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PREFACE

Politeknik Kesehatan Kemenkes Malang
Head office of development and education centers

Hello and welcome to Malang, Indonesia, and to the International Conference on Food, Nutrition and Health.

It is my great pleasure to serve as conference chair for the first time for the International Conference on Food, Nutrition and Health, organized by Politeknik Kesehatan Kemenkes Malang Collaboration with University Putra Malaysia. Poltekkes Kemenkes Malang (poltekkes-malang.ac.id), my home institution, is proud to be a chairman.

This year promises to be equally stimulating. The theme around Sharing Knowledge is purposely broad so that we could have an eclectic array of papers ranging over a variety of themes including such topics as Nutrition, Food, Nursing, Midwifery, Health Promotion, Herbal, Environmental Health and Pharmacy. We will have about 73 papers and 9 papers from various countries. So we are truly international.

I want to thank Politeknik Kesehatan Kemenkes Malang for organizing the conference and all aspects of conference planning.

I hope during your time at the conference that you take the opportunity to engage with your peers to discuss your ideas for research and practice and that you ask questions of the presenters. There will be plenty of opportunities for collaboration. We will all benefit from our combined participation at this International Conference on Food, Nutrition and Health.

Conference Chair ICFNH Politeknik Kesehatan Kemenkes Malang 2020.
Annasari Mustafa,
Development and Education Centers
Politeknik Kesehatan Kemenkes Malang.



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PROCEEDING BOOK OF
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SPEAKER

Nutraceuticals of ASEAN Functional Foods

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Abstract

Nutraceuticals are commonly components extracted or prepared from plants or animal sources. They are more than food but less than pharmaceuticals. In ASEAN regions, consumers are becoming more aware of preventive medicines and the positive link between diet and disease prevention. This high demand stems from increasing overweight/obesity rates and aging populations. It leads to health consequences such as hypertension, diabetes, and cardiovascular diseases. Therefore, consumers rely on nutraceuticals to fulfil health requirements apart from relying on traditional health care providers. Examples of nutraceuticals are soya phytoestrogens, polyphenolics, carotenoids, etc. These components or bioactive compounds have different biological activities and health-promoting properties that can be used for many applications by food and pharmaceutical industry. The demand of nutraceutical-based products in ASEAN regions is increasing yearly. In recent years, many animal studies, human clinical trials and epidemiological studies have been performed in order to investigate the possible effect of specific functional foods and nutraceuticals/bioactive compounds on disease prevention. Most studies present some indications, but no clear evidence. In this presentation, author will share findings on the biological activities and health-promoting properties of selected ASEAN functional foods and nutraceuticals/bioactive compounds.

Role of Intermittent Fasting in Human Immunity Amid COVID19

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Abstract

Intermittent fasting has been gaining growing attention in scientific and medical bodies as a safe, cost-effective dietary intervention with versatile medical and health benefits. Amid the pandemic of COVID-19, people start looking for non-pharmacological prophylactic and curative interventions. Intermittent fasting was found to alleviate the predisposing factors involved in the pathogenesis of COVID-19 such as excessive body weight, increased inflammation, and burst in proinflammatory cytokines, decreased immunity, and compromised defense mechanisms. The activation of metabolic switching and changing body metabolism toward ketogenesis triggered by intermittent fasting play a paramount role in disfavoring the microenvironment required for viral replication.

Nutricosmetics in Provision of Health and Beauty

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Abstract

People's Main Food Sources are in the form of vegetable and animal products which are divided into Macronutrient and Macronutrient Food Sources. Nutritional and Non-Nutritional Compounds are also from Food Sources, which are found in Plants and Animal Products. Examples of non-nutritional compounds are found in plant sources. Segmentation of Nutritional Supplements consist of nutraceuticals, Nutricosmetics. Nutraceuticals consist of body health and Nutricosmetics consisting of Body Beauty Health. The term used for nutritional cosmetics and relates to “eat and drink products in co-ordination with usual skin care routine for better overall results”. Example of anti-aging nutricosmetics for healthy and beautiful skin “skin blossom” consist of composition: alpha lipoic acid, coenzyme Q10, fish collagen, lecithin, grape seed extract, pine bark extract, vitamin C and vitamin E and example of weight loss nutricosmetics for healthy and beautiful body shape “body beauty” consist of composition apple cider vinegar, cactus extract, chitosan, grape seed extract, malabar tamarind fruit extract, tomato extract and white kidney bean extract.

Opportunities and Challenges of Gerontological Nursing in the Global Era

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Abstract

Older persons are increasing in number and make up a growing share of the population in virtually every country. Older persons have health needs which tends to be more complex and with a general direction towards decreasing capacity and an increasing likelihood of an advancing chronic diseases. Personal factors such as health status, behavioral abilities and inner life are significant to the quality of life together with the participation to social activities, the formation of positive habits, being occupied with activities related to good health habits and the adaptation of the physical and social environment to the older persons needs and preferences. It is then important for health care providers to be mindful of the needs of the older persons in order for them to contribute and foster positive quality of life. New approaches in the care of older persons will require the careful and deliberate process of planning and research so that it can bring changes and impact to the life of older persons. The use of a unified and structured approach to identifying the specific needs of older persons and the institution of appropriate strategies that will definitely benefit the older persons from a variety of perspectives is warranted. Expanded and new needs should be entertained and acted upon such as on recreation, facilities, need for safety and comfort, and the importance of a strong support system. Health care providers should give special consideration to the method necessary when taking care of older persons and that the physical needs of older persons must be adequately considered together with the delivery of sound communication process, availability of retirement and health care facilities, and the maintenance of the older persons spirituality.

Updates on Evidence Based Practice in Midwifery

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Abstract

Midwifery is both an art and a science. Contemporary midwifery practice is underpinned by the philosophy of woman-centred care, and the principles of primary health care. Midwives have significant levels of responsibility and accountability in the provision of maternity and neonatal care, with many working autonomously and in environments which require advanced professional judgement and clinical decision-making skills. Midwifery decisions and care must be founded on evidence. Midwifery evidence-based practice integrates research evidence, clinician expertise, experience and intuition, clinical context and the woman's values. Advancing midwifery knowledge and translating research evidence into professional practice, education curricula, guidelines and policy is key to ensuring the provision of quality care and improving maternal and neonatal health outcomes. This presentation will discuss the importance of midwifery inquiry, review the types of evidence to inform midwifery practice and provide insights into the translation of evidence into curricula and woman centred midwifery practice in different contexts.

Implementation of Electronic Health Records System in Vietnam

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Abstract

The World Bank awarded Vietnam's middle-income' status in 2010, and today, the country is the sixth-largest economy in ASEAN's 10-member trading bloc. Vietnam's healthcare landscape is changing. The government of Vietnam is driving a digitalization agenda in healthcare organizations and public health communities across the country. The term electronic health record (EHR) can refer to the entire system. EHRs include information management tools to provide clinical reminders and alerts, linkages with knowledge sources for health care decision support, and analysis of aggregate data both for care management and for research. Viet Nam Ministry of Health (MoH) has (i) provided the regulation for the basic statistical indexes in healthcare on June 2014; (ii) promulgated Circular No. 54/2017/TT-BYT on criteria for the assessment of information technology application at health facilities (08 criteria groups) on December 2017; and (iii) established the plan for the implementation of electronic health statistics on October 2018. Viet Nam is also facing challenges such as computerizing huge amount of paper-based records, lack of a standardized body to establish EHR comprehensively, spontaneously, diverse platforms due to types of technology vendors, etc. Smart solutions are being strongly encouraged to help alleviate Vietnam's overcrowded public hospitals and increase the quality of care. To intensify the development in healthcare informatics as well as electronic health records, research, application, and education groups should be established and become key resources based on transparent governmental guidelines and directions. The MoH may employ these measures: (i) mobilize the funding to improve the HIT system; (ii) encourage further international collaboration with national research and development resources; (iii) improve the awareness of health professionals about the benefits of HIT and EHR;

Keywords: electronic health record (EHR), healthcare informatics (HIT), Viet Nam

Nanoprocessing on Tropical Plants to Improve Their Function In Food and Medicine

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Abstrak

Nanotechnology is all about an innovative approach to problem solving and is simply a collection of tools and ideas which have potential applications in the pharmaceutical industry. One of the most obvious and important nanotechnology tools for product development is the opportunity to convert existing active compounds having poor water solubility and dissolution rate into readily water soluble dispersions by converting them into nano-size forms. Simply by reducing the particle size of active substances to the nanometer range, the exposed surface area of the compound is increased and hence its ability to be absorbed. In addition to modify the particle size by high energy input top down method, self-assembly bottom up nanocarrier systems are also developed in the pharmaceutical products development with various advanced outcome provided such as protection of high sensitive substances, improvement the therapeutic index by modulating the delivery system as well as active compound release in body compartments. The engineering process covering top down as well as bottom up techniques applied in bioactive substances derived from tropical medicinal plants are described in this report, such as mangosteen, *Colocasia esculenta*, and curcumin. The potential benefits of the produced medicinal plants-based nanomaterials inspire their use for different applications including a high sophisticated approach in clinical therapeutic and diagnostic. The latter is known as nanotheranostics, a new era in medicine for better outcome. A short overview regarding the use of various plants for nanotheranostics is also discussed in this presentation.

The Importance of Strengthening Spiritual Beliefs in Times of the COVID-19 Pandemic: A Nursing Perspective

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Abstract

The Coronavirus disease (COVID-19) outbreak has had a global impact and strategies to deal with it have increased psychological stress not only in the general population but also among healthcare workers. Psychological stress, further, may weaken the immune system thereby increasing susceptibility to infectious diseases. Spirituality has long been recognized to be very helpful in dealing with psychological stress due to a crisis such as the COVID-19 pandemic. This review will explain the extent to which the COVID-19 pandemic is affecting individual psychology and describes how strengthening spiritual beliefs can address mental health problems while promoting physical health. Strengthening spiritual belief is expected to be an effective alternative strategy for every individual in dealing with the COVID-19.

Keywords: COVID-19, immune system, mental health, psychological stress, spiritual beliefs, spirituality



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ORAL PRESENTATION



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NUTRITION

Empowering People In Improving Nutrition Knowledge, Changes In The Nutrition (Energy, Carbohydrates, Fats And Fibers) And Heavy Change Of Heavy Advantages

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Abstract

Background : Obesity in adolescents needs to be given early prevention so that it does not become a health problem during adulthood. Prevention of obesity in adolescents is by promoting weight loss and healthy eating behavior through health education, in this case through nutrition counseling with an approach through peers. **Objective:** To determine the effect of peer empowerment in increasing nutritional knowledge, changes in nutrient intake (energy, carbohydrates, fat and fiber) as well as changes in body weight of adolescents with overweight. **Method:** Quasi experiment, randomized pre-post control group in 39 high school students aged 14-18 years divided into two groups: 1) treatment group with peer nutrition counseling, 2 control groups with classical education. Peer nutrition counseling is carried out for 1 month, with 4 individual counseling sessions. The variables studied were body weight, energy intake, fat, carbohydrates and fiber. The distribution of variables was analyzed univariately and bivariately by using the Paired t-test. **Results:** There were significant differences in knowledge before and after peer education (treatment group) with a significance of 0,000 ($p < 0.05$), and control group (classical counseling) with a significance of 0.001 ($p < 0.05$). There were no significant differences in nutrient intake (energy, fat, carbohydrate, and fiber) before and after the study ($p > 0.05$). There were significant differences in body weight before and after peer education (the treatment group) and the control group with a significant 0,000 ($p < 0.05$), **Conclusion:** Peer counseling can reduce weight, and increase knowledge, but does not change energy intake, fat, carbohydrates and fiber.

Keywords: peers, knowledge, intake, overweight

The Effect Of Tapak Dara Tea (*Catharanthus Roseus*) Toward Erythrocyte Sedimentation Rate Of Wistar Rat That Induced Diethylnitrosamin

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Abstract

Background: According to the results of Basic Health Research (Kementrian Kesehatan RI, 2018), the prevalence of cancer in Indonesia has increased compared to the results of riskesdas in 2013. The prevalence of cancer in Indonesia based on the doctor's diagnosis reached 1.8 population per 1000 population, which indicates an increase from 2013, namely as much as 1.4 per 1000 population. The vinblastine and vincristine compounds in Tapak Dara (*Catharanthus roseus*) are called antimetabolic agents because they bind to tubulin during cell division. The bonding that occurs causes obstruction of microtubule assembly so that mitotic division is disrupted and cancer cell growth becomes inhibited (Mousavi et al, 2013; Sutrisna, 2015). In addition, the flavonoids in tapak dara act as antioxidants to reduce free radicals. high ESR (Erythrocytes Sedimentation Rate) is an indicator of inflammation in the body. Diethylnitrosamine's role here is to accelerate the process of infection. Any damage to the blood will cause the number and size of erythrocytes to be abnormal. The presence of macromolecules with high concentrations in plasma, can reduce mutual repulsion and make erythrocytes more easily attached to one another and cause high ESR (Erythrocytes Sedimentation Rate) levels. **Objectives:** To prove that there is an effect of Tapak Dara tea (*Catharanthus roseus*) on the blood sedimentation rate of male Wistar rats induced by Diethylnitrosamine. **Methods:** Using an experimental laboratory with the post-test only control group design with male Wistar rats aged 3-4 months, weighing 100-200 g. With 4 treatments, P 1: 3 ml Tea + 17 ml Aqua Water + 1 ml DEN, P 2: 6 ml Tea + 14 ml Aqua Water + 1 ml DEN, P 3: 20 ml Water + DEN (positive control), P 4: Air 20 ml (negative control). Each treatment contained 7 mice. The study was conducted for 6 weeks with 2 surgeries and check the ESR Level. Data analysis uses SPSS, if parametric data uses One-Way Anova, if non-parametric uses the Jonckheere Test. **Results:** According to the data, the results of surgery 1 compared to surgery 2 decreased levels of nonparametric statistical testing using the Jonckheere-Terpstra test, that the p-value (0.758) > 0.05 indicated that there was no significant difference in the level of sedimentation rate between treatment groups. **Conclusions:** Tapak Dara tea has no significant effect on the level of erythrocytes sedimentation rate (ESR).

Keywords: tapak dara, wistar rat, diethylnitrosamine, ESR (erythrocytes sedimentation rate)

The Impact Of Teh Daun Tapak Dara Towards Albumin On Male Wistar Rat That Induced By Den (Diethylnitrosamine)

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Abstract

Technological developments suggest that tapak dara have an important role in the commercialization of vinblastine and vincristine products as chemotherapy-based anti-cancer compounds (Mus musculus, 2009). Serum albumin is used as a tool to determine the prognosis of several types of cancer, such as lung cancer, pancreatic cancer, gastric cancer, colorectal cancer, and breast cancer. According to research at Syaiful Anwar Hospital Malang, protein intake has a significant relationship. Diethylnitrosamine (DEN) is a nitrosamine compound which is one of the most common carcinogens and is often found in the environment. Nitrosamines are chemical compounds that are produced from the reaction of nitrites with secondary amines which result in carcinogenicity. The purpose of this study was to analyze the effect of tapak dara leaf tea on albumin levels in male Wistar rats induced by DEN (Diethylnitrosamine). The type of this research is a laboratory experimental study using a completely randomized design with four treatments to male wistar rats induced with diethylnitrosamine and given tapak dara, each treatment level is repeated 7 times, which is then measured the effect of tapak dara on albumin levels in the blood of wistar rats. The length of the study was 6 weeks. Results of this study, it was found that the one way ANOVA test got a significance value of 0.07 ($0.07 > 0.05$), it can be concluded that the results of the study were the effect of giving the tapak dara leaf on albumin levels in male Wistar rats induced by DEN (Diethylnitrosamine) had insignificant results. or it has no real effect.

