stigma among TB sufferers.

Recommendation

Interventions to lessen stigma adopt an interactive strategy by utilizing advances in digital technology to better control, which alters attitudes and aids in the elimination of TB.

Keywords: *Informal workers, Self-efficacy, TB stigma*



**ANALYSIS OF FAMILY FACTOR SUPPORT,
KNOWLEDGE AND ATTITUDES ON MOTIVATION
FOR TREATMENT IN PEOPLE WITH HIV/AIDS**

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ABSTRACT

Background

The motivation to seek treatment for people with HIV/AIDS is currently still low. Motivation for treatment is needed to control the disease and prevent complications. The purpose of this study was to analyze the factors that influence the motivation to seek treatment for people living with HIV/AIDS.

Objective

Samples were taken using the Purposive Sampling technique with inclusion and exclusion criteria in Malang district as many as 70 respondents.

Methods

The design of this research is Observational Analytic with Cross Sectional approach. In this study took data on family support, knowledge and attitudes using a questionnaire sheet. The statistical test used is multiple linear regression analysis.

Results

The results of the multiple linear regression analysis test found that the variable that most influenced the motivation to seek treatment for HIV sufferers was family support with a value of (0.000) with a coefficient of 0.500.

Recommendation

Based on this it can be seen that family support is one of the factors that can influence the motivation to seek treatment for people living with HIV/AIDS, so it is necessary to have family support for treatment for people living with HIV/AIDS to motivate treatment to control the disease and prevent complications

Keywords: *Family Support, Knowledge and Attitudes,
Motivation to seek treatment for people with HIV/AIDS*



THE RELATIONSHIP BETWEEN BODY-SHAMING INCIDENTS AND STRESS LEVELS IN ADOLESCENTS

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ABSTRACT

Background

Body shaming includes bullying because it was considered a form of verbal violence against other people. Body shaming causes a person to often lose acceptance of their physical condition and causes stress in adolescents because it does not meet ideal standards.

Objective

The purpose of this study was to determine the relationship between the incidence of body shaming and stress levels in adolescents.

Methods

This research was quantitative research with a cross-sectional study design. The population in this study were all teenagers at Madrasah Aliyah Raden Rahmat Mojowarno Jombang with a sample of 34 respondents taken by purposive sampling technique. The instruments in this study used the Body-Shaming questionnaire and the Perceived Stress Scale questionnaire. Data analysis used the Spearman Rank test.

Results

The results showed that the majority of respondents experienced low body shaming as much as 97.1% and moderate stress levels as much as 76.5%. Based on the results of the Spearman Rank test, it was obtained a P value of 0.044, $\alpha < (0.05)$ which means there was a relationship between body shaming and stress levels in adolescents at Madrasah Aliyah Raden Rahmat Mojowarno Jombang.

Recommendation

The need for self-awareness of the dangers and effects of body shaming can cause other people to be stressed and no longer confident in their appearance. The importance of the role and support of the school in creating a conducive environment for students to minimize stress at school.



**FAMILY ROLES AND ADOLESCENT WELL-BEING DURING
THE PANDEMIC OF COVID-19 IN INDONESIA**

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ABSTRACT

Background

The COVID-19 pandemic that has been going on since 2019 had an effect of family relationship. Restricting activities and also closing schools during the COVID-19 pandemic had an impact on adolescent. In several studies the COVID-19 pandemic has been associated with changes in the lives of adolescents, and more specifically the challenges experienced by adolescents. Closing of facilities, social isolation, and quarantine causes loss of social relations with peers. These social changes can affect the mental changes of adolescents.

Objective

This study aims to analyze the factor of the role of the family in adolescent wellbeing during the COVID-19 pandemic

Methods

This study used a quantitative design with a cross-sectional approach. Data collection was carried out using a questionnaire distributed online via the Google form during May to June 2022 in Malang regency Indonesia. The

characteristics of the respondents in this study were adolescents with an age range of 10-20 years old. Sampling was carried out by screened sampling method. Variables measured of family roles were adapted from the Calgary family assessment model, namely structural, functional, and conceptual, while the well-being was measured by WHO-5 well being index and Warwick-Edinburg Mental Well-being Index

Result

Total of 115 respondents participated in this study. Data analysis using path analysis. Based on data analysis level of adolescent wellbeing 51.9%. The results of the analysis show that adolescent wellbeing is significantly influenced by structural and functional factors (p value <0.05). Structural and functional factors have been shown significant direct and indirect relationship to adolescent well-being with the percentage 86.8%.

