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PROCEEDINGS



INTERNATIONAL CONFERENCE

ICHD

ON HEALTH DEVELOPMENT

**Reaping the benefits of a demographic dividend
By achieving quality human resources
through health investment**

23 NOVEMBER 2019

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Address

Fakultas Ilmu Kesehatan Universitas Pembangunan Nasional “Veteran” Jakarta

Jl. Raya Limo Depok 16515

Website <http://ichd.upnvj.ac.id>

Email ichd@upnvj.ac.id

Preface

“Demographic Dividend” are two combined words increasingly known these days. The term of demographic dividend is simply defined as a condition when a country have the number of people within the productive age bracket (15-64) is higher than the number of non-productive group (0-14 and above 65). While dividend means an amount of money added to wages on a seasonal basis, especially as reward for good performance. So it means when demographic dividend occurs, a country will receive “bonus” or revenue in form of economic growth as the working population are larger than the non-working group.

It is evident that human resource has critical contribution for reaping demographic dividend. Qualified human resources are required in order to make sure that the state have adequate professionals with a good job and salary in order to contribute for country’s revenue. Creating qualified human resource is a long-life process that involved multi-sectoral contribution, including health sector.

In health sector, it is well understood that the individual quality is formed and processed since childhood. Various factors influence this irreversible process, such as nutrition, health status, health facility, and macro environment (economy, knowledge, culture, politic and education). Knowing this, a holistic cooperation is required even within health sectoral itself. Hoping that it will give significant contribution and certainty that each individual life is counted, that children can attend school and well-performed with minor absence. Further, they graduate with skill and get a job with decent salary. This adequate of professionals then will boost economic growth of a country.

To take a part in international platform, Faculty of Health Science, Universitas Pembangunan Nasional Veteran Jakarta would organize the event called “**INTERNATIONAL CONFERENCE ON HEALTH DEVELOPMENT**” with the theme “*Reaping the benefits of a Demographic Dividend by Achieving Quality Human Resources through Health Investment*”, that later will accommodate four majors which are Nutrition, Public Health, Nursing and Physiotherapy.

Welcome Remarks

Dean of FIKES UPN Veteran Jakarta

In accordance with vision and mission of Faculty of Health Science UPN Veteran Jakarta to develop innovative learning and spread health knowledge particularly in Indonesia, Faculty of Health Science UPN Veteran Jakarta would like to organize the International Conference on Health Development (ICHHD), with the theme “*Reaping the Benefits of a Demographic Dividend by Achieving Quality Human Resources through Health Investment*”

This international conference is expected to be one of the media to improve knowledge and science of all participants (lecturers, scholars, practitioners, researchers and other parties) especially in Health Science. This Conference aims:

- a. To provide the audience with views and visions regarding roles and challenges of health sector in its contribution to create qualified human resource;
- b. To facilitate the scientific people to perform their part on international platform in preparing next generation;
- c. To attract several national and international parties (governments, education institutions, scholars, practitioners, researchers and other parties) to participate in providing the best contributions for health development of next generation.

We take this opportunity to welcome all the speakers, presenter and participants and exhibitors of this event. I look forward to meeting you in the event. Wishing you all a great event as well as wonderful time in Jakarta.

The Dean

Dr. drg. Wahyu Sulistiadi, MARS

Chair of ICHD 2019

Assalamualaikum wr wb

1. The honourable **Dr. ERNA HERNAWATI, Ak, CPMA, CA**, rector of Universitas Pembangunan Nasional Veteran Jakarta
2. The honourable **Christine L Sommers, Ph.D**, the dean of faculty of nursing Universitas Pelita harapan
3. The honourable **Dr Sugiyanto**, director for health worker learning centre, Indonesia Ministry of Health
4. The honourable **Dr. Alaka Singh**, from WHO Representative for Indonesia
5. The honourable senates, deputy rectors, Directors for research and education development, The dean, the speakers and all the participants

Good morning ladies and gentlemen

It is my great honour to welcome you this morning on behalf of Faculty of Health Science Universitas Pembangunan Nasional Veteran Jakarta to our International Conference on Health Development

Thus, welcome to the city of Jakarta, the city with never ending traffic yet also the perfect melting pot of Indonesia.

We have more than 200 delegates from over 10 different institutions across 10 different countries. So the networking opportunities for today should be as stimulating as a cup of coffee in the morning.

And of course the conference networking opportunities exist on social networking as well as in real life so we encourage you to start and join our Instagram account @ichdfikes.

I would like to thank God that only by His Grace and mercy we can conduct this event.

I would like also to thank to the rector of the university, the dean of the health science faculty, our co-host Universitas Pelita Harapan, our sponsors Kalcare and Health promotion directorate, Indonesia ministry of health, all the associates journal and our beloved committee. We are truly grateful to you all, it's your support that enables us to put this event together.

Now as I stated at the top of my remarks this is our first international conference on health development with theme "Reaping the benefits of demographic dividend by achieving quality human resources through health investment", it is an event that expected to be annually undertaken by the health science faculty that cover the scope of nutrition, nursing, public health and physiotherapy.

It is evident that human resource has critical contribution for reaping demographic dividend. Creating qualified human resource is a long-life process that involved multi-sectoral contribution, including health sector. Knowing this, a holistic cooperation is required even within health sector itself. Hoping

that it will give significant contribution and certainty that each individual life is counted, and these are our concern, together.

Addressing the theme, we have invited 8 distinguished speakers that will share the key for contribution to the matters. Prakaikan Schneitz, MPA from SEAMEO regional open learning centre will share us topic about Massive Open Online Course for Health Education. Le thandar Soe, PhD from Myanmar Ministry of Health and Sports will give us insight about Nutrition investment in the early age, Ith Vuthy, MSc from SEAMEO Regional centre for Early childhood care education and parenting that will talk about the Roles of Parenting Skills in Early Childhood Learning Experience and Development, and our host speaker Dr. Heri Acim Iswanto that will share us about Health enterprise, and in the afternoon parallel session we will also have the following speakers: Dr Rita Ramayulis, Andy Widjaja, DPT, Drg. Saraswati and Christine L. Sommers, PhD.

All of this to say ladies and gentlemen, that we are in the extremely talented hands to have successful and enlightening conference. We wish all of us can reap the benefits from this event.

Wassalamualaikum wr wb

Dian Luthfiana Sufyan, S.Gz., M.Gizi

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Oral Presentation Session 1

RISK FACTORS OF STUNTING EVENTS IN CHILDREN UNDER FIVE YEARS AT LABUAN PUBLIC HEALTH CENTER OF PANDEGLANG REGENCY

Siti Nur Ramdaniati¹

siti.nurramdaniati@gmail.com

¹Public Health Study Program of Mathla'ul Anwar University

Stunting or short associated with an increased risk of death and stunted growth in motor and mental abilities. Stunted toddlers have a risk of decreased intellectual abilities, productivity and increased risk of degenerative diseases in the future. This study aims to determine the relationship of toddlers' characteristics, maternal characteristics, and demographics to the incidence of stunting in toddlers at Labuan Public Health Center, Pandeglang Regency, Banten Province. The research was observational analytic research using case-control study design. The population in this study were all children under five years (0 - 59 months) at the working area of Labuan District Public Health Center who experienced stunting as many as 39 infants. The sampling technique used total sampling method with a ratio of 1 (cases): 2 (control) to 39 cases (stunting toddlers) and 78 controls (normal toddlers). The data of this study were obtained by interview using a questionnaire instrument and measuring height using anthropometry. Data processing using univariate analysis, bivariate analysis using Chi-square statistical tests and multivariate analysis with logistic regression. The results of the analysis concluded that there was a significant relationship between LBW, mother's height, family income, ownership of healthy latrines and access to clean water toward stunting events in children under five years in the working area of Labuan Public Health Center. LBW is the most dominant variable related to the incidence of stunting in toddlers after being controlled by variables of mother's height, immunization, and mother's education level.

THE DETERMINANT FACTOR OF TODDLERS' GROWTH AND TODDLERS' DEVELOPMENT LEVELS AT PONDOK PINANG, SOUTH JAKARTA

Rita Dwi Pertiwi¹, Fenita Purnama², Riris Andriati¹, Neng Sartika¹

ritadwipratiwi@wdh.ac.id

¹Widya Dharma Husada Tangerang School of Health Science

²Kharisma Persada School of Health Science

Growth is a complex manifestation of morphological, biochemical, and physiological changes that occur from conception to maturity or adulthood. Knowledge and awareness of the parents and the cadres and the community in general is very necessary, in carrying out the monitoring of the development of children aged under five years. The purpose of this study is to know The Determinant Factors of the growth and development of children under five years at RW 011 Pondok Pinang South Jakarta. Research method: This research uses analytic design method. The sample used amounted to 80 people by using data collection technique Purposive Sampling. The results of this study is parents who have a good level of knowledge with good child development according to the age are 14 people (17.5%), the sufficient level of knowledge with child development deviation are 36 people (45.0%), the less level of knowledge with good development of children according to the age is no one (0%), and the less level of knowledge with child development deviation are 19 people (23.8%). There is a correlation between the levels of parents'

knowledge about toddlers' development with the levels of toddlers' development (p value = 0,000). The conclusion of this study is the level of knowledge enough with the development of good children according to age as much as 5 respondents 6.2% level of knowledge enough with the deviation on the development of children as much as 36 respondents 45.0%.

MOTHERS' KNOWLEDGE AND EXCLUSIVE BREASTFEEDING PRACTICE IN ONE PRIVATE HOSPITAL IN WEST INDONESIA

Ari Tamaro Tambunan¹, Ferlin Tanggulangan¹, Rita Poppy Febriyanti Sinurat¹, Lia Kartika¹, Sumiaty Aiba¹

reitamaa@gmail.com

¹Universitas Pelita Harapan

The best nutrition for babies is breast milk. It contains antibodies and more than 100 kinds of high-quality nutrients that are useful for the infant's growth and development. Initial random data from one private hospital in west Indonesia found that there were 28 from 35 babies were not given breastfeeding exclusively for several reasons such as mother were not well known about the breastfeeding content and the consideration that milk formula was as good as breastmilk. The study was conducted to explore the correlation between mothers' knowledge with exclusive breastfeeding practice. A quantitative correlational method with cross-sectional approach was conducted.

150 mothers from the outpatient and inpatient department were involved using accidental sampling technique. Chi-square analysis found that there was a significant correlation between the mother's knowledge and exclusive breastfeeding practice (p=0.011). Furthermore, the study found that mothers who have low knowledge have 2,556 times the opportunity to carry out exclusive breastfeeding. Exclusively breastfeeding practice education is important to convey for mothers not only when the prenatal period but also in the postnatal period and continues until the second year of childbirth. Researchers are encouraged for adding husband's support and social culture aspects in demographic data for further study.

QUALITATIVE STUDY OF DETERMINANTS OF EXCLUSIVE BREASTFEEDING FOR BREASTFEEDING MOTHERS IN THE WORK AREA OF THE KALANGANYAR DISTRICT PRIMARY HEALTH CENTER, LEBAK REGENCY, BANTEN

Dora Samaria¹, Lima Florensia¹

¹Universitas Pembangunan Nasional "Veteran" Jakarta

Coverage of exclusive breastfeeding for infants aged 0-6 months in Lebak Regency, Banten, was only 40.28% in 2017. The value is still very far from the national target of 80%. In fact, the low coverage of exclusive breastfeeding can be a risk factor for the high incidence of stunting in the future. This study aims to identify the determinants of exclusive breastfeeding in Kalanganyar District, Lebak Regency. The design of this study is a qualitative study of phenomenology. The subjects of the study were breastfeeding mothers who have babies aged 6-24 months in Kalanganyar District, Sukamekarsari Village, which were taken using purposive sampling technique. Data

collection was carried out through in-depth interview of five nursing mothers and a Focus Group Discussion of 12 nursing mothers. The results showed that there were three themes, namely, the factors supporting the success of exclusive breastfeeding, inhibiting factors for exclusive breastfeeding, and solutions and expectations for exclusive breastfeeding. Factors supporting the success of Exclusive breastfeeding include knowledge, motivation, and support in providing Exclusive breastfeeding. Factors that inhibit exclusive breastfeeding include the unavailability of breastfeeding space, lack of support systems, the status of working mothers, lack of knowledge, lack of milk production, sub-optimal counseling, health problems during breastfeeding, and myths. Solutions and expectations raised include the availability of breastfeeding facilities and the presence of breast milk donors. It is recommended that intervention studies be conducted to increase the knowledge of nursing mothers.

