



Lincoln University College, Malaysia



Visayas State University, Philippines



# Certificate of Appreciation

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## 4<sup>th</sup> International Conference on Healthcare and Allied Sciences (ICHAS, 2021)

*Focal Theme : SDG3: Good Health & Well Being-Ensure healthy lives and promote well-being for all at all ages*

conducted on 3<sup>rd</sup> - 4<sup>th</sup> April, 2021

Organised by: Lincoln University College, Malaysia

*in collaboration with*

Visayas State University, Philippines

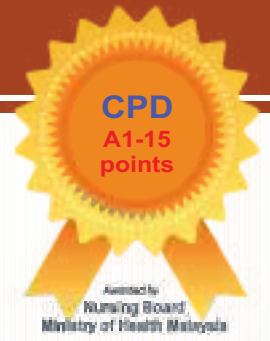
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Malaysia



# 4<sup>th</sup> International Conference on Healthcare and Allied Sciences



## Abstract Book

*Focal Theme :*

**SDG3: Good Health & Well Being-Ensure healthy lives and promote well-being for all at all ages**

**Date: 3<sup>rd</sup> - 4<sup>th</sup> April 2021**

*Organized by:*



**Lincoln University College, Malaysia**

*in collaboration with*



**Visayas State University, Philippines**





## **Datuk Dr. Hjh. Bibi Florina Abdullah**

**Patron  
Organizing Committee-ICHAS 2021  
Pro Chancellor  
Lincoln University College**

### *Message*

**G**reetings and a very warm welcome to everyone present here today. I am pleased to announce that Lincoln University College, Malaysia is organizing the 4<sup>th</sup> International Conference on Healthcare and Allied Sciences (ICHAS-2021) in collaboration with Visayas State University, Philippines.

I am indeed honored to be among such eminent surroundings. It is a great pleasure to note that the theme selected for this year's conference is "Transforming Allied Health Practices Towards Excellence : A multidisciplinary Team Approach SDG3: Good Health & Well Being - Ensure healthy lives and promote well-being for all at all ages" which is indeed very pertinent in the present times. I am very much aware of the fact that the delegates attending today's conference are from diverse healthcare fields. There are many healthcare professionals along with many researchers and the students amidst us, which is indeed very encouraging. We have gathered here together for a common purpose, i.e. for the development of good healthcare system and I am glad that we have seized this excellent opportunity.

The COVID-19 pandemic has affected our lives in several ways. Following social distancing recommendations, we have shifted our conferences to this virtual meeting. Though we are losing out on the face-to-face networking aspect, remember the reasons we have gathered here is to present and learn about research, to gain professional development skills and to interact with each other. This Conference will bring together world Leaders, Scientists and Researches in their respective fields in this captivating environment of knowledge interaction. This conference seeks to explore on current issues of healthcare to enrich all regarding the recent innovations and thus fostering new advances in Biology, Nursing, Microbiology, Pharmaceutical Science and other departments of Medical Sciences. The main aim of the conference is to promote quality research and its real-world influence on the true international cooperation.

Health is a very crucial aspect in many of the 17 SDGs. Therefore, we are required we develop varied measurements to achieve the SDG aspirations. So, through this podium we, the participants of this conference, acknowledge the contribution of health to decades of global, social and economic development and affirm our commitment to primary health care in pursuit of health and well-being for all, leaving no one behind.

Finally, I would like to mention that I am thankful to the co-organizers of this conference- Visayas State University, Philippines for their participation. I believe that this conference would positively inculcate ground-breaking ideas among the participants paving ways for new inventions and technologies to endorse and upgrade the quality of life.

I wish the conference a grand success!!!!





**Prof. Dr. Amiya Bhaumik**  
**Organizing Chairperson**  
**Organizing Committee-ICHAS 2021**  
**President**  
**Lincoln University College**

## *Message*

I am pleased to welcome you to this online 4th International Conference on Healthcare and Allied Sciences. I thank all the eminent speakers and guests from all over the world from different fields of healthcare, to have come here to share their knowledge and vast experience along with the student community.

Thank you ALL for joining this virtual meeting. I appreciate your effort to be together virtually. As we all are experiencing an unprecedented situation with the global COVID 19 pandemic. A virus that has put the world on pause. Everybody, every continent is struggling with the immediate requirements of this public health crisis. COVID-19 has compounded existing development challenges and had led to the fragility of sustainable development on so many fronts.

Like every year, the theme of our conference keeps on changing and we would like to cover every aspect of our healthcare through this two-day conference. This conference has a unique theme which is relevant to what is happening to the world in 2020-21, in these changing times. The concept and the theme of this year's conference 2021 is "Good Health & Well Being - Ensure healthy lives and promote well-being for all at all ages". Good health is essential to sustainable development. Universal health coverage will be integral to achieving SDG 3, ending poverty and reducing inequalities.

So, the international community at large, has committed itself to a global effort to eradicate disease, strengthen treatment and healthcare, and address new and emerging health issues through this Goal 3. We need innovation, and research in these areas to further enhance public policy efforts. This conference endeavors a holistic approach to better health quality and to strengthen the capacity, particularly in developing countries for reduction and management of national and global health risks.

As we gather here as a global community, we must understand that this agenda is not just about governments and stakeholders. It is a matter of personal conviction. We must know that everyone's contributions inspire hope. The 2030 Agenda is our collective key to unlocking that hope, and opportunities. By working together, we can say to the people and children of this world, that the 2030 Agenda is not just a new deal among nations, but a solemn promise to its people.

So, the main outcome of this conference is to come up with the national and international framework for the healthcare system in the future. Through this podium we are hoping to bring out new ideas in healthcare system that can be increasingly adopted after the outbreak of the COVID-19 pandemic. We hope this two-day conference would help us to expand our mental horizon and help us to adopt the best policies in healthcare around the world.

The organizing committee, with the hope that the 4th ICHAS 2019 will interest and appeal to the participants, has planned for a good array of topics. This conference will be a good platform to refresh our knowledge, and at the same time, update it as part of our own Continuous Professional Development (CPD). We are proud to announce that this conference is being conducted along with the cooperation of Visayas State University, Philippines. This University is one of the leading global university and is widely considered the most beautiful educational campus in the Philippines.

Last but not the least, I would like to conclude my speech by encouraging the delegates to participate with an increasing number in all the activities and discussions through the digital platforms for the next two days. I wish everyone a successful, safe and fruitful conference.

Thank you



## Ensuring Good Health and Wellbeing these Changing Times

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— ABSTRACT —

Preventive approaches and the concept of primary health care have not been change even amidst the pandemic health crises. It is aimed at ensuring maximum protection of the general population and wellbeing of the vulnerable humanity in these challenging era. Such commitment to obtain is needing mass participation among stakeholders while reflectively identifying influential factors to maintain health and wellbeing. Understandably these considerations are unique based on existential phenomenon, but it poses challenge to players of every governance. To this effect, the presentation sought identify mechanisms of sustaining the equilibrium of health, well being for all in the light of SDG 3 and navigating practices to ensure healthy communities.

***Keywords: Good Health, Well being, Changing Times***

## Challenges and Innovative of Nursing Practice In Management During Covid- 19 Pandemic

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### ABSTRACT

COVID- 19 It is a virus from the Coruna virus family, where most cases appeared in the Chinese city of Wuhan at the end of December 2019 in the form of acute pneumonia. Covid-19 pandemic is having massive and wide-ranging impacts on the health and economy, leading to a severe worldwide recession and it is a global public health emergency and highly contagious pneumonia caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Globally, at 25 March 2021, there have been 124,535,520 confirmed cases of COVID-19, including 2,738,876 deaths, reported by WHO, 2021. The nursing innovation during pandemic through nursing education to prepare nurses for similar public health emergencies in the future, training on infection control and intensive care mostly in postgraduate training for newly graduated nurses and widespread using of telemedicine. The challenges during COVID- 19 included limited mobility of patients because of the lockdown, limited number of medical and nursing staff, and limited access to theatres. Conclusions; telemedicine and new innovative of nursing practice seems to be feasible and acceptable for our clinic patients, unanswered questions remain regarding confidentiality, quality of care, and health disparities. Clinical guidelines are also needed to guide best practices for telemedicine in this patient population. Highlighted challenges affecting the environment and health caused by COVID-19 pandemic along with recommendations for monitoring and mitigation.

**Keywords: COVID- 19 Pandemic, Innovative, Nursing Practice**

## The Effectiveness of Massage Effleurage by Husband on the Pain of Childbirth Stage I of the Active Phase in the Maternity Clinic of Ar-Rahma Ogan Ilir Palembang

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### ABSTRACT

**Background:** Efforts to reduce non-pharmacological pain are better done because they do not require too high cost, are simpler and without harmful effects. Reduction with non-pharmacological methods, one of which is by touch or massage. Massase is used to aid relaxation and reduce pain by increasing blood flow to the affected areas, stimulating skin touch receptors so as to relax muscles, change skin temperature and generally provide a feeling of comfort associated with human intimacy, increasing satisfaction. during childbirth, because the mother can control her feelings and strength so that it helps her to be more relaxed and comfortable during labor. **Research objectives:** to determine the effectiveness of effleurage massage performed by husbands on labor pain during the first active phase at the Ar-Rahma Ogan Ilir Indralaya Maternity Clinic, Palembang City. **Methods:** This type of quantitative research with a quasi-experimental research design is two groups pretest-posttest with group I as an intervention group and group II as a control group that is not given treatment, a sample of 40 respondents consisting of 20 respondents in the intervention group and 20 group respondents control, the pain scale was measured using the NRS. **Results:** The average pain scale of respondents in the intervention group before being given effleurage massage by the husband was 2.17 and after being given effleurage massage by the husband the average was 2.00, while in the control group the average was 8.96 and 9.67. The results of the data analysis were then obtained statistically significant results for the intervention group  $p = 0.000$ ;  $\alpha = 0.05$  and in the control group  $0.063$ ;  $\alpha = 0.05$ . **Conclusion:** Effleurage massage is effective for reducing pain during the active phase of labor at the Ar-Rahma Ogan Ilir Maternity Clinic in Palembang. **Suggestion:** Childbirth companions, especially husbands, can play an active role in preparing for the needs during childbirth in reducing the pain of labor during the first stage of the active phase and strengthening the bonds of husband and wife in welcoming the birth of the baby.

**Keywords:** Husband, Massage Efflurage, Active Phase, Labor Pain

## Users' Perceptions of The “My Medicine” Mobile App Usability

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### ABSTRACT

One of the causes of health problems is the use of drugs irrationally, which can result in therapy becoming less effective and inefficient. According to World Health Organization (WHO), more than 50% of the world's drugs prescribed and used improperly. In addition, until 2018 there is still a high number of antibiotic abuse so that about 10 million people died from antibiotic resistance. People still lack information about drugs, how to use drugs and how to get drugs. My Medicine is a mobile application. My Medicine is a drug data information system, how to use drugs, and map locations of pharmacies that sell drugs. Android-based My Medicine which can be accessed by the internet using an Android-based mobile device. So that the public can get accurate information about the indications and contraindications of the drug and information that the drug can be purchased freely or must be with a doctor's prescription. This study aims to evaluate the user perception in the use of my medicine in pekalongan district. Method in this study was quantitative study with cross sectional approach. 120 respondents were included in this study involving communities in Pekalongan district. Univariate analysis with frequency distribution was occupied for statistical examination. The result was 82% of the respondents explain that the performance or interface user of the My Medicine App was very good and the language was easy to understand, 82% of the respondents said that the information of the My Medicine App is needed daily, 84% of the respondents said that My Medicine App easy to access from mobile phone, 80% of the respondents explained the data provided in the My Medicine App was accurate and as what their expected. The conclusion is My Medicine App have a very good performance, the language is easily to understand, the information is needed daily, the app easy to access through mobile phone, The data presented in the My Medicine Application is accurate, and in accordance with user expectations.

**Keywords : Evaluation of Information System, My Medicine, User Perception**



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— ABSTRACT —

Leukemia is the cancer of the hemopoietic tissues, which also includes Bone marrow. There are different treatments for leukemia including Radiation therapy, Drug therapy, or Surgery. But, the naturally available product, like Olive Oil has the potency to destroy these tumors decreasing their spread and alleviating the disease from the root. Our aim is to decipher the role of Olive Oil in treating Leukemia. The strong constituents of Olive Oil, including Hydroxytyrosol, Oleuropein, Oleocanthal, Oleic acid by different mechanisms like apoptosis, inactivation, lysosomal membrane permeabilisation leads to the death of tumor cells. These constituents work in such a way that they do not have any effect on the normal cells but only on the cancerous cells. The trials were done on the patients suffering from leukemia using different methods which used Flowcytometry, Phase contrast microscopy etc. The results from different trials were astonishing, which showed that use of Olive Oil drastically reduced the growth and spread of HL60 and K562 cells (these are the leukemic cell lines). The effect of Olive Oil was concentration dependent. Olive Oil shows its action by following three basic processes, which are Anti-inflammatory, Anti-proliferatory, Anti-angiogenesis. These processes lead to increase in the production of caspases 3 and 7, increase the production of tumor suppressor cells p53 and also activates the pro apoptotic genes Bak and Bax leading to Apoptosis of tumor cells. The article shows what is LEUKEMIA, its etiology, how Olive Oil is extracted, its effects in different diseases focusing majorly on Leukemia, Olive oil's effects in the human body to reduce the tumors and how it was used in many research's and trials done in various countries showing its potential in treating the patients suffering from Leukemia.

**Keywords:** *Olive Oil, HL60 Cells, K562 Cells, Hydroxytyrosol, Oleic Acid, Oleocanthal, Flow Cytometry, Apoptosis, Lysosomal Membrane Permeabilisation*

## A Validated Stability-Indicating HPLC Method for Simultaneous Determination of Glecaprevir and Pibrentasvir in Bulk and Tablet dosage form

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— ABSTRACT —

A simple, precise, accurate and robust stability-indicating liquid chromatographic method was developed and validated for the simultaneous determination of glecaprevir and pibrentasvir in bulk and tablet dosage form. Chromatographic separation was achieved on Agilent Eclipse column (150 x 4.6 mm, 5 µm) and isocratic mixture of mobile phase consisted of 0.1 % ortho-phosphoric acid and methanol (30:70 % v/v) and ultraviolet detection at 244 nm. The retention times of glecaprevir and pibrentasvir were found to be 1.86 and 2.67 min, respectively. This method was validated in accordance with the International Conference on Harmonisation (ICH) guidelines. Calibration plots were linear over the concentration range 50-250 µg/mL of glecaprevir and 20-100 µg/mL of pibrentasvir. The method was validated for linearity, sensitivity, accuracy, precision and robustness. Percent recoveries were found to be 97.95 % and 98.25 % of two drugs with low variability. The high recovery and low relative standard deviation confirms the suitability of the proposed method for estimation the concentrations of the drug in tablet dosage forms. A stability-indicating study was also carried out and indicated that this method can also be used for purity and degradation evaluation of these formulations. Hence the method may be adopted for routine analysis at industry.