Recommendation

During the COVID-19 pandemic, adolescents may lose social activities related to peer groups. Hormonal changes associated with adolescence, combined with social dynamics mean that teens may feel lonely, frustrated, nervous, or feel left out due to social distancing. Support from the family, especially parents, is needed to support the welfare of adolescents.

Keywords: COVID-19, *Adolescent wellbeing, family roles, calgary family assessment models*



**INFORMAL CAREGIVER OF ELDERLY WITH CHRONIC ILLNESS:
PERCEIVED BURDEN**

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ABSTRACT

Background

According to Badan Pusat Statistik (BPS) projection, during 2025 East Java will become the highest province with aging population. Likewise the elderly population in Malang city, at the moment the number of old people are significantly increase and reached 102.000 residents (12,5% from total population of Malang city). According to Riset Kesehatan Dasar (Riskesdas) 2018, the amount of elderly who suffered from non-communicable diseases also increase. In East Java,

105.000 residents suffered from hypertension and 150.000 people have diabetes mellitus. Based on phenomenon which was found at Puskesmas Bareng, Malang city, there was small amount of elderly people who suffered from this chronic illness who has willingness to have regular medical check-up or seek for treatment to Puskesmas or Posyandu Lansia. Indonesian government already developed an elderly assistance program by informal caregiver in order to maintain and monitor old people with chronic illness. One of this informal caregiver is family. Family member targeted as informal caregiver because many family in Indonesia are categorized as extended family and family play an important role to help their elderly. Family member can help health workers to maintain and monitor the elderly health status, especially those with chronic illness. Even though this program has not been

implemented perfectly, all family members who have elderly people in their homes carry out assistance activities and fulfill their basic necessities. Caring for elderly with chronic illness for a long time can impact informal caregiver physically and psychologically. Nevertheless, the research about informal caregiver perceived burden in Indonesia is rarely found.

Objective

The aim of this research was to identify informal caregiver perceived burden in caring for elderly who suffered from chronic illness.

Methods

This research design was non-experimental quantitative research, and survey method was used. The location of this study was RW 01 and 02 Sukoharjo village, Klojen district, Malang city. The data was taken from June until July 2023.

Population in this research was all informal caregiver who cared for the elderly (family member, relative, friend, neighbour) at RW 01 and 02 Sukoharjo village, Klojen district, Malang city, with total amount of 120 people. The sampling technique was simple random sampling and 102 respondents were obtained.

This research variable was perceived burden and measured by Questionário de Avaliação da Sobrecarga do Cuidador Informal (QASCI). This questionnaire has 32 items which scored from 1 to 5 and has 7 subscales: Emotional Burden (4 items), Implications for Personal Life (11 items), Financial Overload (2 items), Reactions to Demands (5 items), Perception of Efficacy and Control Mechanisms (3 items), Family Support (2 items) and Satisfaction with the Role (5 items). This questionnaire was translated into Indonesian language and tested for validity and reliability. The result showed that all items had Cronbach's alpha >0.8 , it could be concluded that all items were valid and reliable.

After the respondents were found, the researcher explained the research objective and the questionnaire. The researcher would conceal and destroy all respondents' data whenever the research has been finished. If the respondent agreed to join the research and understood the explanation

which was given by the researcher, they were asked to sign informed consent paper. After that the respondent could fill the questionnaire.

The researcher would checked all data which was collected from respondents. All data was documented in Microsoft Excel 2019 and analyzed using Statistical Package for Social Science (SPSS) software version 20.

Recommendation

It could be inferred that the most informal caregiver perceived burden who cared for elderly with chronic illness was in 'high burden' (54%). There were some factors which contributed this burden, such as residence (live together with elderly), length of intense interaction, chronic diseases which was suffered by the elderly, and many more. Family as informal caregiver for elderly also need attention. They interact with elderly everyday and sometimes they need to take a break. Informal caregiver necessities also need attention from healthcare workers, because they can experience burnout. Further research is needed in order to explore their necessities and meet their requirements. By reducing informal caregiver percived burden, the cared provided to elderly can also be improved.

Keywords: *informal caregiver, elderly, perceived burden, QASCI*



BEHAVIOR OF PATIENTS WITH ACUTE CORONARY SYNDROME DURING A HEART ATTACK

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ABSTRACT

Background

Heart attack is a condition that often triggers death in someone who has been diagnosed with acute coronary syndrome (ACS). Optimal health care is needed as an effort to prevent recurrence.

Objective

The purpose of this study was to identify the behaviors performed by ACS patients during a heart attack.

Methods

The study uses a cross-sectional study design. A total of 145 ACS patients who were taken by consecutive sampling technique were used as research samples. The variable measured in this study was the patient's behavior during a heart attack. The results of data analysis are presented descriptively.