KNOWLEDGE IMPROVEMENT OF ANEMIA IN PREGNANCY AMONG PREGNANT WOMEN IN CINERE HEALTH CENTER, DEPOK

Adi Sukrisno¹, Arfiyanti Anwar¹, Tiwuk Susantiningasih¹, Oktania Sandra Puspita¹
adi.sukrisno@gmail.com

¹Medical Faculty, Universitas Pembangunan Nasional Veteran Jakarta

Anemia in pregnancy is integrated with the health and nutrition of pregnant women. The main cause of anemia is iron deficiency. Iron deficiency anemia mainly caused by foods that contain less iron, especially in the form of iron heme. During pregnancy, woman's diet not only needed to ensure adequate calories, but also to fulfill the needs of micronutrients. Healthy food for pregnant women is an important intake to keep the mother's body alive and raise the fetus into a healthy baby. Healthy babies will later become candidates for healthy, intelligent, strong, vibrant, brave and valuable human resources to be the nation's assets in the future. A preliminary survey conducted at Cinere Health Center, Depok, found that knowledge about anemia in pregnancy among pregnant women still low and there is no education to increase the knowledge of pregnant women about anemia in pregnancy. Therefore, our Community Service Team from Faculty of Medicine, Univesitas Pembangunan Nasional Veteran Jakarta intends to conduct counseling about anemia in pregnancy among pregnant women at Cinere Health Center, Depok. The aim is to increase the knowledge of pregnant women about anemia in pregnancy to prevent anemia in pregnant women.

Oral Presentation Session 2

LACTATION ROOM NECESSITY ANALYSIS FOR WORKERS OF UPN "VETERAN" JAKARTA TO SUPPORT EXCLUSIVE BREASTFEEDING

Firlia Ayu Arini¹, Ibnu Malkan Bahrul Ilmi¹, Herlina², Dian Luthfiana Sufyan¹
firliaayuarini@upnvj.ac.id

¹Nutrition Department UPN "Veteran" Jakarta

²Nursing Department, UPN "Veteran" Jakarta

The coverage of exclusive breastfeeding in Indonesia in 2018 was 37,3% based on Basic Health Research, it was less than half of the target from Ministry of Health. Mothers who back to work might affect the failure of exclusive breastfeeding. Despite the regulation had been applied, not every workplace provides lactation room. The purpose of this study was to analyse the necessity of having lactation room for workers at UPN "Veteran" Jakarta. This was a qualitative study, 13 working mothers, 8 male co workers and 4 managers were involved as informants. Data were obtained by in-depth interview questionnaire and analysed by thematic method. The result of this study showed that most of breastfeeding mothers thought that it was uncomfortable to pump their breastmilk without lactation room, they try to continue breastfeeding their child by pumping at the workplace because it was quite important to their child. There should be a proper lactation room, at least one per faculty so they could pump the breastmilk safely, privately and equipped with fridge, water sink and sofa to make them comfortable and keep the quality of breastmilk. All of the co-workers and managers understood that working mothers need to pump their breastmilk every 2-3 hours for about 30 – 40 minutes. They agreed that there was a necessity to have proper lactation room to support breastfeeding mothers at workplace.

IMPACT FEAR OF SIDE EFFECT CONTRACEPTIVE WITH UNMET NEED FAMILY PLANNING AMONG WOMEN IN DELEVOPING COUNTRIES :A SYSTEMATIC REVIEW

Suci Ratu Masyeni¹ and Indang Trihandini²
suciratumasenyeni@gmail.com

¹Postgraduate of Reproductive Health, Faculty of Public Health, University of Indonesia

²Departement of Biostatistics and Population Studies, Faculty of Public Health, University of Indonesia, Depok, Indonesia

Background: Unmet need for family planning is a major problem of developing countries. The most common reason for married women failing to use contraception is side effects and related health risks. This study aims to review articles related to fear of side effect contraceptive with unmet need family planning among women in delevoping countries. Method:The articles are compiled from four databases, namely Proquest, ScienceDirect, SpingerLink and Scopus, using PRISMA guidelines with the PICO methodology. The initial search found 281 articles, by checking duplication throught the Mendeley application 279 articles were found free of duplication. Finally, the searh results obtained 7 articles that were reviewed thoroughly for a systematic review. Result: The results obtained are, Fear of side effects can increase the likelihood of unmet need for family planning. The reasons for fear of side effect contraceptive were past experience of side effect , listening to false information, bad experience from other persons, missed opportunities for family planning counseling and education from health care team. Conclusion

: This study recommends that health care providers should give better quality contraceptive and improve in counseling strategies on family planning. Health care providers need to make sure that listeners or participants clearly understand the different side effects of each family planning methods

HUSBAND'S SUPPORT TO INCREASE EXCLUSIVE BREASTFEEDING: A SYSTEMATIC REVIEW

Ronal Adi Putra¹, Tri Krianto¹
ronaladiputra@ymail.com

¹Universitas Indonesia

Exclusive breastfeeding is the best food for babies aged 0-6 months. Husband's support is one of the important factors that influence the success of exclusive breastfeeding which is often ignored. The purpose of this study is to analyze the husband's support and his relationship with the practice of breastfeeding. This research is a Systematic Review using the PRISMA Instrument (Preferred Reporting Items for Systematic Reviews & Meta-Analyses) to identify relevant literature. Search for articles through the PubMed, Google Scholar and EBSCO databases published in English between 2014-2019. The findings from the analysis identify the form of husband's involvement and support for breastfeeding were Information support, involvement in the decision making process, practical support and emotional support. Husband's support and involvement influences better exclusive breastfeeding and longer duration of breastfeeding. A better intervention program to increase exclusive breastfeeding should involve husbands.

ASSOCIATION BETWEEN THE QUALITY OF FOOD CONSUMPTION AND NUTRITIONAL STATUS OF CHILDREN AGED 2-5 YEARS IN INDIGENOUS PEOPLES IN KASEPUHAN CIPTAGELAR AND SINAR RESMI

Utami Wahyuningsih¹
utamiwahyuningsih49@upnvj.ac.id

¹Universitas Pembangunan Nasional Veteran Jakarta

This cross-sectional study aimed to analyze the association between the quality of food consumption and the nutritional status of children aged 2-5 years in indigenous people in Kasepuhan Ciptagelar and Sinar Resmi. The subjects were 104 children aged 2-5 years. The data regarding the quality of food consumption were collected using a 24-h recall questionnaire while nutritional status data were collected through anthropometric measurements consisting of weight and height measurements. The data regarding characteristics, socioeconomic characteristics, food availability, and morbidity were collected using questionnaires. Food consumption quality data were processed using the Balanced Nutrition Index 3-60 (BNI3-60). The data were analyzed using the independent sample t-test, Spearman's test, and Pearson's correlation test. The results showed that there was no significant correlation between the quality of food consumption and nutritional status ($p > 0.05$). Subjects with better food consumption quality tended to have better nutritional status as well. There were significant differences in parents' occupations, food availability, and nutritional status between the two Kasepuhan.

MATERNAL CARE BEHAVIOR IN JAVANESE CULTURAL PERSPECTIVE: SYSTEMATIC REVIEW

Salshabiyla Naura Almamira Cukarso¹, Chahya Kharin Herbawani¹
salshabiylaa@gmail.com

¹Faculty of Health Science UPN "Veteran" Jakarta

Javanese ethnic is one of the largest ethnic groups in Indonesia. Javanese culture influences people's behavior in daily life including maternal care. Until now, some people still establish the myth and belief in abstinence and advice that must be obeyed during pregnancy. This systematic review aims to describe the behavior of people in maternal care according to Javanese culture. This review used the systematic review method. The systematic and relevant search for scientific articles through Google Scholar with a publication period between 2009-2019. There are still many people who keep up the taboo and advice given by parents. They hope by believing with these taboo and advice can make the pregnancy goes smoothly and avoid unwanted events. There are some restrictions both in the form of food and behavior that is still believed by some people. In addition, Javanese people also carry out ritual ceremonies and pregnancy salvation as a form of request to be avoided from distress. Abstinence and suggestion based on Javanese culture is passed down from generation to generation by parents as a form of concern for the next generation. The myth of abstinence and recommended behavior can have positive and negative impacts for the pregnant mother and the fetus she is carrying.

EFFECT OF ABDOMINAL STRETCHING OF MENSTRUAL PAIN (DYSMENORRHEA) IN ADOLESCENT AT JUNIOR HIGH SCHOOL 1 DEPOK

Sasgia Rahmalia Chan¹, Desmawati¹
desmawati.campay@gmail.com

¹Department Nurse-Midwifery, School of Nursing, Faculty of Health Science, University of Pembangunan Nasional Veteran Jakarta

Background: Menstrual pain or dysmenorrhea is a problem that is often faced by teenagers during menstruation. Dysmenorrhea occurs due to an imbalance of the hormone progesterone which causes uterine contractions and stimulate the pain response of each individual. Based on the underlying pathophysiology, there are two types of dysmenorrhea, namely primary dysmenorrhea and secondary dysmenorrhea. Primary dysmenorrhea occurs in women of childbearing age in the form of pain in the lower abdomen so that it can disrupt their quality of life. Dysmenorrhea often interferes with teenagers' productivity and influences coping abilities. The purpose of this study was to determine the effect of abdominal stretching on menstrual pain (dysmenorrhea) in adolescent. Methods: This research is a quasi-experimental study with a one group pretest posttest design approach. A total of 29 samples were taken by purposive sampling and stratified sampling technique in junior high school 1 Depok from March to June. The data analyzed in this study using the dependent t-test. Results: The results obtained P-Value 0,000 ($P < 0,05$) means that there is a significant effect the abdominal stretching exercises on intensity of menstrual pain. Conclusion: Abdominal stretching exercise is recommended to be another alternative for reducing dysmenorrhea in teenagers. That intervention is easy, safe and without side effects.

IMPROVING THE QUALITY OF MATERNAL AND CHILD HEALTH DATA THROUGH MHEALTH APPLICATION

Besral Besral¹, Rico Kurniawan¹, Dion Zein Nuridzin¹, Ryza Jazid Baharuddin Nur¹

¹Universitas Indonesia

Maternal mortality rate is still high in Indonesia, supported by a decrease in first visit coverage. This incident often involves pregnant women who have not received services from the village midwife. An electronic application has been developed to improve the midwives' performance; however, since their workload is extremely high, many field activities, outreach, and mapping of pregnant women have not been well carried out. Village midwives will be equipped with an electronic application (mHealth) that will also be used by health cadres so that all pregnant women in the village can be mapped. With a better data collection mechanism for pregnant women, a map could be produced in all villages and the data could produce more accurate program objectives, such as identifying pregnant women in high-risk condition and preparing a better work plan. Moreover, maternal health performance can also be known immediately in real time by stakeholders, especially by the head of the sub-district and the public health center.

Oral Presentation Session 3

RELATIONSHIP BETWEEN TYPE OF DELIVERY AND BREASTFEEDING INITIATION IN INDONESIA: AN ANALYSIS OF INDONESIAN DEMOGRAPHIC AND HEALTH SURVEY (IDHS) 2017

Fakhrunnisa Ahmad¹, Budi Utomo¹
fakhrunnisaahmad@gmail.com

¹Department of Biostatistics and Population Studies Faculty of Public Health Universitas Indonesia

Breast milk that comes out for the first time contains highly nutritious colostrum, has antibody, and very suitable food to consume for new born babies. Immediately after the baby was born, the baby is placed on the mother's breast without any hindrance, so the baby can breastfeed in the first hour and get warmth from the mother's body. Some research suggests that breastfeeding immediately after birth can prevent neonatal and infant death. This research was conducted to see whether the mother's residence, age, number of children, number of antenatal visits, type of childbirth delivery, and the childbirth helper's affect the implementation of breastfeeding initiation. This research will use a cross sectional by using the individual data from IDHS year 2017 with a total data sample of 14341. After being analysed using complex sample analysis, the analysis result will show the residence place, number of children, antenatal visits, type of childbirth delivery will become the determined factors from early child breastfeeding. Maternal age and birth attendants will not influence the occurrence of early initiation of breastfeeding. After the maternal age and birth attendant variables are released, it will be seen that the normal type of delivery allows for early breastfeeding initiation to be 3 times greater than labor with cesarean section after being controlled by variables of residence, number of children, and antenatal visits.