Keywords: tapak dara, wistar rat, diethylnitrosamine, albumin

The Effect Of Tapak Dara Tea (*Catharanthus Roseus*) Toward Malondialdehyde Rate Of Wistar Rat That Induced Diethylnitrosamin

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Abstract

Cancer can arise due to repeated exposure to a carcinogen and additives at certain doses that cause the formation of free radicals. According to Khaira (2010), excess free radical production will cause an increase in excessive oxidative stress, resulting in an increase in lipid peroxidation products and a decrease in antioxidants and enzymes. One indicator to determine the level of oxidative stress in the body is *malondialdehyde* (MDA). DEN is known to cause damage to many enzymes involved in DNA repair so that prolonged exposure leads to fibrosis, cirrhosis, and then cancer (Paula Santos et al., 2014). Tapak dara (*Catharanthus roseus*) is a medicinal plant that is often found in Indonesia. Based on the research of Sayekti et al (2017), the results of phytochemical tests showed that the Tapak Dara Leaf extract positively contained alkaloid compounds, flavonoids, saponins, terpenoids, steroids, and tannins. Flavonoids are a type of natural antioxidant that can be found in plants. Flavonoid antioxidants are compounds that can be used to treat oxidative damage due to free radicals or reactive oxygen compounds (ROS) (Wulansari and Chairul, 2011). The purpose of this study was to analyze the effect of giving Tapak dara (*Catharanthus roseus*) leaf tea on levels of *malondialdehyde* (MDA) in male Wistar rats with diethylnitrosamine (DEN) induction. The type of this research is a laboratory experimental study using a completely randomized design with four treatments to male wistar rats induced with diethylnitrosamine and given tapak dara, each treatment level is repeated 7 times, which is then measured the effect of tread on *malondialdehyde* levels in the blood of wistar rats. The length of the study was 6 weeks. Results of this study, it was found that the one way ANOVA test got a significance value of 0.24 ($0.24 > 0.05$), it can be concluded that the results of the study were the effect of giving the tapak dara leaf on *malondialdehyde* levels in male Wistar rats induced by DEN (Diethylnitrosamine) had insignificant results. or it has no real effect.

Keywords: tapak dara, wistar rat, diethylnitrosamine, MDA

Potential of Cat Whiskers (*Orthosiphon aristatus* Blume Miq) as Antiviral (Mini Review)

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Abstract

Orthosiphon aristatus (Blume) Miq.) is one of the medicinal plants widely used in traditional medicine. *O. aristatus* are known to have many benefits, including antiviral. Components of the main secondary metabolites of *O. aristatus* are sinensetin, rosmarinic acid, and eupatorin. The development of plants or drugs that have the potential to act as antiviral during the Covid-19 pandemic continues. Based on previous research reports, the main secondary metabolite content in cat whiskers can be antiviral. Online and offline literature searches were conducted to compile the articles. PubMed (Medline), Web of Science, is used to retrieve online publications using the following search terms: *Orthosiphon aristatus* (Blume) Miq, cat whiskers, herbs, traditional medicine, pharmacological activities, antiviral. During the Covid-19 pandemic, researchers looked for sources of plants and drugs with antiviral properties, one of which was the cat's whiskers plant. The main compound content of nutmeg, cat whiskers, rosmarinic acid, sinensetin, and eupatorin can be anti-virus. Rosmarinic acid can be developed as a therapy for hand, foot, and mouth disease caused by enterovirus 71 (EV71). Sinensetin has the potential as a drug for influenza H1N1 virus infection. Based on an in-silico study, rosmarinic acid is a potent inhibitor of COVID-19; rosmarinic acid reduces the mortality of mice infected with the Japanese encephalitis virus (JEV), Water extract of leaves, flowers, and all the plants in addition to the root of the *O. aristatus* (0.39 mg / mL) had antiviral activity high observed after normal cells (Vero cells) were inoculated with herpes simplex virus type 1 (HSV- 1) (post-treatment) with a 100% reduction in HSV-1 plaque, cat whiskers can be developed as an antiherpetic and rosmarinic acid can inhibit hepatitis B virus replication. There has been no previous review regarding the potential for cat whiskers as an antiviral. Therefore this review is expected to provide information about potential antiviral sources originating from the cat whiskers plant.

Keywords: Medicinal plants, cat whiskers, anti H1N1 virus infection, anti HSV1, Inhibitor COVID-19, anti Japanese encephalitis virus, anti hepatitis B virus

The Giving Of Boiled Bay Leaves To Reduce Uratic Acid Level for Elder

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Abstract

Background: Uric acid is the end result of the metabolism of purines in the form of nucleoproteins, which are one of the components of nucleic acids found in the body's cell nucleus. Boil bay leaf contains calories, carbohydrates, mineral fiber, and many people have proven that this boil bay leaf can help reduce uric acid levels without causing side effects. This study aims to reduce uric acid levels in the elderly by giving boil bay leaf. Methods: This research is a descriptive case study with two subjects and was conducted in December 2019, using an interview sheet and an observation sheet. Results: The results showed that the first and second subjects experienced a decrease in uric acid levels. The level of uric acid in the first subject was 7.7 mg / dL and the second subject was 6.4 mg / dL. After giving of boiled bay leaf decoction for 7 days every morning after eating, can reduce levels of uric acid in both subjects. The first subject showed the results of uric acid levels of 6.7 mg / dL and the second subject of 5.7 mg / dL. Conclusion: The recommendation for further research is that further researchers should continue to give boil bay leaf to the elderly who have high uric acid levels with different duration and frequency

Keywords: boil bay leaf, elderly, uric acid level



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NURSING

Stimulating Effects of the Use of Baby Walker and Balance Bike on the Development of Toddlers: A literature review

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Abstract

The stimulation of gross motor development toddlers in Indonesia needs to be optimized, but the parent's standard choice kind stimulation was unclear. This could be caused by the mother's lack of knowledge about the types of stimulation to choose. Most parents often choose baby walkers in stimulating the walking phase of children, while balance bikes are unfamiliar by parents as a type of gross motor stimulation when children can walk. The purpose of this article is to provide an overview of the effects of stimulation used a baby walker and a balance bike on a child's development phase. This article is a literature review. The article was searched from some databases, includes CINAHL, ScienceDirect, ProQuest, and ClinicalKey. The search used a combination of several keywords: "baby walker", "balance bike", and "child". A total of 10 selected articles are presented in this article. The results showed that the baby walker is not significant as a walking stimulation for babies because of the harmful impact, different to the balance bike, which provides a good impact, it will be recommended as a stimulus. Further research related to experimental methods needs to be developed in Indonesia.

Keywords: baby walker; balance bike; toddler

The Influence of Internal and External Factors on the Implementation of Universal Precaution in Preventing Health Care Associate Infection Risks by Nurses

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Abstract

Health Care Associate Infection (HAIs) is a hospital-acquired infection that occurs in patients who are hospitalized for at least 72 hours and these patients do not show symptoms of infection at hospital admission. The purpose of this study was to determine the effect of internal and external factors on the application of *Universal Precaution* in preventing the risk of Health Care Associate Infection by nurses in the internal room 2 of RSUD Pasuruan. The research design used in this study was analytic correlation with the type of case control design with a total sampling technique, the sample size in this study was 36 respondents. The results showed that after observation and questionnaires, it was emphasized that there were influences from internal and external factors. Based on the results of the Spearman statistical test internal factors between the length of work with the decontamination of the tool with the Sig. (2-tailed) $0.003 < 0.05$ which means that there is an influence, external factors are facilities with hand washing obtained Sig. (2-tailed) = $0.00 < 0.05$, Facilities with PPE obtained Sig. (2-tailed) = $0.00 < 0.05$, Facilities with decontamination of equipment obtained Sig. (2-tailed) = $0.00 < 0.05$, Facilities with sharp tools obtained Sig. (2-tailed) = $0.00 < 0.05$, and Facilities with Waste obtained Sig. (2-tailed) = $0.00 < 0.05$ which means there is overall influence. It can be concluded that there are influences from internal and external factors that can increase the discovery of nosocomial infections.

Keywords: *Health Care Associate Infection (HAIs)*, universal precaution

Effect of Kegel Exercise on Urinary Frequency in the Elderly with Urinary Incontinence

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Abstract

Urinary incontinence is an unnoticed urination in sufficient quantities and frequencies, resulting in health, social, psychological, physical, and sexual problems. often found in older people, especially women. Urinary incontinence results from a decrease in pelvic floor muscle strength that can be caused by aging. incontinence occurs because this is due to an elderly person who has reached the age of 60 years and over So far, the efforts made to reduce complaints of incontinence in the elderly are Kegel exercises which aim to rebuild pelvic floor muscle strength. The purpose of this study was to determine the effect of kegel exercise on the frequency of urination in the elderly with urinary incontinence in Pisang Candi Village, the Work Area of the Mulyorejo Sukun Health Center, Malang City on December 2, 2019 - 02 January 2020. The research design used was Pre Experimental Design using One Group Pre-Post Test design. The sampling technique used is purposive sampling, the number of samples taken was 32 samples. The results of the study stated that there was a significant decrease in the frequency of urination after kegel exercise. After doing the Wilcoxon Sign rank test, the P value = 0,000 $\alpha = 0.05$ thus H1 is accepted and H0 is rejected so that it can be concluded that there is an effect on decreasing the frequency of urination in elderly with urine incontinence. Kegel exercise can be applied at home as an alternative or non-pharmacological therapy to reduce the increase in urinary incontinence.

Keywords: kegel exercise, urinary incontinence, urinary frequency

Body Alteration of Patients with Tuberculosis who Get Medication at the Public Health Centre

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Abstract

Patient with tuberculosis who already experience 6 months of treatment may felt body alteration. The study was aimed to illustrate the body alteration of Tuberculosis patients who get medication at the Public Health Centre. The design used cross sectional. The samples were 141 tuberculosis patients who got medication at the Public Health Centre in Blitar which was selected by simple random sampling. The variables were height, weight, urine color, feeling of boring related to the medication and willingness to stop drinking the medication routinely. The data was collected at the patient's home in August - November 2018. The data was collected by instruments of height gauge, weights, and interview form. The data were analyzed descriptively. The results have shown the most changes were in the physical such as the weight loss, the red urine, and nausea. The patient's nausea causes a decrease in intake and has an impact on the patient's weight that goes down. It is important for nurses in Public Health Centre to provide medical services and information through health education before the first medication.

Keywords: tuberculosis, body alteration, public health centre

Relationship between Knowledge and Mother's Stress with Low Birth Weight Babies

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Abstract

Background: The birth of a baby with low birth weight is a condition that is unwanted and planned by the mother. This condition often makes mothers feel uncomfortable, worried and even stressed. This study aims to determine the knowledge and stress of mothers who deliver babies with low birth weight.

Methods: This study used a descriptive method with a sample of 160 mothers who had LBW with babies less than two months old in Malang district in 2018. This study used the pearson test analysis, with a significant result of 0.01.

Results: The results showed that mothers with low birth weight babies knew the meaning, signs of symptoms, the impact of LBW on babies and how to care appropriately, while the causes of LBW had sufficient knowledge. The psychological condition of mothers with LBW 61.9% experienced stress.

Conclusion: Knowledge of mothers who give birth to babies at their weight is quite good because they have received information from various sources, including health workers, social media and family. Stress in mothers with high low birth weight requires assistance in other LBW care.

Keywords: low birth weight baby, mother's knowledge, mother's stress

Effectiveness Of High Fowler Positioning And Orthopneic Position On Lung Ventilation In Bronchial Asthma Patients

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Abstract

Patients with asthma have bronchospasm and bronchoconstriction can cause a decrease in respiratory function. The result of the research indicates the position of the high fowler and orthopneic to help increase the function of lung ventilation. This research aims to know the effectiveness of high fowler and orthopneic position to lungs ventilation function respiratory rate (RR) and Peak Flow Rate Meter (PFRM) of a patient with asthma. This research uses a quasi experimental design with a plan of Non Equivalent Control Group and Consecutive sampling for the sampling technique. The amount of respondent is 36 patients. There are two groups: intervention group 1 (high fowler) and intervention group 2 (orthopneic), high fowler position do in 30 minutes and position orthopneic do in 45 minutes. The results that the value of respiratory rate at high fowler position was not effective to decrease respiratory rate with ($p=0,088 > \alpha=0,05$), while for peak flow rate meter value at high fowler position effective to increase peak flow rate meter with ($p=0,000 < \alpha=0,05$). The lung ventilation function of the patient better effective orthopneic position than the high fowler position with ($p=0,000, \alpha=0,05$). Based on this research recommended providing an orthopneic position to asthma patients with dyspnea to increase lung ventilation by decreasing RR and increased PFRM.

Keyword: Peak Flow Rate Meter (PFRM), Respiratory Rate (RR), asthma bronchial

Dieting Pattern With Stroke Disease For Patients Treated At The Public Hospital In Pasuruan District

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Abstract

Stroke is still a major health problem in both developed and developing countries because, in addition to causing a high mortality rate, stroke is also a major cause of disability. The world health agency predicts that death from stroke will increase along with deaths from heart disease and cancer by approximately 6 million in 2010 to 8 million in 2030. This study uses a Cross-Sectional Study design to analyze the relationship between diet which includes dietary substances and methods. food processing with stroke in patients treated at the Bangil General Hospital, Pasuruan Regency. The sample size is 48 respondents. Sampling was done by purposive sampling. Data analysis using a Chi-Square test. The results showed that there is a significant relationship between dietary substances and stroke with a value of $p = 0.000 < 0.05$. Meanwhile, for the variable of the relationship between food processing and stroke, it was found that there was a significant relationship between food processing and stroke with a value of $p = 0.000 < 0.05$. To prevent recurrent stroke attacks and improve post-stroke conditions, respondents are expected to adopt healthy living behaviours in their daily life, especially regarding diet. To reduce the incidence of stroke, hospitals need to increase health promotion regarding the application of healthy living behaviours in everyday life, especially regarding diet.

Keywords: diet pattern, stroke

The Effectiveness of Social Skills Training Toward Social Interaction Skill on Autism Children

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Abstract

Social interaction disorder is a major problem on autism children that needs to be treated as soon as possible. This study aimed to identify the effectiveness of Social Skills Training (SST) toward social interaction skill on autism children. This study used a quasi-experimental design with pretest - posttest control groups. This study involved 41 children who were divided into two groups. Intervention group included 21 children and control group was 20 children who were selected by purposive sampling technique. Results of this study showed that social interaction skill on autism children before SST in two groups was similar (homogenous). Furthermore, the social interaction skill between before and after SST in the intervention group were significant different (P value= 0.007; mean diff= 0.86); whereas, the differences between before and after SST in the control group was not significant different (P value=0.256; mean diff= 0.2). The differences of social interaction skill after SST between control and intervention groups were not significant different (P value= 0.369; mean diff= 1.026). The researcher concludes that SST is effective to improve social interaction skill on autism children; however, this intervention only improves the social interaction skill slightly. This study indicates the importance of SST in daily activity on autism children.