Results

When a heart attack occurs, the behavior of ACS patients is that all patients (100%) take medication, 64.8% pray, 89% rest and 49.7% check out

at the hospital/clinic. These results indicate that the initial action taken by the patients as an effort to reduce the symptoms of the attack is felt by taking medical treatment.

Recommendation

The practical implication of the results of this study is the need for nurses and other health workers to continue to motivate ACS patients about the importance of taking medication regularly as recommended to avoid recurrent heart attacks.

Keywords: *Acute coronary syndrome, Health behavior, Heart attack*



CHANGES OF INTRADIALYSIS BLOOD PRESSURE AMONG HEMODIALYSIS PATIENTS

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ABSTRACT

Background

Hemodialysis is a replacement therapy for patients with chronic kidney failure. One of the complications of hemodialysis therapy is changes in blood pressure. Blood pressure management is one of the main focuses of hemodialysis treatment. This is because changes in intradialytic blood pressure can lead to other complications that can affect the quality of life, worsen the condition of patients with chronic kidney failure and even cause death.

Objective

The aim of this study is to determine the changes in blood pressure in patients undergoing hemodialysis therapy.

Methods

A cross-sectional study of patients undergoing hemodialysis therapy twice a week for 3-4 hours per session. A consecutive sample of 52 respondents was used. Inclusion criteria were patients undergoing regular hemodialysis therapy for more than 3 months with a frequency of 2 sessions per week lasting 4-5 hours, aged 18-70 years, and not using erythropoietin.

Data were analyzed using t-tests to determine the effect of hemodialysis therapy on changes in blood pressure. Linear regression was used to evaluate changes in blood pressure before, during, and after hemodialysis.

Results

Analysis of paired t-test to obtain sig value. 0.000 (<0.05) indicates that there is a change in blood pressure during hemodialysis therapy, both hypotension and hypertension. A total of 31 (58.9%) had hypertension before therapy, 7 had an increase in systolic blood pressure > 20 mmHg with complaints of nausea and dizziness.

Recommendation

This study recommends that blood pressure needs to be checked regularly after hemodialysis to prevent real side effects.

Keywords: *Blood Pressure, Intradialysis, Hemodialysis*



THE EFFECTIVENESS OF ACTIVE RANGE OF MOTION ACTIVITY ON INCREASING THE SCORE OF JOINT RANGE OF MOTION IN NURSING CARE OF STROKE PATIENTS WITH IMPAIRED PHYSICAL MOBILITY

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ABSTRACT

Background

Range of Motion (ROM) exercise is one of rehabilitation in stroke patients to prevent disability, and its function is to restore rigid or disabled limbs. The more routine you do Active Range of Motion Activity (AROMA) therapy, the range of motion and muscle stiffness will increase

Objective

This study aimed to determine the effectiveness of Active Range of Motion Activity (AROMA) therapy to increase joint range of motion scores in nursing care for stroke patients with impaired physical mobility

Methods

This research design is a pre-test and post-test with a control group design. A pre-test was carried out, an intervention was carried out in the experimental and control groups, and a post-test was performed on the experimental and control groups. The sample taken in this study amounted to 6 respondents in Turen District. In the control group, an intervention was given two times in 1 week with a duration of 20 minutes, in the morning and evening, then the movement was repeated five times. In the experimental

group, the intervention was given three times a week for 20 minutes in the morning and evening, and then the movement was repeated five times

Results

The results from 6 clients found that Active Range of Motion Activity (AROMA) therapy based on the evaluation of joint range of motion scores in both groups increased after the intervention was given. But the joint range score was greater in the experimental group than in the control group

Recommendation

The practical implication of the results of this study, ROM exercises effectively increase muscle strength by doing the exercises two times a day every morning and evening for 15-35 minutes and doing five repetitions of each movement. The time for giving this exercise should be longer, at least four weeks, because it has been proven to affect increasing muscle strength

Keywords: *Range of motion, Stroke, Physical mobility*



**QUICK OF BLOOD (QB) AND LENGTH OF TIME
UNDERGOING HEMODIALYSIS WITH THE QUALITY
OF LIFE OF PATIENTS WITH CHRONIC KIDNEY DISEASE (CKD)**

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ABSTRACT

Background

Chronic kidney disease patients will suffer a variety of health issues throughout their lifetimes, particularly with regard to their quality of life, whether they are receiving treatment or undergoing hemodialysis. The final form of treatment for patients with stage 5 chronic renal disease is hemodialysis. The quality of life of patients with chronic kidney disease is estimated to be influenced by the length of hemodialysis and the setting and monitoring of Quick of Blood (QB) in accordance with the ability of vascular access used and the hemodynamic condition and comfort of the patient.