EFFECTS OF MOBILE APPLICATIONS ON USE OF CONTRACEPTION IN FERTILE WOMEN: A SYSTEMATIC REVIEW

Eka Puspita Sindi Amaliasari¹, Rita Damayanti¹
ekapuspitasingdi@gmail.com

¹Faculty of Public Health University of Indonesia

Mobile health (mHealth) is one of the innovations in the field of information technology where health messages are delivered to target communities via mobile phones, one of which is health messages related to contraception. The purpose of this study is to look at the effect of mobile applications in the form of mHealth as an effort to increase the use of contraception in fertile women. The method used is a systematic review through two databases of Science Direct and ProQuest using the keywords Contraceptive Mobile Application AND Contraception through the PRISMA-P method. From the seven journals found, there is a specific relationship to cell phone use to increase knowledge about contraception. Whereas in five journals, there was an increase in contraceptive use from the results of interventions using mobile applications. Conclusions: Interventions using mobile applications are effective in helping health educators and the government as a tool in providing information about contraception in order to increase knowledge and behavior about contraceptive use.

DETERMINANTS AFFECTING NURSING CAREER DEVELOPMENT PROCESS IN THE HOSPITAL ROOM IN INPATIENT ROOM PASAR MINGGU REGIONAL PUBLIC HOSPITAL SOUTH JAKARTA

Tatiana Siregar¹
tatiana_siregar@unvj.ac.id

¹Universitas Pembangunan Nasional Veteran Jakarta

Employee career development system is very crucial for each individual employee, because many things that affect employee career development include: Work Achievement, Exposure, Network work, Advisors and Sponsors, Opportunities for Growth, Employee and organizational relations, Politicking in Organizations, Award Systems, Organizational Culture. The purpose of this study, the authors want to find out the description of nurse career development, the relationship of career development factors with career development of nurses and the dominant factors that influence the development of career paths of nurses in the inpatient care unit at Pasar Minggu RSUD South Jakarta. This study uses a design with a cross sectional approach. The study was conducted from April to June 2019, with a sample of 116 nurses, with a purposive sampling technique. Data analysis using Spearman Correlation Test, Mann Whitney Test and multiple linear regression. The results showed that the most dominant factor in the development of inpatient careers at Pasar Minggu Public Hospital was Politicking in Organizations with beta values of 0.453 and p value of 0.000. The conclusion of this study is that there is a significant effect of career development factors on the process of developing nurses' career paths in the inpatient room at Pasar Minggu Hospital (p value 0,000 and CI 95%). Suggestions for Pasar Minggu Hospital in order to make flexible policies to facilitate nurses to develop career paths.

THE RELATIONSHIP BETWEEN EXCLUSIVE BREASTFEEDING AND CHILDREN'S NUTRITIONAL STATUS OF PRESCHOOL AT KINDERGARTEN OF MUTIARA 17 AGUSTUSIN BEKASI CITY IN 2019

Izattul Azijaha¹, Asyifa Robiatul Adawiyah¹

izattulazijah1992@gmail.com

¹Universitas Respati Indonesia

Nutrition is a basic human need to carry out functions. From nutritional needs and nutritional intake can produce nutritional status. Proper nutrition is needed to get good nutritional status to achieve optimal growth and development. Many factors can affect the nutritional status of a child, one of them is to give exclusive breastfeeding. The purpose of this study was to examine the relationship between exclusive breastfeeding and nutritional status in pre-school children at kindergarten Mutiara 17 Agustus Bekasi. The design of the research which was cross sectional study. The population and sample in this study were all children who studied at Kindergarten Mutiara 17 Agustus Bekasi in the 2018-2019 school year, it contained of 59 children with a total sampling technique. Measurement of the variables used a questionnaire and direct measurement of Weight and Height. The results showed that exclusive breastfeeding with nutritional status in children based on weight index had a value of $p = 0,0001$ (p value <0.05), exclusive breastfeeding with nutritional status in children based on the height index had a value of $p = 0,0001$ (p value <0.05), exclusive breastfeeding with nutritional status in children based on body mass index has a value of $p = 0,0002$ (p value <0.05). The conclusion of this study is that there is a relationship between exclusive breastfeeding and child nutritional status based on weight index, there is a relationship between exclusive breastfeeding and child nutritional status based on the height index, there is a relationship between exclusive breastfeeding and child nutritional status based on body mass index.

KNOWLEDGE AND NURSES ATTITUDES ABOUT TRUE WASHES IN PRIVATE HOSPITALS IN INDONESIA

Patrick Williandro Bunga¹, Renova Oktarini br Sibuea¹, Eva Berthy Tallutondok¹
renova.sibuea@uph.edu

¹Faculty of Nursing and Health Sciences at Pelita Harapan University

Washing hands is a process that mechanically removes dirt and debris from the skin of the hands by using ordinary soap and water to prevent nosocomial infections. The purpose of this study was to determine the relationship between nurses knowledge and attitudes about proper handwashing in private hospitals in Indonesia. This research method is quantitative correlational with a population of 51 people and total sampling techniques in all inpatient rooms. The instrument used in the form of a questionnaire that had been tested for validity and reliability with Cronbach's alpha value on the knowledge variable was 0.67 and the attitude variable was 0.76. The results of this study reveal that there is a significant relationship between nurses knowledge and nurses attitudes with a value of $p = 0.00$. The next recommendation for researchers is to continue research on nurses adherence to correct handwashing behavior at five moments.

THE CORRELATION BETWEEN KNOWLEDGE AND ATTITUDE OF NURSES ON THE IMPLEMENTATION OF PREVENTION OF THE FALLING RISK PATIENTS IN A PRIVATE HOSPITAL IN CENTRAL INDONESIA REGION

Martha Octaria Panjaitan¹, Anindi Fransiska Banase¹, Misduana Rebilla¹, Martina Pakpahan¹
martha.octaria@uph.edu

¹Faculty of Nursing, Pelita Harapan University

One of the safety goals that must be achieved in a hospital is the prevention of the falling risk patients. The incidence of a patient falling in a hospital becomes a threat to patient safety. There are 11 cases of falling in a private hospital in central Indonesia in 2016- 2017. Nurses as medical professional have a responsibility in preventing the risk of falling patients. This study aims to identify the correlation between knowledge and attitudes of nurse on the implementation of prevention of falling risk patients in a private hospital in central Indonesia region. The study uses quantitative correlation method with a cross sectional approach. The sample in this study amounted to 43 nurse. The statistical test used was chi square. The results showed that 93% of nurses had a good level of knowledge about the implementation of prevention of falling risk patients, 98% of respondents had a good attitude in the implementation of prevention of falling risk patients, there was a correlation of knowledge with the implementation of prevention of falling risk patients (p value 0.001) and there was a correlation between nurses' attitudes with the implementation of prevention of falling risk patients (p value 0.001). Researcher's suggestion from the results of this study is expected to be a reference in the application of falling risk prevention to reduce and prevent falls in the inpatient room.

Oral Presentation Session 4

REPRODUCTIVE HEALTH KNOWLEDGE AND THE EXISTENCE OF PLAN TO USE CONTRACEPTION METHODE IN THE FUTURE AMONG NEVER MARRIED MAN (AGED 15 – 24) IN INDONESIA (AN ANALYSIS OF INDONESIAN DEMOGRAPHIC AND HEALTH SURVEY (IDHS) 2017)

Rizki Ekananda¹, Martya Rahmaniati Makful¹
rizki.mahasiswaui@gmail.com

¹Universitas Indonesia

Currently, there is a decrease in the intention to use contraception method in never married men (aged 15-24) . It can interfere the goals of family planning program. The government has established a policy to increase adolescent knowledge. This study aims to determine the relationship of knowledge and the existence of plan to use contraception in the future among never married man (aged 15-24) in Indonesia. This study uses secondary data from the 2017 IDHS data set. Data were analyzed using logistic regression statistical tests. Total responden on this study amounted 11.986 responden from the inclusion criteria; never married men aged 15-24 years who know at least 1 contraception method. Result: There are 61.1% respondents

who has plan to use contraception method in the future. The most common media information exposure is from the internet (83.6%). Only a few men have good knowledge about fertility (3%). Bivariate analysis showed a significant relationship ($p < 0.05$) between the existence plan to use contraception with age, knowledge, and the exposure information (from magazine - newspapers, radio, television and the internet). The logistic regression test showed the variables in the study affected the existence of the plan to use contraception method among never married men. The dominant variable is the knowledge of male puberty signs (OR: 0.831; 95% CI: 0.742-0.929; $p = 0.001$ and TV exposure (OR: 0.830; 95% CI: 0.720-0.956, $p = 0.009$). Conclusion: this study shown, the reproductive health knowledge is still low among never married man (15-24). There is a relationship between knowledge, age and the exposure of media with the existence of plan to use contraception method but it should be considered other variables that may giving effect.

RELATIONSHIP OF WORK MOTIVATION WITH NURSES' THERAPEUTIC COMMUNICATION APPLICATION FOR PATIENTS IN WARD IN A PRIVATE HOSPITAL JAKARTA

Tirolyn Panjaitan¹, Puput Melani Bode¹, Roma Gultom¹, Rosari Nababan¹, Belet Lydia Ingrit¹
tirolyn.panjaitan@uph.edu

¹Faculty of Nursing, Pelita Harapan University

Role of communication cannot be separated with application nursing care process because can influence patients' satisfaction about the result of care in hospital. In fact, therapeutic communication application not yet well done by nurses so that trust relationship between nurse and patient not intertwined. Therefore, research is needed for knowing many things that based the phenomenon. This study aims to identify relationship between work motivation with nurses' therapeutic communication for patients in ward in a Private Hospital Jakarta. This study used quantitative method with descriptive correlational design with cross-sectional approach and used Chi-Square test for identify relationship both variables. Population in this study are all of nurses who works in ward as 40 nurses, sampling technique with total sampling. The result of study showed nurses' work motivation in categories highest (57,5%) and application of therapeutic communication in categories highest (60%). The result of chi-square test showed work motivation have relationship with therapeutic communication application in ward in a Private Hospital Jakarta with p value 0.001 ($p < 0.05$). Based on result, the higher work motivation of nurse showed also better in application communication therapeutic. Recommendation for further research should be collecting data in addition to used questionnaire can be used interview method to nurses.

THE EFFECT OF ROLE PLAY TO KNOWLEDGE OF SPIRITUAL ASPECT'S DOCUMENTATION IN A WEST INDONESIAN PRIVATE HOSPITAL

Magda Fiske Rumambi¹, Ratih Annatri¹, Eri Krisnawati¹, Eva Berthy Talluntondok¹
magda.rumambi@uph.edu

¹Faculty of Nursing, Pelita Harapan University

Background: In nursing assesement, nurses are required to look patients holistically. The spiritual aspect becomes an unavoidable part of conducting an initial assessment of inpatients. Correct, neat and accurate notes is the advantage of caring and responsible nurses, but poor notes can raise doubts about the quality of nurse's works. The completeness of spiritual aspect assessment regulations in hospitals in western Indonesia in 2017 5% from 358 documents and 2018 2.53% from 1099 documents (benchmark $\geq 85\%$). Purpose: To determine the effect of role play to knowledge of spiritual aspect's documentation in a west Indonesian private hospital. Methods: The design of study was a Quantitative with quasi-experimental design, type one-group pre test-post test. The study population was 20 inpatient nurses. The sampling technique was purposive sampling. The instruments of the study was questionnaire. Hypothesis testing used Paired samples t test. Results: The results in this research p value (0,001) $< \alpha$ (0.05), so that H_0 is rejected. Conclusion: There is an effect of role play to knowledge of spiritual aspect's documentation.