Keywords: social skills training, social interaction skill, autism children

Effect Of Warm Intravenous Fluids On Consciousness Recovery Time In Postoperative Patients With General Anesthesia

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Abstract

Background: Management of postoperative patients with general anesthesia is very important. Postoperative patients with general anesthesia that are not properly managed can experience a loss of consciousness. Delay in recovering consciousness postsurgery can be caused by the administration of cold fluids which can lead to hypothermia. Postoperative hypothermia can be treated by warming up intravenous fluids. This study aims to determine the effect of warm infusion on recovery time in postoperative patients with general anesthesia at Mardi Waluyo Hospital, Blitar. **Methods:** The research design used was quasy-experimental using one-shot case study, with 15 samples of treatment group were administered with warm intravenous fluids and 15 samples of control group were administered without warm intravenous fluids. Mann- Whitney test was used to conduct data analysis. **Results:** The results of this study demonstrated that the entire treatment group regained consciousness within a normal period, while in the control group almost all (87%) experienced a normal conscious recovery and a small proportion (13%) experienced delays in recovering consciousness ($p \text{ value} = 0,007 < \alpha$). **Conclusion:** It means there is influence of warm intravenous fluids therapy on consciousness recovery time in postoperative patients with general anesthesia.

Keywords: postoperative management, consciousness recovery time, warm intravenous fluids



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MIDWIFERY

Strengthening Community Health Volunteer as a Community Empowerment in The Reduction of HIV/AIDS Stigma

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Abstract

The negative stigma of society becomes one of the inhibitory factors of HIV/AIDS promotion and preventive programs. Community Health Volunteer (CHV) of HIV can be an attempt to reduce the negative stigma of society. The purpose of this activity is the formation of HIV CHV which is expected to bridge the Primary Health Care (PHC) and childbearing age women and expectant mothers in HIV/AIDS prevention; to support the success of the Preventive Mother to Child Transmission (PMTCT) program, and increase the participation of childbearing age women and expectant mothers to Voluntary Counselling and Test (VCT); to reduce the incidence rate of HIV. Community empowerment was conducted in 2018, July until November in Sleman DIY. This activity was the socialization of HIV/AIDS and VCT on CHV which cooperate with PHC and NGOs. Community health volunteers provided counseling in childbearing age women and expectant mothers related to the prevention of HIV/AIDS transmission. The result of this activity was the increasing CHV knowledge about HIV/AIDS and the formation of twelve HIV CHV in Sleman Yogyakarta. In conclusion, this activity effectively increases the participation of childbearing age women and expectant mothers in voluntary HIV tests, so that the formation of HIV CHV should not only involve adult age, but also adolescents.

Keywords: community empowerment; community health volunteer; HIV/AIDS; stigma

The Relationship Weight Gain Pregnant Women Quarterly Iii With The Risk Of Preeclampsia At Puskesmas Kalisat In 2019

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Abstract

Maternal Mortality Rate (MMR) in Indonesia is still quite high. One of the causes of high MMR in Indonesia is preeclampsia/eclampsia. Preeclampsia is hypertension that occurs at > 20 weeks of gestation and is accompanied by proteinuria. One predisposing factor for the onset of preeclampsia during pregnancy is excessive weight gain. The purpose of this study was to analyze the relationship between weight gain in pregnant women quarterly III with the risk of preeclampsia. Analytical design with a retrospective approach and sampling techniques using quota sampling. The population in this study were 50 pregnant women and a sample of 44 pregnant women who were by the inclusion criteria. The research instrument is the observation sheet and documentation of the KIA book. The chi-square statistic test results obtained value \rightarrow Pvalue (0,000) <0.05 which means indicating the existence of a relationship. The results of the contingency coefficient test the results were 0.492 which means that there is a significant relationship between the increase in weight of third-trimester pregnant women and the risk of preeclampsia with a positive relationship direction. Pregnant women who have entered the third-trimester must control their weight gain regularly, which is \leq 0.5 kg/week, because if more than that you are at risk of experiencing preeclampsia.

Keywords: weight gain, pregnant women quarterly III, risk of preeclampsia

The Development of Kohort Form Application using Desktop-based Microsoft Access as a Medium of Report for Midwives at Independent Midwifery Practice (IMP)

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Abstract

The use of kohort form today has many obstacles; besides wasting time, the kohort is also considered to be less effective. Attempts to deal with related problems have been carried out, which include, among others, trainings for midwives about the use of kohort form, the writing of kohort data, the using of manuals, and the revision of the kohorts. However, they have not resulted in. The purpose of this study was to find out the development of the Kohort Form Application using Desktop-based Microsoft Access as a medium of report in the Independent Midwife Practice (IMP). The method used was Research and Development (RND). The research phase started with figuring out the potential and problems, analyzing the needs, making a draft and application design, performing media and material testing by experts, making product revisions, and testing small groups of 4 midwives who managed IMP in Malang Regency. The instrument used were questionnaires. The results of the study indicated that the product developed was quite suitable to be used as a medium of report for midwives but still requires improvement. It can be seen from the results of the questionnaire validation by media experts as much as 79.41%, which reported to be in 'feasible category', while the questionnaire by material experts got the results of 76.78% declared to be in 'quite feasible category'. The results of the small group trial got a percentage value of 82.14%, which was in 'very feasible category'. It is expected that in the revolutionary era 4.0 health practitioners can utilize technology as a support for health services.

Keywords: kohort, application development, microsoft access

Differences in Triglyceride Levels in Combined Injection Acceptors and Depot Medroxy Progesterone Acetate / DMPA on PMB Erna, Eny S.ST Desa Sukoanyar

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Abstract

Abstract : Hormonal contraception in the form of a combination injection and Depo Medroxy Progesterone Acetate / DMPA contains a hormone that can affect the amount of triglyceride levels through the stimulation of the appetite control center so that the acceptor will eat more than usual, which may increase the amount of triglyceride levels. Whereas in combination injection contraception has a responsive effect in regulating adipogenesis. The purpose of this study was to determine differences in triglyceride levels in combination injector acceptors and Depo Medroksi Progesterone Acetate / DMPA acceptors on PMB Erna Eny, S.ST Sukoannyar Village. The design of this study was observational analytic with a cross sectional approach to 21 combined injection acceptors and 21 Depo Medroxy Progesterone Acetate acceptors. Sampling research using Simple Random Sampling. Measuring instruments used in this study are the documentation sheet and spectrophotometer Analysis of the data used is the Shapiro Wilk test and the Mann-Whitney test. The results showed that the average amount of triglyceride levels from both types of acceptors had a value <150 mg / dl. From the bivariate analysis, it was obtained the calculated Z value (1.27) <Z table value (1.96) which showed that there were no differences in triglyceride levels in the combined injection acceptor with DMPA acceptor. The effect of injecting contraception has no effect on increasing the amount of triglyceride levels and there are other factors that influence the amount of triglyceride levels in the body.

Keywords: combination syringe acceptor, DMPA acceptor, triglyceride levels

Pregnant Exercise Associated With Hb Levels In Tm Iii Pregnant Women

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Abstract

During pregnancy, hemodilution occurs which cause in anemia. Therefore, pregnancy exercise can reduce the incidence of anemia. This study aimed to analyze the correlation between pregnant exercise and Hb levels in TM III pregnant women in the Banjarsengon Health Center area. The study design was a correlation analysis with a cross sectional approach with a population of 32 people and a sample of 30 respondents, sampling using simple random sampling. The research instrument used a questionnaire that contains about the history of pregnancy exercise, including frequency (standard 12 times), intensity (standard once a week), and time (standard 30 minutes) in TM III pregnant women. Then tested using chi square followed by a contingency coefficient test. The results of the pregnancy exercise statistic test were mostly not suitable (60%). The highest Hb level was ≥ 11 gr / dL (63.33%). Chi square test obtained p count (0.018) < 0.05 with a contingency coefficient of 0.025. So it can be concluded that there is a very weak correlation between pregnancy exercise and Hb levels of respondents. This pregnancy exercise are related to the increase in Hb levels, in other factors that influence this is the consumption pattern of Fe and nutrition. This is because the formation of Hb will bind to oxygen to be carried to all body tissues so that oxygen distribution in the body is maximally fulfilled as oxygen binder. Therefore, there is correlation between pregnant exercise and Hb levels of respondents in Banjarsengon Health Center.

Keywords: pregnant exercise, hb levels

The Correlation Breastfeeding Exclusive and Non Exclusive breastfeeding with growth infants 7-24 months in Karang Asam Public Health Center Samarinda 2017

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Abstract

The composition of breast milk is according to the baby's needs, the calories from breast milk meet the baby's needs until the age of six months, breast milk contains protective substances, faster psychomotor development, supports cognitive development, supports vision development, strengthens the bond between mother and child, the basis for warm emotional development, The basis for the development of a confident personality. Based on RISKESDAS, recent data obtained showed that only 30,2% of infants aged 6-24 months are exclusively breastfed without complementary foods. In 2015, data from the East Borneo Health Profile shows 76,17% of infant aged 0-6 month to get exclusive breastfeeding. Breastfeeding for optimal growth and development of both physical and mental and intellectual, it is necessary that attention can be implemented properly.

This study aimed to determine the relationship between exclusive breastfeeding and non-exclusive breastfeeding with growth in infants 7-24 months. This research uses analytic study design with cross sectional approach. The subjects of the study were infants with exclusive breastfeeding and Non Exclusive breastfeeding in Karang Asam public health, Samarinda. Purposive sampling is method sampling and the indicators used for growth Variabels is *Z-Score* (Bb/Pb). The results tested with Chi Square Test statistic with SPSS 21.0. The sample obtained 72 infants consisting of 24 (33,33%) infants with growth unwell consist of 10 exclusively breastfed infants and 14 infants breastfed non exclusive breastfed while 48 (66,67%) infants with growth well consist of 38 exclusively breastfed infants and 10 infant breastfed non exclusive. There is a significant correlation between the 2 groups with the chi-square test of data, so conclude $p=0,001$ ($p<0,05$), it means there is a correlation between exclusive breastfeeding and milk non exclusive by growth infants 7-24 months in Karang Asam Public Health.

Keyword: exclusive breastfeeding, non exclusive breastfeeding, growth, infant

The Effect Of Breastfeeding Counseling In First Level Health Facilities On Mother's Knowledge And Attitudes About Exclusive Breast Milk In Tangerang

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Abstract

Children who are optimally breastfed show better intelligence tests. However, the coverage rate of exclusive breastfeeding in Indonesia is only 35.73%, this figure is still far from the WHO target of 80%. Mother's low knowledge about the breastfeeding process and environmental support is still lacking in breastfeeding success. The availability of counselors in health care facilities affects the increase in the success of breastfeeding. The purpose of this study was to determine the benefits of breastfeeding counseling by using 7 WHO standard counselor contacts on the knowledge and attitudes of mothers. The method used was a quasi-experimental method with the static group comparison approach. The research subjects were breastfeeding mothers at the first level health facilities in the city of Tangerang. The sampling technique was purposive sampling. The total sample is 60 with 30 samples given treatment and 30 samples not given treatment. Statistical analysis with the Man Whitney test. The result is that there is a significant difference in the mean knowledge and attitudes of the treatment group without any significant treatment ($p = 0.000$). The mean value of pre-test knowledge in the treatment group was 12.43, while the untreated group was 6.53. The mean value of the post-test attitude in the treatment group was 16.93 while in the untreated group was 9.40. The average value of the pretest attitude in the treatment group was 54.57 while in the untreated group was 35.53. The average value of the posttest attitude in the treatment group was 65.80 while in the untreated group was 38.23. The conclusion is that the implementation of contact with 7 WHO counselors at primary level health facilities affects the knowledge and attitudes of mothers about breastfeeding. The results of this study are expected to be implemented in all first level health facilities using breastfeeding counselor contacts.

Keywords: counseling, breastfeeding, breast milk, knowledge, attitude

Risk Of (HPP) For Pregnant Women With Lack Of Chronic Energy

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Abstract

Anaemia and chronic energy deficiency especially Lack of Chronic Energy in pregnant women are the main causes of bleeding and infection which are the main factors of maternal death. The cause of death is closely related to nutritional intake. This study aimed to determine the risk of HPP (Hemorragie Post Partum) for pregnant women with lack of chronic energy. This study used a retrospective study design. Data collection carried out from secondary data at 8 PONEC Community Health Center in Kediri Regency. Samples were data from 100 women when they are pregnant and post partum, taken with simple random sampling. The analysis that used in this study was the univariat and multivariat by Chi-Square test, Odds Ratio (OR) statistical test and Logistic regression analysis. From the 19 (19%) pregnant women with Lack of Chronic Energy, the majority experienced HPP namely 11(11%) people. Meanwhile, for 81 pregnant women who were not Lack of Chronic Energy, the majority did not experience HPP. By using the Chi-Square test, it was obtained a p-value of 0.002 ($p < 0.05$), which implies that there was a significant relationship between Lack of Chronic Energy and HPP. In other words, Lack of Chronic Energy was a risk factor for HPP with OR 4,8, implied that pregnant women with Lack of Chronic Energy were more at risk of experiencing HPP by 4.8 times higher than pregnant woman who are not Lack of Chronic Energy. From this analysis, it is empirically proven that Lack of Chronic Energy in pregnancy is a risk factor for the occurrence of HPP.

Keywords: hemorragie, pregnant, lack of chronic energy

The Role of Mother in Fulfilling Nutrition Needs Impact Adolescents' Nutrition Status

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Abstract

Nutritional problems in adolescents are still a reproductive health problem in Indonesia due to the fulfillment of nutritional needs. One of the factors that can affect diet is the role of the mother. This study aims to determine the role of mothers in meeting the nutritional needs of adolescent girls' nutritional status. This study is a cross-sectional study conducted at SMAN 3 Malang City with the subject of 75 young women who were selected by simple random sampling method. Information about the characteristics and role of mothers in meeting nutritional needs was obtained using a questionnaire with structured interviews. Data on weight, height, and MUAC were obtained by measurement. Data analysis was performed using univariate and bivariate methods. The results showed 14.67% of adolescents with low nutritional status, 13.3% of adolescents with over nutritional status, and 72% of adolescents with normal nutritional status. Besides, the results obtained 74.67% of adolescents did not experience chronic energy deficiency (CED), and 25.33% experienced CED. From the results of the bivariate analysis, it was found that there was a relationship between the role of the mother in meeting nutritional needs with the nutritional status based on BMI / age (0.021) and nutritional status based on arm circumference (0.002). Mothers have an important role in paying attention to the quality and quantity of food, including adolescents in terms of preparing, processing, serving, shaping eating patterns, and creating pleasant situations when eating.

Keywords: fulfillment of nutrition, adolescents' nutrition status, mother's role.

Analysis Characteristics Of Pregnant Women Related To The Incidence Of Hepatitis B In Pregnancy At RSUD Dr. H. Koesnadi Bondowoso

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Abstract

Hepatitis B is an infectious disease that becomes a significant global health problem, including in Indonesia. This disease can affect anyone, including pregnant women, which can be transmitted directly or indirectly. This study aimed to identify the relationship of hepatitis B incidence based on pregnant women's characteristics, including pregnant women's age, occupation, parity, and surgery history at RSUD dr. H. Koesnadi Bonsowoso. This research was an analytical survey and used a cross-sectional design. The subjects of this research were 190 pregnant women enrolled at RSUD dr. H. Koesnadi Bondowoso. The data were collected from medical records in 2019, adjusted with the inclusion and exclusion criteria. The data were analyzed using Logistic Regression. There was a significant correlation between pregnant women's age ($p=0.029$), parity ($p=0.018$) with the incidence of Hepatitis B in Pregnancy. There was no statistically significant relationship between pregnant women's occupation ($p=1.00$) and surgery history ($p=0.968$). Hepatitis B that occurs in pregnant women is often not known. The characteristic that significantly correlates with Hepatitis B in pregnancy in this study is pregnant women's age and parity. It can be caused by women's bad sexual habits, which can expose women to Hepatitis B. Therefore, early detection and Immunization to be prophylaxis is required.