Objective

The purpose of this study is to know relationship between length of time undergoing hemodialysis and quick of blood (QB) with the quality of life of patients with chronic kidney disease (CKD).

Methods

The data for the study was collected at the hemodialysis unit at Wawa Husada Hospital Kepanjen and was analyzed quantitatively using a cross sectional study. Purposive Sampling was the sampling method utilized with a total of 105 respondents. The SF 36 questionnaire was the tool utilized and quick of blood observation were used in the research. The multiple regression analysis test was used to analyze the data.

Results

Length of time and Quick of blood (QB) with quality of life of hemodialysis patients are significantly correlated, statistical test findings the significance level are 0.020 for length of HD and 0.037 for quick of blood.

Recommendation

Length of time on hemodialysis and Quick of Blood when receiving dialysis therapy can impair patients with chronic kidney disease's quality of life

Keywords: Hemodialysis, Length of time, Quality of Life, Quick of Blood



**LAY CPR OUTREACH: WHAT IS AN EFFECTIVE
APPROACH TO INCREASING THE SKILLS OF YOUTH
IN RURAL AREAS IN HELPING OHCA?**

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ABSTRACT

Background

Out of hospital cardiac arrest (OHCA) is an emergency condition that doesn't look at the location. OHCA is often a concern for nurses in rural areas, this makes it important for every rural community to know and be skilled in performing first aid for OHCA, including adolescents.

Objective

This study aims to analyze the effectiveness of emergency cardiac arrest training on the skills of rural youth as ordinary people in conducting quality cardiopulmonary resuscitation, according to the 2020 AHA guidelines.

Methods

The research design of this study uses a quasi-experimental design. The sample of this study was 44 village youth of Gondanglegi, who were divided into two groups, the method of this study using non-probability sampling with purposive sampling. This study has two variables, namely emergency cardiac arrest training using the demonstration method with visual video media and demonstration methods and the ability to perform good quality

cardiopulmonary resuscitation as measured by the 2020 American Heart Association (AHA) observation sheet. Data analysis of this study used the statistical T test paired and unpaired T test.

Results

The results of the study using the paired t test showed that there were differences in the skills of adolescents in carrying out cardiopulmonary resuscitation after being given emergency cardiac arrest training using demonstration methods with visual video media and demonstration methods with an average increase in the demonstration method group with visual video media of 20.76, while the group demonstration method 21.96. From the results of the unpaired T test, the results obtained were a P value of 0.002.

Recommendation

The research indicates the demonstration method is more effective for providing emergency cardiac arrest training than the demonstration method with visual video media. The demonstration method can be used for emergency cardiac arrest training methods for adolescents in rural areas.

Keywords: CPR; youth; rural ordinary people;
demonstration method; videos



EMPOWERMENT OF YOUTH GROUPS IN DRAFTING CONTIGENCY PLANS OF FLOOD DISASTER AS A FAMILY PREPAREDNESS AGENT THROUGH FGD (FOCUS GROUP DISCUSSION) IN DRINGU VILLAGE, DRINGU SUB-DISTRICT PROBOLINGGO DISTRICT

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ABSTRACT

Background

Disaster is an event or series of events that threatens and disrupts people's lives and livelihoods caused by natural and/or non-natural factors as well as human factors resulting in human casualties, environmental damage, loss of property and psychological impacts. One of disaster that often strikes is a flood. The magnitude of the potential threat of flood disasters that can be repeated, requires an awareness in understanding the risks of disasters that can occur. A preparedness and vigilance is needed by all levels of society, bearing in mind that losses in of fatalities and material losses are quite large in every disaster.

Objective

The Efforts that can solve the problems especially in the context of emergencies and disasters are, nurses need to optimize the fundamental role of society where the community can not only save themselves but also be empowered as first aiders. To optimize the community's role begin with

empowering community groups in each phase of a disaster, especially pre-disaster so that community groups will be prepared. In terms of development, youth groups have high potential, especially achieving rapid development in thinking skills and shifts regarding new roles in society. With this activity, it is hoped that youth groups will be able to become agents at the lowest level in society (family) so that they become more prepared, resilient and responsive in dealing with floods, and can participate in reducing the risk of flooding.

Method

FGD (Focus Group Discussion) activities in the drafting of flood disaster contingency plans at the family level by groups of youth as family preparedness agents are carried out using the lecture, discussion and Q&A method as well as applications for drafting flood disaster contingency plans. All Groups must to present the result of their drafting plans and followed by discussion.