**Keywords: Glecaprevir, Pibrentasvir, HPLC, Stability indicating, Validation**

## Self-efficacy with Self-Management in Hemodialysis Patients

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### ABSTRACT

Chronic kidney disease patients must do hemodialysis all the time to keep alive with frequencies of hemodialysis is 2 to 3 a week and this can make physical and emotional problems. Hemodialysis patients need the intervention to maintain their life by controlling their symptoms with self-management. Self-efficacy was the factor that can associate with self-management because can increase health behavior and support good action for hemodialysis patients. This research aims to know the association between self-efficacy and self-management in hemodialysis patients. The method of this research is a descriptive correlation with a cross-sectional survey. The population in this study was 168 people and found 63 research subjects with purposive sampling technique with the inclusion criteria of active clients > 6 months undergoing HD, aged  $\geq 20$  years, communicative, and undergoing HD twice a week. Data were collected using a structured interview with a CKD-SE instrument for self-efficacy and HDSMI for self-management. Data was analyzed using gamma correlations to knowing the strong correlation between self-efficacy and self-management. Based on the research results, it was found that most of the clients (52.4%) had high self-efficacy and most of the clients (55.6%) had high self-management. The bivariate test results showed a significance value of  $p$ -value  $0.000 < 0.05$ , which means that there is a relationship between self-efficacy and self-management in hemodialysis patients with a correlation value of 0.724 which indicates a positive correlation with strong correlation strength. It is hoped that hemodialysis nurses can improve relationships and communication with clients and families so that clients understand their care and self-management better by providing education about aspects of self-management that are not widely known by hemodialysis clients, especially items on the self-care aspect.

**Keywords:** *Chronic kidney disease, Hemodialysis, Self-efficacy, Self-management*



## Factors Associated with Pregnant Mother Stress in Primigravida Trimester III in the Work Area of the Community Health Centers (Puskesmas) Punti Kayu Palembang

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### ABSTRACT

Stress in trimester III Primigravida develops because of the negative thinking and fear of a first-time pregnant woman in the 28-38 gestational ages. Stress in Primigravida is associated with many factors such as age, education, occupation, health status, knowledge, support from husband and family. The objective of this study was to find out factors of pregnant mother stress in primigravida Trimester III. This study was conducted using a quantitative method with a cross-sectional design. The data collection technique was implemented through consecutive sampling with the number of samples as many as 31-trimester Primigravida. The results show that there was a correlation between age and stress in trimester III Primigravida with a  $p$ -value of 0.025; there was a correlation between education and stress in trimester III Primigravida with a  $p$ -value of 0.034; there was a correlation between occupation and stress in trimester III Primigravida with  $p$ -value 0.023; there was a correlation between health stats and stress in trimester III Primigravida with  $p$ -value 0.031; there was a correlation between knowledge and stress in trimester III Primigravida with  $p$ -value 0.038; there was a correlation between husband's support and stress in trimester III Primigravida with  $p$ -value 0.031 and there was a correlation between family's support and stress in trimester III Primigravida with  $p$ -value 0.007. Conclusion: Stress level in Primigravida is associated with age, education, occupation, health status, knowledge, support from husband and family. It is recommended that this study become a reference to better provide health care services in Public Health Center to reduce the stress level in trimester III Primigravida.

**Keywords: Stress, Pregnant Women, Primigravida, Trimester III**

## Knowledge of the Family and the Implementation of the 8 Family Functions in Riau Islands Province

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### ABSTRACT

A family with all its problems is a potential that needs to be nurtured. Families need to have a balanced quality of welfare and resilience, both physical and non-physical in facing changes and future demands. Family resilience is a dynamic condition of a family that has resilience and contains physical, material, mental and spiritual abilities to live independently and develop themselves and their families to live in harmony in improving physical and mental well-being. Increasing family resilience and welfare can be carried out through various indicators that reflect the implementation of 8 family functions. The limited understanding of the family about the 8 family functions can have an impact on family welfare. The importance of instilling moral values in the family through the application of 8 family functions is a prerequisite, reference and lifestyle for every family in order to create a prosperous and quality family. This study aims to determine family knowledge and the application of 8 family functions in the Riau Islands Province. Data collection targeting families in Riau Islands Province was carried out in April-May 2018 with a retrospective approach using secondary data from the 2017 RPJMN results in the Family questionnaire consisting of Family Characteristics, Knowledge and Practices of eight Family Functions and Information Sources on Family Development. The chi-square test was used to identify possible relationships between variables. Results were obtained based on the 2017 RPJMN data shows that most respondents have heard about 8 family functions. The implementation of 8 family functions in Riau Islands Province is not yet optimal. The results of statistical tests show that there is a relationship between knowledge and application of the 8 family functions from the aspects of religious functions, socio-cultural functions, love and affection functions, protection functions, reproductive functions, socialization and education functions, economic functions, reproductive functions, socialization functions and functions. education, economic function and environmental functions with a  $p=0.000$ . It is necessary to optimize communication, provide information and education through cross-sector cooperation so that the implementation of the 8 family functions can be carried out holistically.

**Keywords: Knowledge, Application of 8 Family Functions**

# Impact of Covid-19 Pandemic on Mental and Emotional Wellbeing Among Children: A Systematic Review

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## ABSTRACT

Coronavirus pandemic represents a huge threat and phenomenal risks on mental and emotional wellness among children. This systematic review expects to integrate academic research literature that provides details regarding the impact of COVID-19 on emotional wellbeing and mental status among children. A systematic research engine was escorted on PubMed, Proquest, Science Direct, and Google Scholar with keywords: Children, COVID-19, Mental Status, Psychological Status from December 2019 to 18 November 2020 following the PRISMA guidelines. Articles were chosen dependent on the predetermined eligibility criteria. The included articles to review used the Quality Assessment Tool Adapted from the National Institutes of Health (NIH). A total of 17,059 records were identified using the keywords. After removal of duplicates and initial screening, seven articles met the inclusion criteria of COVID-19 influence on mental and emotional wellbeing among children. The research design was a longitudinal and cross-sectional online survey with the children age range was 3 – 18 years old. COVID-19 Pandemic has a significant influence on mental and emotional wellbeing among children. Some children experienced depressive indications, difficulty concentrating, anxiety, touchy and easy to get irritated. Limitations: Online survey generalized the results; younger children might need assistance from parents during filling up the questionnaire, small sampling size.

**Keywords: Children, COVID-19, Mental Status, Psychological Status**

## Determinants of Quality of Work Life Among Registered Nurses in a Public Hospital in Selangor

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### — ABSTRACT —

Work stress among employees is recognized as a major disruptive factor to productivity in organizations and if left unchecked, it can lead to negative changes to both the physical and mental personality. It is well documented that there is a perennial shortage of nurses in Malaysia which is a reflection of a similar problem worldwide. As the nursing profession forms the single largest professional workforce within any hospital setup, undoubtedly their quality of work-life can have an adverse effect on the quality of therapeutic care outcomes and holistic rehabilitation of their clients. Additionally, unhappy employees will be a bane in an otherwise harmonious working culture within the healthcare institution. Though numerous studies have been done on this subject, yet the problem persists. This study investigated the determinants of the quality of work-life among registered nurses in a major public hospital in the Klang Valley. The principal objective of the study was to investigate the implicit association between constituent sociodemographic factors and their impact on the quality of work-life among nurses at a major public hospital in the Klang Valley. A conceptual framework was adapted from Brook and Anderson (2005) and has been modified by the researcher to adapt to local conditions in guiding this study. There is a three-dimensional model that represents a relationship between the quality of nursing work life as a dependent variable and stressful work life, work design and work context as independent variables. The researcher adopted a quantitative descriptive cross-sectional survey design for the study. The instrument was adapted with permission from Brook's Quality of Nursing Work Life Survey to measure the quality of nursing work life among respondents. Appropriate ethical approval was sort from the relevant authorities and respondents for this study. Data collection was accomplished through systematic random sampling of nurses who fulfilled the inclusion criteria for the study. Three-hundred respondents filled out self-administered questionnaires. Data analysis was done using Mean, Standard Deviation, Frequency distribution and F-test. Workloads being too heavy and not receiving enough assistance from support personnel (kitchen, housekeeping, technicians) are reported as important factors affecting the quality of work life. Further detailed results will be reported in the conference proceedings.

**Keywords:** Nurse, Work life, Stress, Hospital

## Relationship of Family Knowledge about Nutrition with Varicella Wound Healing Process in Stunting Children

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### — ABSTRACT —

The prevalence of stunting in the world reaches 22.2% of children under five, still high above the maximum WHO standard of 20%. WHO recommends a reduction of 40% by 2025. Stunting is a child growth problem that is known as a serious public health problem in the world today and the problems that accompany it. Varicella is one of the many diseases that afflict very commonly in children. Symptoms of a rash on the skin appear in the form of blisters like dewdrops, the itching makes the child want to scratch, but cannot / cannot control it, resulting in serious injuries. Nearly 90% attack children under 10 years of age with the greatest incidence at 5-9 years of age. The participation of families who have good knowledge is very influential in the wound healing process of a child with a stunted condition because one of the principles of wound healing is that the nutritional needs that are fulfilled can help in the ability of cells and tissues to regenerate to normal structures through cell growth. A quantitative research with a cross-sectional approach was conducted. A sample of thirty respondents used an accidental sampling technique, data collection through questionnaires and observation sheets. Data analysis used Spearman rank with a significant level of  $\alpha = 0.05$ , then presented in the form of univariate and bivariate analyzes. Most of the respondents had primary school education as many as 12 people (40%), family knowledge of nutrition was mostly in the poor category as many as 14 people (46.7%), and it is known that the wound healing process due to chickenpox is the most common wound infection as many as 20 people (66.7%). There is a relationship between family knowledge about nutrition and the varicella wound healing process in stunting children with a  $p$ -value = 0.018. Children under five are basically in the stage of growth and development (golden age), so if parents are equipped with better nutritional knowledge, it will have a positive impact on meeting nutritional needs to prevent stunting and accelerate the growth of new tissue in wounds. It is hoped that the family will be more active in seeking information about nutrition and wound care and change bad habits for the better.

**Keywords:** Family, Nutrition, Varicella Wound Care



## The Effect of Online-based Emotional Freedom Technique on Blood Pressure Changes in Hypertension Patients in Pandemic Covid-19 Period East Java Indonesian 2020

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### — ABSTRACT —

The Monthly Disease Report states that the prevalence of hypertension increases in line with the number of new cases of Primary Hypertension in outpatient visits to the puskesmas. To avoid complications from hypertension, self-care management is needed. EFT therapy is a non-pharmacological treatment that helps lower blood pressure. The objective of this study is carried out by tapping on the meridians of the body to reduce emotions or stress. This type of research uses one group pretest and post-test design, against one group. Accidental Sampling was used with a total sample of 50 respondents. The instrument used was the observation sheet, Sphygmomanometer and Stethoscope. Collection of data was performed by checking blood pressure and given EFT therapy. The data analysis technique used the Wilcoxon Test. **Results:** The results of this study indicate an effect between online-based EFT therapy on changes in blood pressure in hypertensive patients during the pandemic in Kalimeang village, Karangsembung District, Cirebon Regency in 2020 with a  $P$  value of .001 or  $<0.05$ . This means that it can be concluded that the data are not normally distributed or  $H_0$  Accepted: there is an effect on changes in blood pressure. The results of this study are expected to be useful for nursing practice by applying Emotional Freedom Technique therapy to hypertensive patients who have increased blood pressure and are useful for further research.

**Keywords:** *EFT therapy, Blood pressure, Hypertension*

# Analysis of Consumer Response to Marketing Mix Strategy at Several Pharmacies in Samarinda City, East Borneo

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## — ABSTRACT —

**Introduction:** Marketing mix is a marketing strategy, run by a company that deals with the determination of product offerings on the target market segment, is used to influence consumer reactions to the products offered. **Objective:** This study aims to determine how consumers respond to marketing mix elements in several pharmacies in Samarinda City, East Borneo. This study non-experimental with descriptive data analysis. This study object is the consumer's response to the marketing mix strategy at several pharmacies in the city of Samarinda, East Borneo. The sample in this study were consumers who purchased drugs without a doctor's prescription (over-the-counter medicines) at several pharmacies in Samarinda city, East Borneo. **Results:** Based on the study results on consumer response analysis of marketing mix strategies, for pharmacies X known consumer response to products by 4.11, prices of 3.81, place of 3.95, and promotion of 3.55, all elements are included in the category "very good." The study results Y pharmacies in product value 3.70, the price with a value of 3.68, a place with a value of 3.66, and promotion with a value of 3.61, all elements included in the "very good" category. At the same time, the study results pharmacies Z products a value of 3.56, the price value of 3.44, a place with a value of 3.57, and promotion with a value of 3.28, all elements are included in the "very good" category.

**Keywords:** *Pharmacies, Marketing Mix, Response, Samarinda*

## Serology Profile of Hepatitis B in Adolescents in Kupang, East Nusa Tenggara, Indonesia

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### ABSTRACT

Hepatitis B virus (HBV) infection has decreased due to the universal hepatitis B infant immunization program. However, young adults that born before the program implementation may have contracted HBV in early childhood or remain susceptible to infection. This study aims to evaluate the epidemiology of hepatitis B in the student population of SMAN Kupang, East Nusa Tenggara. Total serum samples from 341 subjects, (ages 13-22, mean  $17.5 \pm 1.69$  years; male/female 133/208) were screened for HBV parameters serologically (HBV surface antigen [HBsAg]; surface antigen-antibody [anti-HBs]; anti-core antigen [anti-HBc]). The prevalence of HBsAg, anti-HBc, anti-HBs was 13.2%, 39.8%, 28.7%, respectively. It was concluded that the percentage of young adults who are still vulnerable and at risk of contracting HBV is still high (52.7%). This study emphasizes the relevance of increasing the prevention strategy to filter out and to handle VHB carriers which includes the implementation of Hepatitis B case screening and vaccine boosting that has been aimed at young adults.