Keywords: hepatitis B, HbsAg, characteristics of pregnant women

Correlation of Nutritional Status with the Occurrence of Anemia in the First Trimester Pregnant Women at Puskesmas Ajung 2019

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Abstract

Pregnant women are at risk of anemia due to hemodilution. Anemia in pregnant women caused by indirect and direct factors, one of which is malnutrition. The nutritional status of pregnant women is known through MUAC if the measurement of upper arm circumference (MUAC) <23.5 cm pregnant women are said to be Chronic Energy Deficiency (CED). Based on data from the District Health Office in Jember 2018 the number of CED was 12.79% and the incidence of anemia was 13.05%. The purpose of this research was to determine the correlation of nutritional status with the occurrence of anemia in first-trimester pregnant women. The design of this research is correlational with the cross-sectional approach. The data population of ANC pregnant women aged 0-12 weeks at Puskesmas Ajung in 2019 was 869, a sample of 274 was taken using proportional random sampling and simple random sampling techniques. The research instrument used a checklist and analyzed it with the chi-square test. The results of the analysis showed that the first trimester pregnant women had a small portion of CED is 51 (18.6%), a small proportion had anemia is 31 (11.3%) and p-value $0.895 > 0.05$ which means there was no relationship between nutritional status with the incidence of anemia in trimester I pregnant women at Puskesmas Ajung in 2019. Pregnant women in the first trimester are at risk of developing CED and anemia because hemodilution has occurred for ten weeks gestation and reaches its peak at 32-36 weeks gestation. Therefore, the standards of antenatal care in the first trimester are carried out by checking the hemoglobin level to detect the incidence of anemia in pregnant women especially with CED.

Keywords: nutritional status, CED, anemia

The Influence Of Providing Adolescent Reproductive Health Education On Adolescent Reproductive Health Knowledge

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Abstract

Adolescence is a transition from childhood to adulthood. At the stage of psychological change in adolescents, one of which is marked by the behavior to try new things, this action is usually not followed by careful consideration, so that it can cause reproductive health problems. Based on the IDHS (2017) 2% of adolescents have had pre-marital sex and 12% reported premarital pregnancy and HIV / AIDS in 1,729 cases (Infodatin HIV, 2018). For this reason, it is necessary to have measures to prevent adolescent risk behavior, one of which is reproductive health education activities for adolescents. Methods: The study design used descriptive research methods with quantitative approaches. Research samples obtained as many as 10 journals. Research literature search used 3 databases namely PubMed, Portalgaruda and Google Scholar in the range of 2015 to 2020 which have been adjusted according to inclusion and exclusion criteria. Results and Analysis were obtained from 10 liters that met the criteria. Analysis of the data obtained shows that there are differences in knowledge of reproductive health before and after health education is given. Discussion and Conclusions: The purpose of this study was to determine the effect of reproductive health education on adolescent knowledge. The journals taken all have p values <0.005. So it can be concluded that there is an influence of adolescent reproductive health education on adolescent knowledge.

Keywords: health reproduction, health education, knowledge

Relationship Between Adolescence Pregnancy And The Incidence of Postpartum Depression

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Abstract

Adolescence pregnancy is one of reproductive health issues that still occurs in developing countries. Achieving the role of mothers in adolescents tends to be difficult when compared to mothers who give birth at a more mature age. The incidence of depression in adolescent mothers is 14-15% higher when compared to adult mothers. Psychological burden on adolescent mothers who have to handle the process of maturity, adjustment to pregnancy, and adjusting the role of motherhood if not resolved can put mothers at risk of experiencing depression. This study aims to determine the relationship of adolescence pregnancy with the incidence of postpartum depression. The study design was a prospective cohort with an exposure group and an unexposure group. The sample used was third trimester pregnant women using purposive sampling as many as 20 respondents. Research hypothesis testing using Chi Square test shows $(c^2)=0.919 > \alpha (0.05)$ which means there is no relationship between adolescent pregnancy and postpartum depression events. Based on these studies, it can be analyzed that the incidence of postpartum depression is not only influenced by maternal age during pregnancy and sociodemographic background in mothers, but also influenced by many other factors. Thus, it should be able to re-evaluate other factors that might be influential but not measured in this study, namely husband and family support and affordability of health facilities.

Keywords: *adolescence pregnancy, postpartum, postpartum depression*

Correlation Between Status Of Vitamin A Supplementation And Incidence Of Diarrhea In Children Aged 1-5 Years In Dinoyo Community Health Center On Malang

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Abstract

Diarrhea is an infectious disease which the incidence and risk of its severity can be prevented by fulfilling nutrition. One of the nutrients needed to prevent diarrhea is vitamin A. Vitamin A plays a role in the body's immunity and can be obtained through supplementation. This study aims to determine the correlation between the status of vitamin A supplementation and the incidence of diarrhea in children aged 1-5 years. The research method using cross sectional design, with the retrospective timing in Dinoyo Community Health Center in Malang. The sampling technique using total sampling with 34 children. Retrieval of data using study documentation. The results showed that almost all respondents received complete vitamin A Ssplumentation status of 29 children (85.3%) experiencing diarrhea without dehydration by 27 children (93.1%), and experiencing moderate dehydration diarrhea for 2 children (6.9%), as well as a small proportion of respondents getting incomplete vitamin A supplementationstatus having Diarrhea Without Dehydration in 3 children (60%), and experiencing Moderate Diarrhea Diarrhea 2 children (40%). Data analysis using contingency coefficients with $\alpha = 0.05$. The results of the statistical test showed that the coefficient was 0.034, so H_0 was accepted, and there is a corelation between the incidence of diarrhea in children aged 1-5 years and the status of vitamin A. Based on the results of the study, it shows that the status of vitamin A supplementation to children aged 1-5 years affect the incidence of diarrhea because vitamin A acts as a promoter of cell differentiation and proliferation and the immunological system. It is expected that health workers and all related sectors can increase the reach of vitamin A supplementation in children in the prevention of infectious diseases, including diarrhea.

Keywords: the incidence of diarrhea, the status of vitamin A supplementation

The Influence Of Using Media Pockets Kpsp On The Ability Of Teachers To Screen For Child Development In Paud Karangbesuki, Malang

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Abstract

Early detection of child development irregularities is the detection done to determine early developmental irregularities so that it can be immediately given appropriate management and carried out at all levels of service, one of which is a screening that can be done on PAUD education by PAUD teachers. This research is backed by the ability of PAUD teachers in the region of Karangbesuki Malang in screening the development of toddlers that have not been maximized, and its implementation can not be done routinely. Therefore, the empowerment effort to improve the ability of PAUD teachers that can be done, is to teach early detection by using the media KPSP pouch. This study was conducted to determine the influence of the use of Media (KPSP) questionnaire to the ability of the PAUD teachers to conduct screening of toddler development. Research design using Pre experimental with type One Group Pre test – Post test. PAUD teacher population of Karangbesuki which consists of three PAUD, namely PAUD Permata Bunda, PAUD Harapan Ibu and PAUD Nurul Huda with 20 respondents. A large sample of 20 respondents was taken with a total sampling technique. Data analysis with Wilcoxon Signed Rank Test with $\alpha = 0.05$. Results of the analysis obtained the value of GIS. (2 tailed) (0.000) count smaller ($<$) than 0.05 then H_0 rejected, this means that the study showed that there is influence of the use of media pockets KPSP to the ability of PAUD teachers to do screening for toddler development. The results showed a high level of PAUD teachers increase because the KPSP bag media has the advantage of this, the media was created more interesting and easier to apply so that the KPSP pouch is expected to be used as one of the Alternative media used for screening of toddler development.

Keywords: screening, development, toddler, media pockets KPSP

Descriptions of Cadre Ability to Measure Body Weight and Body Length in Integrated Healthcare Center, Madyopuro Village, Gribig Puskesmas Work Area

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Abstract

Child growth and development can be monitored regularly every month through the Integrated Service Post (Posyandu). Measurement of body weight and length/height that are not done correctly can have fatal consequences to the validity of children's data that should be normal to be abnormal or vice versa. Therefore, it is necessary to evaluate the ability of cadres in measuring body weight and length/height. This study aims to determine the ability of cadres to measure body weight and body length. The design used in this study is descriptive. The number of samples was 36 cadres with total sampling technique. Data is collected using a checklist as a research instrument. Data analysis uses descriptive analysis. 58% of cadres are still not right when putting babies into the scale gloves with the minimum amount of clothes possible and also babies who are weighed often still wear shoes / sandals or wear hats. 33% of the cadres did not provide a thin base on the length measuring device. Then, there are still many cadres who are not precise in the steps, namely when making sure the baby wears the minimum amount of clothes possible. Most of the cadres (69%) take inappropriate steps such as leaving the socks still attached and some not removing the baby hat even though the hat is thin. The next step that is not right is the baby's head that does not stick to zero. Some of the respondents (47%) were cadres who had not put the baby's head on the zero barrier and their hands did not hold the baby's head so that it was still attached to the zero divider (head divider). Then one step that has not been done correctly is the left hand holding the knee, the right hand pressing the boundary of the foot to the sole of the foot. Most of the cadres in this study indicated that the ability of cadres to measure body weight had a "high" average score. Most of the cadres in this study indicated that the ability of cadres to measure body length had a "moderate" average score.

The Correlation Between Placental Volume With Neonatal Jaundice In PMB “M” Of Tajinan District, Malang Regency

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Abstract

Neonatal jaundice can be experienced by anyone, more than 50% of normal newborns and 80% in infants experiencing jaundice. Jaundice in newborns is caused by the breakdown of excess red blood cells, the ineffective erythropoiesis process and the ability of the immature liver to rebound and excrete bilirubin. Increased villi branching can affect the surface area and thickness of the placenta thereby affecting the volume of the placenta. Excessive amount of bilirubin is a causative factor for neonatal jaundice. The purpose of this study was to analyze the relationship between placental volume and the incidence of neonatal jaundice. This study used a correlation analytic design with a cross sectional approach with a population of 27 infants, sampling using a total sampling technique with a sample of 20 infants who met the inclusion criteria. The research instrument used digital scales to weigh the placenta which was then converted into volume units and Kramer degree observation sheets for jaundice event observation on day 0 to day 4, then the data were analyzed using Pearson Product Moment and the results showed that a count of 0.131 could be concluded that H₀ was accepted and H₁ was rejected. These results indicate that there is no relationship between placental volume and the incidence of neonatal jaundice.

Keywords: placental volume, neonatal jaundice

Description of Discharge Planning in Postpartum Mothers Using Decision Making Aids With the Independence of Mothers in the Selection of Contraception In PMB “M” Of Tajinan District, Malang Regency

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Abstract

According to the BKKBN, active family planning among Fertile Age Women (PUS) in 2018 was 63.27%, almost the same as the previous year which was 63.22%. Most of the active contraceptive participants chose injections and pills as contraceptives, even more so (more than 80%) compared to other methods; injections (63.71%) and pills (17.24%). Several factors influence the choice of contraceptives such as the lack of necessary facilities, education, socio-economic, culture, religion, women's status, husband's support, and women's independence. In this study, researchers used Discharge Planning using ABPK as a step to assess the mother's independence in choosing a contraceptive device to use. Discharge planning is the ultimate goal of a treatment plan, with the aim of empowering clients to make decision. The research design was descriptive with a case study approach method. The population in this study was 63 postpartum mothers, and a sample of 10 postpartum mothers using simple random sampling technique. The research instrument used a questionnaire. Data analysis using descriptive analysis. Based on the research results, it was found that the autonomy score of postpartum mothers in the choice of contraception showed that 30% of postpartum mothers who were given discharge planning using ABPK still had dependence and 20% of post-partum mothers who were given discharge planning did not use ABPK still had dependence. This shows that the postpartum mother is still dependent on choosing contraceptives, for this reason it is necessary to carry out further research on the independence of postpartum mothers in choosing contraceptives.

Keywords: discharge planning, independence, contraception, post partum mothers

Parenting Control Skill Factors as Sexual Abuse Prevention in Early Childhood Found in Jember Regency

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Abstract

Parental control skills are the ability of parents to control early childhood behavior in order to achieve the expected behavior in positive ways, especially in efforts to prevent sexual abuse in early childhood. Parents need to build closeness with children in a safe and healthy father-mother-child triangle. Father becomes mother's affective resource, while mother becomes child affective resource. Good parenting practices significantly contribute to the emergence of abuse against children, both sexual abuse and other abuse. An explanatory study was carried out for 170 parents (170 fathers and 170 mothers) from early childhood (ages 3-6 years) in Jember Regency. The results showed that the majority of parents both father and mother were able to provide optimal control for early childhood (84.71%). Control skills analyzed based on 4 indicators, namely monitoring, upholding discipline, consistent with rules and safeguards. The results showed that parental weakness is to start disciplining early childhood to prevent sexual abuse in children. Parents often cannot maintain firmness in being disciplined when children begin to whine or when they see other parents not taking similar precautions.

Keywords: prevention of child sexual abuse, parental control skills, parenting

The Effect Of Counseling With Audio Visual Media On The Improvement Of Knowledge About Sexual Transmitted Disease In Road Children In East Java Humanity Network (JKJT) Malang

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Abstract

Street children spend most of their time on the streets, they also experience physical exploitation, causing reproductive health problems such as sexually transmitted diseases. But they are not aware of the risks faced due to lack of knowledge and information. So prevention efforts that can be done are to help increase knowledge about sexually transmitted diseases through counseling. The purpose of this study was to determine the effect of counseling with audio-visual media on increasing knowledge about sexually transmitted diseases in street children in JKJT Malang. This study uses a Pre-Experiment design with the One Group Pretest-Posttest approach. The population in this study were street children under the auspices of JKJT totaling 104 people, using systematic sampling techniques which then obtained a sample of 51 respondents. The level of knowledge was measured using a questionnaire sheet. The result is that respondents experienced an increase in knowledge about sexually transmitted diseases after being provided with counseling with audiovisual media. Respondents experienced increased knowledge about sexually transmitted diseases after being given counseling with audiovisual media. The analysis in this study uses the Wilcoxon Signed Rank Test with α 0.05 on the computer. The result is a p-value smaller than α that is $0,000 < 0.05$ which can be concluded that H_0 is rejected. This means that there is an influence of counseling with audio-visual media, there is an increase in knowledge about STDs in street children in JKJT Malang. Based on that, audio-visual (video) media with a duration of 13 minutes has an effect on increasing the knowledge of street children about sexually transmitted diseases because video media is very easy and can be arranged as needed and is a new dimension to enjoy learning.

Keywords: street children, knowledge, sexually transmitted diseases, audio-visual.

The Description of Teacher's Knowledge about PAUD-HI Services in PAUD Lowokwaru District, Malang City

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Abstract

The number of disorders of growth and development of early childhood in Indonesia is still high, one of which is stunting (30,8%). With this problem the government enforces the implementation of Integrative Holistic PAUD to reduce the number of stunting. Integrative Holistic PAUD is implemented comprehensively, one of which is in the PAUD unit, PAUD teacher's knowledge plays an important role in the implementation of Holistic Integrative PAUD. This research aimed to show the teacher's knowledge about Integrative Holistic PAUD services in PAUD Lowokwaru District, Malang City. This research used descriptive quantitative design with survey method, the population in this study amounted to 80 teachers and the samples of the study were 65 teachers with simple random sampling technique. Instrumens in this study use questionnaire. Data analysis using univariate analysis with a measure of central tendency, which is the mean (average value of teacher knowledge). The results showed that respondents' knowledge about education services 87.7% was good. Respondents' knowledge on health, nutrition and care services 80% is good. Respondents' knowledge of 90.8% parenting services is good. Respondent's knowledge of protection services 70.8% is good, and respondent's knowledge of welfare services 43.1% is good. Knowledge of respondents in all PAUD-HI services 81.54% is good. Based on the results of this study the results obtained most of the respondents well-informed, it is expected that with good knowledge, respondents can implement PAUD-HI services in accordance with the existing indicators appropriately and correctly so as to reduce the number of growth and development events in early childhood, especially stunting.