SELF-EFFICACY IN ADOLESCENTS: A DESCRIPTIVE STUDY

Maria Veronika Ayu Florensa¹
maria.florensa@uph.edu

¹Universitas Pelita Harapan

Self-efficacy is individual's believe about his/ her ability to achieve or face the problem in life. Adolescents is a phase of life which there are many changes in some aspect such as cognitive, change in interact with people, and a process when a person looking for the identity of his or her self. Adolescents cannot separated by any stressor in daily life. Self-efficacy is needed so that the adolescents could show adaptive response and find the best solutions to the problems. The aim of this study is to know the level of self-efficacy of adolescent in junior high school students. This descriptive quantitative study used purposive sampling technic to gain 86 junior high schools students as the study samples. The level of self-efficacy of the adolescents was asses by Youth Empowerment/ Efficacy- Mental Health questionnaire. Univariate analysis was used to analyze the data and the result show that the level of self-efficacy of the adolescents were low. Through this study, we encourage every part that contribute with the adolescent to support and give interventions to coach the adolescent cope with the problem and gain the good self- efficacy level.

LEVEL OF NURSES' KNOWLEDGE REGARDING CYTOTOXIC EFFECT IN ADMINISTERING CHEMOTHERAPY DRUGS TO ENVIRONMENT IN A PRIVATE HOSPITAL OF WESTERN INDONESIAN

Shinta Marina Josephina Putri Sihaloho¹, Gerald Koa¹, Adrianus Talakua¹, Fiolenty Sitorus¹
shinta.sihaloho@uph.edu

¹Faculty of Nursing, Pelita Harapan University

Chemotherapy is one of the cancer treatments by using specific drugs to eliminate or reduce the cancer cells. Nurses who work to provide chemotherapy drugs must have a good knowledge about the procedure in administering the chemotherapy drugs, due to the

cytotoxic effect which is hazardous towards the healthy body. The purpose of this study was to determine the level of knowledge of nurses about cytotoxic effects on the management of chemotherapy drugs. This study used a descriptive quantitative method with a total sample of 34 nurses. The sampling technique of this research was purposive sampling. The data analysis technique was using the univariate analysis. Data collection was conducted in June 2019. The results showed 70,59% of nurses knowledge regarding cytotoxic effect was high, 29,41 % was moderate and no nurses had less of knowledge about the cytotoxic effects of chemotherapy drugs. From the results of this study, it is strongly recommended for the hospital to develop their own training and activities such as workshops on managing the administration of chemotherapy for nurses working in the chemotherapy unit. It is also hoped that every nurse can increase their knowledge of the cytotoxic effects of chemotherapy drugs so that they can provide safe and appropriate chemotherapy services.

RELATIONSHIP BETWEEN NUTRITIONAL STATUS, PHYSICAL ACTIVITY AND STRESS LEVEL WITH MENSTRUAL CYCLE AMONG FEMALE NUTRITION STUDENTS UNIVERSITAS PEMBANGUNAN NASIONAL

Rizki Indah Pratiwi¹, Iin Fatmawati¹, Avliya Quratul Marjan¹
iinfatmawatiimrar@upnvj.ac.id

¹Universitas Pembangunan Nasional Veteran Jakarta

Menstrual cycle is the distance between the first menstruation and the next menstruation. Menstrual cycle disorders are abnormalities that occur in the menstrual cycle, such as excessive or too little bleeding, irregular menstrual cycle, or even not having menstruation. There were several factors that can affect menstrual cycle disorders. This study was aimed to find out the relation between nutritional status, physical activity, and stress level with menstrual cycle on Nutrition Science female college students at Universitas Pembangunan Nasional "Veteran" Jakarta. This study was a quantitative research by using a cross sectional design. Stratified random sampling was used and 66 respondents were randomly selected. Data were obtained through self-administered questionnaires, depth interview, and measurements of body weight and height using digital scales and microtoise. Bivariate analysis was performed by using a chi-square statistical test. The univariate analysis showed that the prevalence of nutrition science female college students with irregular menstrual cycle was 68,2%. The result of chi-square test showed significant correlation between nutritional status (p-value = 0,000), physical activity (p-value = 0,003), and stress level (p-value = 0,003) with menstrual cycle. The conclusion obtained in this study were there was a significant correlation between nutritional status, physical activity, and stress level with menstrual cycle on Nutrition Science female college students of Universitas Pembangunan Nasional "Veteran" Jakarta

Oral Presentation Session 5

DESCRIPTION OF NURSE COMPLIANCE IN INDEPENDENT DOUBLE CHECK (IDC) AND THE INCIDENT OF MEDICATION ERROR AT X HOSPITAL

Erivita Sakti¹, Yenni Sitanggang¹, Selvi Kadang¹, Putri Natalia Sitanggang¹, Rachel Pratylya Sanjun¹
erivita.sakti@uph.edu

¹Faculty of Nursing, Universitas Pelita Harapan

Independent Double Check (IDC) before drugs administration is one of the most important things to be implemented by nurses in hospitals to improve patient safety and prevent medication errors. IDC involves two nurses who do the checking independently, the second nurse answers will be compared with the answers from the first nurse without any input from the first nurse to verify that the check is correct. This study aims to determine the description of nurse compliance in conducting an IDC and medication error incidents at X hospital. This research uses descriptive quantitative research design with a total sampling technique. Data collection was carried out by observing 52 nurses when they were going to administer the drug and the data were analyzed using univariate analysis methods. The results showed as many as 35 respondents (67.3%) out of 52 respondents had carried out an IDC process following the Standard Operation Procedures (SOP) established by X hospital and based on data there were a total of seven incident reports of medication errors at X hospital.

d EFFICACY IN NURSING STUDENTS IN ONE WEST UNIVERSITY IN INDONESIA

Sulastri Purbata, Deasy Ratna Ayua, Dina Katarinaa, Maria Florensaa, Shinta Yuliana Hasibuana¹
shinta.hasibuana@uph.edu

¹Universitas Pelita Harapan

Self-efficacy is a belief held by an individual regarding the ability or competence to perform a task, achieve goals, and overcome obstacles (Ghufron and Rinaswita, 2010). Students need to have high self-efficacy to help themselves in increasing confidence in solving problems well and have a high fighting spirit. The aim of this research is to describe self-efficacy in nursing students at a university in the western part of Indonesia. The Method of this research is a quantitative descriptive study, using convenience sampling as a sampling technique that conducted for 223 nursing students. The measuring instrument used is the General Self Efficacy Scale (GSES) questionnaire. The results of this study stated that as many as (89.69%) of nursing students had high levels of self-efficacy, and (10.31%) of nursing students had low levels of self-efficacy with an average value of self-efficacy of (27.76). The conclusion of the research has been done that most nursing students have a high level of self-efficacy. For further researchers to continue this research with the same or different methods and examine the causes of students having low self-efficacy and interventions that can increase self- efficacy in students

THE RELATIONSHIP OF NURSING CHARACTERISTICS AND NURSING RESILIENCE IN ONE CENTRAL INDONESIA PRIVATE HOSPITAL

Heman Pailak¹, Riama Marlyn Sihombing¹, Citra Nur Ivan Telaumbanua¹, Deli Marcelia Damanik¹, Putri Angriani Sambenthiro¹
heman.pailak@uph.edu

¹Faculty of Nursing, Universitas Pelita Harapan

Background: Resilience is the ability to survive and adapt to a difficult condition or pressure. Difficult conditions or pressures are also experienced by nursing professionals in providing effective nursing care services. Nurses who have high resilience are able to survive in stressful situations and stay fit at work. However, to increase nursing resilience is influenced by the individual characteristics of the nurse itself. Years of work, and age are characteristics that have an impact on individual conditions in solving problems. **Objective:** To find out the relationship between working age and nurses' resilience in a private Indonesian central hospital. **Research Methods:** This research is a quantitative study with a cross-sectional approach using Chi-square analysis. **Sample:** 54 respondents were used using the total sampling method. **Instrument:** used in this study was a questionnaire totaling 56 questions about resilience using a Likert scale. **Results:** The results showed that the age characteristics of nurses with low half resilience (48.1%) were the majority of 87% in the 25-34 year age range. While the characteristics of tenure with the highest nurse resilience > 3 years (63%). From the results of statistical analysis, work period with resilience $p = 1.00$ and age with resilience $p = 0.401$. Means there is no relationship between the length of work and age of nurses with resilience.

FACTORS INFLUENCING DELIVERY HOME BIRTH IN ASIA AND AFRICA CONTINENT SYSTEMATIC REVIEW - QUALITATIVE STUDIES

Rosnani Rosnani¹
rosnanirijal8278@gmail.com

¹Public Health Faculty, Universitas Indonesia

According to WHO in 2017 that around 295,000 women died during and after pregnancy and childbirth, this is a fairly high mortality rate. Most of these deaths (94%) occur in low-resource settings, and most can be prevented. Based on the report there were around 86% (254,000) of the estimated global deaths for the Sub-Saharan Africa and South Asia. Maternal deaths can be prevented if mothers get quality care during pregnancy, childbirth and the puerperium to prevent complications. There are several factors that prevent women from getting poverty services, distance to health facilities, lack of information, inadequate and not qualified services, and the presence of socio-cultural factors. The aim of the systematic review of the literature is the results of research on factors affecting labor in the Asian and African continental houses. Conduct a systematic review through the review of relevant articles through an online database search namely: Ebscho, PubMed and Google Scholar. Combination of data search using the keywords factors ", " home delivery birth ", qualitative". The search terms are used separately in combination using "advanced disbursements" such as "OR" or "AND. The PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analysis) checklist is used to present the findings of this systematic review. Based on the online database search results obtained as many as 133 articles that are considered in accordance with research objectives and keywords, After identification, screening, eligibility and finally downloading of full text articles that are expected to be assessed for eligibility obtained 13 articles for further review. The results of a systematic review of the 13 articles obtained factors that affect childbirth in the Continent of Asia and Africa, namely economics, education, social and cultural norms,

decision making, access to health facilities (distance, transportation, and costs), perceived health quality, and perceived quality of care from birth attendants. This systematic review shows the factors that influence home delivery in Asia and Africa, namely economics, education, social and cultural norms, decision making, access to health facilities (distance, transportation, and cost), perceived quality of health, and perceived quality of care from a maternity shaman.

EFFECT TURMERIC ACID CONSUMPTION ON THE MENSTRUAL PAIN IN YOUNG WOMEN IN AL-HAMID ISLAMIC BOARDING SCHOOL JAKARTA AND NUR MEDINA ISLAMIC BOARDING SCHOOL TANGERANG

Puspa Emil Utari¹, Desmawati¹
desmawati.campay@gmail.com

Painful menstruation or called dysmenorrhea is pain felt in the lower abdomen and can cause discomfort to the individual. The purpose of this study was to determine the effect of turmeric acid consumption on the level of menstrual pain in adolescent girls in Islamic boarding school (IBS) Al-Hamid, Jakarta and IBS Nur Medina, Tangerang. **Method;** This study is a quasi-experimental design, one group pretest and posttest with 25 participants from March to June 2019. Univariate analysis using the frequency and proportion. The bivariate analysis using paired t-test with $p\text{-value} = <0.05$. Results showed that there are significant effect of turmeric acid consumption on menstrual pain after post-intervention with $p\text{-value} = 0.000$ ($P < 0.05$). **Conclusion;** Teenage girls are suggested to consumptive of turmeric acid before and during menstruation.

PARENTS' EDUCATION RELATED TO GESTATIONAL AGE OF INDONESIAN PRETERM INFANT

Herlina Arina¹, Indah Permatasari¹, Rokhaidah R¹
herlinamail@yahoo.co.id

¹UPN VETERAN JAKARTA

Indonesia was the fifth highest preterm birth rate in the world in 2018. One of the causes of preterm infant is socioeconomic condition of the family. One of the factors that determines the level of family socioeconomic is education of parents. This study aims to analyze the relationship between parental education and gestational age of preterm infant. This research uses descriptive research method with cross sectional approach on 267 preterm infants obtained using total sampling technique. The results showed that most of the education of fathers and mothers was Senior High School (SLTA). The results of the statistical analysis of paired t test showed that there was a relationship between parental education and gestational age of the infant whosed born prematurely ($p < 0.001$, 95% CI). Based on the results of the study, the researchers suggest that reproductive health education is given at SLTA, as an effort to prevent premature infants.