**Keywords:** *Hepatitis B, Serology test, Adolescents in Kupang*

## The Analysis of Professional Nursing Practice Model Application on Structures and Job Descriptions Connected With the Motivation of Inpatient Nurses at Murni Teguh Memorial Hospital Medan

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### ABSTRACT

The hospital is a health care service organization that has its characteristics in its management. One of its uniqueness is the diversity of backgrounds of Human Resources in it and the majority in the hospital is a nurse. Therefore, nurses need to be considered and one of them is the problem of work motivation. Considering the motivation to work, the hospital management expects that the nurses establish a commitment to the hospital organization as a whole. In managing the organization of a Hospital, it is needed working devices that can meet the motivational aspect, the structures, and job descriptions of nursing. One of the work devices is in the form of a nurse assigning to the inpatient room. The study aims to get the descriptions of the work motivation of nurses by applying the professional nursing practice model in the inpatient room. A cross-sectional study of 75 nurses was carried out in the Inpatient room of Murni Teguh Memorial Hospital. Primary data was obtained through filling the questionnaire which was made based on literature review and conceptual framework. The Secondary data was obtained from The Human Resource Department (HRD) of Murni Teguh Memorial Hospital. The independent variable is the structure and the job descriptions, while the dependent variable is the work motivation of nurses. The descriptions of the work motivation of nurses by applying the professional nursing practice model in inpatient room, as The percentages of work Motivation of nurses working in the inpatient room of Murni Teguh Memorial Hospital are 34.6% have a high motivation; 57.3% have enough motivation; 8.1% had low motivation; (4). The application of MPKP is strongly related to the work motivation of nurses and the Application of job descriptions of the MPKP is fairly related to work motivation. The application of the structure of the MPKP is more related compared with the application of job descriptions of the MPKP to the work motivation of nurses. To increase the work motivation of inpatient room nurses of Murni Teguh Memorial Hospital, The application of MPKP on structures and job descriptions needs to be noticed and constantly applied with the efforts that can be suggested as: (1). Murni Teguh Memorial Hospital needs to maintain the application of the MPKP by increasing the motivation of good employees, one of which is supporting the Application of the structure and job description of the MPKP in the Inpatient room; (2). Murni Teguh Memorial Hospital nurses should evaluate the job descriptions based on the MPKP in the inpatient room to be modified according to the necessity that can increase the motivation of nurses; (3). Murni Teguh Memorial Hospital needs to intensify the education, especially the training on MPKP and the provision of nursing care on MPKP for Head Nurse, Primary Nurse, and Associate Nurse.

**Keywords:** *MPKP (Model Praktik Keperawatan Profesional, Professional Nursing Practice Model, Structures and Job Descriptions*

## The Effect of Benson's Relaxation on Pain Reduction in Post Sectio - Caesarea Mothers in the Midwifery Room of Engku Haji Daud Tanjung Uban Hospital

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### ABSTRACT

Pain is the most common complaint experienced by post sectio-caesarea patients. The pain was felt by post sectio-caesarea mothers will cause a variety of problems such as limited mobilization, disturbance of bonding attachment and Activity of Daily Living (ADL), and Early Breastfeeding Initiation (IMD) cannot be done. Benson relaxation is one of the non-pharmacological treatments to reduce the pain. Benson relaxation is the development of relaxation response methods by involving the patient's beliefs in order to create a calm environment so as to help patients achieve higher health and well-being conditions. The purpose of this research was to find out the effect of Benson relaxation on pain reduction in post sectio-caesarea mothers. It used quasi-experimental method with pre-test design in one group (one group - pretest - posttest design). The samples were 20 mothers post SC. The results showed that the average age of respondents was 30.2 years and the average of parity was 2.2, mostly of mothers had senior high school education (95%), being a housewives (85%), and 55% did not have SC experience. The results of the statistics test with Wilcoxon test showed a value of  $p = 0.000$  ( $p < 0.05$ ), there was an effect of Benson relaxation on the pain reduction in Post Sectio Caesarea mothers because Benson relaxation inhibits sympathetic nerve activity which results in a decrease in oxygen consumption by the body and then the muscles of the body relax, causing a feeling of calm and comfort. It is suggested for mothers to apply Benson relaxation techniques to reduce pain not only in the hospital but also at home

**Keywords: Pain, Benson Relaxation, Sectio-caesarea**

## The Relationship Between the Use of Gadgets and the Incidence of Delinquency in Grade XI Students in SMK Cijangkar Tasikmalaya

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### — ABSTRACT —

The use of gadgets can make it easier for users, especially among the community at the age of children and adolescents. Children aged 9-12 years have used gadgets in everyday life both for entertainment and for communication. The impact is not only positive but also negative for students, so they tend to get delinquent in the school environment. This study aims to determine the relationship between the use of gadgets and the incidence of delinquency in grade XI students in SMK Cijangkar, Pasirhuni Village, Ciawi Subdistrict, Tasikmalaya District. This study uses a quantitative research method with a cross-sectional approach with a population of 353 people and the sample uses the Slovin formula with proportional random sampling technique, namely the sampling technique by considering the proportion of the number of samples in each study program/department, the number of samples used was 78 people. The results of this study indicate that the significant value or Sig (2-tailed) is 0.000 because the Sig (2-tailed) value is 0.000 < 0.05, which means that there is a significant relationship between the variable use of gadgets and student delinquency. From the SPSS output, the correlation coefficient is 0.510, which means that the level of strength of the relationship (correlation) between the variable use of gadgets and student delinquency is 0.510 or strong. The correlation coefficient in the table above is positive which is 0.510, so that the relationship between the two variables is unidirectional (the type of relationship is unidirectional), thus that the use of gadgets is reduced, the student's anger will also decrease. The suggestion after doing this research is that it is hoped that students use gadgets as needed so that there is no negative impact on using gadgets.

**Keywords:** Use of Gadgets, Student Delinquency

## Effectiveness of Progressive Muscle Relaxation to Reduce Blood Pressure in Hypertensive Patients at Yogyakarta

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### ABSTRACT

Hypertension is the focus of health problems in the world as a silent killer. Hypertension is also an important risk factor for cardiovascular disease and cerebrovascular disease. Hypertension can be influenced by several factors, including stress. The stress in hypertensive patients requires intervention. Progressive muscle relaxation is one of the interventions to reduce stress in hypertensive patients. Various references reported progressive muscle relaxation can be an alternative intervention to reduce blood pressure. Therefore, it is important to study the effect of these interventions on hypertensive patients. The purpose of this study was to determine the effectiveness of progressive muscle relaxation intervention to reduce blood pressure in hypertensive patients. A quantitative descriptive-analytic study was conducted. Sixty-one hypertensive patients were randomly selected in Yogyakarta. Patients performed progressive muscle relaxation every day for 4 weeks. Statistical analysis with paired and independent t-test showed there was a significant difference in systolic blood pressure before and after progressive muscle relaxation with  $p 0.004 < 0.05$  in the intervention group. There was a significant difference in systolic blood pressure between the intervention group and the control group with  $p 0.017 < 0.05$ . Performed minimal four weeks progressive muscle relaxation was effective to reduce systolic blood pressure in hypertensive patients. Based on the results of the study, it is suggested for nurses to educate hypertensive patients about progressive muscle relaxation. Progressive muscle relaxation can be an alternative independent nursing intervention to reduce blood pressure in hypertensive patients.

**Keywords:** *Hypertension, Progressive muscle relaxation, Blood pressure*

## Effectiveness of Releasing The Umbilical Cord Using Dry Gauze and The Open Technique: A Review

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### ABSTRACT

The success of health development is very important for a country to improve the quality of human resources. To assess the success of a country the indicator used is the monitoring of the Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR). The purpose of this study is to review the research that has been done relating to the "Effectiveness of Cord Ablation Using Dry Case and Open Techniques" in maternity nursing. The reviewed literature deals with comprehensive overview of studies that has been carried out in this specific topic to analyze the work that has already been done and also to explore the unknown, to look rationally for research that has been done or search for further research ideas. Researchers will look for data through Google Scholar with national and international restrictions. So, the researchers studied literature regarding umbilical cord care or umbilical cord ablation using dry gauze and open techniques.

**Keywords: Long Umbilical Cord, Dry Case, Open Technique**



## The Effect of Knowledge on Attitudes and Behavior of Nursing Students about Multivitamin Consumption During the Covid-19 Pandemic

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### ABSTRACT

Supplements and multivitamins use as boosters have become a lifestyle for many people today during the COVID 19 pandemic whose curve is increasing day by day. Multivitamin selection behavior is influenced by the knowledge and attitudes of related individuals. If the knowledge, attitudes, and behavior are still inadequate, then the choice of multivitamins will be inaccurate. This study aimed to determine the effect of knowledge on attitudes and behavior of nursing students about multivitamin consumption during the COVID-19 pandemic. This study uses a cross-sectional approach. The population was the nursing students in Tangerang City, Banten Indonesia as many as 1,538 and a sample of 317 respondents was obtained. There is an influence of knowledge on attitudes and behavior of students about the consumption of multivitamins, with the result,  $p$  value of  $0.340 > 0.05$ , it is concluded that there is an influence of knowledge on attitudes about consumption of multivitamins, and the results of  $p$  value of  $0.000 < 0.05$ . There was no influence between knowledge on students' attitudes and behavior regarding multivitamin consumption during the COVID-19 pandemic.

**Keywords:** Knowledge, Behaviors; Multivitamins, COVID-19

## Potential Lactic Acid Bacteria as Probiotic from Dadiah Sianok, Bukit Tinggi City, West Sumatera

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### ABSTRACT

Dadiah is traditional fermented buffalo milk from West Sumatra, one of the health drinks because it contains Lactic Acid Bacteria (LAB) which has many health benefits. Lactic Acid Bacteria (LAB) is a group of bacteria that play a role in the fermentation process of food. Lactic Acid Bacteria (LAB) content in dadiah will affect the quality of dadiah in general. West Sumatra has several dadiah producing areas, one of which is the Sianok area located in the city of Bukit Tinggi. This research aims to find out the potential of Sianok dadiah as a probiotic food. The method used in this research is a survey method with descriptive analysis. Lactic Acid Bacteria (LAB) contained in dadiah was isolated using de Man Rogosa Sharge (MRS) media. The isolates were then identified based on their morphology and biochemical properties. The tests carried out include; gram stain, catalase test, fermentative type, retention of gastric juice and bile salts. Furthermore, 16S rRNA molecular identification technique was used to determine the species level. The results of the study obtained a total colony of Lactic Acid Bacteria (LAB) from dadiah 89x10<sup>9</sup> CFU/g, the identification of the single colony found that the Lactic Acid Bacteria (LAB) obtained was included as Gram-positive, with the type of homofermentative fermentation, catalase-negative. It has resistance to stomach acid at pH 3 with viability of 83.7%, bile salt resistance of 0.3%, a viability of 67.3%. Identification of Lactic Acid Bacteria (LAB) using the 16S rRNA gene, the results of running PCR with a base length of 1428 bp. Analysis based on phylogenetic trees showed that Lactic Acid Bacteria (LAB) dadiah from the city of Sianok Bukit Tinggi has a relationship with *Pediococcus acidilactici*. This study was concluded that dadiah from the city of Sianok Bukit Tinggi has a good enough potential as a probiotic.

**Keywords: Dadiah, Lactic Acid Bacteria, Probiotics, *Pediococcus acidilactici***

## Factors Associated with Prevention Behavior of Pulmonary Tuberculosis Transmission at the Pulmonary Polyclinic in Dr. Drajat Prawiranegara Hospital Serang, Indonesia

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### — ABSTRACT —

Tuberculosis (TB) is a contagious disease caused by Mycobacterium Tuberculosis and becoming a world problem. WHO states that about 1.5 million people died from pulmonary TB. Pulmonary TB prevention is not only in the form of treatment but also has a close relationship with the patient's behavior in preventing the transmission of pulmonary TB disease. This study aims to determine the factors associated with the prevention behavior of pulmonary TB transmission at the pulmonary Polyclinic in Dr. Drajat Prawiranegara Hospital Serang in Hospital Serang, Indonesia in 2020. The research method used in this study was a cross-sectional approach involving 42 respondents with purposive sampling. The data was collected using a questionnaire. The data was analyzed using chi-square analysis. The results showed that respondents with poor knowledge level (54.8%), a negative attitude (57.1%), and a lack of family support (57.1%), and received good support from health care personnel (61.9%). Factors related with prevention behavior of pulmonary TB are knowledge level ( $p$ -value = 0.000), attitude ( $p$ -value = 0.000), and family support ( $p$ -value = 0.001). There is no relationship between health care personnel support with prevention behavior of pulmonary TB transmission ( $p$ -value=1.000). It is suggested that hospital nurses can improve the provision of health education regarding signs, symptoms, transmission methods for prevention of pulmonary TB transmission and the importance of supervisors taking medication.

**Keywords:** *Attitude, Family support, Knowledge, Health care personnel support*

## The Correlation between Stress and the Menstrual Cycle in Student of PSIK Semester VI level III

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### — ABSTRACT —

The teenagers where their time, grow dynamic in the life as an individual. At this also the individual life where there is a psychological exploration to find identity, as in the reproductive system occurs rapid growth and physical development. Generally reproductive health problem, especially about menstruation, which marked the process of ovum maturation in women whose cycle occurs every month except during pregnancy, menstrual cycle normally 21-35 days, many factors that influence the menstrual cycle one of which is stress. The objective of the study was to determine the relationship between stress and menstrual cycle of students PSIK semester VI level III STIKes Muhammadiyah Palembang 2018. This research uses a quantitative research design with an analytical survey method through a cross-sectional approach. The technique of sampling used was the technique of total sampling. The sample in this research is all students of PSIK semester VI STIKes Muhammadiyah Palembang which amounted to 67 respondents. 17 respondents did not experience stress with the regular menstrual cycle and 13 respondents had stress with the regular menstrual cycle and 13 respondents had stress with the regular menstrual cycle, while 6 respondents did not experience stress with the irregular menstrual cycle and 31 respondents had stress with the irregular menstrual cycle, while 23 respondents did not experience stress and 44 respondents experiencing stress. Based on statistical test results using the chi-square test by  $p$ -value = 0.001 ( $p$ -value  $\leq$  0.05), it means  $H_0$  is rejected and  $H_a$  is accepted. There is a relationship between stress and menstrual cycle of students PSIK semester VI level III STIKes Muhammadiyah Palembang 2018.