Keyword: knowledge about PAUD holistic integratif services

Reminder System Models In Increasing Compliance To ARV Consumption On Women With HIV In Kediri

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Abstract

The number of people with HIV-AIDS increases every year in Indonesia, in October - December 2017 there were 48,300 HIV cases and the number of AIDS cases was 9,280 cases. The percentage of HIV cases reported in October - December 2017 was based on men 62% and women 38%. Based on their occupation, the number of AIDS cases reported, housewives were in the third highest rank, namely around for 944 cases. Women with HIV should receive special attention because of the important role and function in the family. The latest innovations are needed to improve people with HIV compliance to consume ARVs, one of which is by developing an Android application called PAiMO. The purpose of this study was to investigate the development of the Model Reminder System in increasing adherence to consuming ARVs. This research is a qualitative research with an approach to action research. The number of respondent samples taken was 12 people, and the companion numbered 5 people. The instrument for this research was taken by structure interview to respondents and the companions. The companions are from the health officer, non-governmental organizations dan their close family. The results obtained are an application called PAiMO (Comply Remember to Take Your Medication) makes it easier for respondents to improve compliance and minimize the risk of forgetting. ARVs must be taken on time for the right dose every day to prevent viral resistance to the drugs taken.

Keywords: reminder system, compliance, women with HIV

The Illustration Of A Pregnant Woman Who Is Less Than 20 Years Old with the Incidence of Preeclampsia At Wava Husada Hospital In Malang Regency

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Abstract

Preeclampsia is one of the biggest contributors to maternal mortality rates lately, this statement evidenced by the percentage of causes of maternal death that is 33.07% due to hypertensive disorders (preeclampsia-eclampsia), bleeding (27.03%), the rest are obstetric complications and other non-obstetric (National Work Meeting, 2019). Teenage pregnant women experience a higher risk of preeclampsia than pregnant women of ideal age because their reproductive organs are not perfect. This study aims to describe pregnant women aged less than 20 years with the incidence of preeclampsia. The research method used is descriptive quantitative with cross sectional approach, with a population of all pregnant women aged <20 years who are examined at the hospital. Wava Husada February-March 2020 using Accidental Sampling techniques to obtain a sample of 19 respondents. The research instrument used a questionnaire and tensimeter. After being analyzed using descriptive analysis, the results obtained in the form of pregnant women aged <20 years in the hospital. Wava Husada Malang Regency (95%) aged 16-19 years, and (5%) aged 13-15 years. The incidence of preeclampsia in mothers aged <20 years (57.9%) had mild preeclampsia and (42.1%) had severe preeclampsia. Conclusion: Pregnant women less than 20 years in the hospital. Wava Husada Malang Regency mostly experienced mild preeclampsia. Based on the results of the study, it is expected that Health Workers provide counseling about the maturation of married age and the ideal age of pregnancy to reduce early pregnancy.

Keywords: pregnancy less than 20 years old, preeclampsia

Overview of Newborns of Women with Preeclampsia / Eclampsia in Wawa Husada Hospital Malang Regency

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Abstract

Preeclampsia is a serious problem and has a high level of complexity. Hypertension in pregnancy is the second common cause of perinatal morbidity and mortality. Long-term effects can also happen in babies born to mothers with preeclampsia/eclampsia, such as low birth weight due to preterm labor or fetal growth is stunted, and contributes to the magnitude of perinatal morbidity and mortality. Based on the results of the 2015 Intercensal Population Survey (SUPAS), the IMR was 22.23 per 1,000 live births. This study aims to determine the description of newborns in mothers with preeclampsia/eclampsia. The design of this study is quantitative descriptive with a retrospective approach. Sampling uses a total sampling technique. Data is taken from the medical records of mothers with preeclampsia/eclampsia and newborns of mothers with preeclampsia/eclampsia. The research instrument used observation sheets. Data analysis uses a measure of central tendency, Mean (Me). The results showed that the picture of newborns in mothers with preeclampsia/eclampsia who experienced most deliveries at 37-42 weeks gestation 56 mothers (64%), most of the weight of newborns 2500-4000 grams as many as 46 babies (51 %), the majority of babies born without IUGR 64 babies (71%), based on the Down Score Assessment, which is almost all respiratory distress (<4) as many as 83 babies (92%), and based on Apgar Score assessment of most mild asphyxia (> 7) as many as 54 babies (60%), the average newborns of mothers with preeclampsia / eclampsia at 38 weeks' gestation, 2582 grams of birth weight, Apgar score 7, and Down Score 0. Although the results of the study many indicate the baby is born under normal circumstances, but preeclampsia/eclampsia in maternity can still cause increased morbidity and mortality rates for newborns, such as the risk of premature birth, LBW, IUGR, respiratory distress, and asphyxia.

Keywords: preeclampsia/eclampsia, newborns

The Effect Of Health Counseling By Using Ludo Media On Mothers' Interest In Prevention Of Low Born Weight Infants

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Abstract

Infant Low Birth Weight (LBW) is a newborn infants with birth weight less than 2500 grams. LBW is the highest predictor of infant mortality, especially in the first month of life. Problems that can occur from LBW is the immaturity of organ systems in infants, the increased risk of infection, are prone to complications and even death. One factor contributing to LBW is a lack of knowledge of mothers on prevention of Infant Low Birth Weight, so that the necessary health education regarding the prevention of LBW. The purpose of this study was to determine the effect of health counseling using Ludo media against maternal interest in the prevention of Infant Low Birth Weight. Quasi-experimental research design with nonequivalent control group design approach, sampling using simple random sampling technique with a sample size of 32 people. The research instrument used to determine the level of interest questionnaire respondents interest in the prevention of Low Birth Weight Babies. The results showed before being given counseling in the control group had high interest as much as 25% and in the experimental group had a high interest as much as 18.7%. Meanwhile, after the extension granted in the control group had a high interest of 62.5% and in the experimental group had a high interest as much as 81.3%. Data were analyzed using the Mann Whitney U-Test obtained significance value of 0.007 (<0.05). This shows that there is an effect of health education using Ludo media on maternal interest in preventing Infant Low Birth Weight so health education using ludo media is suggested in counseling activities pregnant women to increase maternal interest in Infant Low Birth Weight prevention.

Keywords: infant low birth weight (LBW), health counseling, interests, ludo

**The Effect Of Comprehensive Breastfeeding Education With The Precede-
Proceed Model Approach To Self Efficacy Assembling In Post Partum
Mother In Sri Sulami's Midwife Clinic**

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Abstract

Exclusive breastfeeding currently has not achieved the goal of government programs, this is due to the provision of information about the breast milk from health personnel and the role of society that causes the failure of breastfeeding. The failure of breastfeeding is caused by several factors, one of which is self efficacy. The purpose of this study is to determine the influence of a comprehensive breastfeeding education with a precede-proceed approach to self efficacy The feeding of the post partum mother. The design used is experimental Quasi with pretests approach posttest one group design. Sampling technique uses purposive sampling with a sample number of 15 respondents who are experiencing a failed history of breastfeeding. Research instruments use questionnaires, and data tested with Wilcoxon Signed Rank Test. From the results after the health education was given, self efficacy increased from the acquisition of 73.33% to 80%. The statistical test was obtained p -value $(0.001) < \alpha (0.05)$. This means that there is a comprehensive breastfeeding education influence with precede-proceed approach to self efficacy feeding on the post-partum mother. So to overcome the problem of maternal self-efficacy, effective and appropriate health education is in accordance with the target. The precede-procedural model aims to find out the cause of breastfeeding mothers' problems before, and increase maternal knowledge.

Keywords: self efficacy, ASI, comprehensive breastfeeding education, precede-proceed model

Development Of *Mf Bloody Board Games* Product As Media Education For Female Adolescent About Management And Menstrual Myths

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Abstract

In adolescent a woman will experience puberty, one of which is menstruation in teenagers. When adolescent get a menarche, female adolescent also needs information increase, one of them is Menstrual Hygiene Management (MHM) and menstrual myths. Awareness of the need for information about the healthy practice is very important. However, the information obtained by adolescent was very different. The different of information received can cause errors in personal hygiene practice during menstruation. The purpose of undergraduate thesis is development of *Mf Bloody Board Games* product as media education for female adolescent about management and menstrual myths. The method used in this undergraduated thesis is Research and Development method (R and D). The stages of development in tis product began with analyzing problem, designing product, consulting with experts, revising the design, testing in small group product with 30 female adolescent and revising product after testing. The instrument used a questionnaire. The results showed that developed “*MF Bloody Board Games*” product had met the feasibility of being used as media education. Can be seen the results of media validation by the expert getting a value 4,81 including the category very feasibility and theory validation getting a value 3,83 including the category feasibility. So, the developed product meets the feasibility of being a media education. Health workers especially midwifery are expected to use this product as a promotion of reproductive health.

Keywords: menstruation, media education, female adolescent

The Correlation between Participation in Antenatal class with The Independence of Mother in Newborn Baby Care in RSIA Puri Bunda Malang

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Abstract

Pregnant women experience various changes both physiologically and psychologically. She need social support as a preventive effort to reduce behavior that has a negative impact on the safety of mother and baby. Limitations that occur in the education of maternal and child health so far are carried out individually, has been overcome by the government with a class program for pregnant women. This study aims to determine the correlation between participation in antenatal class with the independence of mother in newborn baby care in RSIA Puri Bunda Malang. This study uses a correlative descriptive design with a cohort design approach, with a population of 30 respondents, sampling using purposive sampling technique with a sample size of 25 respondents. There are 25 respondents, 15 respondents (93.8%) were regular and independent and 1 respondent (11.1%) were irregular and independent in the care of newborns. It can be concluded that (64%) respondents regularly attend classes of pregnant women and 64% of respondents are independent in the care of newborns. Based on the Spearman Rank Test, the p value is 0.01 while α 0.05, because the p value $< \alpha$, then H_0 is rejected, meaning that there is a relationship between participation in the class of pregnant women with the independence of the mother in the care of newborns at RSIA Puri Bunda Malang. Participation in classes of pregnant women can increase the independence of mothers in the care of babies. Based on the results of this study, it is recommended for pregnant women to always actively participate in classes of pregnant women and health workers must maximize their health promotion.

Keywords: participation in antenatal class, the independence in newborn baby care

Phenomenology Study of Housewives with HIV/AIDS in Kecamatan Turen, Kabupaten Malang

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Abstract

According to Health Office of Kabupaten Malang in 2018, there were 508 cases of HIV/AIDS positive. Intravenous drug users were the most group with HIV/AIDS positive, followed by housewives. This was an interesting yet ironic phenomenon considering that housewives were not included in the high risk population on HIV/AIDS transmission. This study aims to understand phenomenology housewives with HIV/AIDS positive. The benefit of the study is to expand knowledge about housewives with HIV/AIDS positive. This was a qualitative study using deep interview approach. Snowball sampling and data triangulation was performed for data collection. Study results: first, the causative factor of the phenomenon was associated with patriarchal social culture that forces wives to be obedient to their husband although the husband was HIV/AIDS positive. Second, subjects response after being diagnosed was influenced by their close related person, self-rejection transformation to a life motivation and ability to socialize was possible by family assistance and acceptance. Third, family reaction in the form of rejection yet become acceptance was based on belief that housewives did not engage in risky behaviors. Meanwhile, social reaction showed discriminations at first due to lack of education about HIV/AIDS. Social acceptance was achieved after social education was performed.

Keywords: housewives, HIV/AIDS

Description Of Characteristics, Risk Factors, And Complications In Pregnant Women in the working area of Dinoyo Puskesmas

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Abstract

Pregnancy high risk is a condition in pregnant women that can cause an emergency in the mother and fetus. Risk factors in pregnancy are likely to affect the risk of complications during childbirth until the time of the Nifas. The purpose of the study was to identify characteristics, risk factors, and complications in pregnant women in the working area of Dinoyo Puskesmas in 2018 period. The study uses descriptive research design with a retrospective approach. Population and research samples are all expectant mothers of high risk in the working area of Dinoyo Puskesmas in January S. D December 2018 as much as 186 people. Sampling techniques are the total sampling using the Mother's cohort register instruments and data collection sheets. The results of the study gained that the characteristics of pregnant mothers of high risk multipara (67.7%), the frequency of antenatal visits ≥ 4 times (58.1%), the risk factor group of pregnant women APGO is the expectant mothers age ≥ 35 years (29,16%), the AGO group is pregnant women With the disease (27,80%), the AGDO group is a heavy preeclampsia (1,74%), and the case of the most occurrence of hepatitis infection (66.7%). Therefore, healthcare personnel are expected to further enhance early detection and active monitoring of high risk expectant mothers, as well as high risk expectant mothers should plan safe childbirth to prevent complications during childbirth.

Keywords: pregnancy high risk, high risk pregnant women, risk factors, complications

The Effectiveness of Media Comic Education as a Socialization Tool About TRIAD KRR for Teenagers to the Level of Knowledge Teenagers in Posyandu Rebuansyah Kreet Village

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Abstract

Teenagers are a transition phase from children to adulthood. Teenagers experience changes both physically, biologically, mentally, emotionally, and psychosocially that can affect their behavior. The knowledge teenagers about TRIAD KRR is very important because if knowledge teenagers bad then can give rise to unhealthy behavior related to sexuality, drugs, HIV and AIDS. The purpose of this study was to determine the effectiveness of media comic to the level of knowledge teenagers about KRR TRIAD. The research method was Pre-Experimental method with One Group Pretest-Posttest design. The population of 40 respondents, sampling using purposive sampling, the sample of 36 respondents. The research instrument used a questionnaire. Before treatment 44.4% had good knowledge and after treatment 69.1% had good knowledge. The analysis using Wilcoxon Signed Rank Test. The results analysis of the pretest and posttest showed that $p = 0,000$ ($p < 0.05$) that means H_0 rejected. So it can be concluded that there was a significant increase in knowledge after being given a media comic. Based on the results of the research on media comic effective in increasing knowledge teenagers about TRIAD KRR because media comic look interesting to read, with pictures, languages, and simple storylines similar to everyday life so it is very easy to understand, besides the learning process with media comic improve material absorption is better than just reading text.

Keyword: media comic, TRIAD KRR, knowledge

Difference in ASI Protein Levels between Breastfeeding Mothers KEK and not KEK in the Work Area of the Janti Puskesmas Malang

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Abstract

Protein is the largest part of all living cells after water which functions as a building agent. The research purpose is to know the difference in breast milk protein levels between breastfeeding mothers KEK and not KEK. Comparative research design using a cross sectional approach. The research sample of 17 respondents was taken by simple random sampling technique consisting of 9 breastfeeding mothers without KEK and 8 KEK. Data were analyzed using Independent t test with statistical tests with values of $p < 0.025 < \alpha (0.05)$. The average value of ASI maternal protein content KEK 1,195 gr / dL and mothers not KEK 1,5151 gr / dL, 62.5% of KEK mothers have sufficient protein content and 37.5% less while No KEK mothers are 66.7% and less 33.3%, so that not all mothers experiencing KEK have less milk protein levels, therefore it is expected for all mothers, especially breastfeeding mothers to maintain nutritional patterns and nutritional status in order to produce quality breast milk.