Result

The results are the participants had sufficient knowledge as first aiders/responders in managing floods for families. This is evidenced by the evaluation process using observation sheets after being given material and simulations, it was found that 80% had good knowledge and skills, and 20% had adequate knowledge and skills in carrying out of basic preparedness practices. With the drafting of contingency plans, it can be seen the ability and enthusiasm of youth in their concern for minimizing the risks that occur when a flood disaster occurs.

Recommendation

Resident that affected by floods are need to carry out simulations by routinely holding scheduled training involving Regional Disaster Management Agency (BPBD) units and all sectors involved in the disaster: BASARDA, POLSEK, KODIM and all Village Officers, so that flood disaster preparedness can be carried out according to the correct concept through the family as the smallest unit first. Health workers together with the BPDB need to be more active in conducting outreach or training in flood disaster planning and preparedness for all parties, especially youth to be empowered so that they

have the ability to deal with flood disasters starting from their respective families. So that disaster education will be absorbed by all levels of society in the end.

Keywords : *Contingency Plans, Flood Disaster,
Teenagers, Family Preparedness Agent*



**THE RELATIONSHIP BETWEEN KNOWLEDGE AND
SELF-EFFICACY RELATED TO HIV/AIDS RISK PREVENTION
USING THE THEORY APPROACH OF HBM (HEALTH BELIEF MODEL)
FOR MTS WALISONGO AMPELGADING STUDENTS**

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ABSTRACT

Background

The importance of sufficient knowledge and self-efficacy in preventing the risk of HIV/AIDS based on the HBM (Health Belief Model) theory, especially for students.

Objective

The purpose of this study was to find out whether there is a relationship between knowledge and self-efficacy related to preventing the risk of HIV/AIDS using the HBM (Health Belief Model) theoretical approach to students at MTs Walisongo Ampelgading.

Methods

This study uses a cross sectional research design. The research sample was early adolescent students aged 14-15 years at MTs Walisongo Ampelgading as many as 55 respondents using a purposive sampling technique. Data collection uses a questionnaire based on the HBM theory (Health Belief Model). The data analysis technique uses the Pearson

correlation test. The research was conducted in May 2023 at MTs Walisongo Ampelgading.

Results

The results of the study found a relationship between knowledge and Self-Efficacy related to HIV/AIDS risk prevention with the HBM (Health Belief Model) theoretical approach to MTs Walisongo Ampelgading students seen from the Sig value of the Pearson correlation analysis test, namely $0.000 < 0.05$, which means there is a relationship between knowledge and self-efficacy related to HIV/AIDS risk prevention with the HBM (Health Belief Model) theoretical approach to junior high school students Walisongo Ampelgading. Knowledge of prevention and self-efficacy has a very strong correlation as seen from the Pearson Correlation value of 0.985.

Recommendation

based on the results of this study, the researchers recommend that education about HIV/AIDS needs to be conveyed and improved to junior high school students to prevent HIV/AIDS transmission.

Keywords: *Knowledge, Self Efficacy, HBM Theory (Health Belief Model), HIV/AIDS*



NURSES WORK STRESS AND SAFETY CULTURE IN COVID-19 ISOLATION ROOM: A CROSSECTIONAL STUDY

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ABSTRACT

Background

Patient safety culture is an important factor in creating a safe and healthy work environment. Nurses who are physically and psychologically healthy are needed in creating a safe working atmosphere. Work stress is known to have an impact on nurse performance especially for nurses in the COVID-19 isolation room.

Objective

To find out the relationship between nurses' work stress and safety culture in nurses in the room

Methods

This study used a quantitative research design with a cross-sectional approach. The research sample consisted of 61 nursing who working in COVID-19 isolation rooms. This research used a purposive sampling technique. Data collection using questionnaires taken with Google form. Univariate data analysis used SPSS 25.00.

Result

The average age of research respondents was 32.43 and work experience is 8.54 years. Most of the respondent is female, their last education is in vocational school, was married, as nurse staff with clinical nurse 1, and had no safety training in the last six weeks. The respondent who had no stress was 26 nurses (42.6%), mild stress 7 nurses (11.5), moderate stress 14 nurses (23%), and severe stress 14 nurses (23%). While 54 nurses (88.5%) had a negative safety culture. There is no significant relationship between gender, education, safety training, and work stress with safety culture, but there is a significant relationship between age, work experience, marital status, career path, and position with safety culture.

Recommendation

Management support is needed to improve the nurse safety culture. Safety training does not have an impact on safety culture, therefore follow-up after training needs to be carried out on an ongoing basis.