**Keywords: Stress, Menstrual Cycle, Students**

## The Correlation of Knowledge and Attitudes of Women on Fertile Age Toward Breast Self-Examination (BSE) at Baloi Permai Public Health Centre Batam City 2020

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### — ABSTRACT —

Breast cancer is the most common disease suffered by women, impacting more than 1.5 million women each year and also causing the largest number of women deaths caused by cancer. In 2015, there were 507,000 women died caused by breast cancer, which means about 15% of all cancer deaths in women were caused by breast cancer. It can be seen from women at 2.2 per 1,000 inhabitants and men at 0.6 per 1,000 inhabitants. Breast cancer is the highest percentage of new cases (43.3%) and the highest percentage of mortality (12.9%) in women in the world. Breast cancer tends to affect elderly women over 50 years old. There were 8-10 cases of breast cancer occurring at the age. Behavior is the action or behavior of an organism that can be observed and learned. The research's purpose was to find out the correlation of knowledge and attitude of childbearing age women toward breast self-examination (BSE). The instrument of the research was questionnaires. This research used Cross-Sectional Design. The population was 100 childbearing age women. It used Purposive Sampling and was conducted at Baloi Permai Public Health Centre Batam city in February-September 2020. The researcher used analytically to analyze data. The results showed among 100 respondents, there were 72 women had good knowledge 28 women had less knowledge, 54 women had a good attitude and 46 women had a bad attitude. 54 women did breast self-examination (BSE) and 46 women did not do a breast self-examination (BSE). Statistical test results using chi-square obtained ( $\alpha$ ) = 0.05 and  $p = 0.01$  which means  $p\text{-value} < (\alpha)$ , it means that both variables have a correlation or  $H_a$  was accepted, so it can be concluded there was a correlation of knowledge and attitude of childbearing age women in doing a breast self-examination (BSE).

**Keywords: Knowledge, Attitude, Breast Self-Examination (BSE)**

## Older Adults: The Relationship Between Functional Status and Social, Emotional and Family Loneliness

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### ABSTRACT

Life at mature ages is perceived to be very challenging and mostly influenced by the aging process and negative changes which increase the risk of functional abilities. The most enormous thing to achieve is to live independently with less help from others to achieve optimum quality of life. Methods: This is a community-based cross-sectional survey conducted among 414 community-dwelling elderly in a rural area of Pontian District. The Pfeiffer Functional Activities Questionnaire was used to measure the level of functional status. Loneliness was measured with the short form of Social and Emotional Loneliness Scale for Adults. All data were analyzed using Statistical Package for Social Science Ver.26 for windows. The results of this study show that the mean (+SD) age is 71.4(+2.0). The majority of respondents perceived good health status and no deterioration of functional status. 8.2% of respondents experienced deterioration in functional status. Of these, 32.6% of respondents experienced social loneliness; 39.9% experienced emotional loneliness, and 9.2% experienced family loneliness. The results also revealed a significant relationship between functional status and social loneliness ( $p = 0.02$ ). In conclusion, the majority of respondents are independent to perform functional activities and less than half of them are experienced with social, emotional and family loneliness. Deterioration of functional in older adults was associated with social loneliness. This study may help in improving the care of older adults to live independently and freely in the community.

**Keywords:** *Functional Status, Loneliness, Older Adults, Elderly*

## Molecular Identification of Lactic Acid Bacteria from Dadiah Halaban, Limapuluh Regency, West Sumatera as a Probiotic

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### ABSTRACT

Dadiah is a traditional Minangkabau food from West Sumatra made from buffalo milk, which is fermented in bamboo tubes and left at room temperature for  $\pm 2$  days. Dadiah is included in the functional food category because it contains Lactic Acid Bacteria (LAB) which has the potential to be a probiotic. This study aims to determine the identification and characterization of LAB from Dadiah from Halaban, Kab. Fifty Cities, West Sumatra. The method used in this research is a survey method with descriptive analysis, antimicrobial activity testing with the test bacteria *Escherichia coli* O157, *Staphylococcus aureus*, *Listeria monocytogenes*, and *Listeria Inocua*. Molecular identification was carried out using the 16S rRNA gene. The results of the study obtained total LAB from dadiah  $44 \times 10^9$  CFU / gr, obtained 5 single colony isolates that have been carried out with chrome-agar, identification from single colony all isolates known that the LAB obtained includes Gram-positive, with homofermentative fermentation type, negative catalase. The probiotic candidate test with the best results in testing for resistance to stomach acid at pH 3 with the viability of 65.98%, bile salt resistance 0.3%, viability of 54.90% from 2DA isolates. Results Antimicrobial activity with the best clear zone area results was obtained in 2DA isolates with *Escherichia coli* O157 test bacteria of 21.16 mm, *Staphylococcus aureus* with a clear zone area of 23.17 mm, *Listeria innocua* of 19.24 mm and *Listeria monocytogenes* with a clear zone area 18.23 mm in 4DA isolate, LAB identification using 16S sRNA gene, results of running PCR base length 1419bp. Phylogenetic tree analysis showed that LAB dadiah from Limapuluh Kota Regency has a relationship with *Lactobacillus plantarum*.

**Keywords:** *Dadiah, Lactobacillus plantarum, Lactic Acid Bacteria, Probiotics*

## Intrinsic Factor Relationship with Risk of Further age in Working Center Puskesmas Handapherang District Ciamis

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### ABSTRACT

Being old is a phase of life that every human walks through. As the age increases, the function of the organs of the body will regress, both physically and psychologically. These changes affect physical fatigue, joint pain, balance disorders and coordination. This condition is exacerbated by blurred vision, poor hearing, adaptation disorders, and the effects of consumption of certain drugs that all result in the risk of falling in the elderly. There are several risk factors fall one of the intrinsic factors is hypertension disorders, impaired limb system, nervous system disorders, impaired vision, and hearing loss. The method in this research is a quantitative analysis by using a cross-sectional approach that is collecting data collected at one time simultaneously. Population in this research is all elderly in Working Area of Health Unit of Health Center Handherang of Ciamis Regency in the year 2017 counted 6588 people, happened case of death 1 person so population become 6587 people. Sampling in this research by proportional random sampling is the sample size taken based on the proportion of each member of the population and obtained a sample of 99 people. The results showed that intrinsic factors (hypertensive disorders, impaired limb system, central nervous system disorders, visual disturbances, and hearing loss) in the elderly were categorized as 57 (57.6%), the risk of falls in the elderly categorized the risk of falling as high as 56 people (56.6%) and there is a significant correlation between intrinsic factor with risk incidence of fall in elderly in Working Area of Handapherang Puskesmas Kabupaten Ciamis because value  $\alpha > p$  value ( $0.05 > 0.000$ ) and value chi-square ( $\chi^2$ ) count  $>$  chi-square ( $\chi^2$ ) table ( $65705 > 5,991$ ), i.e. the more intrinsic factors the higher the risk of falling in the elderly and the less the intrinsic factor the lower the risk of falling in the elderly Suggestions are expected for elderly to improve healthy lifestyle to decrease the risk incidence of falling in the elderly.

**Keywords:** *Intrinsic Factor, Fall Risk, Elderly*



## Post placenta IUD insertion: An Empirical Study in Batam

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### ABSTRACT

The high birth rate is a big concern for the world of health in Indonesia. The increase in the percentage of the birth rate is always related to the community's quality of life. The importance of awareness of early pregnancy planning by expectant parents comes from the support of the closest people and the pregnant women's knowledge. This is very important to prevent maternal mortality. The Indonesian government continues to disseminate information to the entire community regarding pregnancy plans through the family planning program to reduce maternal mortality through family planning counseling and contraceptive methods. One of the recommended contraceptive methods is the post placental IUD and placement less than 10 minutes post placenta is highly recommended because the cervix is still open and soft, making it easier to insert the IUD and less painful compared with those inserted 48 hours postpartum. This study aimed to determine the relationship between the husband's support and pregnant women's knowledge in the willingness to insert a Post Placenta IUD on maternity. The sample was taken by applying the purposive sampling technique. The number of the sample was 98 respondents based on Slovin formula. The data analysis technique used SPSS with correlation analysis. Based on Pearson correlation analysis, it was obtained that the correlation coefficient between husband's support and the willingness to insert post placenta IUD on maternity was  $0.829 > 0.196$  with a significance value =  $0.000 < 0.05$ . It could be concluded that there was a significant correlation between the husband's support and the willingness to insert a post-placenta IUD on maternity. Meanwhile, the Pearson correlations between pregnant women's knowledge and the willingness to insert a post-placenta IUD on maternity was  $0.696 > 0.196$ , with a significance value =  $0.000 < 0.05$ . It showed that there is a significant correlation between the pregnant mother's knowledge and the willingness to insert a post-placenta IUD on maternity. Husbands are advised to pay more attention and provide full support to their wives during pregnancy to provide their wives comfort during pregnancy and increase knowledge by reading books, articles or asking doctors or midwives who handle prenatal and postnatal preparations to avoid the adverse effects that arise after childbirth.

**Keywords: Husband's Support, Knowledge, Post Placenta IUD**

## Psychometric Properties of the Indonesian Version the Coping Self-Efficacy Scale Among People Living with HIV

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### ABSTRACT

Self-efficacy is a predictor of two adherence antiretroviral therapy and coping with stress. Coping self-efficacy has a high impact on psychological distress in people living with HIV. If people living with HIV have psychological distress will be impacted by the quality of life. Objectives: This study aimed to figure out the psychometric properties of the coping self-efficacy scale among HIV-positive people in Indonesia. A cross-sectional study design was used to investigate the psychometric properties of the CSE scale. Seventy-eight people living with HIV referred to NGOs Victory Plus Yogyakarta Indonesia in October 2020 were selected through a simple random sampling method. The original version of CSE-16 was translated from English to Indonesia, and a backward translation was reviewed by an independent group of experienced researchers and linguistics to achieve a reliable Indonesia version, face validity and construct validity. A reliability scale analysis technique does validity and reliability testing. The magnitude of the r-table value with r-count indicates question item validity, while Cronbach's alpha co-efficiency indicates reliability. The Indonesian version of the coping self-efficacy scale contained 16 items with three subscales. There were seven items on the use of problem-focused coping methods, five items on stopping unpleasant emotions and thoughts, and four items on getting support from friends and family. The validity test result was done by doing the correlation between scores of each variable with a total score. The correlation technique used Pearson product-moment correlation. Test reliability was done by comparing Alpha Cronbach's (0.6) with the r table. The range of all score items is 0.52-0.86 more than r-table 0.186, and the popularity of Cronbach's alpha items scale is 0.84-0.87. The Indonesian version of the coping self-efficacy scale is a valid instrument to measure among people living with HIV in Indonesia

**Keywords:** Coping Self-efficacy, HIV, Psychometric, Validity and Reliability

## The Correlation Between Stimulation and Development of Children Aged 0-72 Months

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### ABSTRACT

The main strategy for achieving effective outcomes for children's health and survival is by promoting breastfeeding, monitoring child development and improving communication for behavior change. This study aims to determine the developmental status of children aged 0-72 months in Cibunigeulis, Tasikmalaya City. An observational study was carried out with a cross-sectional design, with the independent variable: stimulation given and the dependent variable: the development of children aged 0-72 months. The measuring instrument used the KPSP/Kwasioner Pra Skrining Perkembangan (Kuesioner Pra screening of development) to 81 children and gave questionnaires to 81 mothers or the closest person of children from October to December 2020. Data were analyzed using the chi-square test. The results showed an overview of the ability to develop gross motor and fine motor skills according to the developmental age of 0-72 months. As many as 65 children aged 0-72 months (80.2%) have the ability according to development and as many 16 children (19.7%) experience developmental deviations, there is a significant relationship between stimulation and the development of children aged 0-72 months with a  $p$ -value. = 0.000. Based on this research, it is suggested that families need to increase stimulation, especially aspects of speech-language and socialization-independence to stimulate children's developmental abilities, it is necessary to provide health education to mothers of toddlers about providing stimulation to stimulate children's basic abilities. Keywords: simulation and development. Based on this research, it is suggested that families need to increase stimulation, especially aspects of speech-language and socialization-independence to stimulate children's developmental abilities, it is necessary to provide health education to mothers of toddlers about providing stimulation to stimulate children's basic abilities.

**Keywords: Stimulation, Development**

## Development Strategy of Pharmacy Installation at X Hospital in Bitung City Using SWOT Method

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### ABSTRACT

**Introduction:** The pharmacy installation as a revenue center is expected to have a big impact on hospital services, so a development strategy is needed to minimize weaknesses and threats with existing strengths and opportunities. **Objective:** This study aims to were to determine the position of the X Hospital pharmacy installation against the internal and external environment, and to identify and develop alternative strategies that could be applied for the development of pharmaceutical installations. This research is a quantitative descriptive research through interviews, questionnaires, and observations. All data were analyzed until a SWOT (strengths, weakness, opportunities, threats) matrix was obtained. **Results:** Based on the study results showed that there were 7 strength indicators, weakness indicators, opportunities indicators and threat indicators. In conclusion, the position of the X Hospital pharmacy installation is in quadrant II, where an S-T strategy is needed, which is to increase pharmaceutical care activities in hospitals that focus on clinical pharmacy services by increasing the number of pharmacists and conducting training for the new employees so that the quality of human resources increases so that they are able to coordinate with one anothers, utilize technology, thus creating a superior and competitive pharmacy installation hospital which leads to increased hospital accreditation.