Keyword: protein levels, KEK, breastfeeding mothers

Factors Affecting the Role of Mother in Early Childhood Sex Education at PAUD Mutiara Bunda Malang

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Abstract

Sexual violence against children is an act that pose a danger to children, both physically and emotionally. Cases of sexual violence that occurred in Indonesia due to lack of parenting on sex education that should have been given early by parents. The role of parents in providing sex education to children is not conveyed properly, which is influenced by various factors. The purpose of this study to determine the factors that may affect the mother's role in sex education in early childhood. The study design analytic survey with cross sectional approach, in early childhood Mutiara Bunda Malang. The total sample of 39 was determined by total sampling technique. Collecting data using questionnaires using statistical test Spearman Rank, The results showed from 39 respondents of 66.7% did not receive sex education information, 76.9% have never had the experience of sex education, 48.7% had a moderate interest towards sex education, and 46.2% were good role in sex education. The p-value <0.05 so the factor of information, experiences, and interests associated with the mother's role in sex education in early childhood. The most dominant factor affecting the mother's role in sex education is the factor of interest, The high interest makes good mother role in sex education so that children can be protected from sexual deviations and sexual violence.

Keywords: factors, role mother, sex education.

The Influence of Health Education Using Booklet Media on the Knowledge of Pregnant Women about Preeclampsia in Pamotan Village the Working Area of Puskesmas Pamotan

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Abstract

Preeclampsia is still one of the contributors to the maternal mortality rate in Indonesia, including in the village of Pamotan. This is partly due to the lack of information and understanding received by the surrounding community. Therefore we need an effective health education using booklet media. Booklet is a learning media in the form of writing and pictures containing brief and concise information. The purpose of this study was to determine the effect of health education using booklet media on the knowledge of pregnant women about preeclampsia. The research method used is a quantitative method with a Pre Experiment design through the Pre test-Post test One Group Design approach. The population is 26 respondents. The sampling technique used was purposive sampling with a sample of 21 respondents. The research instrument used a questionnaire. Analysis of research using the Wilcoxon Sign Rank Test. The results showed that before treatment as many as 14.3% of respondents had good knowledge and after treatment 76.2% had good knowledge with results $p = 0.00$ (<0.05), which means that there was an influence of health education using booklet media to increase knowledge of pregnant women. Based on research data it can be concluded that the media booklet is effective in increasing the knowledge of pregnant women about preeclampsia in Pamotan village. This is because the booklet media is arranged in an interesting and practical manner so as to facilitate understanding of the message conveyed.

Keywords: health education, media booklet, knowledge of pregnant women, preeclampsia

Mother's Knowledge in Overcoming Enuresis in Children (3-5 Years) With Modeling Methods in Kindergarten Dwp 1, Kindergarten Dwp 2, Paud Az-Zahra Pandanajeng Tumpang Malang Regency

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Abstract

Enuresis is the inability to control urination that should be expected at the age to hold urine. One way to overcome enuresis is by modeling methods are expected to make it easier in training children to be independent in urination activities. The purpose of this study was to determine the mother's knowledge of modeling methods in overcoming enuresis in children (3-5 Years) in TK DWP 1, 2 and PAUD Az-Zahra Pandanajeng Tumpang. The design of this study used a descriptive design. The population of this study was mothers who had children with energy from TK DWP 1, 2 and PAUD Az-Zahra as many as 18 children. Samples were taken by total sampling, and data were analyzed using frequency distribution. The results showed that the pre-test score was 78% in good criteria and 22% in adequate criteria and post-test 100% in good criteria. Modeling methods can increase the mother's knowledge in dealing with enuresis in children.

Keywords: *enuresis*, modeling methods, mother's knowledge.

The Factors Behind The Punctuality Of Contraceptive Use In Primiparous Mothers In Sawojajar Village, Malang City

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Abstract

The timing of contraception is the right time to use postpartum contraception. The accuracy of contraceptive use is <4 weeks after delivery. Using contraception on time is necessary, because the return of fertility after childbirth cannot be predicted before the onset of the menstrual cycle (Henny, 2010). Analytical research design with a cross sectional approach, a sample of 38 people who met the inclusion criteria, the instrument used a questionnaire and data analysis used a cross tab to identify the factors behind the timeliness of contraceptive use in primiparous mothers in Sawojajar Village, Malang City. Results and data analysis obtained 1) economic status factor with income > Rp. 1,500,000 affect the timing of family planning (35.7%), 2) Educational factors in high school education affect the timeliness of family planning (17.9%), 3) The age factor of 20-30 years affects the timing of family planning (28.6%) , 4) Factors of family support affect the timeliness of family planning (25%), 5) Factors of health information affect the timeliness of family planning (17.9%). The discussion and conclusions of the research results show that all factors influence the timeliness of contraceptive use, but the results are not yet dominant.

Keywords: timing, KB, mrs. primipara



PROCEEDING BOOK OF
INTERNATIONAL CONFERENCE ON FOOD,
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“FOOD AND EDUCATION FOR HEALTHY”

GENERAL HEALTH

Education Module and Its Effect on Prevention of Hypertension in Mojolangu Malang"

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Abstract

Background: In non-pharmacological treatment, patients with hypertension are expected to be diligent in carrying out activities that can support lifestyle changes, sports activities and avoid psychological stress. The purpose of this study was to analyze the Effect of the Hypertension Education Module in Mojolangu Village, Malang City. **Methods:** The design of this study was Quasy Experimental. The number of samples were 80 patients with hypertension and divided into 3 treatment groups and 1 control group. Data collection was conduct by interviews, Pre Test and Post Test questionnaire of understanding hypertension and observation sheets of blood pressure and cholesterol checks. Data analysis using ANOVA test with $\alpha = 0.05$. **Results:** of this research is the use of education modules to help hypertension sufferers in increasing understanding of preventing hypertension, reducing blood pressure and cholesterol and preventing the risk of hypertension. **Conclusion:** Future research recommendations are the development of hypertension education applications for the prevention of hypertension risk.

Keywords: hypertension education module, hypertension risk prevention

The Lifestyle Of East Nusa Tenggara In Pandemic Of Corona Virus Disease 19 (COVID-19)

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Abstract

The global pandemic caused by Covid-19 is now clearly raised public concern. A significant visible impact on public health quality and the changes in health behavior occurred in Indonesia. This research aimed to find out the lifestyle of the people in East Nusa Tenggara, Indonesia, during the emergency response phase of COVID-19. Methods of data collection were executed by filling out the lifestyle questionnaires that were previously prepared and uploaded in the Google Form toward the population aged over 16 years in East Nusa Tenggara, Indonesia. This research was conducted by a cross-sectional study method. According to the results of data analysis, about 191 respondents were involved in this study. Information about COVID-19 was mostly obtained from the internet or social media was 71.20%. Daily consumption of vegetables and fruit was 39.27%. Around 47.64% of respondents experienced a change of habit, such as sometimes do sunbathe, and 30.89% of respondents increased physical activity frequency more than three times a week. The 98.43% of East Nusa Tenggara society tended to wear masks outside of their house, and 85.34% always wash their hands using soap. The prevalence of daily fresh food consumption during this virus pandemic was 77.49%, and instant food products were 2.62% every day. Factors that changed during the Covid-19 virus pandemic were smoking, physical activity, consumption, washing hands, wearing masks, sunbathing, and processed foods consumption.

Keywords: COVID-19, lifestyle, emergency response

Determinant Factors Of Compliance Paying Jkn Contribution To Pbpu Participants In Malang City

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Abstract

JKN is the government's program to provide health insurance to all people in Indonesia which is held by BPJS Kesehatan. In 2019, BPJS expected that all people in Indonesia are protected by JKN. But, until August 2020, only 82% of people in Indonesia registered as JKN participant. The other problem that faced by BPJS is deficit condition. In June 2020, the deficit at BPJS has reached Rp. 6.54 trillion. One of the causes of the deficit BPJS caused by there is many JKN participants who do not obey the rules for pay JKN contributions properly, especially participants from the PBPu segment. In August 2020, in Malang, JKN contributions which are not paid reached Rp. 50,700,898,326 and in Blimbing District are the highest arrears reached Rp. 11,276,087,156. Aim of this study to analyze determinant factors that correlate to compliance of JKN participants in paying JKN contribution in Blimbing District. This is a quantitative analytic study with a cross-sectional approach. Samples were taken by non-randomized sampling using quota sampling of 143 respondents. This study used univariate analysis to describe each variable, bivariate to know the correlation between the independent variable and dependent variable, and multivariate to know the dominant factor that correlates to the dependent variable. The results showed that determinant factors that correlate the compliance in paying JKN contribution are: knowledge factor (p-value: 0.001), perception (p-value: 0.046), distance (p-value: 0.022), and time (p-value: 0.044). Based on the multivariate test results, the dominant factor that correlates with compliance in paying JKN contribution is the knowledge factor (p-value: 0,000). From this study, a recommendation that can be given to BPJS is to held more event to increase JKN participant's knowledge about the JKN program. When JKN participant has the proper knowledge, we hope they have proper behaviour in paying JKN contribution properly.

Keywords: JKN contribution, compliance, determinant factors

Effect of Surfactants Type on In Vitro Cytotoxicity of Docetaxel Polymeric Micelles Prepared by Freeze Drying Method

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Abstract

Introduction : Taxanes is one of the classes of drugs in cancer therapy where this group has hydrophobic properties so that it is formulated as non-water based. Docetaxel is one of agent in taxane class and commercially formulated in non-water based formula consisting of polysorbate 80 and alcohol which can generate a toxic and resulting adverse effects. One promising approach to increase solubility of hydrophobic drug is polymeric micelles which is nanotechnology-based formulation. Poloxamer is an amphiphilic polymer which is a tri-block copolymer that has been widely used and accepted by regulators. It demonstrates ability to increase drug solubility. **Experimental :** The effect of surfactants is done by the addition of non-ionic surfactant Polysorbate, cationic Didodecyl Dimethyl Ammonium Bromide (DDAB), and anionic Sodium Lauryl Sulfate (SLS). All formulations were carried out using the freeze drying method. Then, cytotoxicity was evaluated as IC₅₀ in cancer cell lines: MCF-7 and U-87, as well as in normal cell lines: HaCat and 3T3/NIH based on cell viability using MTT Assay method **Results:** Polymeric micelles of docetaxel were successfully formed with increased docetaxel solubility in water around 3500 fold (1 mg/mL). Addition of non-ionic surfactant slightly decreased IC₅₀ on MCF-7 cell line, minor effect on U-87 cell line, significant increased IC₅₀ on HaCat and 3T3/NIH cell line. Addition of anionic surfactant significantly reduced IC₅₀ on MCF-7 cell line, slightly reduced IC₅₀ on U-87 cell line, slightly increased IC₅₀ on HaCat cell line, while no significant change on 3T3/NIH cell line. Addition of cationic surfactant significantly reduced IC₅₀ on MCF-7, U-87, and HaCat cell line while increased IC₅₀ on 3T3/NIH cell line. All formulas were compared to originator product Taxotere® and shows that addition of surfactant resulted in more effective cytotoxic activity in cancer cell lines and lower toxicity in normal cell lines with surfactant type-dependent. **Conclusion :** Surfactant improves the cytotoxic of docetaxel polymeric micelles on cancerous cells and reduced toxicity on normal cells.

Keywords: polymeric micelles, docetaxel, surfactant, poloxamer, freeze drying, cytotoxicity.

**Effect of Education and Counseling by member of family welfare programme
on Citizens' Motivation in Participating in the JKN Program in
Pandanwangi , Blimbing distric, Malang City**

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Abstract

JKN is health insurance program by Indonesian government. In 2019 Indonesian government has targeted all Indonesian people covered by JKN, that means Indonesia can reaches Universal Health Coverage (UHC). But until now JKN membership has only reached around 70%, Malang City has reached around 80% even though the target of Malang City is 98%, according to information that submitted by the leader of BPJS Malang branch. In fact, there are many reasons that made by public to not joined the JKN program. Education and counseling is an effort to increase knowledge and understanding of public to participate JKN program. Purpose of this study was to determine the effect of implementation education and counseling by member of family welfare programme with the motivation in participating in the JKN program in Pandanwangi, Blimbing District, Malang. Reseacher used Quasy Experimen design with Pre-Post design approach, for a group of people who were not JKN participants. Samples will be given education and counseling programme. This sample will be measured by motivation in joining JKN program before and after education and counseling treatment. The results showed that most of the samples had strong motivation to become JKN member, before being given counseling and education 79.4% and 76.5% after being given counseling. Wilcoxon test results showed a p value of 0.214, which means it is smaller than α , so H_0 is rejected. The conclusion is, provision of education and counseling by Member of family welfare programme did not significantly influence the motivation of residents to join the JKN program. This is because people's motivation is already strong, but there are many another reasons that make them not interesting to participate the JKN program..

Keywords: education, counseling, motivation

Willingness to Join National Health Insurance (JKN) in Tulungagung, Indonesia: a Qualitative Study

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Abstract

JKN is part of National Social Security System (SJSN) held by BPJS Kesehatan using social health insurance mechanism which its membership is mandatory. However, Universal Health Coverage (UHC) targeted on 1st January 2019 has not been achieved. The official website of BPJS Health notes that in 2019 the number of BPJS Health membership is still 82%, meanwhile in Tulungagung member of JKN program is still 59%. Aim of this study is to picture the willingness to join JKN through qualitative case study approach using in-depth interview to 15 informal participants of JKN (PBPU) in Tulungagung. Most respondents reported that they join JKN to reduce health cost and have positive perception regarding this programme but lack of information about the rights and obligation as a JKN participants. Conclusion of this study is that penetration of JKN in Tulungagung to gain more membership to achieve UHC will require education or socialization of the rights and obligation as a JKN participants.

Keywords: willingnes-to-join; universal health coverage; jaminan kesehatan nasional

Literature Review: Impact Of Policy To Control COVID-19 (PSBB) On Air Quality Improvement ($PM_{2,5}$, PM_{10} AND NO_2)

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Abstract

The reduced activity during the PSBB had a positive impact on the environment. During the implementation of the Covid-19 prevention policy through PSBB, the maximum concentration of $PM_{2,5}$ greatly decreased compared to Non-WFO and before PSBB (WFO) around 0.02% - 35.07% on the first week of PSBB and 15% - 41% on the second week of PSBB . This study aims to study the impact of Covid-19 control policies on improving air quality ($PM_{2,5}$, PM_{10} dan NO_2). This study aims to study the impact of Covid-19 control policies on improving air quality ($PM_{2,5}$, PM_{10} dan NO_2). This research is an analytical study with a literature review approach. The sample used in this study were 12 journals that match the inclusion criteria which were analyzed. The results showed that the impact of the Covid-19 countermeasures policy led to an increase in air quality on pollutants of types ($PM_{2,5}$, PM_{10} dan NO_2), respectively 4% -57%, 32% -75% and 13% -96%.

Keywords: impact of policy to control (PSBB), air quality $PM_{2,5}$; PM_{10} ; NO_2

Quality Of Life Differences Between Hipertension And Diabetes Mellitus Comorbid Of Congestive Heart Failure

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Abstract

Background: Congestive Heart Failure (CHF) is a chronic disease that impairs the quality of life (QoL) of patients and is associated with characteristics of demography and comorbid diseases. **Objective:** This study aimed to determine the quality of life differences between Hipertension and Diabetes Mellitus comorbid of congestive heart failure. **Methods:** This study was a comparative analytical study of 104 heart failure patients who seek treatment at cardiac clinic at RSUD Kota Kendari. The Sampling technique was using purposive sampling based on predetermined criteria. Quality of life was measured using the *Minnesota Living with Heart Failure* (MLHF) questionnaire. Data analysis was using independent sample t-test with confident interval 95% (alpha = 0.05). **Results:** T-test analysis showed p value 0.497. **Conclusion:** There was diference between hypertension and diabetes mellitus comorbid of congestive heart failure in cardiac clinic at RSUD Kota Kendari.