THE RELATIONSHIP BETWEEN SELF-EFFICACY AND SUICIDE IDEA IN BREAST CANCER PATIENT AT CENGKARENG HOSPITAL

Siti Ropiah¹
opie_siro@yahoo.co

¹Universitas Pembangunan Nasional "Veteran" Jakarta

Breast cancer is the most common diagnosed cancer and the leading cause of death worldwide. Stressful situations arising from having the disease linked to suicide idea. Self-efficacy as a psychological source is helping patients adjust and facing this problem. This study aims to determine the relationship between self-efficacy and suicide idea in breast cancer patients. This study was using cross sectional method with purposive sampling technique. Samples were 40 breast cancer patients in Cengkareng Hospital period May 2019– June 2019. Self-efficacy were measured using Chronic Disease Self-Efficacy Scale and Suicide idea measured by Scale of Suicidal Ideation. The samples were analyzed by Chi-Square test ($p \leq 0.05$). The result of this study has revealed that most of the patients ≥ 40 years of age (85,0%), low-educational level (60,0%), unemployed (60,0%), early stage (57,5%), doing combination therapy (62,5%), and diagnosed with breast cancer for more than 12 months (62,5%). Bivariat analyze found that there is relation between self-efficacy and suicide idea in breast cancer patients ($p = 0,05$). This study showed that self-efficacy is a critical component for psychologist problem such us suicide idea. Increasing self-efficacy can be strategically beneficial for suicide prevention.

Oral Presentation Session 6

THE DISCREPANCY OF INA – CBG’S TARIFF WITH HOSPITAL’S REAL TARIFF AT ISCHEMIC STROKE CASES OF NATIONAL HEALTH INSURANCE PATIENTS IN INPATIENT OF NATIONAL BRAIN CENTER HOSPITAL

Siti Munawaroh¹, Wahyu Sulistiadi², Rachmad Rachmad³
sinaarestbrune@gmail.com

¹National Brain Center Hospital Jakarta

²Faculty of Public Health, University of Indonesia

³Study Program of Hospital Administration, University of Respati Indonesia.

Hospital as a referral system and implementation of the National Health Insurance. The National Health Insurance of Indonesia has implemented The Indonesian Case Based Groups System for healthcare payment. This payment system pays all healthcare service’s claims based on package system which has the potential that contributed deficits or surpluses of hospitals. This study purposed at the analyzing discrepancy between INA-CBG’s Tariff and Hospital’s Real Tariff at Ischemic Stroke Cases of NHI’s Patients in Inpatient. This research used a quantitative approach with a cross-sectional retrospective design in July – December 2018 period. Total samples are 110 samples selected by purposive sampling. The data were analyzed by correlation and linear regression. The difference in total income based on INA - CBG's Tariff and Hospital’s Real Tariff was – 116.374.330 rupiahs. There were a significant relationship between Length of Stay and Severity Level determinant with Tariff. The difference in Tariff based on Length of Stay was -125.844.628 rupiahs lower than based on Severity Level was -21.786.653 rupiahs. The tariff of INA - CBG's is still insufficient to finance the treatment of ischemic stroke. This study supports the necessary of evaluation of the tariff. On the other hand, hospitals must be able to enhance the implementation of medical audits, utilization reviews, clinical

pathways, and clinical practice guidelines periodically and continuously.

A COST-EFFECTIVENESS ANALYSIS OF LEVOFLOXACIN AND CEFTRIAXONE-AZITHROMYCIN ANTIBIOTIC USE AMONG ADULT COMMUNITY-ACQUIRED PNEUMONIA PATIENTS IN PERSAHABATAN HOSPITAL 2017

Erna Harfiani¹
ernaharfiani@upnvj.ac.id

¹Universitas Pembangunan Nasional Veteran Jakarta

The current advancement in pharmacoepidemiology does not only analyze the use and effect of drugs in terms of its efficacy and safety, but also through the economic perspective. Antibiotic is one of the drugs that are widely used as a consequence of the abundance of infectious diseases, including pneumonia. This study aimed to analyze the cost-effectiveness between levofloxacin and ceftriaxone-azithromycin antibiotics as the most used drugs among pneumonia patients in Persahabatan Hospital in 2017. This study was an observational analytic study using a cross-sectional method in 19 patients. A total sampling method was used to collect the samples while parametric unpaired T-test test was used to analyze the data. There were not any differences in total cost ($p=0.338$) and length of stay ($p=0.121$) between patients administered with levofloxacin and ceftriaxone-azithromycin. Pharmacoeconomically, levofloxacin antibiotics are the most cost-effective according to the interpretation of the cost-effectiveness table. Levofloxacin remains as the best choice because its use is more practical than ceftriaxone- azithromycin drugs.

ANEMIA PREVELENCE WITH CHRONIC KIDNEY DISEASE IN DRAJAT PRAWIRANEGARA HOSPITAL, SERANG CITY

Santi Herlina¹, Fiora Ladesvita²
santitherlina@upnvj.ac.id

^{1,2}Fakultas Ilmu Kesehatan Universitas Pembangunan Nasional Veteran Jakarta

The incidence rate of chronic kidney failure in Indonesia in 2013 was 2.0% per mil and in 2018 increased to 3.8% per mil (Riskasdas, 2018). This proves that this disease is increasing. One of the effects of decreased kidney function is anemia. This is related to kidney function which produces the erythropetin hormone which functions to stimulate the bone marrow to form red blood cells. The purpose of this study was to analyze the relationship between anemia prevalence and chronic kidney failure in Drajat Prawiranegara District Hospital in Serang with a sample of 148 respondents. The design used in this study was cross sectional using secondary data, namely the patient's medical record. The results of this study are the patient's average hemoglobin level is 8.65 g/dl and the glomerular filtration rate of the patient is 10.95 ml/min/1.73 m², with stage 3 patients with chronic kidney failure 8.1%, Stage 4 chronic kidney failure 18.2% and stage 5 chronic kidney failure 73.7%. From the One Way Anova test results found there was no difference in the Hemoglobin value with the stage in chronic kidney failure with a P value of 0.324. This can be an early

detection of the risk of anemia in the early stages of chronic kidney disease.

THE EFFECTIVENESS OF CODE BLUE SYSTEMS IN HOSPITALS: A SYSTEMATIC REVIEW

Mohammad Zakir Chohan¹
ald_top@yahoo.com

¹Hospital Administration - School of Public Health- University Indonesia

Background: Code blue is one of the emergency procedure codes that must be activated immediately in the hospital, if someone is found in an unconscious, cardiac arrest, and respiratory arrest. High incidence and death rates due to cardiac arrest, and respiratory arrest is a challenge for hospital staff, especially team code blue in optimizing the assistance provided, so as to reduce that number. Method: The method used is to conduct a critical analysis of research articles on the effectiveness of implementing the code blue system in the hospital in 2018 taken from the Pub Med and PMC database with the keywords used: Effectiveness AND code blue AND 2018 AND adult AND internal Hospitals. Articles that were selected and obtained 2 relevant articles. Results: early arrival from team code blue, patient factors, rhythm of presentation of chest compressions performed as well as in the compression of pulmonary heart resuscitation have a significant effect on the survival of patients experiencing cardiopulmonary arrest. Conclusion: The effectiveness of implementing code blue in a hospital is influenced by factors mentioned in the results of the analysis of the article with a significant success rate, so that it can be a concern for the implementation of the code blue system, in order to obtain maximum results.

STRESS FACTORS IN NURSES IN HOSPITAL INTENSIVE CARE UNITS : A SYSTEMATIC REVIEW

Firman Kurnianto¹
firman_kurnianto@yahoo.com

¹Hospital Administration - School of Public Health - University of Indonesia

Background: Work conditions in the form of work situations that include facilities, regulations applied, social relations of cooperation between officers which can cause discomfort for workers. If the number of tasks is not proportional to the ability of both physical and expertise and the time available then it will be a source of stress. This study was conducted to discuss systematically the literature which analyzes the stress factors in nurses in hospitals intensive care units (ICU). Subjects and Methods: The data of this study are secondary data derived from literature from 4 database sources, namely Elsevier, Proquest, Summon UI and Wiley Online Library. Search using keywords nurse staff AND stress factor AND intensive care unit AND hospital AND Asia as well as contributions to the literature which is the subject of this research are nurses, articles that discuss English and complete, published from September 2009 to September 2019, in Asia region and open access. Results: The search process and filtering literature produced 6 (six) complete articles. The journal show that internal and external factors can cause stress on nurses simultaneously, external factors that cause stress to nurses, the person who had a type of personality was positively correlated with Post

Traumatic Stress Disorder (PTSD), handle stress experienced by several types of coping, ICU are the main cause of stress in nurses. Conclusion: The stress factor on nurses in the hospital's ICU can be divided into several large groups, namely Internal and External, in the internal sense that is from within the nurse's personal and external originating from the hospital's environment or management

EFFECT OF SERVICE QUALITY AND PATIENT SATISFACTION: HOW DENTAL HOSPITALS IN INDONESIA DEAL WITH THAT?

Yaya Aria Santosa¹
jayaaria@yahoo.com

¹Management and Science University, Malaysia

The purpose of this research is to investigate how healthcare service quality and patients' satisfaction are related. Thus, the study aims to assess patient's expectations, patients' satisfaction levels and measure the quality gap for SERVQUAL dimensions. This study employs a quantitative descriptive research approach to achieve the research objectives by testing a set of hypotheses. The data collection is by means of a self-administered questionnaire to collect primary data from 350 patients in Indonesian dental hospitals with special reference to Jakarta and Bali. The research findings reveal that the patients' expectation and satisfaction with the healthcare SERVQUAL (tangibility, reliability, responsiveness, assurance, and empathy) is not matched and there is a gap in the service quality. However, the results indicate a service quality gap in both dental hospitals. In addition, the type of hospital has been found to affect patients' satisfaction for tangibility, reliability, responsiveness, and empathy and assurance dimensions.

Oral Presentation Session 7

CHARACTERISTICS OF WOMEN USING EPIDURAL ANALGESIA IN ATERM LABOR AT PANTAI INDAH KAPUK HOSPITAL IN 2019

Endang Setiawati¹, Martya Rahmaniati Makful²
endang.setiawati@ui.ac.id

¹Postgraduate of Reproductive Health, Faculty of Public Health, Universitas Indonesia

²Department of Biostatistics and Population Sciences, Faculty of Public Health, Universitas Indonesia

Labor pain is a physiological process, the mother has different degrees of pain in labor. Pain in the delivery process is the most feared by most pregnant women. Based on this, one of the basic principles of modern obstetrics was developed, namely reducing pain during labor using epidural analgesia. This study aims to determine the characteristics of mothers who use epidural analgesia in aterm labor at Pantai Indah Kapuk Hospital. This study uses a qualitative method. The study sample was maternal women who used epidural analgesia and who did not use epidural analgesia. Information can be obtained through in-depth interviews with interview guidelines and analyzed using interactive model analysis. Data triangulation was carried out using key informants, namely obstetricians and midwives. The results: 1) Most informants had good knowledge about epidural analgesia; 2) Sources of information about epidural analgesia from

health workers and the experience of others or yourself from previous labor; 3) The causes of maternal use of epidural analgesia are pain felt during childbirth and advice from health professionals; 4) Another driving factor for using epidural analgesia is the length of labor; 5) Informants have the right to choose whether to use epidural analgesia or not. The conclusion of this study is the characteristics of mothers who use epidural analgesia have a good level of knowledge, epidural analgesia is effective in suppressing pain during labor with health workers as a source of information, and returns all decisions related to the use of epidural analgesia to mothers in labor.