Keywords: COVID-19, Nurse, Safety Culture, Work Stress, Job Stress



***ATTITUDE WITH PREVENTION OF DIABETIC ULCUSES
IN MLILIR HAMLET, PURWOASRI VILLAGE,
PURWOASRI DISTRICT, KEDIRI REGENCY***

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Introduction

Diabetes mellitus is a degenerative disease caused by changes in the function of the pancreas and insulin hormone. DM sufferers in Mlilir Hamlet, Purwoasri Village, Purwoasri District, Kediri Regency were 41 respondents (Kediri Regency Health Office). This study aims to analyze attitudes with diabetic ulcer prevention measures.

Method

This type of research is quantitative with a quantitative analytic design with a cross sectional approach. The population is DM sufferers with a sample of 35 respondents using a purposive sampling technique. Variable is attitude with diabetic ulcer prevention measures measured by Likert scale. Statistical test analysis with Chi Square. Data processing includes: editing, coding, transferring, tabulating, saving.

Results

The results showed that the majority of respondents with negative diabetic ulcer prevention measures were 21 respondents (60.0%). The results obtained $p = 0.000 < \alpha = 0.05$, which means that if the value of $p \leq 0.05$ then H_1 is accepted.

Conclusion

There is a relationship between attitude and prevention of diabetic ulcers in Mlilir Hamlet, Purwoasri Village, Purwoasri District, Kediri Regency.

Keywords: *Attitude, prevention, diabetes mellitus, ulcer*



LITERATURE REVIEW OBESITY IN CHILDREN AGED 6-12 YEARS

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ABSTRACT

Background

Childhood obesity is a significant public health problem that has become a global health crisis worldwide, including in Indonesia. Obese children tend to remain obese into adulthood, which will have an impact that will reduce the quality of life of children in the future. Therefore, various interventions are needed to prevent obesity in childhood.

Objective

This study aims to conduct a literature review of journal articles related to obesity in children aged 6-12 years.

Methods

The method used in writing this article is a literature review. The search for literature sources is done by accessing the Scopus and Science Direct databases. In the early stages of searching for articles using the keywords "Obesity" AND "Children" AND "6 – 12 years old. In search engines, 2708 articles were published in 2019 – 2023. A total of 20 relevant articles were then assessed using PICOT.

Results

Based on the results of the study, it was found that there was an increase in the prevalence of obesity in children, which was exacerbated by the incidence of COVID-19. The impact of obesity can occur metabolically, mechanically, and mentally. Obesity prevention interventions based on WHO recommendations promote healthy eating, reduced sweets, physical activity, reduced time spent on sedentary activities, childbirth weight, and breastfeeding.

Recommendation

Intervention efforts for the prevention of obesity in school-based children aged 6-12 years

Keywords: *Obesity, Children, Impact, Interventions*



**THE DIFFERENCE IN ADOLESCENT BLOOD
HEMOGLOBIN ACCORDING TO BODY MASS INDEX**

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ABSTRACT

Background

Hemoglobin is a blood molecule that contains iron. Iron plays a role in transporting and circulating oxygen throughout the body. High hemoglobin levels indicate a high oxygen content in the body. High levels of oxygen in the body have an impact on maintaining physical vitality during activities. The teenage years, characterized by intensive activities both at school and outside, necessitate maintaining good physical condition. Excessive food intake is perceived by teenagers as a way to have good stamina. Physiological changes in teenagers are supported by fluctuating changes in eating behavior driven by lifestyle changes, hormones, and the environment. The wide variety of foods available today can enrich the list of foods that teenagers can consume. However, on the other hand, the increasing variety of foods causes teenagers to tend to choose foods they like. Generally, teenagers prefer foods with sweet flavors (high in carbohydrates), high in fats and savory, but lacking in micronutrients due to their dislike for fruits and vegetables. Prolonged imbalances in intake will affect teenage growth. The prevalence of overnutrition and obesity becomes a consequence that teenagers will face if not controlled

Objective

The relatively dense curricular and extracurricular activities at SMPN 1 Ngancar require every student to maintain their physical condition. Some students have been observed to be experiencing obesity, yet they do not seem fatigued in carrying out their learning activities. On the contrary, some students with an ideal physique appear to lack enthusiasm in their learning activities. Several studies have revealed differences in hemoglobin (Hb) levels among adolescents with different nutritional statuses. This research provides benefits for students, parents, and the school in preparing students who remain focused and enthusiastic in their learning activities by organizing intake in accordance with balanced nutritional criteria.