Keywords: quality of life, hypertension, diabetes mellitus, comorbid, congestive hearth failure



PROCEEDING BOOK OF
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POSTER PRESENTATION

Nutritional Status, Dietary Pattern, and Healthy Lifestyle Practices Among College Students During Covid-19 Pandemic

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Abstract

Background: Adolescents are vulnerable to have poor eating habit and lifestyle. These unhealthy lifestyle may encounter them to numerous health risks. This study aimed to describe dietary pattern, nutritional status, and healthy lifestyle practices among college students during pandemic Covid-19. **Methods:** In this cross-sectional descriptive study design, 60 college students in nutrition department of public university were selected by purposive sampling method. During Covid-19 pandemic, all students were study from home. Data were collected using structured self-administered questionnaires, including socio-demographic, anthropometric measurements, food frequency questionnaires (FFQ), and healthy lifestyle practices online. Data were presented in percentage and graphs. **Results:** All respondents were female with mean age was $21,4 \pm 0,46$ years old. Most of respondents (75%) had a normal nutritional status. However, almost half of respondents (42,7%) reported had weight gain during pandemic. Although 80,8% of respondents used to have breakfast, most of them (53%) chose to consume chips as snacks. Mean frequency of animal source protein intake, vitamin C source food intake, vitamin A source food intake was $1,3 \pm 0,5$ times/day, $0,5 \pm 0,4$ times/day, $0,5 \pm 0,3$ times/day respectively. Only 29% of respondents had physical activity habits and pandemic did not give difference in this habit or even decrease the habit. **Conclusion:** There were changes of eating habit and dietary pattern that results to weight gain of most respondents during pandemic. However it was not followed by better physical activity habit. Therefore, nutrition education program is recommended to increase the better dietary pattern and healthy lifestyle to increase immunity from Covid-19.

Keywords: nutritional status, dietary pattern, healthy lifestyle, Covid-19 pandemic

The Effect Of Processing Methods On Fiber, Anthocyanin, Antioxidant Activity, And Sensory Properties Of Brown Rice As An Alternative Mellitus Diabetes Diet

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Abstract

Rice as a staple food contributes 25-50% of the daily menu. The nutritional content of rice is influenced by the type of rice and the processing method. Brown rice is an alternative staple food for diabetics because of its high fiber and anthocyanin content. **Hypothesis**, different processing methods are expected to produce different characteristics of brown rice. **The aims** of the reseach is to determine the effect of processing methods on fiber content, anthocyanin content, antioxidant activity, and sensory properties of brown rice. **Method:** The design of this research used Completely Randomized Design (CRD), and the treatment for the processing methods of the rice were: steaming, rice cooker, and pressure cooker (presto), on triple replications. Parameter observed in this research were the amount of fiber and antocianin contents, antioxidant activity, and sensory properties of brown rice. Data analysis using ANOVA to analyze fiber content, anthocyanin content and antioxidant activity, and sensory properties using *Kruskall Wallis*. **The results** of this research showed that processing method had a significant effect ($p < 0.05$) on fiber content, anthocyanin content, and antioxidant activity of brown rice. Brown rice processed by the steaming method had the highest fiber content (6.6%), anthocyanin content (32.6 mg/100 g), and antioxidant activity (16.1%) compared to the rice cooker and pressure cooker (presto) processing methods. Meanwhile, the processing method had a significant effect ($p < 0.05$) on the color of brown rice and was not significant ($p > 0.05$) on the flavor and texture of brown rice. The mean of panelist hedonic scores on color, flavor, and the highest texture in brown rice processed by the steaming method. **The conclusion** of this research was the processing of brown rice with different methods produce a different characteristic of brown rice as well, and the processing methods of brown rice with steamed is highly recommended as the alternative of staple food for diabetics.

Keywords: brown rice, fiber, anthocyanin, antioxidant activity

The Influencing Factors of Recurrent Ischemic Stroke Incident in Patients with Stroke History in Indonesia: Literature Review

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Abstract

Stroke is a condition that occurs when flow comes to sudden interference. Stroke due to health problems that need to be considered because the level of death and disability of stroke is still relatively high. The impact that occurs causes chronic disability and stroke can also occur repeatedly. This review literature study aims to determine the risk factors for recurrent stroke events in patients with a history of stroke. In this literature study the search used 3 databases (PubMed, Science Direct, Google Scholar) that were approved from 2015-2020 using selected keywords: (((stroke) OR Cerebrovascular Accident) OR recurrence of stroke) OR recurring) AND risk factors) AND Indonesia. Articles are selected based on the title, abstract, and discussed that are used and pay attention to inclusion and exclusion criteria. Data tabulation and discussion in the article can be displayed. From the results of the selection can be found 10 articles that meet the criteria in the review. Risk factors for recurrent stroke (n = 4), relationship of hypertension factors with recurrent stroke (n = 1), relationship of age and sex to recurrent stroke (n = 1), relationship of young adult age with recurrent stroke (n = 1), relationship HDL cholesterol levels and hypertension against recurrent stroke (n = 1), the relationship of CHF with recurrent stroke (n = 1). Most use cross-sectional research and one uses literature studies. With an average number of respondents from 30 and above. Based on the analysis and synthesis of the article, it can be concluded the factors associated with recurrent stroke in patients with the contribution of stroke are age, family history of stroke, hypertension, heart disease, diabetes mellitus, cholesterol, obesity, and smoking.

Keywords: recurrent stroke; risk factor; ischemic stroke

Early Detection Of Low Birth Weight (LBW) Infant Risk With “LBW-Detect”

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Abstract

Low Birth Weight (LBW) in Kediri is still a threatening phenomenon. This study aims to develop the LBW-Detect application as an instrument for early detection of LBW risk factors, with the specific objectives of: 1) Identifying LBW risk factors, 2) Identifying the ability of mothers to detect LBW risk, 3) Developing the LBW-Detect application for early detection of risk factors. LBW, and 4) Analyzing the effectiveness of the LBW-Detect application for early detection of LBW risk factors. The research design used was Research and Development (R and D). Stage I, the researchers identified the risk factors for low birth weight, 6 variables were validly correlated with the incidence of LBW: prematurity (0.015), maternal age at pregnancy (0.003), multigravida (0.000), mothers experiencing under nutrition (0.017), multiple pregnancy (0.029), mothers with asthma (0.039). This data is used as the basis for developing the LBW-Detect application. The instrument development was carried out through the FGD stage which involved android application developer experts as resource persons, LBW mothers, pregnant women as sources of information. The application use test was conducted on 36 pregnant women in the city of Kediri. The trial results show that the mother has successfully operated the LBW-Detect application (100%), can find out the risk of pregnancy as a benefit of using LBW detect (80%), difficulty in entering the date of birth (10%), images to make it more attractive (35%) and can It is recommended for other pregnant women to use this application (80%).

Keywords: low birth weight infant, LBW-detect, risk

The Influence Of Adolescent Personal Hygiene Behavior Abnormal Vaginal Discharge

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Abstract

Personal hygiene for adolescents during vaginal discharge needs to be taught as early as possible so that young women can avoid infectious diseases due to poor hygiene during vaginal discharge. The research objective was to determine the personal hygiene of young women with vaginal discharge cases. A total of 50 respondents met the inclusion criteria by total sampling using descriptive analysis. The result of the study, most of the young women had bad behavior by 23 respondents (46%) about personal hygiene. For cases of vaginal discharge experienced, most of the vaginal discharge experienced was abnormal vaginal discharge, namely 27 respondents (54%). Knowledge is not good due to limited access to information and facilitators at the educational institution. Based on the result of the research, health workers collaborated with agencies and schools for outreach activities in order to increase information to young women about personal hygiene during vaginal discharge.

Keywords: abnormal vaginal discharge, personal hygiene, adolescents

Mother's Experience In Giving Kangaroo Care To Low Born Weight Baby

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Abstract

Giving care for premature babies requires precision and patience because of the difference in physical condition. Low Born Weight care at home requires the readiness of the mother, so that it can protect baby from the threat conditions such as hypothermia, jaundice, even the the threat of malnutrition, also growth and development restriction. With 41 cases of LWB in Mojo Public Health Center area in Kediri regency since January – October 2017, showed the need to improve the quality of life of LBW in community. This study was focused in mother's experience in giving kangaroo care to LBW baby. Used a qualitative research design with phenomenological approach, the participants of this study were 24 people who were 8 mothers with LBW babies, 8 cadres who conducted the mentoring and 8 midwives. Data collection was using in-depth interviews and Focus Group Discussion (FGD) and used instrument which was the researcher their self and the interview guide then the data was analyzed by using the Colaizzi model. Testing the credibility of the data by triangulating the source and time of data collection. The results showed that the implementation of kangaroo care at home had not run optimally both in terms of mother's patience, concern for the baby's condition, and the duration of giving the care. Family support was not maximal because of the burden of implementing kangaroo care was only the mother. It was necessary to make a standard for home visits by both cadres and midwives for mothers who have LBW, so that the assistance provided benefits that are truly felt by the baby's mother.

Keyword: kangaroo care, mother's experience

The Effect of Graviduary-Android Based Applications on The Knowledge and Attitudes of Pregnant Women

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Abstract

The inadequate use of the MCH Handbook is a problem that contributes to the death of pregnant women because mothers have less knowledge and attitudes related to pregnancy risk screening and antenatal care. With the Graviduary application, it can make it easier to provide information to pregnant women. The purpose of this study was to analyze the effect of android Graviduary based applications on the knowledge and attitudes of pregnant women. The research method is a quasi-experiment with a two-group pretest-posttest approach. The research was conducted in October-November 2018 in Langlang and Singosari villages, the working area of the Singosari Community Health Center. A sampling of pregnant women used consecutive sampling with a total sample of 100 pregnant women in the 2nd and 3rd trimesters who met the inclusion criteria, consisting of 50 people in the intervention group (Graviduary application) and 50 people in the control group (MCH Handbook). The instrument used was a questionnaire with structured interviews to examine the characteristics, knowledge, and attitudes of pregnant women. Monitoring of samples was carried out 2 weeks and 4 weeks after the pretest. Data analysis using T-test. The results showed that there was an effect of the Graviduary application on the attitudes of pregnant women regarding regular ANC visits (p-value <0.001) and there was no effect on the knowledge of pregnant women (p-value 0.021). Graviduary applications can be an innovative media used to empower pregnant women to have a good knowledge of pregnancy and positive attitudes regarding the regularity of prenatal care.

Keywords: graviduary application, knowledge, attitude

The Culture of Herbal Consumption in Pregnant Women to facilitate Labor

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Abstract

Anastatica hierochuntica L. is well known across the globe as a traditional medicine and in Indonesia, it has been extensively consumed by expectant mothers during the final trimester of their pregnancy to increase uterine contractions to initiate labor. Empirically, the use of rumput fatimah in Indonesia for mothers who are about to give birth is still a common practice, especially for mothers giving birth in rural areas. This study aimed to identify the socio-cultural aspects of pregnant women who consume herbs to facilitate labor. The research method is descriptive with a survey approach. The population was all women who gave birth in the midwives of the Jabung village area, with a sample size of 28 mothers who gave birth, and the samples were taken using consecutive sampling. The results showed that 8 women giving birth (28.6%, n = 28) had a culture of consuming rumput fatimah or herbs. The reason for consuming herbal/herbal medicine is because it is believed to facilitate delivery by 50%, the parents ordered 37.5% and follow the existing culture 12.5%. The habit of drinking time was done a few hours before giving birth as much as 87.5%. Based on the survey, most of them have Javanese ethnicity 96.4%. Conclusion: the culture of the community, especially mothers giving birth, in consuming jamau or herbal facilitating labor is still found in the community.

Keywords: the culture, herbal, pregnant women, labor

Factors Underlying of Early Marriage in Gunungsari Village, Batu City

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Abstract

Early marriage rates are increasing every year, including in Gunungsari Village, Bumiaji District, Batu City. Early marriage is prone to reproductive health problems. This study aims to identify the factors underlying early marriage in Gunungsari Village, Bumiaji District, Batu City. The research used is a qualitative descriptive mix method with a case study approach. There are 15 female teenage informants under the age of 19 with a total sampling technique. Data analysis uses descriptive analysis and thematic analysis for qualitative data. The results showed that the factors for early marriage were individual factors (own desires) (87%), parental factors (60%), and environmental factors (53%). The reason for the individuals who are the background of early marriage is because of their own desires, already have their own choices for marriage, and want to live independently. Health workers can engage in professionalism by providing education about reproductive health and maturity of marriage to adolescents to reduce early marriage rates.

Keywords: early marriage, factors underlying

Family Support and Adolescent Girl's Readiness for Menarche

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Abstrak

Family has an important role in preparing adolescents for menarche. One of the factor that can affect readiness is the important role of parents in providing family support in the form of information support, assessment support, instrumental support and emotional support. The purpose of this study was to determine the relationship of family support with the readiness of Adolescent Girl's for menarche at SDN 3 Karangbesuki. The research method uses a correlational design using a cross sectional approach. A population of 55 female students from grades 4, 5, 6 who have not yet received the proportionate stratified random sampling technique as many as 49 female students in the taking of respondents will be conducted a lottery in each class. The instrument used was a questionnaire and the data were analyzed using the Spreaman Rank Test. The results of the study showed that most students are not ready to face menarche because they do not get family support 57.10%. The results of the analysis obtained p value of 0.008. Hence, it was concluded that there is a relationship between family support and the readiness of Adolescent Girl's facing menarche at SDN 3 Karangbesuki. Many of these elementary school students have not experienced menarche. From the research that has been conducted, it is hoped that families can provide maximum family support to students in the form of information support, assessment support, instrumental support and emotional support to prepare adolescents to face puberty.

Keywords: family support, adolescent girl's, menarche, readiness

**Description Of The Relationship Between Duration Playing Gadgets
Towards Social Development For Pre School Children 4 -6 Years In Islamic
Kindergarten Of Restu Ibu Mulyorejo, Malang City**

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Abstract

Social development is the achievement of maturity in social relations. Based on Riskesdas 2018 the level of social emotional development as much as 69.9%, shows an imbalance of growth and development that can ideally be achieved optimally and balanced. The indirect experience of digital devices is able to inhibit socializing ability. The purpose of research to know the overview of the duration of playing gadgets to social development of preschool children (4-6) years in the Islamic Kindergarten Restu Ibu Mulyorejo Malang. The design of correlational analytic research with a cross sectional approach, a population of 38 children aged 4-6 years in the Islamic Kindergarten Restu Ibu Mulyorejo Malang City, sampling techniques using simple random sampling techniques with a sample number of 35 respondents. Research instruments using an observation sheet to determine the duration of playing gadgets and VSMS questionnaire measure the social development of the child. The results of the study were obtained most of the gadgets with vulnerable 30 minutes – 60 minutes in total social development category as many as 6 respondents (22.2%). The Data is analyzed using the correlation of Spearman rank, obtained significant value ρ value = 0.000 at a significant level $\alpha = 0.05$. Deduced H_0 is rejected meaning there is a relationship between the duration of playing gadgets with social development in pre-school children. Hopefully it can be input and motivate parents to give more restrictions on the use of gadgets in children so that children avoid the negative effects of gadgets especially that can interfere with social development.