**Keywords:** Development Strategy, Pharmacy Installation, X Hospital, SWOT Analysis

## The Effectiveness of Dysmenorrhea Stretching Exercise on the Decrease of Primary Dysmenorrhea in Adolescents of High School Private Vocational School in Bandung District

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### ABSTRACT

Dysmenorrhea is pain during menstruation that is severe enough to interfere with daily activities. The highest prevalence of dysmenorrhea was primary dysmenorrhea (54.89%) and the highest was in adolescents. Interventions that can be used to reduce dysmenorrhea are pharmacological and non-pharmacological therapies. One of the non-pharmacological therapies is dysmenorrhea gymnastic. Dysmenorrhea gymnastic are simple and easy to do so they can be done anywhere and anytime. This purpose of this study was identified the effectiveness of dysmenorrhea gymnastic in reducing dysmenorrhea. Methods: This type of research is a quasi-experimental design with a one group pre-test post-test design. The population in this study was 160 female students. The sampling technique was purposive sampling, with the criteria for adolescents who did not use pharmacological therapy during dysmenorrhea. The samples obtained were 99 female students. Place of research Senior High School in Bandung Regency. The data collection tool used the dysmenorrhea gymnastic observation sheet and the Numeric Rating Scale (NRS) pain scale sheet. The univariate research data analysis used percentage values, while the hypothesis testing used the Wilcoxon test. The results of the study before dysmenorrhea were 0 (0%) painless, almost all of them were mild pain 84 (84.8%) and very little moderate pain 15 (15.2%), severe pain and very severe pain (0%). Meanwhile, after dysmenorrhea gymnastic, there was very little pain 24 (24.2%), most of the mild pain was 72 (72.7%), and very little pain was moderate 3 (3.0%), and severe and very severe pain (0 %). The results showed that there were significant differences before and after dysmenorrhea gymnastic so that dysmenorrhea gymnastic was proven effective in reducing dysmenorrhea (p-value 0.000). Dysmenorrhea gymnastic has been proven effective in reducing primary dysmenorrhea in X and XI grade girls Senior High School in Bandung Regency. It is hoped that dysmenorrhea gymnastic can be an alternative method to treat dysmenorrhea and that respondents can do dysmenorrhea gymnastic independently in accordance with the procedure to help reduce the dysmenorrhea they feel.

**Keywords:** *Dysmenorrhea, Adolescence, Dysmenorrhea Gymnastics*

## The Effects of Giving Probiotics in Dadiah Sampled on Increasing Immunoglobulin A (IgA) of Intestinal Tissue in Rats Model of Diabetic Nephropathy

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### ABSTRACT

Dadiah is a traditional food of West Sumatra made from buffalo milk that is fermented in a bamboo tube container. Dadiah is categorized as a functional food because it is made through a spontaneous fermentation process by lactic acid bacteria contained in the buffalo milk and bamboo tubes of "Aua" type. This research aims to examine the effect of giving dadiah to male white rats, *Rattus norvegicus* Wistar strain, induced by alloxan to diabetic nephropathy, on increasing the microbiota of LAB (Lactic Acid Bacteria) in the intestine tissue and increase the value of IgA. This research used an experimental method tested on 5 groups of white rats with a total sample of 25 rats, including the control group. The diabetic nephropathy model is characterized by blood sugar levels at >200 mg/dl and the existence of proteinuria. During 4 weeks of treatment, the P1 treatment group was given 3 ml/day of dadiah, while P2 and P3 groups were given 1 ml and 2 ml/day *Lactobacillus fermentum* DA3 isolates. The results of this research indicated that giving dadiah and *Lactobacillus fermentum* DA3 isolates increased the total of LAB and level of Immunoglobulin A (IgA) intestinal tissue, as seen in the experimental groups, compared to the control groups. The best result of this study was seen in P1 group, which was given by 3 ml dadiah, where the treatment for this group was able to increase the total number of LAB colonies and increase IgA immunity in rats model induced by diabetic nephropathy.

**Keywords:** *Lactic Acid Bacteria, Dadiah, IgA, Diabetic Nephropathy*

## Quality of Life for Elderly with Hypertension During Pandemic COVID 19

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### ABSTRACT

The COVID-19 pandemic has drastically affected the global population and various aspects of life. Many countries face the threat of this disease, and it occurs in all age groups, especially in the old age group or the elderly. Elderly people face a significant risk of contracting this Corona Virus disease, especially if they experience health problems along with a decline in their physiological condition. Hypertension can lead to cardiovascular disease and can cause problems in the quality of life so that the quality of life of sufferers will be disrupted and life expectancy will also decrease. Quality of life can be interpreted as a level to measure the welfare of a person's life by looking at the various cortices, namely, emotional, in life and environment, level of physical well-being and social material. This study is to determine the quality of life of elderly people with hypertension during COVID 19. The research process was conducted in July 2020 at Lamper Mijen Semarang. This study used a descriptive purposive sampling approach using the COOP / WONCA instrument. The number of samples was 48 patients with a history of hypertension in the area of Lamper Mijen, South Semarang District with the frequency distribution test. This study resulted in the majority of respondents including the category of moderate hypertension degree (46.5%), very good quality of life (74.4%). Most of the elderly experienced moderate physical health 55.2%, the feeling was not disturbed at all 60.5%, daily activities had a little difficulty but it did not mean 53.5%, social activities were slightly hampered but did not mean 44.2%, getting sick 41.9%, changes in health the same 37.2%, good general health 48.8%, and much social support 46.5%. The quality of life of the elderly with hypertension in Lamper Mijen South Semarang is included in the good quality of life. Based on these results, it is hoped that health workers can provide periodic counseling with health protocols about hypertension so that it can increase respondents' knowledge and increase knowledge of hypertensive patients and pay attention to their quality of life.

**Keywords:** *Quality of life, Hypertension, Elderly, COVID 19*

## Healthy Lifestyle Profile and Birth Outcomes among Pregnant Women

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### — ABSTRACT —

Women experience physiological and psychological changes during pregnancy and may contribute to the risk conditions that can lead to morbidity and mortality of both the mother and fetus. Making changes in lifestyle can be done to keep healthy during pregnancy until giving birth. Few studies examined lifestyle related to birth outcome. The purpose of this study is to determine the correlation between lifestyle and birth outcomes among Indonesian women. In this cross-sectional study, 93 post-partum women who willing to participate with the written informed consent were recruited. Data were collected using instruments such as demographic data, birth outcome included APGAR scores, birth weight, length of delivery, type of delivery and Health Promoting Lifestyle Profile II (HPLP II). Data were analyzed with descriptive statistics and Pearson correlation. The mean birth weight was 2996.24 gram (SD=496.63), more than half of women have spontaneous delivery (67.7%), mean APGAR score was 6.33 (SD=1.72), and length of delivery was 3.15 hours (SD=4.45). The total score of lifestyle was 123.52 (SD=21.03). However, for the HPLP II subscales, the higher score for spiritual growth ( $26.56 \pm 5.29$ ) and a lower score for physical activity ( $11.10 \pm 4.25$ ). The APGAR score and length of delivery were related to an unhealthy lifestyle. Understanding the lifestyle during pregnancy may improve the conditions for the mother and fetus and decrease the negative impact of birth outcomes.

**Keywords:** *Lifestyle, Birth Outcome, Women, Postpartum, Pregnancy*



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### ABSTRACT

Tuberculosis (TB) is a health problem for developing countries in the world such as Indonesia. The number of TB cases in 2012 to 2020 is estimated to have 1 billion cases of infection, of which 5-10% develop into disease, 40% end in death. One of the factors that increase the incidence of tuberculosis (pulmonary TB) can be influenced by the physical environment of the house, namely sunlight entering the house, poor ventilation tends to create a damp and dark atmosphere, this condition causes the mycobacterium tuberculosis bacteria to survive 1-2 hours in free air. Indonesia ranks 5th in the world, after India, China, South Africa, Nigeria; with 5.8% attacking most of the productive age groups with low socioeconomic conditions. The spread of pulmonary TB disease in South Sumatera, Indonesia was as many as 10270 of the 6.7 million populations. The objective of the research was to determine the relationship between the quality of residential sanitation, namely lighting, ventilation, humidity, occupancy density and the incidence of pulmonary tuberculosis. The research method was descriptive observational with a case-control design. The total population of all patients suffering positive in the working area of the Puskesmas is 103 and the sample is the total population. The results of the study were 61.2% of house lighting does not meet the requirements, 61.2% ventilation does not meet the requirements, 66% humidity had unhealthy sanitation, and 62.1% occupancy density had an unhealthy house. Based on the Chi-Square test, it concluded that there was a significant relationship between home sanitation facilities and the incidence of pulmonary tuberculosis.

**Keywords: Tuberculosis, Ventilation, House Lighting, Humidity, Occupancy Density**

## Prevalence and Factors Associated with the use of Herbal Medicines During Pregnancy at Ciwaruga Public Health Center, Indonesia

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### ABSTRACT

The prevalence of herbal medicines use is on the rise across the world, especially amongst pregnant women. The region was reviewed to explore the prevalence, usage pattern, December 2019 showed the prevalence of herbal medicine use varied between 54.3–96.6%, implying a rising trend in the utilization of herbal medicine during pregnancy. The most common reasons for use included the treatment of gastrointestinal disorders and cold and flu symptoms. The majority of women used these products during their first trimester and did not reveal this information to their physician. Most women were advised by family and friends to use herbal medicines and believed they were more effective and had fewer side effects than modern medicine, especially during pregnancy. Research purposes are how to know Screening Herbal Medicines Use During Pregnancy at Ciwaruga Public Health Center. This research is a descriptive and analytical study using a cross-sectional approach which was conducted from March to August 2020. The sample in this study were pregnant women who were in the working area of Ciwaruga Public Health Center has 8 villages. The samples were taken using a proportional simple random sampling technique until 96 respondents were obtained. The selection of the study participants was by systematic sampling and the main outcome variable was the proportion of mothers who used herbal medicine. Quantitative data was coded and entered into a computerized database. research has passed the ethical test no 279/UN6.KEP/EC/2020. The characteristics of the respondents in this study have differences when viewed from age, namely, 80.2% of pregnant women are of healthy reproductive age, 81.3% as housewives, 59.4% of respondents have a family income below the UMR, and 51.0%, respondents, with high school education. The proportions of pregnant women in the first, second and third trimesters were 11.5%, 44.8%, and 43.8%. first pregnancy (primigravida) 38.5%. Almost all respondents (92.7%) chose the means of antenatal care to private midwives. The factors significantly associated with the use of herbal medicines during pregnancy were perception (OR 2.18, CI 1.02-4.66), and having ever used herbal medicines during a previous pregnancy (OR 2.51, CI 1.21-5.19), and for other reasons (OR 3.87, CI 1.46-10.25). The use of herbal medicines during pregnancy among women in the Ciwaruga Public Health Center district is common, which may be an indicator for poor access to conventional healthcare. The perception that herbal medicines are effective and having ever used herbal medicines during previous pregnancy were associated with the use of herbal medicines during the current pregnancy. This, therefore, calls for community sensitization drives on the dangers of indiscriminate use of herbal medicine in pregnancy, as well as the integration of trained traditional herbalists and all those community persons who influence the process in addressing the varied health needs of pregnant women.

**Keywords: Pregnancy, Herbal Medicine, Maternal Health Services**

## Antioxidant Activity Test of Red Pidada Leaves (*Sonneratia caseolaris L*) Using ABTS Method (2,2-Azinobis- (3-Ethylbenzothiazolin) -6- Sulfonic Acid)

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### — ABSTRACT —

**Introduction:** Pidada red plant (*Sonneratia caseolaris L.*) is a mangrove plant that has antioxidant potential. Free radicals can cause cancer, heart disease, premature aging, and other degenerative diseases. The research objective was to determine the antioxidant activity of Pidada red leaf extract and fraction. **Method:** The research was conducted qualitatively and quantitatively. The qualitative test was carried out by color change test and quantitative test using the ABTS method (2,2-azinobis- (3-ethylbenzothiazolin) -6-sulfonic acid) with a UV-Vis spectrophotometer. Pidada red leaves were extracted and fractionated, namely ethanol extract, n-hexane fraction, ethyl acetate fraction, and ethanol fraction, and made various concentrations compared to vitamin C. **Result:** The IC<sub>50</sub> value determined the antioxidant activity. The results showed that the ethanol extract had an IC<sub>50</sub> value of 1.32 ppm (very strong), n-hexane fraction 19.89 ppm (very strong), ethyl acetate fraction 0.50 ppm (very strong), and ethanol fraction 1.63 ppm (very strong).

**Keywords:** Antioxidants, ABTS, *Sonneratia caseolaris L*

## Description of Patient Satisfaction Health Social Security Agency (BPJS) Outpatient to Pharmaceutical Services at Kanudjoso Djatiwibowo Hospital Balikpapan With Importance-performance Analysis (IPA) Method

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### — ABSTRACT —

**Introduction:** Consumer satisfaction (patient) is the result of an evaluation in the form of an emotional response (feeling happy and satisfied) to consumers because reality exceeds the expectations or desires of consumers. **Objective:** The purpose of this study was to describe the satisfaction of outpatient health social security agency (BPJS) patients with pharmaceutical services at RSUD Dr. Kanujoso Djatiwibowo Balikpapan for the period March-April 2019. This research is non-experimental research with descriptive data analysis. The object of research in this study is a description of patient satisfaction at the Dr. Kanudjoso Djatiwibowo Hospital Balikpapan for the period March 2019. The sample in this study were patients or families of outpatient health social security agency (BPJS) patients who used pharmaceutical services at the Dr. Kanudjoso Djatiwibowo Hospital Balikpapan for March 2019. Determination of the number of samples used in the Morgan and Krejcie tables. **Results:** Based on the results of the research, the satisfaction level of outpatient health social security agency (BPJS) patients at Kanudjoso Hospital, Balikpapan, from 5 dimensions of service quality, two dimensions have a level of suitability more than the overall suitability level, namely the dimensions of reliability and assurance so that it can be concluded that these dimensions are satisfactory for the patient. While the other three dimensions, namely Responsiveness, Empathy, and Tangible, have a level of conformity that is less than the overall level of suitability, it can be concluded that these three dimensions are not satisfactory for patients. Based on the priority of quality improvement, the question element The speed of time for the patient to wait for the drug according to the standard (concocted medicines  $\leq 60$  minutes) and (non-concocted drugs  $\leq 30$  minutes) is the priority because it has the most minor level of conformity, while the question element for drug delivery according to the queue number is the last priority. Because it has the most significant degree of conformity. Based on the IPA (Importance-Performance Analysis) analysis, two dimensions satisfy patients in pharmaceutical services: Reliability and Assurance. Based on the Cartesian diagram, an important priority improved performance is the speed with which the patient waits for the drug according to the standard, and the staff is always on time according to the schedule.