Methods

The research revealed that 13.8% of subjects were underweight, 72.5% had normal nutritional status, 3.8% were overweight, and 10% were obese. The average hemoglobin (Hb) level for underweight subjects was 13.16 g/dl, for those with normal nutritional status was 13.44 g/dl, for overweight subjects was 14.03 g/dl, and for obese individuals was 13.60 g/dl. Hemoglobin levels showed an increase from underweight to overweight status, followed by a decrease in the obesity category. Therefore, there's a tendency for Hb levels to rise along with an increase in nutritional status. The Anova test results yielded a p-value of 0.934, indicating that the average Hb levels among the different nutritional status groups of subjects did not differ significantly. The lack of significant difference in Hb levels across the four nutritional status groups might be due to various factors..

Result

The research yielded the following results: 13.8% of subjects suffered from malnutrition, 72.5% of subjects had normal nutritional status, 3.8% were classified as overnourished, and 10% of subjects were obese. The average hemoglobin (Hb) level for malnutrition was 13.16 g/dl, for normal nutritional status it was 13.44 g/dl, for overnutrition it was 14.03 g/dl, and for obese individuals, it was 13.60 g/dl. Hemoglobin levels increased from malnutrition to overnutrition status, and then decreased in the obesity category. Obesity is a condition characterized by excess fat accumulation, and

an increase in adipose tissue can lead to inflammation, which poses a risk of iron deficiency anemia. Thus, there's a tendency for hemoglobin levels to increase along with nutritional status. The results of the Anova test yielded a p-value of 0.934, indicating that the average Hb levels among the different nutritional status groups of subjects are not significantly different. The lack of significant difference in Hb levels among the four nutritional status groups could be attributed to similar levels and types of intake among adolescent girls. However, this study did not explore this variable in detail. Students should receive adequate nutrition according to their age and activities, especially animal protein, fruits, and vegetables. Animal protein and vitamin C are essential elements needed by the body for red blood cell formation, while vitamin A and zinc, as antioxidants, also play a role in heme synthesis. Hb levels can also be influenced by the duration of menstruation in adolescent girls, which impacts hemoglobin levels and iron reserves during menstruation

Recommendation

Adolescence is the age of schooling, particularly at the junior high school level, which involves a fairly busy schedule due to both curricular and extracurricular activities. The intensity of these activities and the demand to remain focused while engaging in them require students to have sufficient energy. Therefore, students need to receive proper nutrition (adequate intake) according to their age and activities. Parents should provide meals with a balanced nutritional concept to equip them appropriately.

Keywords : *Hemoglobin, Body Mass Index, Adolescents, Age*



QUALITY OF EXCEL BASED – VALIDITY AND RELIABILITY TEST APPLICATION BY MC CALL METHOD

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ABSTRACT

Background

To obtain a good assessment tools (questionnaire), it is necessary to test the feasibility of the assessment tools. The researcher have developed Ms. Excel based-validity and reliability application and need to evaluate the quality of the application from the user's point of view.

Objective

The objective of this study was to determine the quality of Excel-based validity and reliability test application using 4 factors in the McCall method.

Methods

This research was an evaluation research with quantitative descriptive method. Sources of research data obtained from the participants of workshop entitled Excel-Based Validity and Reliability Test, total of 32 people with saturated sampling technique. Data collected through Google Forms. Research variables was correctness, reliability, usability, and efficiency.

Results

The results showed that in general all aspects were considered very good.

Recommendation

Based on the result of study, it is recommended for using Ms. Excel based-validity and reliability application.

Keywords: *Quality, Application, McCall*



HOSPITAL ADMINISTRATIVE MANAGEMENT: HOW DOES THE WORK ENVIRONMENT AFFECT EMPLOYEE ENGAGEMENT?

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ABSTRACT

Background

Human resources are one important aspect of an organization. Various efforts have been made to increase employee involvement in the organization. Employee involvement can be shown through the dedication and pride that employees have for the place they work.

Objective

This study examined the influence of job environment on employee engagement at Wava Husada Hospital.

Methods

The design of this study is a plan for collecting, measuring and analyzing data made to answer questions from researchers. The purpose of research is to test a theory or hypothesis to strengthen or reject a theory or hypothesis from previous research. This study examines the causal relationship between variables which are the direct or indirect influence of the independent variable on the dependent variable. It took 4 months to research with the number of participants in this study being 770 employees who work as nurses, midwives, and non-health workers at Wava Husada Kepanjen Hospital. This

research uses Structural Equation Modeling (SEM) from the AMOS 6.0 statistical software package.

Results

There is a significant effect between the job environment on employee engagement ($p < 0.05$) with an estimated value of 0.877 and CR = 5.406. Therefore employees at Wava Husada Hospital strive to be accepted in the work environment to establish better life relationships. This means that the better the Job Environment provided by the company, the more Employee Engagement of an employee will increase. Testing the hypothesis of the two variables has a fairly good probability value, so the Job Environment has a positive and significant effect on Employee Engagement.