Keywords: duration playing gadgets, social development, preschoolers, ages 4-6 years

Factors that Influence Onset of Lactation in Post Partum Mother at Mother and Child Hospital Puri Bunda Malang

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Abstract

Exclusive breastfeeding is still very far from the national target of 80%. Infants who do not get breast milk will have an increased risk of respiratory infections, gastrointestinal infections, interfere with growth and development and poor body defense. Several studies have shown that the onset of lactation is one of the success factors of exclusive breastfeeding. Lactation onset is the mother's perception when the breast feels hard, full or heavy and until milk or colostrum comes out. This study aims to determine the factors that influence the onset of lactation in post partum mothers, namely parity, labor and anxiety. This research is an analytical study with cross sectional approach, the sample in this study was 74 post partum mothers using purposive sampling method. Data collection using the lactation onset questionnaire and the Hamilton Rating Skale for Anxiety (HRS-A) questionnaire. Data analysis was carried out univariately and bivariately using the Chi-Square test which showed that all factors namely parity, delivery methods and anxiety can influence the onset of lactation in post partum mothers. The parity factor was found to be $p = 0.023$ ($p < 0.05$), the labor method was $p = 0.037$ ($p < 0.05$), and the anxiety factor was $p = 0.002$ ($p < 0.05$). The conclusion based on the results of the study is that multiparous mothers experience lactation onset faster than primiparous mothers, mothers with normal labor have lactation onset faster than mothers with cesarean delivery and mothers who experience anxiety will be slower in lactation onset compared to mothers who are not anxious. With the known influence of parity, delivery methods and anxiety with lactation onset is expected to increase breastfeeding for infants in RSIA Puri Bunda Malang.

Keywords: parity, labor method, anxiety, onset lactation, puerperal mothers.

A Literatur Review: Factors Influencing The Interpregnancy Interval of Childbearing Age Couple

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Abstract

Birth interval less than 2 years and more than 4 years can bring a risk for mother and baby. This literature study aims to identify the factors that influence the interpregnancy Interval of childbearing age couple. A literatur reviu searched by three electronic databases (PubMed, Google Scholar, and DOAJ) for previous studies using a cross-sectional, case-control study, cohort study, or systematic review study published between 2016 until 2020 for empirical studies on the topic with inclusion and exclusion criteria, with keyword to search empirical studies is “jarak kehamilan”, “factor birth interval”, “factor interpregnancy interval”, “determinant birth interval”. The prisma checklist guidance this reviu title, abstrack and full text and methodology were assessed. From this study, it’s be found 14 studies which appropriate with inclusion criteria. Include studies were found two-factor influence birth interval; internal factor (n=14) and external factor (n=9). Based on 14 studies obtained, it be found 8 factors influence birth interval from couples in childbearing age. Internal factors that influence birth interval is mother age, birth history, contraception use before pregnancy, breastfeeding history, planned pregnancy, sex child before. External factors influence birth interval is mother education and husband support.

Keywords: couple in childbearing, birth interval, factor influence

Relationship Between Parenting Patterns And Social Development Of Pre School Children (4-6 Years) In Kindergarten Muslimat Nu 27 Malang

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Abstract

The rate of delay in growth and development in preschoolers is still quite high. This will pose a risk at a later stage of growth and development. At preschool age, it can be said as a period of child socialization. One of the factors that influence children's social development is parenting. If parents create a harmonious and caring atmosphere for each other, then the child will have the ability to socialize with others. This research aims to determine the relationship of parenting parents with the social development of preschool children (4-6 years). This research is a correlation analytic study with cross-sectional approach, the population is 38 respondents selected by simple random sampling. Data collection on parenting variables using a structured questionnaire and social development using the Vineland Social Maturity Scale questionnaire (VSMS). The results showed that almost all (92.11%) parenting patterns were democratic and almost all (76.32%) of preschool age children had above average social development. Data analysis was performed univariately and bivariately using Goodman and Kruskal Tau. There was a significant relationship between parenting patterns and social development of preschool children with a p value of 0,001. Based on the results of the study, it is expected that children's social development will run optimally by monitoring children's social development so that diagnosis and recovery can be done earlier and the impact caused by the delay in social development does not occur.

Keywords: parenting patterns, social development, preschool children

The Influence Of Menstrual Comic Media As Menstrual Hygiene Management Education On Young Girl Knowledge

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Abstract

Menstrual Hygiene Management (MHM) is the management of hygiene and health for menstruating women. Based on the data from Statistics Indonesia and the National Development Planning Agency in 2010, 63 million adolescent girls at risk of prone to unhealthy behavior. The percentage of infectious diseases that occur in the reproductive tract in the adolescent (10-18 years old) is 35 up to 42 percent and in the young adult (18-22 years old) is 27 to 33 percent. This study aims to determine the effect of Menstrual Hygiene Management Education with Menstrual Comic Media on the knowledge of adolescent girls. This research design used the literature study based on 2 electronic databases (Google Scholar and PubMed) from the previous studies that used experimental design for the past 5 years. Result and Data Analysis found that from 10 previous journals, 7 of them are fittest to the topic and the other 3 are not covering the impact of MKM. The analysis of the data obtained by respondents' knowledge found that on average they had less knowledge before they were given the education, and after being educated there was increasing knowledge on average. From the data of 7 journals, p value $< 0,000$, therefore it can be concluded that the education can provide a influence on the knowledge of women about Menstrual Hygiene Management.

Keywords: menstrual hygiene management, health education, knowledge

Development Of Media Menstflip As An Effort To Increase Knowledge Of The Adolescent Menstrual Cycle In Senior High School 8 Malang.

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Abstract

Teenage girl commonly think menstruation is not important to be considered. many Teenage girl don't know and not record the menstrual cycle that make an impact such as teenagers can not know and detect early menstrual cycle disorders, can not know the fertile period, and can not anticipate the occurrence of Premenstrual Syndrome (PMS). The purpose of this study is to develop Menstflip Media as an effort to increase knowledge about the menstrual cycle in adolescents. The method used is the Research and Development method (research and development). The research phase begins with the existence of potential and problems, analyzes needs, makes a design, performs media testing and expert material testing, makes product revisions, and product trials of 30 Teenage girl. The instrument used was a questionnaire using data analysis namely content analysis and descriptive analysis. The results showed that the product developed was very suitable to be used as a medium to monitor the menstrual cycle. This is seen from the results of the media expert validation of 85.4% and 89.2% of material experts declared very feasible. Based on the results of product trials on 30 young women also get a percentage of 50% worthy categories and 50% very feasible categories so that the media developed meets the feasibility as an educational medium about the menstrual cycle and there was an increase in knowledge from *pretest* to *posttest* which initially included in the sufficient category (63.3%) to the good category (86.6%). It is expected that adolescents increase their interest in recording their menstrual cycles and can use *Menstflip* as a media to monitor the menstrual cycle.

Keywords: menstflip media, menstrual cycle

Stunting Background Factors Among Children Aged 24-59 Months

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Abstrak

Stunting is a condition of malnutrition that is a major concern in the world, especially in developing countries because it can have an impact on slow growth of children, low immunity, lack of intelligence and low productivity. The purpose of this study was to determine the factors behind the incidence of stunting. The method that used in this study was literature study. The research source search was carried out using databases such as Google Scholar, PubMed and Mendeley with the last 5 years of publication. Then the journals are filtered according to the theme. The results are tabulated data and analysis narrative. 17 journals were obtained according to the criteria, namely, factors of maternal age at pregnancy (n = 4), factors of maternal nutritional status during pregnancy (n = 3), factors of low birth weight history (n = 10), factors of breastfeeding history (n = 7).), factor of accuracy of complementary feeding (n = 5), factor of history of infectious disease (n = 5). The majority source analysis used the chi-square test. The results of the analysis show that the factors underlying the incidence of stunting are sorted from the most influential seen from the average p value, namely maternal nutritional status during pregnancy, history of complementary feeding, exclusive breastfeeding, maternal age at pregnancy and history of infectious diseases. Meanwhile, the factor of low birth weight history has no effect on the incidence of stunting. Fulfilling the nutritional needs of pregnant women and infants with exclusive breastfeeding remains a top priority in preventing stunting in children aged 24-59 months.

Keywords: stunting factors, stunting child

Descriptions of Reproductive-aged Women in Efforts of Prepare for Pregnancy

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Abstrak

Introduction : Reproductive-aged women and female candidates represent a group whose health status must be considered. The quality of a future generation will be determined by the condition of the mother since before pregnancy and during pregnancy. Therefore we need the preparation both physically, knowledge, and psychologically from the mother. Pregnancy preparation is done with the aim of supporting the creation of healthy pregnancy and producing quality offspring desired by the family. The purpose of this study was to determine the description reproductive-aged women in an effort to prepare for pregnancy. **Method** : The research design use literature studies. The literature study search used four data bases Google Scholar, Science Direct, NCBI and Pubmed. Literature search keywords planning pregnancy, unplanned pregnancy. **Result**: Journal obtained as many as 12 selected literature in accordance with inclusion criteria. The results obtained were 3 journals on physical preparation, 2 journals on psychological preparation and 7 journals on knowledge preparation. Lack of education and support for reproductive-aged women causes ignorance of pregnancy preparation, so that physical readiness is also not carried out. **Conclusion** : The results showed that many women of childbearing age who had not yet made preparations for pregnancy. It is expected that health workers can provide services such as education and information relating to pregnancy preparation.

Keywords: reproductive-aged women, planned pregnancy

The Effectiveness Of Sex Education Methods On Adolescent Attitudes

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Abstract

The high number of incidents of free sex that should not be necessary, abortion, transmission of sexual diseases, to the death rates of mothers and children caused by adolescent knowledge about sex education. The method used is the study of literature. Source searching is carried out systematically using electronic databases namely googlescholar, researchgate, and sciencedirect. The initial theme is in accordance with the theme of the study of literature with the last 5 years publication, then the journal is filtered according to the theme. The author found 16 journals that fit the research topic. The journals used by the authors mostly use the Chi-Square analysis technique. Respondent criteria used were adolescents who applied sex education. The results of the study are effective methods of providing sex education as desired. Methods of sex education targeting large groups will be more effective using lectures or seminars, while sex education targeting small groups can use individual methods, guidance and counseling as well as interviews. Sex education Giving to adolescents must be more emphasized and use the right methods, so that the attitudes of adolescents can be more positive and better.

Keywords: sex education, teenage attitude, sexually free

Predisposition Factors Affecting Regulation Of Antenatal Care Visit (ANC)

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Abstract

The low coverage of pregnancy visits is one of the causes of increasing morbidity and even death in pregnant women and their babies during pregnancy until delivery. This can be caused by predisposing factors. The purpose of this study is to determine the predisposing factors that affect the regularity of ANC visits. The method used is the study of literature. Source searching was carried out systematically using googlescholar, IJAR and Hindawi databases. Previous studies used the chi-square test with the last 4 years issue, then journals were filtered according to the theme. Appropriate titles, abstracts, and methodologies are assessed for the appropriateness of the source. There is availability of data tabulation and analysis narrative on the source used. 18 journals were obtained according to criteria, age (n = 9), education (n = 8), occupation (n = 6), parity (n = 7), knowledge (n = 9), attitude (n = 4), self awareness (n = 3). Analysis at the source mostly uses the chi-square test. The results from predominantly sources indicate that not all predisposing factors affect the regularity of ANC visits, namely education, employment, parity, knowledge, attitudes, self-awareness. In addition to the predisposing factors, there are other factors, namely enabling factors and reinforcing factors that can affect the regularity of ANC visits. Cooperation between the community and health workers is expected to provide better and frequent counseling to improve the orderliness of pregnant women in conducting ANC visits.

Keywords: predisposing factors, ANC visit, pregnant women

***The Relationship Of The Body Index With Total Cholesterol Levels in
Menopause Women***

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Abstract

Menopause is the transition process from productive to non-productive period caused by estrogen and progesterone hormone reduction. The termination of estrogen hormone production gives impact on the increasing of LDL cholesterol, while the HDL cholesterol decreased. The condition of hypercholesterolemia can cause atherosclerosis, coronary heart disease, stroke, and hypertension. Many health problems experienced by menopause women and the absence of regularly IMT monitoring, must become a concern on the health of women in menopause period. The aim of this research is to find the correlation of body mass index with the total cholesterol level on menopause women. The research design used is correlation analysis with cross-sectional approach. The population of this research are 35 menopause women in Dusun Rambaan, Kabupaten Malang. The amount of the sample are 32 using purposive sampling method. The instruments used in this research are body scale, stature meter, cholesterol meter, questionnaire. The results showed that respondents with normal BMI had half normal cholesterol levels (50%) while respondents with abnormal BMI mostly had normal cholesterol levels (61.1%). Chi-Square test data analysis results with significance $\alpha = 0.05$, obtained P value (0.788) > 0.05 received H₀ which means BMI in menopausal women has no significant relationship with total cholesterol levels. High cholesterol does not distinguish between body types, and weight does not determine a person has high cholesterol levels. Factors influencing include diet, age, physical activity, family history, medications consumed, and degenerative diseases.

Keywords: body mass index, cholesterol levels, menopause

The Relationship between Stunting and the Development of Toddlers Ages 2-5 Years Using DDST Development Screening in Kedungrejo Village, Pakis Health Center Work Area

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Abstract

Stunting is a nutritional problem in Indonesia which is currently the government's top priority. Stunting is a failure to thrive due to chronic malnutrition in the first 1000 days of life. The impact arising from stunting is the influence on brain development, intellectual abilities below average, development is hampered and the decline in cognitive and psychomotor functions. The purpose of this study was to determine the relationship of stunting with the development of toddlers aged 2-5 years using DDST development screening. The design of this study is correlation analytic with cross sectional approach. Total population of 35 children under five, the sampling technique used was total sampling. The research instrument used microtoise to measure toddlers' height, DDST sheets and interview sheets. Data were analyzed using the Spearman rank statistical test, the value of ρ value $< \alpha$ obtained where the value of ρ value 0.004 ($< \alpha$ 0.05) and the correlation coefficient of 0.476. It can be concluded that H_0 is rejected which means there is a significant relationship between stunting with the development of toddlers aged 2-5 years. Based on these results, it should be taken into consideration for the community and health workers regarding the importance of early detection of toddler development using DDST development screening, so that toddlers with developmental disorders can be given appropriate management to prevent developmental deviations.

Keywords: stunting, toddler development ages 2-5 years

Effectiveness of Education through Audio Visual and Demonstration Breast Self-Exam's Ability in Early Detection of Fibroadenoma Mammae (FAM) in Senior High School 1 Kandangan, Kediri Regency

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Abstract

Breast Self-Exam (BSE) is an effort to prevent the delays in handling breast disorders such as cancer. In Indonesia, breast cancer is the highest incidence of cancer that experienced by women from year to year. To provide information about BSE, education can be provided by utilizing audio visual media and props for demonstration. The purpose of this research was to know about the effectiveness of education through audio visual and demonstration breast self-exam's ability in early detection of fibroadenoma mammae (FAM) in Senior High School 1 Kandangan Kediri Regency. This research was designed by two group pretest-posttest design with all of female students as the population and used simple random sampling technique to get 74 respondents which divided into 2 groups. The data was collected by using a questionnaire about BSE's ability which there was steps to carry out BSE in it. Then analyzed by using statistic test mann whitney u-test, and the result was $Z_{count} = -1,881$ with significancy 0.038, with degree of error 0.05 (sig 0.038 < 0.050). It was concluded that there was significant difference. The changes in the BSE ability of the respondents who are given education through audio visual was significantly different with the changes of BSE ability who are given the education through demonstration. Thus, it could be concluded that education through audio visual about the ability of female students in BSE was more effective than through the demonstration

Keywords: BSE ability, adolence, audio-visuals, demostration

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