**Keywords:** Satisfaction, Hospital, BPJS, IPA Method

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## — ABSTRACT —

Courtship violence is a common social phenomenon, few realize that a relationship of affection before marriage is prone to violence, assuming that it is a consequence in courtship. Emotional abuse is a form of violence, anger using's social status, intimidation, denying or blaming, threats, peer pressure, sexual coercion, and isolation of exclusion. Objectives: to analyze how emotional abuse forms in interpersonal dating couple relationship. Method: journal search using Portal Garuda, PubMed, Taylor Francis, and Google Scholar database. Result: two journals said emotional abuse occurred beginning with an interpersonal form that was not in line or not a single goal, and six journals said that theirs were more incidents in women then in man. Conclusion: emotional depictions of abuse in interpersonal relationships dating couples affect each other, background of communication was patterned in the family then was brought in a social environment especially intimate relationships or dating couples. Nursing Application: to recognize emotional abuse other than physical abuse and sexual abuse in the absence of signs and symptoms, in applying or administering non-pharmacological therapies to help overcoming emotional abuse.

**Keywords:** "emotional abuse", "interpersonal" and "dating" or "couple".

## Development of Cognitive Behavior Therapy Apps Application on Depression Management in Patients of Diabetes Mellitus Type II

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### — ABSTRACT —

**Introduction:** Type 2 Diabetes Mellitus is a type where insulin resistance or deficiency occurs as a result of impaired insulin secretion with insulin resistance. Patients with type 2 diabetes can cause psychological changes, including changes in self-concept and depression. Cognitive Behavioral Therapy (CBT) is a non-pharmacological therapy that combines changes in mind and behavior to be more positive. This study aims to develop cognitive behavior therapy by using android applications on the management of depression in DM Type II patients. **Methods:** The article review was carried out through electronic database media: ProQuest, EBSCO, PubMed and Google Scholar. The year of article search was 2015-2019 by limiting it to academic journals that use English. Found 660 articles that were in accordance with the keywords used, namely cognitive APPS therapy behavior and depression. **Results:** The main theme obtained from literature studies is the types of cognitive behavioral therapy, cognitive behavioral intervention therapy, the influence of cognitive behavioral therapy, and evaluating the use of cognitive behavioral therapy using applications. The four main themes are interrelated with each other in supporting the effectiveness of cognitive behaviors therapy using the application of depression experienced by people with DM Type II. This research can be developed into empirical research. **Conclusions:** The application of the APPS Cognitive Behavior Therapy Model can help overcome depression experienced by DM Type II sufferers.

**Keywords:** Depression, Cognitive Behavioral Therapy APPS, Diabetes Mellitus Type II

## Formulation of Antioxidant Syrup Herbal from Leaves and Fruit Bidara (*Zizypus mauritiana* L.) with Addition of Sabu Sugar as a Sweetener

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### ABSTRACT

Bidara (*Ziziphus mauritiana*) is a kind of small fruit-producing tree and usually grows in dry soil. Bidara is widely used in traditional medicine such as anti-inflammatory, anticancer, hepatoprotector, antioxidant, etc. All parts of Bidara plant can be used as medicine for leaves, fruits, seeds, roots, and stems. Bidara leaves contain alkaloids, phenols, flavonoids, quercetin, routine, and terpenoids. Bidara leaves have been proven to have potential as antioxidants both in extract form as well as in the form of instant powders and syrup. Bidara fruit looks like an apple but smaller, sweet and sour taste, unripe fruit is green and reddish yellow ripe fruit. Bidara fruit could be eating directly or made into fresh drink, some areas in East Nusa Tenggara, especially in Adonara, Bidara fruit are made into sweets that have economic value. Scientifically, Bidara fruit contains carotene, vitamin A and vitamin C which are a source of natural antioxidants. The aim of this study was to determine the antioxidant potential of herbal drinks of Bidara leaves and fruit (*Ziziphus mauritiana* Lamk) with the addition of Sabu sugar as a sweetener. This type of research is an experiment, the parameters measured were antioxidant potential by DPPH method. The drink is made in 5 formulas with a ratio of fruit and leaves, namely formula 1 (100:0 w/v), formula 2 (75:25 w/v), formula 3 (50:50 w/v), formula 4 (0:100 w/v) and formula 5 (25:75 w/v). The results showed that all beverage formulas had very weak antioxidant potential with an average IC<sub>50</sub> more than 200 ppm.

**Keywords:** Antioxidant potential, Bidara Leaves and Fruit, Sabu Sugar, Syrup Formulation

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— ABSTRACT —

**Introduction:** WHO (world Health Organization) has declared the condition of the corona virus pandemic since February 2020. People do not know about the corona virus, and they feel anxious about the transmission of the disease. Many people in the Sindangsari sub-district, Sukabumi city, West Java, Indonesia, still do not use masks and do not know the importance of masks for the prevention of corona virus transmission. The research objective was to determine public knowledge about the corona virus and corona virus vaccines. **Method:** This research method uses a survey to the people in Sukabumi, West Java, Indonesia. Data collection techniques using a questionnaire through the google form application. The number of respondents was 126 people. **Result:** The results showed 43.7% of the public were waiting for the presence of the corona virus vaccine, 30.2% expressed doubts about the production of the corona virus vaccine, 21.4% did not know about the corona virus vaccine. 45.2% of the people stated that the corona virus vaccine was safe, 42.9% of the people said they were confused about the vaccine and 7.9% of the people said they did not know. 40% of the public knows about the prevention of the corona virus by using a mask, 35% of the public expresses doubts about using a mask and 25% of the people do not believe in using masks. 39.7% of the people stated that they were ready for vaccines. 36.5 people expressed doubts about vaccines and 15.9% of the people were not ready for vaccines. The conclusion in this study is that health education about the prevention of corona virus is very important to be implemented and the importance of the corona virus vaccine for the people in Sukabumi.

**Keywords:** *Knowledge, Corona Virus, Vaccine, Sukabumi*



## Lack of Changes in Community Behavior and Environmental Factors after Filariasis Elimination Program in Kodi Balaghar District, Southwest Sumba Regency: A Qualitative Studies

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### ABSTRACT

**Introduction:** Filariasis is a tropical disease that is very common in several regions in Indonesia and is caused by the transmission of microorganisms through mosquito bites. The causes of filariasis in Indonesia are three filarial species, namely *Wuchereria bancrofti*, *Brugaria malayi*, and *Brugaria timori*. Filariasis does not cause death, but it is the main cause of disability, social stigma, psychosocial barriers, and causes a decrease in the work productivity of individuals and families, as well as causing large economic losses. One of the efforts to eliminate filariasis in Indonesia has been carried out through the provision of preventive mass drugs (MDA) in endemic districts / cities since 2013. Treatment is carried out once a year for five consecutive years. MDA has entered its fifth year in Kodi Balaghar District, Southwest Sumba Regency, East Nusa Tenggara (NTT). The situation that is often encountered is the decline in filariasis cases due to mass drug administration but not followed by changes in community behavior and changes in the environment in which they live. The research objective was to evaluate knowledge, behavior change and environmental changes in the community after the MDA program for 5 years. **Methods:** In-depth interviews were conducted with 10 informants (puskesmas nurse, program holder, head of puskesmas, head of Malando village and head of Kahale village and community members). The factors studied were public knowledge, daily behavior and control of the living environment as awareness efforts to prevent filariasis. **Results:** The results of the study are summarized in 3 categories; increased knowledge and adherence to taking medication, found no change in daily life behavior, no change in the environment. It is feared that filariasis cases will increase after 2020 because the elimination program is not followed by changes in community behavior and also changes in the environment for filariasis prevention. **Conclusion:** The success of filariasis elimination is strongly influenced by community participation in the form of attitudes and concrete actions towards filariasis.

**Keywords:** *Filariasis, Behavior Change, Environmental Change*

## Trends of Malaria Cases from 2018 to 2019 in East-Sumba, East Nusa Tenggara, Indonesia

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### ABSTRACT

**Background:** The Province of East Nusa Tenggara (NTT) is one of the provinces that has a high malaria prevalence reaching 1.99% from the national prevalence of 0.37%. East Sumba Regency is one of the regencies in East Nusa Tenggara Province which has the highest prevalence of 7.01%. The purpose of this study was to determine trends in malaria cases in East Sumba Regency NTT Province in 2018 to 2019.

**Method:** This research is a descriptive study with all population data recorded in East Sumba Regency in 2018 and in 2019. The sample size is 3,506 cases taken by purposive sampling that taken from the total positive cases. Data were collected by retrospective study of malaria case report documents in East Sumba Regency in 2018 and 2019. The study results are presented in the form of frequency tables and analyzed descriptively. **Results:** 1,811 cases per 246,295 inhabitants were recorded in 2018 (0.73%) and 1,695 cases per 260,950 inhabitants in 2019 (0.64%). The gender of male is 54.50%, female is 45.59% in 2018, and male is 53.27% female is 46.72% in 2019. Age is > 15 years 40.36%, <15 years 59.64% in 2018, > 15 years 41.65%, <15 years 58.65% in 2019. *Plasmodium falciparum* 74.82%, *Plasmodium vivax* 15.07%, *Plasmodium malariae* 1.21%, *Plasmodium ovale* 0%, Mix 8.89% in 2018, *Plasmodium falciparum* 71.91%, *Plasmodium vivax* 13.27%, *Plasmodium malariae* 1.65%, *Plasmodium ovale* 0%, Mix 13.15% in 2019. Type malaria treatment is according to the ACT program 97.57% in 2018, 97.52% in 2019. Conclusion: Trends in malaria cases in East Sumba Regency, East Nusa Tenggara Province from 2018 to 2019 decreased to 0.64%. Most positive cases are found at age <15 years. The gender is generally male. The most type of plasmodium is *Plasmodium falciparum*. Almost all patients are positive following treatment according to government programs.

**Keywords:** Malaria, East Sumba, East Nusa Tenggara

## Method Development and Validation of Stability Indicating Mesalamine in Bulk and Its Pharmaceutical Dosage form by RP-HPLC

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### — ABSTRACT —

A simple, rapid and accurate RP-HPLC method was developed for the determination of Mesalamine in bulk and pharmaceutical dosage form by RP-HPLC method using C<sub>18</sub> column [Shimadzu LC 20 AD (4.6\* 250mm); 5µm] in binary gradient mode. The mobile phase consisted of methanol and 0.1% ortho phosphoric acid in the ratio of 50:50 v/v. The flow rate was maintained at 1mL/min and wavelength was maintained at 210 nm. The retention time of Mesalamine was attained at 2.73 min. The method was linear over the concentration range from 2.5-15µg/mL and R<sup>2</sup> was found to be 0.999. The intraday and interday precision %RSD values were obtained < 2.0. The LOD and LOQ were attained 2.31 & 7.01µg/mL respectively. The accuracy results of the method were obtained 99.78 % -100.01% at different levels of concentrations. The method was proved as robust after deliberately changed parameters of flow rate, temperature and wavelength. The method was shown ability towards different stress conditions of acid, base, peroxide and UV-Light. The method was used for routine analysis of Mesalamine in pharmaceutical dosage forms.

**Keywords: Mesalamine, RP-HPLC, Methanol, Ortho Phosphoric Acid**

## Stability Indicating Method Development and Validation for Salbutamol Sulphate in Pure and Tablet Dosage form by RP-HPLC

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### — ABSTRACT —

A simple, rapid and accurate RP-HPLC method was developed for the determination of salbutamol sulphate in pure and tablet dosage form by RP-HPLC method using C 18 column [Shimadzu LC 20 AD (4.6\* 250mm); 5µm] in binary gradient mode. The mobile phase consisted of methanol and water in the ratio of 70:30 v/v was used and maintain the p H 3. The flow rate was maintained at 1ml per min and the injection volume was 20µL. Detection wavelength with UV Detector at 225 nm and run time was kept 5 mins. The retention time of salbutamol sulphate was 2.98 min. The method was linear over the concentration range 10µg/ml. The recovery was found to be 99.79%. The described HPLC method was evaluated or also calculated some parameters for validation of drug like linearity, system suitability, accuracy, precision, robustness, stability studies.

**Keywords: Salbutamol Sulphate, RP-HPLC, Methanol, Water**

## Relationship Between Coping Mechanisms and Quality of Life Among Chronic Kidney Failure Patients Who Underwent Hemodialysis in Hospital in the Rural Area

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### — ABSTRACT —

Chronic kidney disease (CKD) patients who were undergoing hemodialysis will face many changes throughout all aspects of life so that it may impact the quality of life. A coping mechanism may help individuals to be able to adapt and face those changes due to their illness. This study aims to identify the relationship between coping mechanisms and the quality of life among CKD patients undergoing hemodialysis. Method in this study used Brief Cope to measure coping dan WHOQOL-BREF for quality of life. There are 62 respondents participated in this study by using convenience sampling. The result was Statistical analysis showed that  $R^2 = 0,162$  and simple regression showed that beta (B) score was 0.466 related to problem focus coping, meaning that every 1-unit of problem focus coping (Brief Cope) will increase 0.466 unit quality of life (WHOQOL-BREF). Whereas beta (B) score was 1.037 related to emotional focus coping, meaning every 1-unit of emotional focus coping (Brief Cope) will increase 1.037 unit quality of life (WHOQOL-BREF). This study suggested that hospital personnel support patients by using appropriate coping mechanisms to solve health problems. As a result, the stress or psychological problems that hemodialysis patients have may be reduced.

**Keywords:** *Hemodialysis; Coping Mechanism; Quality of Life*

## Effects of Using Two Different Dosings of Propofol as an Induction Agent in Patients Undergoing Electroconvulsive Therapy (ECT) at the Psychiatric Department, Hospital Kuala Lumpur

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### ABSTRACT

Electroconvulsive therapy (ECT) is one of the treatments in treating psychotic disorders. Indications for ECT are major depressive disorder, bipolar mood disorder and schizophrenia. Propofol reduces the seizure activity for those patients who underwent the ECT, but by considering the dose of propofol given by using a lower dosage of propofol based on recommended dose it might increase the quality of seizure activity without harmful the patients. A retrospective study was conducted to evaluate the seizure duration, quality of EEG, post-ictal suppression and recovery time in 200 patients undergoing ECT treatment who were sedated with either low dose (<1.5 mg/kg) or high dose (> 1.5 mg/kg) of propofol at Psychiatric Department, Hospital Kuala Lumpur between June 2016 to June 2017. All the results were analyzed with the statistical software SPSS (v. 22.0). Out of 200 patients, 131 (65.5%) patients were anesthetized with propofol less than 1.5 mg/kg and 69 (34.5%) patients were anesthetized with more than 1.5 mg/kg of propofol. Patients who were anesthetized with propofol less than 1.5 mg/kg has better motor seizure duration (19.20 s ± 10.14) compare to more than 1.5 mg/kg (9.26 s ± 6.91), longer EEG duration in the group of less than 1.5 mg/kg (29.18 s ± 15.81) compare to more than 1.5 mg/kg (12.23 s ± 10.20), good quality of EEG seizure in the group of less than 1.5 mg/kg (124 patients) compare to a group of more than 1.5 mg/kg (61 patients), post-ictal suppression in the group of less than 1.5 mg/kg (56.45 % ± 31.06) compare to the group of more than 1.5 mg/kg (18.84 % ± 22.42), and better recovery time were 128 patients in the group of less than 1.5 mg/kg took less than 15 minutes to monitor in the recovery area, whereas 65 patients in the group of more than 1.5 mg/kg took less than 30 minutes to monitor in the recovery area. Thus, it is very important to titrate the use of propofol to the patients undergoing the ECT procedure and using a lower dose of propofol is highly recommended.