THE EFFECTIVENESS OF EXTRACT KIWI FRUIT (ACTINIDIA DELICIOSA) ON POSTPRANDIAL GLYCEMIA OF WHITE MALE WISTAR RATS

Reza Muhammad¹, Kristina Simanjuntak¹, Citra Ayu Aprilia¹
rezammmmm21@gmail.com

¹Universitas Pembangunan Nasional "Veteran" Jakarta

Hyperglycemia is a state of blood glucose levels above normal limits. Kiwifruit (*Actinidia deliciosa*) has a potential antidiabetic effects in lowering blood glucose levels. This research was aimed to determine the effectiveness of kiwi fruit (*Actinidia deliciosa*) extract to decrease blood glucose levels in male Wistar rats. This research used 25 white male rats as sample that were randomized used simple random sampling. Samples were divided into control positive group (Acarbose), control negative group (CMC), and kiwi fruit extract groups (500 mg/kg, 1.000 mg/kg, 1.500 mg/kg). The data were obtained every 30 minute, started from 30 minute after intervention till 2 hours after first examination. Data were analyzed with T-test and Kruskal-Wallis test. The result of T-test showed a significant difference of white male rats blood glucose levels ($p < 0.05$). The result of Kruskal-Wallis test showed a significant difference in blood glucose levels of more than two groups ($p < 0.05$). The Mann-Whitney test showed significant difference ($p < 0.05$) between kiwi fruit extract and control positive group with control negative group. The highest rank of mean difference was observed in 1.500 mg/kg (55.4 mg/dl) dose of kiwi fruit extract, the effect on decrease blood glucose levels in male Wistar rats was caused by flavonoid and phenolic compound that contained in kiwi fruit extract.

GENERAL DESCRIPTION OF ADDED SUGAR USAGE IN PACKAGED PROCESSED FOOD PRODUCTS AVAILABLE AT X RETAIL SUPERMARKET IN INDONESIA ON 2019

Luh Desi Puspareni¹, Berliana Budi Putri¹
luhdesi@upnvj.ac.id

Added sugar consumption is an important topic in public health issue. In Indonesia, The Ministry of Health has recommended a limit of sugar consumption per day, which is 10% of daily total energy needs or equivalent to 50 grams of table sugar. One of the main source of added sugar consumption for the Indonesian population comes from processed packaged food products. Retail supermarket is the main market for various processed packaged food products. This study was done to provide a general description about the use of added sugar in packaged processed food products available at X Retail Supermarket in Indonesia on 2019. This research was a descriptive study with a quantitative approach. 841 samples of packaged processed food

products were selected by total sampling. Data were gathered using a form based on the information printed on the food label. Identification of added sugar types were done by using the "Unique Value" function. The frequency of use for various types of added sugars were calculated by the "Find All" function in Microsoft Excel 2013. The result showed that the proportion of packaged processed food products with added sugars was 90,49% ($n=761$), total mean of added sugar was $16,52 \pm 19,99$ g/ 100 g. "Sugar", "Glucose", and "Maltodextrin" were the most commonly used term. Both the public and manufacturers are expected to pay more attention to information and regulation regarding added sugars in packaged processed food products as a way to minimize any undesirable health effects from consuming excess sugar.

CHEMOPREVENTIF EFFECT OF EXTRACT AND INFUSION OF MORINGA OLEIFERA LEAVES ON MANGANESE SUPEROXIDE DISMUTASE (MNSOD) LIVER LEVEL INDUCED BY 2-NITROPROPANE IN MICE (MUS MUSCULUS) WITH OBESITY

Melati Aulia Rahmi¹, Tiwuk Susantiningsih¹
melatiauliarahmi@gmail.com

¹Universitas Pembangunan Nasional "Veteran" Jakarta

Obesity is a risk factor for hepatocellular carcinoma (HCC), an experimental state of HCC can quickly be created by induction of 2-Nitropropane (2-NP). This causes an increase in reactive oxygen species (ROS) in the body. MnSOD is a first-line antioxidant that works by catalyzing the breakdown of two superoxide anion molecules (O_2^-) to hydrogen peroxide (H_2O_2) and oxygen molecules (O_2), changing superoxide anions which initially had dangerous potential to become less dangerous. Moringa leaves are rich in polyflavonoids and polyphenols which are potent antioxidant and anticancer compounds. This study aimed to analyze the effect of Moringa leaves extract and infusion on MnSOD levels of obesity mice's liver induced by 2-NP. In the analysis of liver MnSOD levels after treatment, there was a significant decrease in MnSOD levels in mice's liver ($p < 0.05$). MnSOD levels in the 2-NP induced group is higher than the group given Moringa leaves extract and infusion because MnSOD in this group has experienced an upregulation mechanism as a sign of abnormal cell growth, whereas in the group given Moringa leaves extract and infusion there is a slowing upregulation mechanism.

MORINGA OLEIFERA LEAF EXTRACT AND INFUSION EFFECT ON GSH LEVELS IN MALE MICE (MUS MUSCULUS) LIVER WITH OBESITY INDUCED BY 2-NITROPROPANE

Muhammad Nafi¹, Tiwuk Susantiningsih²
muh_nafi1998@yahoo.com

¹Faculty of Medicine, Universitas Pembangunan Nasional "Veteran" Jakarta

²Department of Biochemistry, Faculty of Medicine, Universitas Pembangunan Nasional "Veteran" Jakarta

Obesity can cause low grade chronic inflammation which results in increased ROS, which can lead to hepatocellular cancer. In several studies, it was proven that in the mice liver DNA induced with 2-

Nitropropane, showed an increase in reactive oxygen in the liver and was able to cause DNA damage. Oxidative stress damage can be prevented by endogenous antioxidant compounds, one of them is GSH. Antioxidants can also be obtained exogenously from Moringa leaves which contain quercetin flavonoids which can act as hepatoprotective agents. This research method uses obesity mice given extract (4 mg / kg) and leaf infusion (40 mg / kg) Moringa leaves for 20 days, then induced 2-Nitropropane (0.02 mL / kg). The results showed a decrease in liver GSH levels after 2-Nitropropane induction. The levels of GSH in the mice liver which given extracts and Moringa leaf infusion had differences with the control group. The conclusion of this study, there is an effect of Moringa leaf extract and infusion administration on GSH levels in the liver of obese mice induced by 2-Nitropropane.

EFFECTS OF MORINGA OLEIFERA LEAF EXTRACT AND INFUSION ON LIVER CATALASE ENZYME LEVEL IN OBESE MICE INDUCED BY 2-NITROPROPANE

Muhammad Ariq Fiqih¹, Tiwuk Susantiningsih²
muhammadariq06@gmail.com

¹Faculty of Medicine, Universitas Pembangunan Nasional Veteran Jakarta

²Biochemistry Departement, Faculty of Medicine, Universitas Pembangunan Nasional Veteran Jakarta

Hepatocellular cancer (HCC) is caused by free radicals resulting in cell damage. Free radicals are formed due to lipid peroxidation. Non Alcoholic Fatty Liver Disease (NAFLD) is one of the risk factors for HCC caused by obesity. 2-Nitropropane found in cigarette smoke can increase free radicals. Free radicals can be overcome with endogenous antioxidant compounds, one of which is the catalase enzyme. Exogenous antioxidants can also be obtained from Moringa oleifera leaves which contain flavonoids. This study used obese mice which given Moringa oleifera leaf extract (4 mg/kg) and leaf infusion (40 mg/kg) for 20 days, then induced with 2-Nitropropane (2-NP) (0.02 mL/kg). The levels of liver catalase enzymes are measured based on hydrogen peroxide measurement principle which broken down by the catalase enzyme. The results showed a decrease in levels of the liver catalase enzyme after 2-NP was induced. The levels of liver catalase enzyme which were given extracts and infusion of Moringa leaf shows differences from the control group. Conclusion of this study, there is an effect on liver catalase enzyme level in obese mice that induced by 2-NP after given extract and infusion of Moringa leaf. Moringa leaf extract and infusion on levels of the liver enzyme catalase in obese mice induced by 2-NP.

Oral Presentation Session 8

HEPATOPROTECTIVE EFFECT OF EXTRACT AND INFUSION OF MORINGA OLEIFERA LEAVES ON SGOT AND SGPT LIVER LEVELS INDUCED BY 2-NITROPROPANE IN MICE (MUS MUSCULUS) WITH OBESITY

Fakhri Haidar Anis¹ and Tiwuk Susantiningsih²
fakhrihaidar@gmail.com

¹Faculty of Medical, Veteran National Development University of Jakarta, 16514, Indonesia

²Department of Biochemistry, Faculty of Medicine, Universitas Pembangunan Nasional Veteran Jakarta

Obesity is correlated with death rates from liver cancer. Moringa plants contain flavonoids namely quercetin which has the potential as a hepatoprotective agent. The purpose of this study was to determine the effect of Moringa leaf extract and infusion on the levels of SGOT and SGPT in liver of obese Mice induced by 2-Nitropropane (2-NP). The method used is a true experiment with a research design post control group design only with the following stages: 1. Moringa Leaf Extract and Infusion; 2. Animal acclimation try for 7 days; 3. Treatment of male obesity Mice was divided into 4 groups with treatment on K1 and K2 given high-fat high-protein feed and drink ad libitum; K3 is given moringa leaf extract 4 mg/day (0.2 ml); K4 is given 40 mg moringa leaf infusion/day (0.2 ml). All were treated for 20 days. Then, groups K2, K3 and K4 are injected intraperitoneally 2-NP 0.02 mg/KgBB. The results obtained have a significant effect on Moringa leaf extract and infusion administration on liver SGPT levels. K1 is significant towards K2 of (0,00 <0,05). K2 was significant towards K3 (0,02 <0,05). K2 is significant towards K4 of (0,00 <0,05). However, K3 was insignificant to K4 of (0,234 >0,05). However, the results obtained on SGOT levels were of significance 0,969 (p >0,05), which meant that there was no significant effect although on average it has an effect. The conclusion is that Moringa leaf extract and infusion affect SGPT levels in mice induced by 2-NP obesity.

DESIGN OF MOTHER AND CHILD HEALTH SYSTEM BASED ON MOBILE TECHNOLOGY IN THE MINISTRY OF HEALTH

Tries Yuliasuti¹, Martya Rahmaniati Makful², Kemal N. Siregar²
tries.yuliasuti@ui.ac.id

¹Faculty of Public Health, University of Indonesia, Depok, West Java, Indonesia

²Biostatistics and Population Sciences Department, Faculty of Public Health, University of Indonesia, Depok, West Java, Indonesia

Maternal and child mortality rates are still high, making it a major problem in the world of health. Effort to improve maternal and child health been carried out with various effort that are in line with the Efforts to Reduce Maternal and Child Mortality. According to the 2010 Population Census data the Maternal Mortality Rate (MMR) of 346 per 100,000 live births (SP 2010) has decreased to 305/100,000 live births (SUPAS 2015). Neonatal Mortality Rate (AKN), from the IDHS data, in 2012 there were 19/1,000 live births and the National Mortality Rate decreased again in 2017 to 15/1,000 live births. To reduce this mortality rate, the collaboration between midwives and pregnant women to deliver in a health care facility is needed. One of the efforts carried out by the Indonesian Ministry of Health at present is community empowerment by improving performance programs, especially midwives. To support the program, it is necessary to utilize cellular and internet technology to maximize up-to-date information, interactive communication media and easy access to mobile technology. The design method for this system is prototyping at the mobile-friendly maternal and child health system modeling stage. It was concluded that the prototyping method can be applied to carry out mobile analysis of maternal and child health information. The results of the analysis can be used as a consideration in

determining the right strategy in efforts to reduce maternal and child mortality.