Recommendation

It can be concluded that the work environment can affect the morale and dedication of a hospital employee. We found that the work environment in the form of good working relations between employees, adequate lighting, security guarantees, a comfortable atmosphere and shape of the room makes employees more enthusiastic at work, besides that employees can show high dedication to the hospital.

Keywords: job environment, employee engagement, hospital administrative management



**KNOWLEDGE CONTRIBUTION TO MEDICATION
ADHERENCE AND PHYSICAL ACTIVITY AMONG
DIABETIC OUTPATIENT : CORELATION STUDY**

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ABSTRACT

Background

Glucose is one of the most important carbohydrates used as the main energy source in the body. Hyperglycemia occurs if blood glucose levels are higher than the reference value, which is in the range of 60–110 mg/dl. Several factors have been associated with poor diabetes management, including a lower education level, knowledge, older age, income and a shorter duration of diabetes. The incidence rate of type 2 diabetes mellitus is at its highest in developing economic countries, especially Indonesia.

Objective

The aim of this study is to investigate the relationship between knowledge, medication adherence and physical activity among outpatients at the Poncokusumo Health Center, Malang Regency.

Methods

A Quantitative cross-sectional research method with observational studies was applied in this research. The population in this study was all

outpatients with diabetes mellitus at the Poncokusumo Health Center in Malang, totaling 60 people. And 40 out patient was drawn from population to be reseach sample/ participant. Data analysis conducted by several step including univariate analysis and bivariat analysis obtaining non parametric analysis.

Results

there is no significant relationship between knowledge and adherence to taking medication (P value 0.323, $P > 0.05$) or between knowledge and physical activity (P value 0.973, $P > 0.05$). A further correlative coefficient also shows the low strength of the relationship between knowledge and medication adherence ($r = -0.160$), while knowledge and physical activity ($r = -0.006$). Perception of good physical condition without any symptoms, which encourages respondents to be disobedient in their treatment. Limited Education and access to information ore the others variable suspected had contribution in this phenomenon

Recommendation

It suggested to conduct more in-depth research by involving more samples and variables.

Keywords: *Diabetic, medication adherence, physical activity*



**PLAYING THERAPY (COLORING PICTURE)
ON ANXIETY IN PRESCHOOL CHILDREN DUE TO
HOSPITALIZATION STUDY IN DR. SOEPRAOEN ARMY HOSPITAL**

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ABSTRACT

Hospitalization in children can cause traumatic experiences that can cause anxiety. In pre-school age children, the greatest anxiety experienced is when they first enter school, when they are separated from their parents. One effort that can be done to reduce anxiety is through play therapy activities. The purpose of this study was to determine the effect of playing therapy : coloring pictures on anxiety due to hospitalization.

The research design used was pre-experimental. The population is all respondents who fit the inclusion and exclusion criteria. The sampling used was purposive sampling. The variables studied were playing coloring pictures and anxiety due to hospitalization. Research data was taken using a questionnaire. Data analysis using Wilcoxon statistical test.

From the results of the study, it was found that the p-value = 0.002 <0.05 so that there was an effect of giving play therapy on reducing anxiety due to hospitalization. Of the 10 respondents, the level of mild anxiety was as many as 8 children did not feel anxious, and 2 children with moderate anxiety became mild anxiety. Some things that are thought to be a factor are the age and gender of the child.

Play therapy coloring pictures is effective in reducing anxiety. The provision of play facilities such as coloring pictures can help reduce the anxiety of pediatric patients in the hospital

Keywords : *Anxiety, Hospitalization, Playing Therapy, Pre School*



AIPTINAKES INTERNATIONAL CONFERENCE OF HEALTH (AICH) 2023

Theme

“Strengthening Health Educational Institutions
in the Implementation of Merdeka Campuses
to Create a Resilient Society”

This Book Is The Result Of An Education Conference Held By AIPTINAKES East Java which was attended by 23 health university and Malaysia University. This Conference Carries The Theme "Strengthening Health Education Institutions In The Implementation Of An Independent Campus To Realize A Resilient Society". This Conference Was Created To Provide Many Positive Educational Experiences And Networking Experiences. Conference Was Held For 2 Days On August 26-27, 2023. Also Have Excellent Speakers From 4 Countries, Namely Indonesia, Malaysia, India, And Saudi Arabia.

This book contains research journals from 36 authors which various University who took part in these events. Which has theme about health education and will help every element who is interested in the world of health to gain knowledge relevant about health education.

We hope that this book will be useful for the advancement of science and provide new knowledge relationships to make the health education sector in particular even better.



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