**Keywords:** Anesthesia, Electroconvulsive therapy, Propofol

## Identifying Nursing Students' Satisfaction of Learning Process in Clinical Practice During Pandemic COVID-19

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### ABSTRACT

**Introduction:** The pandemic caused by Covid-19 disrupted and restructure the whole aspect all around the world included the educational system. Online teaching method is one form of internet utilization that can enhance the role of students in the learning process. Furthermore, arrangements could be made to retain the nursing knowledge and clinical skills of the students. Nevertheless, the limited interaction while online teaching could result in the decreased satisfaction and thereby affecting the learning of the students. Therefore, this study aim was to identifying nursing student's satisfaction of Learning Process in Clinical Practice During Pandemic Covid-19. **Methods:** Descriptive analysis in this study examined students' satisfaction of learning process in clinical practice during Pandemic Covid-19. The number of samples were 80 nursing students of Private Institute of Health Sciences in Surabaya Indonesia from July till August 2020. Google survey form based on cross-sectional study via online was used. The questionnaire consisted of 8 items which focused on the nursing students feeling of satisfaction during their learning process in clinical practice. **Results:** The Results showed that 57.5 % nursing students reported satisfied, 21.3 % were very satisfied, 15 % were dissatisfied and 6.3% very dissatisfied. In addition, there were 55 % of the nursing students likely to do online classes and 45 % students had less likely to comfortable doing online classes. Nursing students were disturbed by technical issues during online classes, students had less likely to practicing learning the clinical skills compared to regular classes. Furthermore, students were affected due to lack of social interaction with their peer group and clinical instructors. These finding demonstrated that the proper arrangements both online and face to face teaching method among nursing students during their studies at this vulnerable time is essential. **Conclusion:** It was concluded that COVID-19 pandemic greatly affected the learning of nursing student's satisfaction during their clinical practice towards their studies.

**Keywords:** *Pandemic Covid -19, Nursing Students, Satisfaction, Clinical Practice, Online Classes*

## Phenomenology Studies: Family Support and the Burden Felt by Inmates in Special Child Development Institutions

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### ABSTRACT

**Background:** Adolescence is a period of transition to achieve the maturity process of an individual. At this time adolescents experience a clash from the outside, causing problems for adolescents that can be realized in a juvenile delinquency. This misbehavior makes teenagers have to face the law. During dealing with the law they feel the loss of freedom, far from the outside environment and family, as well as other problems. In dealing with this, support from the family is needed to serve a sentence and to spend days in prison. **Objectives:** The identify the family support and burden felt by prisoners in the LPKA Class I Palembang. **Methods:** The study design used a qualitative method with a phenomenological study approach which carried out in-depth interviews with 4 prisoners. **Result:** From the result of family support and the burden felt by inmates obtained 3 themes. (1) Family support obtained is informational support, internal, assessment and emotional support; (2) Inmates' burden obtained is psychological, self- and economic burden; (3) Hope for the future that is obtained is the desire to work, the desire to restore good name, the desire to get married and to go to school. **Conclusion:** From the 4 inmates, they get support from the family. Expenses obtained by inmates in the form of physical, psychological burden, the burden of self-esteem and economic burden. Periodic evaluation processes need to be carried out in gathering information on family support and inmates burden through in-depth interviews so that the information obtained is fulfilled, and can provide counseling to families.

**Keyword :** *Youth, Family Support, Inmates Burden, Inmates*



## Quality of Work Life and Perceived Social Support among Hospital Nurses in Klang Valley

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### ABSTRACT

Nurses play a significant part in the delivery of hospital care and the management of the wellbeing of patients. The working environment and the support received were essential in driving the delivery of quality health care. Quality of Working Life (QoWL) has become a challenging issue in recent decades and has received increasing attention to improving the QoWL of nurses. Hence this study is to investigate the quality of working life, perceived social support and relationship between quality of working life, and perceived social support among hospital nurses. This study was a cross-sectional study, involved 469 nurses through convenience sampling from two hospitals in Klang Valley. Data were obtained from self-administered questionnaires, adapted from Swami (2015) and Zimet *et al.*, (1988). The result was analysed using the IBM Statistical Packages for Social Science (SPSS) Window Version 23. The mean age of the nurses participated in this study was 32 years old, nearly half of them at the age below 30 years old. Most of the nurses in this study was female, married, live as nuclear family with 1-5 peoples in the family, had dependent child and dependent adult. Majority of the had diploma as their minimal level of education, worked as clinical nursing, work in shift with experience working less than 5 years and average salary between RM 3000-8000. Majority of the nurses indicated that they were satisfied with their quality of working life especially with the training & development, relation & cooperation; and satisfaction & job security. However, the most unsatisfied dimension was the compensation & rewards and the adequacy of resources. The nurses reported to have highly perceived social support (PSS) especially from their family, friends and others. The is significantly weak, positive correlation were found between QoWL and PSS ( $r_s=0.281$ ,  $p$ -value=0.01). This study provides an overview of QoWL among nurses working in these hospitals. Although this study shows nurses were satisfied with their QoWL yet the needs to emphasis on the compensation & rewards and the adequacy of resources need to be considered in order to increase the satisfaction not only to the nurses but to the patients.

**Keywords: Quality of Working Life, Nurses, Perceived Social Support, Hospital Nurses**

## The Effectiveness Test of Black Cumin Oil Extract (*Nigella sativa*) in Male Mice (*Mus musculus*)

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### — ABSTRACT —

**Background:** The immune system is closely related to leukocytes. Leukocytes are part of the immune system which have an important role in every disease-causing agent. One of the efforts that can be made to increase the immune response is to provide an immunomodulator, a substance that can improve the immune system by means of stimulation (immunostimulants). Black cumin is able to stimulate bone marrow and immune cells and is able to protect normal cells from damage by disease agents, an increase in the total number of blood cells and their differentiation. **Objectives:** The purpose of this study was to determine the effect of giving black cumin oil extract on leukocyte levels in male mice. **Methods:** This type of research is experimental, to see the levels of leukocytes, after being treated with doses of 150 mg/kgBB, 300 mg/kgBB and 600 mg/kgBB for 21 days. The data obtained were then analyzed statistically using the ANOVA test. **Result:** The results obtained by the total number of leukocytes on day 7, day 14 and 21 showed a significant difference ( $p < 0.05$ ) for each treatment group. The use of black seed oil extract is very effective for boosting the immune system or immunostimulating. **Conclusion:** The benefit of this research is that it can provide information to the public that black cumin oil extract can be used as an alternative in increasing the body's immune system.

**Keywords:** Immunostimulants, Black Cumin, Male Mice

## Hyperlipidemia Effectiveness Test by Giving Extract of Salam Leaf (*Eugenia polyantha*) to Wistar Male Rats (*Rattus norvegicus*) Serum

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### — ABSTRACT —

**Background:** *Eugenia polyantha* is a native Indonesian medicinal plant which is widely used by the public to lower cholesterol, diabetes, hypertension, gastritis, and diarrhea. **Objectives:** This study aims to determine the effect of giving *Eugenia polyantha* extract with stratified doses on total serum cholesterol levels of male Wistar rats. **Methods:** An experimental study of Pre and Post Randomized Controlled Group Design on male wistar rats. The sample consisted of 26 rats which were divided into 3 groups, namely 1 group as a control, with standard feed and 2 treatment groups plus *Eugenia polyantha* extract with an extract dose of 0.40 grams, 0.73 grams of fresh leaves per day for 15 days. Data were analyzed serum total cholesterol levels with a spectrophotometer, and the Wilcoxon test. **Result:** Administration of *Eugenia polyantha* extract in the treatment group caused a decrease in cholesterol levels at all doses compared to the control. The maximum dose is extract from *Eugenia polyantha* 0.73 grams of fresh leaves. **Conclusion:** There is a large relationship between dose and control. The greater the dose of *Eugenia polyantha* extract, the greater the decrease in total cholesterol.

**Keywords:** Total Cholesterol, *Eugenia polyantha* Extract

## Coping Overcomes Menstruating Pain (Dysmenorrhea) in Young Women

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### — ABSTRACT —

**Introduction:** Dysmenorrhea is pain during menstruation which is characterized as a brief pain at the onset of menstruation. Pain due to menstruation often causes adolescents to be unable to do their activities. Adolescents usually try to deal with pain in various ways (coping), either by using drugs or with other pain-reducing techniques. The purpose of this study was to determine various techniques to reduce menstrual pain in adolescents. **Methods:** This type of descriptive quantitative research with a survey, research instruments with a questionnaire. The population in this study were adolescents who experienced dysmenorrhoea. A total of 155 adolescents were selected by purposive sampling, with the inclusion criteria of adolescents experiencing dysmenorrhoea 3 times in a row for 3 months. **Results:** The level of pain in adolescents was experiencing a little pain as many as 19 (12.3%) people, pain was a bit annoying as many as 63 (40.6%) people, pain disturbed the activities of 42 (27.1%) people, pain was very disturbing as many as 23 (14.8%) people, and the pain was unbearable as many as 8 (5.2%) people. The way to reduce pain by means of pharmacology is by using anti-pain medication from the shop carried out by 12 (7.7%) people, taking the anti-pain medication prescribed by the doctor 12 (7.7%) people. Non-pharmacological techniques for dealing with pain were that most adolescents did deep breathing techniques as much as 87.2% and the lowest was with exercise 23.2%.

**Keywords:** *Dysmenorrhea, Coping, Young Women*

## Effect of Acupressure Therapy on Feces Consistency in Pregnant Women in Constipation

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### ABSTRACT

Constipation is a physiological discomfort for pregnant women. The incidence of constipation in pregnant women in PMB Amrina was 7 (16%) in October, and increased by 9 (24%) in November, while in PMB Kiswari there were 10 (18%) in October, and increased by 20 (40 %) in November. Constipation occurs due to decreased intestinal motility and a result of enlarged uterine pressure. Constipation can cause hemorrhoids. Constipation can be overcome by providing non-pharmacological therapy, namely acupressure therapy. The purpose of this study was to determine the effect acupressure therapy on stool consistency in pregnant women who experience constipation in the working areas of PMB Amrina and PMB Kiswari, Metro City. The method in this study used a Quasy Experiment with a design One Group Pretest-Posttest. The sample in this study was taken by purposive sampling, data collection using questionnaires and check lists, and the statistical test used is the Wilcoxon test. The results of the research that had been carried out on 30 respondents showed that the frequency distribution of the most stool consistency was in type 3, namely before acupressure therapy was given 73.3% and increased after being given acupressure therapy to type 4, namely 56.7%. The statistical test results obtained  $p$  value 0.000 which means there is an effect of acupressure therapy on the consistency of feces in pregnant women who experience constipation. Based on the research results, it is hoped that the midwives and assistant midwives at PMB Amrina and PMB Kiswari can provide acupressure therapy to pregnant women who are constipated and can socialize the benefits of acupressure therapy, and for families to provide support to mothers.

**Keywords: Stool Consistency, Constipation, Acupressure Therapy**

## The Effect of Glucose Levels and Blood Pressure on C-reactive Protein (CRP) Levels on Chronic Type 2 Diabetes Mellitus Patients in Kupang City, East Nusa Tenggara

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### ABSTRACT

Type 2 Diabetes Mellitus (DM) is a chronic disease, this disease is characterized by high blood glucose levels. Data released by the International Diabetes Federation (IDF), the number of adults (20-79 years) who have diabetes as many as 463 million and is estimated to reach 700 million in 2045, diabetes caused the death of 4.2 million people worldwide. 374 million people have an increased risk of Type 2 Diabetes Mellitus (IDF, 2019). Data from the 2018 Riskesdas, the prevalence of DM in Indonesia at  $\geq 15$  years of age based on a doctor's diagnosis is 2.0%, for the province of East Nusa Tenggara the prevalence is 0.9%; The prevalence of Indonesian CKD at the age of  $\geq 15$  years based on a doctor's diagnosis is 0.38%, for the province of East Nusa Tenggara the prevalence is 0.33% (Indonesian Ministry of Health, 2018). One of the chronic complications of DM is diabetic angiopathy, due to endothelial damage that affects blood vessels, both large blood vessels (macroangiopathy) and small blood vessels (microangiopathy). Hyperglycemia can express chemokines such as C-Reactive Protein (CRP), with clinical manifestations in the form of an inflammatory reaction and causing damage to the endothelium of blood vessels. This study aims to determine the effect of blood glucose levels and blood pressure on CRP levels in patients with type 2 diabetes mellitus in the city of Kupang. This study involved 78 respondents and was conducted in October-November 2020. The variables in this study were blood glucose, systolic blood pressure, diastolic blood pressure and CRP levels. The results showed that there was an effect of blood glucose levels on CRP levels in patients with type 2 diabetes (sig. = 0,000) in Kupang City using a linear regression test and there was no effect of blood pressure on CRP levels in patients with type 2 diabetes (sig = 0.176) in Kupang city.

**Keywords:** *Type 2 Diabetes Mellitus, CRP, Blood Glucose, Blood Pressure*

## Field Study and Biodiversity at Risyap, Kalimpong District of West Bengal, India

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### — ABSTRACT —

Forest cover in hilly regions is essential to maintain ecological balances. North Bengal estimates approximately 3,086 sq km i.e. 26 % of 11,876 sq km of classified forests in West Bengal and nearly 5,000 sq km (~40 %) of tree cover. Risyap village (26.84o N, 88.60o E) in the Kalimpong District of West Bengal State, India. The study was done in 2019-2020 in Risyap Forest Village. Primary data and pictorial documentation were gathered through field survey and direct interactions with local people and other authorities. Surveys on demography, agriculture, biodiversity, human-animal conflict were done. Topographic map of the area was prepared from Google map database. The ecological tools like quadrat method, transect line method, pitfall trap, light trap were used to study diversity, density and abundance of trees, birds and arthropods. The different lifestyles of the people in Risyap were also noted. Further study is needed to collectively analyse the biodiversity.