CAUSES AND INTERVENTION STUDY OF NUTRITION SPECIFIC FOR STUNTING PREVENTION IN NORTH LAMPUNG REGENCY

Heryanto¹, Evi Martha²
heryanto.umar@gmail.com

¹Students of the Faculty of Public Health, University of Indonesia

²Head of the Department PKIP School of Public Health, University of Indonesia

Stunting is a form of growth failure (growth faltering) due to insufficient accumulation of nutrients lasting from pregnancy until the age of 24 months. The direct causes of stunting is lack of food intake and the presence of infectious diseases. Efforts to reduce stunting done through two interventions, the specific nutrition interventions and nutrition-sensitive interventions. Specific nutritional intervention is generally provided by the health sector to address the direct cause. The purpose of this study was to identify the factors that cause stunting and specific nutritional interventions to prevent stunting in North Lampung regency in 2018. The method used in this study is a review and descriptive Statistical analysis of secondary data that has been analyzed using univariate namely health profile data and report health program in 2018. North Lampung regency then reviewed by some literature research in Indonesia. result note that the identification of the factors that cause stunting is 26.8% of pregnant women anemic iron, 17.3% of pregnant women experience KEK, 1.2%. LBW babies experience, 38.07% under five suffer from diarrhea and 35.09% children that ARI, 49.2% of infants are not exclusively breastfed, 53.4% children consume less diverse, 24% RT is not accessible clean water and healthy latrines, 44.6% RT is not air-PHBs. The results of the identification of nutritional interventions specific to the prevention of stunting made include: the provision Fe tablets for pregnant women, PMT for pregnant women KEK, examination of pregnancy according to the standard, giving Vit A for toddlers, complete vaccination for infants, monitoring and promotion of growth and total sanitation community-based (STBM). Suggested for North Lampung District Health Office to conduct monitoring and evaluation of interventions that have been done, and always plan in a sustainable prevention interventions stunting.

FACTORS AFFECTING SMOKING STATUS ON INDONESIAN MOTHER

Yuri Nurdiantami¹, Dian Luthfiana Sufyan²
nurdiantamiyuri@gmail.com

¹Public Health Department, Universitas Pembangunan Nasional Veteran Jakarta

²Nutrition Department, Universitas Pembangunan Nasional Veteran Jakarta

The increasing percentage of Indonesian smokers is becoming a bigger problem. Smoking on mothers will affect her family especially their children. Thousands of harmful chemicals contained in cigarettes will increase the severity of diseases on the child. The objective of this study was to investigate the factors affecting

smoking status on Indonesian mothers. This is a cross-sectional study of Indonesian mothers based on The Indonesia Demographic and Health Survey (SDKI) 2017. Total sample in this research is 17.109 mothers. Data were analyzed using logistic regression analysis. The dependent variable is smoking status while the independent variables are age, residential area, working status, residing with husband, number of living children, literacy and educational attainment. The result are smoking on Indonesian mother was significantly associated with the number of living children (OR= 1.75; 95% CI=1.35-2.27; p=0.001); literacy (OR= 0.45; 95% CI=0.32-0.62; p=0.001); educational attainment (OR= 0.42; 95% CI=0.27-0.67; p= 0.001) and Age (OR= 1.09; 95% CI=0.83-1.43; p=0.001). Working status, residing with husband and residential area did not show significant association with smoking status. Indonesia as a developing country needs to pay more attention to factors related to smoking status as well as raising the awareness of the smoking hazard of mothers because it will directly affect its next generation.

THE EFFECTS OF MORINGA OLEIFERA LEAVES EXTRACTS AND INFUSIONS ON LIVER MALONDIALDEHYDE (MDA) LEVEL INDUCED BY 2-NITROPROPANE IN OBESE MICE (MUS MUSCULUS)

Nurdiza Bilqis¹, Tiwuk Susantiningsih²
nurdizabil@gmail.com

¹Faculty of Medicine, Universitas Pembangunan Nasional "Veteran" Jakarta

²Department of Biochemistry, Faculty of Medicine, Universitas Pembangunan Nasional "Veteran" Jakarta

Excessive fat accumulation in obesity is a low-level chronic inflammation which can cause an increase in oxidative stress. Moringa oleifera leaves are known to have antioxidant effects. The aim of this study was to determine the effect of Moringa leaves extract and infusion on malondialdehyde (MDA) level of male obesity mice (*Mus musculus*) DDY strained liver induced by 2-Nitropropane. The research method was true experimental post control group design. The test subjects used were 30 male DDY strain mice aged 6-8 weeks, weighing 35-45 grams, which were divided into four groups of treatment for 20 days. Group 1 (K1): control group; Group 2 (K2): obese mice induced by 0.02mg/Kg dose of 2-Nitropropane; Group 3 (K3): obese mice given 0.2 ml/day dose of 20% Moringa leaf extract and 0.02mg/Kg dose of 2-Nitropropane; Group 4 (K4): obese mice given 0.2 ml/day dose of 20% Moringa leaf infusion and 0.02mg/Kg dose of 2-Nitropropane. The antioxidant effect of Moringa leaves was measured based on the level of liver MDA using a spectrophotometer at a wavelength of 530 nm. Statistical tests were done by ANOVA and Post Hoc test with $\alpha =$

0.05. Statistical analysis showed that Moringa leaf extract and infusion groups (K3 and K4) had significantly lower MDA level compared to the 2-Nitropropane (K2) group respectively ($.001 < 0.05$) and ($.000 < 0.05$). The analysis between the MDA level of extract (K3) and infusion (K4) groups of Moringa leaves did not have a significant difference ($1,000 > 0.05$).

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LEVEL OF NUTRITIONAL STATUS, FERRITIN AND ALBUMIN SERUM IN ADULT PULMONARY TUBERCULOSIS INTENSIVE PHASE PATIENT

Tuty Rizkianti¹, Muttia Amalia¹, [Aulia Chairani](mailto:auliachairani@upnvj.ac.id)²

¹Department of Clinical Pathology, FK UPN “Veteran” Jakarta

²Department of Public Health, FK UPN “Veteran” Jakarta

Mycobacterium tuberculosis induce tissue damage and inflammation, increase C-Reactive Protein (CRP) production, which also will induce ferritin production through inflammatory pathway. Iron status, especially ferritin serum, could help in assessing treatment failure, TB recurrence, and TB mortality. TB infection causing protein-energy malnutrition and albumin level decline. The purpose of this study is to find out the relation between ferritin, albumin and BMI with anemia in intensive phase adult pulmonary tuberculosis. This is an observational analytic studies. The study was done in Sentra Medika Hospital, Depok. 25 sample subject were chosen by consecutive sampling method. Independent variable in this study were serum ferritin level, albumin level, and Body Mass Index (BMI), while the dependent variable was the degree of anemia (stated by Hemoglobin level). Each subject were measured for body height, body weight, and hematological examination. Data result the analyzed using Chi-square test. This study shows 11 subject experience moderate anemia (44%), 7 subject experience mild anemia (28%), ferritin level increase in 19 subject (76%), normal albumin level in 22 subject (88%), underweight in 11 subject (44%), normoweight in 10 subject (40%). Relation between ferritin level and anemia statistically not significant ($p=1$), also between albumin level and anemia statistically not significant ($p=0.283$). Only BMI and anemia statistically significant ($p=0.02$). Ferritin and albumin level both have no relation with anemia, only BMI has. Anemia along with high ferritin level leading to anemia.

DOES THE CONSUMPTION OF LOCAL SNACKS ON SALE IN THE SCHOOLS CAUSE ADOLESCENT OBESITY? A CASE STUDY IN THE SECONDARY VOCATIONAL SCHOOLS

Rani Dian Miranti¹, [Muhammad Nur Hasan Syah](mailto:mhhasansyah@upnvj.ac.id), Noerfitri Noerfitri, Andi Imam Arundhana Thahir

¹The University of Sidney, Australia

Prevalence of overweight and obesity in adolescent (13 – 15 years) significantly increased from 7.3% in 2013 to 13.5% in 2018. The availability of many fast-food restaurants, both local and commercial, nearby the school increase the number of young people exposed to unhealthy food, especially those living in urban areas. This study examined the impact of local unhealthy snacks available in the school on adolescent obesity. This was a cross-sectional study conducted in the five Secondary Vocational School in Bekasi, Indonesia. A total of 225 students aged 16-18 years were observed for their nutritional status and snacks consumption. Body mass index for age indices was used to determine obesity status of adolescent, classified as obese ($>2SD$) with respect to their age and sex using 2007 WHO reference charts. Students were

asked about their food consumption using a semi-quantitative questionnaire. Odds ratios (ORs) was calculated for each type of snacks and $p<0.05$ was considered statistically significant. Finding of this study shows that 32.4% of students were obese. The top three of local foods and beverages consumed by the students were *cireng* (a local fried food made from starch), tea, and pizza (0.561, 0.429, 0.245, respectively). The consumption of local snacks associated with obesity included fatty food (OR, 2.18; 95% CI, 0.68 – 7.01; $p=0.19$), sweet food (OR, 6.98; 95% CI, 3.00 – 16.25; $p<0.001$), and salty food (OR, 1.04; 95% CI, 0.40 – 2.71; $p=0.92$). Among vocational students in Bekasi, sweet snacks on sale in the school is the most significant risk factor causing obesity.

RELATIONSHIP BETWEEN MACRO NUTRIENTS, EATING HABIT AND NUTRITIONAL KNOWLEDGE WITH BODY IMAGE PERCEPTION IN ADOLESCENTS AT SENIOR HIGH SCHOOL IN SOUTH TANGERANG CITY

Silmi Setyo Pertiwi¹, [Avliya Quratul Marjan](mailto:avliyaquratul@upnvj.ac.id)¹

Universitas Pembangunan Nasional Veteran Jakarta

Adolescence is a period marked by physical, psychological, emotional, and social changes. Physical changes that characterize this stage have involvement as triggers for body image problems in both men and women. Preliminary research showed male respondents wanted the body posture somewhat contained with the muscular, and female respondents wanted a thinner body posture. The objective of this study was to analyze relationship between macro nutrients intake, eating habit and nutritional status with perception of body image in adolescents in SMA Negeri 3 South Tangerang. Research design used cross sectional study, the instrument used the figure rating scale questionnaire, body image questionnaire (BIQ), food recall 2x24, food frequency questionnaire (FFQ), nutritional status and eating habits; food models, and software of individual intake. Total respondent were 81 peoples. The majority of respondents was 17 years old, has a small family, has a large allowances and has a normal nutritional status. The data were processed with the Chi square and Pearson correlation test. There were relationship between energy intake, protein intake, fat intake, eating habits, and knowledge of balanced nutrition guide with perception of body image ($p<0.05$).

REPRODUCTIVE HEALTH KNOWLEDGE AMONG JUNIOR HIGH SCHOOL STUDENTS: A DESCRIPTIVE STUDY

[Chahya Kharin Herbawani](mailto:cchahya@gmail.com)¹, Farahdina Bachtiar¹

¹Faculty of Health Sciences, Universitas Pembangunan Nasional “Veteran” Jakarta

There are approximately 1.7 million young people globally, with 86% living in developing countries. Inter-census population survey results (SUPAS) in 2015 showed that the population aged 15-24 years old reached 42,061.2 million or 16.5% of the total population of Indonesia. The significant number of adolescents' population will affect the development of social, economic, and demography aspects nowadays or tomorrow. Limited knowledge and inadequate understanding of reproductive health information can lead adolescents to risky sexual behavior. This was a cross-sectional, descriptive survey among junior high school students of SMPN 7 Nganjuk. The study enrolled 108 students in SMPN 7 Nganjuk, who were selected by stratified random sampling. Data were explored, analyzed, and percentages used to quantify the level of knowledge. Pearson's chi-square was used to measure associations between categorical variables and independent t-test used to measure the means and relationships of continuous variables. Of the 108 participants, 105 (97,2%) did not know that semen is emitted from the male reproductive tract, and that contains sperm cells, which are capable of fertilizing the female eggs. Besides, 90 (83,3%) participants did not know in what condition they have to go to health workers. Overall, the results showed that only 1 (0,9%) of the participants were highly knowledgeable about adolescent reproductive health, while 28 (26%) and 79 (73,1%) had medium and low levels of adolescent reproductive health. This study showed that adolescents in Junior High School showed inadequate comprehension in reproductive health knowledge. It is crucial to conceive schools as the foundation for providing sexual and reproductive health education among adolescents supported by a friendly and responsive health system. Through adequate reproductive health knowledge, adolescents would understand the risk and responsibility of their sexual behavior.