**Keywords:** *Field Study, Biodiversity, Risyap, Kalimpong*

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### ABSTRACT

**Background:** prolonged labour is one of the most significant cause of maternal death in Indonesia. One out of five labour in Kajaj primary health care should be a referral to the hospital due to prolonged labour cases.

**Aim:** This study aims to determine the effect of dim light on the length the first stage of labour

**Methods:** This study was Quasi-experimental design with Control Group posttest only design at the working area of Kajai health centre, in February 2020. There were 160 women in labour became a sample of this study who were taken by using a consecutive sampling method. The samples divided into two groups, control and intervention group. Data were collected by using observation sheets. Data analyzed in univariate and bivariate by using T-Test analysis. **Result:** The results showed that control group's average of acceleration of labour progress in the active phase is 348.833 minutes, and intervention group's average of acceleration of labour progression in the active phase is 304.833 minutes. The results of bivariate showed that there is a significant effect of a dim light intervention on accelerating labour's progress (*P*-Value: 0.0001).

**Conclusion:** This study concluded that the dim light could affect the hormones realizing which can stimulate uterus contraction. It can be applied as one of a non-pharmacologic method in labour acceleration.

**Keywords:** Labour Acceleration, Dim Light, Active Phase of Labour



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### ABSTRACT

**Background:** The involvement of family members to ensure the quality of care for patients in the ICU is essential component as most of the patients in the ICUs are sedated and/or unable to communicate, thus, the relatives become the surrogate decision-makers. As part of an ongoing quality improvement effort, we aimed to assess family satisfaction in the ICUs of a public hospital. **Methods:** A descriptive cross-sectional study was conducted from March to July 2017. Family Satisfaction in the ICU (FS-ICU-24) questionnaire was used to evaluate the satisfaction of family members with care of patients. A convenient sampling of 355 family members who had visited at least once for an adult patient who admitted 48 hours or more was selected in this study. **Results:** Most of the respondents involved in this study was female (53.2%) and aged between 20-30 years old (51%). Most of the patients were cared by their immediate family members (39.5%) and 36.6% of them had been in the hospital more than a week. Most of the family members were satisfied with the health care received in ICU (Mean:66.4; SD:12.2); the information needs as they satisfied with their frequency of communication with ICU Doctors (Mean: 62.4; SD: 18.2); and the decision making process as majority of the family members satisfied as they felt they were included (80.3%), supported (86.2%) and had control over (80%) the care of family member in the decision making process while 86.3% of them claimed that they were given adequate time to have their concerns addressed and questions answered. These study revealed that the respondents aged 20-30 years old were more satisfied with the courtesy, respect and compassion that they received (x<sup>2</sup>:27.43) and with their family member (the patient) received (x<sup>2</sup>:37.53). The respondents who had experienced cared their family member in ICU and stay less than a week in ICU reported to be more satisfied with the amount of care (x<sup>2</sup>:31.95); the courtesy, respect and compassion that they received (x<sup>2</sup>:59.71) and with their family member (the patient) received (x<sup>2</sup>:74.53). **Conclusion and Recommendations:** Overall, most families in this study were satisfied with the care provided to them and their critically ill relatives. However, opportunities for improvement are presently based on the findings. Further research should focus on the items with low family satisfaction when planning interventions for ICU quality improvement.

**Keywords:** Family Satisfaction, Quality of Care, Intensive Care Unit, Information Needs, Decision Making Process

## Paleopathological Evidences of some Common Osteogenic Disorders

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### — ABSTRACT —

Osteoporosis both primary and secondary, drug induced rickets and osteomalacia, osteogenesis imperfecta, renal osteodystrophy, Paget's disease of bone and malignancy of bones are some of the common osteogenic disorders that are encountered irrespective of ethnicity, gender, age, religion and socio economic background. Any changes in histopathology of human bones can be assessed through examination. Though some diseases are advocated to be life style disease, but palaeopathological examination have revealed that bone disorders were present even among the human fossils as revealed during the excavations and also in mummies of the Egyptian civilisation.

**Keywords: Osteogenetic, Palaeopathology**

## A Study on Serum Uric Acid Levels During Acute Heart Failure Treatment in Early Diagnosed Patients at Tertiary Care Hospital

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### — ABSTRACT —

**Objective:** The main objective of the study was serum uric acid (SUA) levels during Acute Heart Failure. The observative study of SUA levels before and after the treatment. **Methods:** It is a observational study of serum uric acid levels in patients with Acute Heart failure before and after treatment. Outcomes of interests were to lower the patient risk and mortality. The values of SUA before and after treatment, higher vs lower and P value. **Results:** The study involves the 106 heart patients cases. Males are n=70 (66.03%) and females are n=36 (33.96). In the comparison of mean serum uric acid levels before and after treatment are 8.08 +/- 0.82 and 5.97 +/- 0.69. These results were treated statistically by using Chi-square test at a significant level of P, Value is greater than Chi-Square calculated 0.0001<0.05, which is significant. The data was tabulated in table no.6. **Conclusion:** Serum Uric Acid levels are higher in patients with heart failure as compared with normal age healthy persons. Based on serum uric acid levels, the effect of heart failure therapy was evaluated by calculating the mean serum uric acid levels before and after treatment and we concluded that heart failure decreases the serum uric acid levels and improves the prognosis of heart failure. Serum uric acid is a simple biomarker that can be measured anywhere at a low cost to help identify high-risk patients with congestive heart failure.

**Keywords:** *Serum Uric Acid Levels, Heart Failure, Treatment, Diagnosis*

## Neuro Protective Effect of Ethanolic Extract of *Dolichos purpureus* in Experimental Rats

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### ABSTRACT

The plant *Dolichous purpureus* is a customary medication with colossal restorative potential which discovers it use in therapy of different ailments, for example, antibacterial, antioxidant, anti-inflammatory, antidiabetic, hypolipidemic, insecticide and anticancer activities. There are no reports that identified with the utilization of this plant in treating patients with Alzheimer's Disease (AD). Hence present study was aimed to scientifically evaluate the neuroprotective effect of the ethanolic extract of *Dolichos purpureus* against scopolamine induced Alzheimer's disease in experimental rats using five behavioural tests, Radial arm maze, elevated plus maze, open field, Y-maze, and rota-rod tests. In addition to this, biochemical evaluation for acetylcholinesterase activity and histopathological evaluation of brain were done. The outcomes proposes that ethanolic extract *Dolichos purpureus* (200 mg/kg B.wt and 400 mg/kg B.wt) utilized in this study noteworthy improvement of various behavioral parameters like memory, locomotion, anxiety, motor integrity and coordination etc when compared to control group. EEDPS inhibited brain AChE enzyme, thereby elevating Ach concentration in brain homogenate and ultimately improved memory of rats. Further, more or less normal histological structure of the hippocampus and all amyloid plaques and neurofibrillary tangles that are formed under the influence of scopolamine disappeared in the rats pretreated with EEDPS (200mg/kg B.wt and 400mg/kg B.wt.). It tends to be inferred that our outcomes firmly uphold the counter Alzheimer's capability of the ethanolic concentrate of the plant *D. Purpureus* and its utilization in conventional medication.

**Keywords:** *Lablab purpureus*, Scopolamine, Nootropic, Acetylcholinesterase, Elevated Plus Maze

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— ABSTRACT —

Alopecia means hair loss, today 70% males and 30% females are suffering from this disorder. The need for a suitable topical delivery system which would increase the contact time, leading to increase in local drug concentration of minoxidil for the treatment of alopecia led to the development of topical gel formulation. Minoxidil has a half life of 4.2 hrs and a melting point of 248°C. It enhances the hair growth by increasing the blood flow to the scalp by vasodilation. The preformulation studies like FTIR and solubility were conducted; Trans dermal gels were prepared using HPMC and carbopol in different ratios. Ethanol and transcutol were used as solvents and permeation enhancers, glycofural is used to compare the permeation capacity. The prepared gels were evaluated for the pH, drug content, viscosity, invitro diffusion studies, *Ex vivo* permeation studies, drug release kinetics and stability studies. The formulation containing 1600mg of HPMC and 10% transcutol showed better drug release and was found to follow non-Fickian release mechanism, it was found to be stable when compared to the marketed formulation-Tugain 2%.

**Keywords: Minoxidil, Alopecia, Permeation Enhancers**

## Vascular Access Type and Quality of Life Among Chronic Renal Failure Patients Who Undergoing Hemodialysis

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### ABSTRACT

Chronic Renal Failure (CRF) is a condition involving a decrease in the kidneys' ability to filter waste and fluid from the blood, develops over a long period of time and irreversible renal damage that requires hemodialysis (HD) with various vascular access (VA). Severity of the disease and its treatments have detrimentally affect to physically psychologically, socially and spiritually aspects of life which constructed as quality of life (QoL). Aim of this study was identify vascular access type and QoL on CRF patients. A descriptive study was used to conduct this research in which data was collected from 30 patients who undergoing HD regularly twice a week by using a quota sampling technique. A findings from a univariate analysis indicated that 65 % participant in this study was dominated by men, 50 % participant age 41-50 years old, 50 % unemployed, 73.3% with Arteriovenous fistula (AVF) vascular access and 65 % good QoL. In conclusion that majority of hemodialysis patients have AVF with good QoL and recommended for nurses to maintain and improve QoL.

**Keyword: Chronic Renal Failure, Hemodialysis, Quality of Life, Vascular Access Type**

## Nutritional Status and Quality of Life Among Patients with End Stage Renal Disease who Undergoing Hemodialysis

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### ABSTRACT

End stage renal disease is a serious public health problem throughout worldwide as well as in Malaysia, quality of life (QoL) was recognized as a contemporary outcome of the disease care and nutritional status is an important predictor believed influence QoL. This study was aimed to determine nutritional status and QoL among hemodialysis patients. A descriptive study was conducted to succeed this study in which the data was collected by using convenient sampling technique from 45 patients who undergoing hemodialysis. Descriptive analysis shown that majority hemodialysis patients (55.6%) experience < 3kg weigh loss in last 3 month, 44.4% patients increase their dietary intake in past 2 weeks, 64.4% patients suffer from nausea and vomit, 60% diarrhoea, 75.6% have moderate functional status, 97.8% has mild to moderate muscle wastage, 34% mild to moderate fat store, 77.8% mild to moderate oedema those decrease their physical and mental functioning. In conclusion that haemodialysis patients experience nutritional issues that lead to moderate level of QoL.

**Keywords: Hemodialysis, Nutritional Status, Quality of Life, Diet**

# Motivation to Healthcare Workers: A Key Factor During Pandemic

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## ABSTRACT

### **Why is Motivation in Healthcare Important**

Poorly motivated health workers can have a negative impact on COVID patient care and an entire health system. Unmotivated health workers greatly impact on patient service output during corona period. Often, it's these health workers who need to provide care to corona patients, have greater chance to be infected, work longer hours, whose workplaces have fewer resources, and where they can feel most isolated. Unmotivated health workers are known to leave their jobs, either leaving the job or migrating to other places in the pursuit of more appealing job opportunities or remain at home doing nothing. Some health workers have been known to leave the medical field outright.

### **Covid-19 Pandemic situation**

During the COVID-19 crisis, workers may face higher anxiety and stress due to the physical working environment, including the workplace layout and equipment and exposure to hazardous agents. Fear of getting infected at work (healthcare and emergency workers; workers in jobs that require frequent and/or close contact with the general public; workers in high-density work environments or working in close proximity. Lack of clarity about the best practices to limit the risk of exposure to the coronavirus. Shortages of personal protective equipment (PPE). Prolonged use of heavy PPE (leading to fatigue, exhaustion, claustrophobia, isolation, etc.). Lack of appropriate equipment and inadequate physical environment (including for employees working from home)

### **Keeping Health Worker motivated during pandemic**

Pandemic situation has sent the majority of the world's workforce into lockdown, forcing many people to work continuously. There was need of staying in hospitals, mixed with the emotional pressure of new family arrangements and also with the economic and social pressure. All these elements created issues that can drain the motivation of the most optimistic health care team. So, there is a need to keep the staff motivated during these uncertain time period.



## **Way to motivate health care workers**

### **Communicate regularly:**

Effective communication is a necessity in these strange times. Being present in the situation. Being with them inside the ward, with patients. Video calls are a great way to keep some of the normalcy of direct communication. Being able to see your colleague as well as hear them, making what's app group. Help them to avoid feelings of isolation. Improve a sense of accountability between colleagues. Don't just talk business. Make the effort to communicate both professionally and personally with your team. Host lunchtime video conferences to help people feel like they are back in the home environment.

Creative problem-solving: One of the main reason's employees lose motivation is because remote work tends to become more mechanical and tactical focused, rather than prioritising problem-solving over the long-term. This can cause employees that are used to this kind of work to become disinterested as pandemic situation (COVID-19) forced to work continuously for problem solving.

Organize Training/ Awareness/Demonstration: PPE and appropriate training, including about signs of exhaustion and dehydration (in particular in case of prolonged use of heavy PPE). Provide workers with the support and equipment they need to safely perform their work. Provide practical guidance to people working from home on how to set up a safe homework environment (where to keep the used clothing, minimize touching or washing, drying etc.). Extensive media coverage of the epidemic is essential to encourage precautionary and preventive measures, but it can also influence the psychological response to the infectious disease threat, amplifying apprehension, worries and anxiety. Give Radio talk. The decreasing amount of fake news and misinformation surrounding the COVID-19 crisis which is detrimental to people's mental health and well-being.

### **Take a holistic approach:**

COVID-19 comes with a series of emotional and economic pressures on everyone of health worker. People aren't just stressed about meeting deadlines or doing good work. But they are also dealing with fears of threat to leave rented house, protecting own health & their families-babies, and how to safely buy groceries, how to manage transport problem.

Engaging with your team holistically is crucial to ensuring they are motivated. This might include flexible working arrangements for those that have children. This could be promoting physical exercise and encouraging the team to render better service. Understanding how your people might be feeling is an important step toward keeping them motivated in these challenging times.

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