THE USAGE OF REPEATED FRYING COOKING OIL: CORRELATION WITH KNOWLEDGE AND HOUSEWIFE BEHAVIOR

Ribka Hasianta¹, Nanang Nasrulloh¹
ribkahasianta@gmail.com

¹Faculty of Health Sciences, Universitas Pembangunan Nasional "Veteran" Jakarta

Variety social factors influenced health outcomes, including unhealthy behavior and knowledge. Food was processed and purchased by the mother in common. Therefore, housewife plays a key role in a household's diet and nutrition because knowledge and behavior of housewives are dominant factors in preparing their family's meal. One of the ingredients that are used intensively is frying oil. The intake of frying oil, as edible oil and a source of fat, are an important factor that affects people's health. The problem is repeated heating frying oil at high temperatures during cooking is a very common practice without knowing the harmful effects of such. Repeated heating frying oil was the problem that triggers Non- Communicable Disease. Knowledge contributed to the

behavior of repeated heating frying oil usage. The objective of this study was to identify the correlation between knowledge and behavior of housewives with the usage of repeated heating frying oil. This research located in Komplek Markas Besar Angkatan Darat (Indonesian Armed Forced Housing) using the Cross-Sectional method and statistical analysis Chi-Square test. A total sample of 34 housewives was collected by the Stratified Random Sampling Method. The result showed that 22 respondents (64,7%) used cooking oil properly and 12 respondents (35,3%) conducted repeated heating frying oil. Bivariate analysis indicated that there is a relationship of knowledge and behavior with repeated heating frying oil practice (p-value< 0,05). It is recommended to conduct counseling and training from health workers as the preventive efforts and minimizing habits to the repeated heating frying oil.

THE USE OF SOCIAL MEDIA IN DELIVERING HEALTH INFORMATION AMONG THE PROVINCE HEALTH OFFICES IN INDONESIA

Laksita Barbara¹, Rizki Amalia²
barbara.laksita@upnvj.ac.id

¹Nursing Department, Health Science Faculty, Universitas Pembangunan Nasional Veteran Jakarta

²Public Health Department, Health Science Faculty, Universitas Pembangunan Nasional Veteran Jakarta

The use of social media to gather information could be a threat regarding the reliability of the information. This paper aims to assess the use of government health organization official social media account in providing health-related information. This study employs quantitative non-experimental design and analyze the data using descriptive cross-sectional method. We measured the use and the reach of the Facebook, Twitter, and Instagram accounts of 34 provinces in Indonesia, as well as the topics of the posts. About 47% of the province health offices have at least one social media account. The highest reach and engagement rate are shown by the Instagram accounts. Less than a half of the posts of all platforms relate to health information. The use of social media by the province health offices in spreading health information is still low. Further study in factors affecting the interactivity in health-related posts is needed.

Oral Presentation Session 10

EFFECT OF NUTRITION EDUCATION ON CHANGES ADOLESCENT'S ENERGY INTAKE IN CIKULUR DISTRICT, LEBAK REGENCY

Iin Fatmawati¹, Avliya Quratul Marjan¹, A'immatul Fauziyah¹
iinfatmawatiimrar@upnvj.ac.id

¹Department of Nutritional Science Faculty of Health Sciences University of Pembangunan Nasional Veteran Jakarta

Indonesia have a double burden in nutritional problems, nutritional problems which are not only focused on undernutrition but also overnutrition. Over nutrition is a condition of increased body weight due to excessive accumulation of body fat. The role of food is changing in today's lifestyle, food is not only a primary need to meet the nutritional needs needed by the body, but also to reflect lifestyle. Inappropriate eating behavior in adolescents will cause disruption and nutritional problems in adolescents. The purpose of this study was to determine the effect of nutrition education on changes adolescents's energy intake in Cikur District. The method used quasi experimental with one group pretest and posttest design. The subjects in this study were 59 teenagers. Energy intake data was taken using a 24 hour food recall questionnaire. The result showed there was a significant influence between nutrition education and adolescents's energy intake changes in Cikur District ($p < 0.005$). The average pretest energy intake was 3276.58 Kcal and the average posttest energy intake was 2574.86 Kcal. In this research, nutrition education had changes effect in adolescent energy intake.

AN EXPLORATION OF CHILD MARRIAGE DETERMINANTS IN INDONESIA: AN ANALYSIS OF INDONESIA DEMOGRAPHY AND HEALTH SURVEY (IDHS) 2017

Noor Aulia Ramadhan¹, Indang Trihandini¹
noor.aulia@ui.ac.id

¹Biostatistics and Population Studies Faculty of Public Health Universitas Indonesia

Based on the data from Indonesia Demographic Health Survey 2017, the number distribution of child marriage rates, above 10% are evenly distributed throughout the province of Indonesia. The population of children aged 15-17 years' experience a fluctuating development and began to decline consistently since 2023. Trends of increasing and decreasing population aged 0-17 years in the future must be anticipated by the government to plan appropriate programs in order to change the composition of the population of 0-17 years can support the course of development. We used data from the nationally representative 2017 Indonesian Demographic and Health Survey to estimate determinants of child marriage. We ran multivariate models to estimate the association between demographic characteristics and the following child marriage outcome 1) Marriage status aged <18 years old; 2) Unmarried status aged ≥ 18 years old. Among child marriage research sample ($n = 14711$, female and male aged 18-24 at time of survey), (62,6%) from 6 out of 10 children had risk of having child marriage in Indonesia. The age marriage occurs in the age range of 15-19 years' old which is (52,3%). Education and media exposure had a significant effect on child marriages in Indonesia. This research will explore determinant factor of child marriage in Indonesia. Establish cooperation between the government and social media or commercial in promoting health, public health promotion package with the aim of being commercially, packaged as attractive as possible and appearing in every content on social media. Collaborate with

culture in Indonesia, making it a variety of ways of delivering information that are more varied in accordance with the Indonesian tribes.

DEVELOPMENT OF COMMUNITY DISASTER PREPAREDNESS BETWEEN HEALTHCARE STUDENT BY INTERPROFESIONAL COLLABORATION IN HEALTH SCIENCE FAKULTY OF UPN VETERAN JAKARTA TOWARD RESILIENT DISASTER CAMPUS

Desak Nyoman Sithi
nyoman_sithi@yahoo.co.id

Faculty of Health Sciences University of Pembangunan Nasional Veteran Jakarta

Community Based Disaster Preparedness (CBDP) is part of empowering Community Capacity building to act for reduce disaster impact. Japanese research survey on Great Hansin Earthquake 1995, William, 2017, find out that disaster victims who survived in the golden time caused by; 1). self-preparedness 35%, 2). Family supported 31.9%, Neighbour supported 28.1%, 4). Neighbourhood support 2.6%. Search and Rescue Team 1.7% and others 0.9%. Based on the result of study, individuals and communities are the main key in disaster mitigation and management. This paper aims to explore the healthcare student preparedness by Interprofessional Collaboration approach to reduce disaster impact. The propose of this study is to obtain an overview of the healthcare student preparedness to disaster mitigation and management. Strengthening collaboration between healthcare student is needed to realize a disaster resilient in the future. This study used quantitative and qualitative approach by Focus Group Discussion related to the research subjects. The subject of this study is fourth study program in Health Science Faculty of UPN"Veteran" Jakarta, consist of 246 sample size, with total population. Independent variable of this study is interprofessional collaboration consist of: communication, collaboration, and leadership, while the Dependent Variable is Organizing Disaster Resilient. The result of this study revealed that all variable is significant, with PV : communication (Pv 0.001 and OR 3.167-12.831), collaboration, (Pv 0.001 and OR 4.199-18.298) and leadership (PV 0.001 and OR 11.008 - 69.060). Interprofessional collaboration is significant approach to organize community disaster resilient.

FACTORS AFFECTING COMMUNICATION OF PARENTS ABOUT SEX EDUCATION IN ADOLESCENT: A SYSTEMATIC REVIEW

Tiara adella¹, Rita Damayanti¹
tiaradella3110@gmail.com
 Universitas Indonesia

Adolescent have a great curiosity, like adventure and tend to be brave to risk their actions without being preceded by careful consideration that can affect risk sexual behavior. This literature aims to find out the factors affecting parents about sex education in adolescent. The method used is Systematic Review with PRISMA – P Protocol in 2015 method from a relevant database such as EBSCOhost search engine in 2014 until 2019. Total document selected by inclusion criteria is 7 article. The factors affecting parents about sex education in adolescent is lack of knowledge, parenting style and taboo about sex education. The research sites are in Zimbabwe, Ecuador, Kenya, Pakistan, Uganda, Indian and China. The conclusion of the seventh review of the article is that communication between parents about sex education in adolescent has an important role in shaping adolescent sexual behavior.

SOCIOECONOMIC IMPACT ON CHILD MARRIAGE IN DEVELOPING COUNTRIES: A SYSTEMATIC REVIEW

Neiza Rachma¹, Rita Damayanti²
neiza.rachma@ui.ac.id

¹Postgraduate Of Reproductive Health, Faculty Of Public Health, Universitas Indonesia

²Departemen Of Health Education and Behavioral Science, Faculty Of Public Health, Universitas Indonesia, Depok, Indonesia

Child marriage under the age of 18 years has been a common practice in several ethnic groups especially in developing countries. Socioeconomic impact is one of the problems in child marriage. This study aims to review articles related to socioeconomic impact on child marriage in developing countries. The method used is a systematic review of this article was compiled using four databases namely Sage Publications, Science Direct, Proquest, and Pubmed with PRISMA protocol and produces 6 articles that will be reviewed. The result are obtained that socioeconomic in child marriage related to many negative things that occur in his life. They need a driver to overcome social and economic concerns. This study recommends that more quantitative research be done to describe the child marriage phenomena and handling from socioeconomic impacts must be done with collaboration from various fields to deal with the impacts and reduce child marriage rates.

A SYSTEMATIC REVIEW: THE ASSOCIATED FACTORS OF HELP-SEEKING BEHAVIOR FOR MENTAL HEALTH ISSUES ON YOUNG ADULTS

Annas Tasya Azhari¹, Chahya Kharin Herbawani¹
tasya2906@gmail.com

¹Faculty of Health Science, Universitas Pembangunan Nasional Veteran Jakarta

Disability-Adjusted Life Years of mental disorder predicted to be ranked first globally in 2030. Mental health disorders occur mostly in the young adult age group, which is a crucial period of psychological and biological change and can cause mental issues. However, this age group is among the least likely to seek help for such illnesses. This research was conducted to find the associated factors of help-seeking behavior for mental issue on young adults. The method used in this study is a systematic review, to analyze and compare the related and relevant articles from some countries that published between 2009 – 2019. The results show that help-seeking behavior associated with several factors, both internal (literacy, knowledge, perception, stigma, financial ability, patience and trust) and external (stigma, social support, mental health service facilities).

ANALYSIS OF COMMUNITIES VULNARIBILITY IN EFFORTS TO IMPROVE PREPAREDNESS AND MITIGATION OF EARTHQUAKE AND TSUNAMI DISASTERS IN THE RED ZONE AREA OF THE PADANG CITY DISASTER

Septia P Rahmah¹, Nopriadi¹, Fadhilla H. Hamda¹
septiapristirahmah@ph.unand.ac.id

¹Public Health Faculty, Andalas University, Indonesia

The total area of Padang city is 7.613 Ha and 19.41% of Padang City area is classified as the red zone area of Tsunami. This study was purposed to analyze society preparedness in the red zone in facing the earthquake and tsunami disaster in Padang City 2019. This study was conducted by using cross sectional design in the red zone area of Padang from March to August 2019. There were 106 respondents and were selected by accidental sampling. Data were collected by interviewing the respondent by using questionnaire. Data were analyzed using univariate and bivariate analysis with Chi-Square test with level of confidence 95 %. Logistic regression was used for multivariate analysis. The univariate results show more than half (56.6%) of citizen are not ready to against the earthquake and tsunami, bivariate analysis shows that there were relation between the variable of knowledge ($p=0.017$), education level ($p=0.0045$), action ($p=0.000$), and training ($p=0.000$) with preparedness. Meanwhile the variable of attitude ($p=0.154$), gender ($p=0.926$), experience ($p=0.872$) have no relationship with preparedness. Based on multivariate analysis, it was found that the dominant factor of preparedness is the training ($p=0.001$). Based on research that has been done, training is the dominant factor against the preparedness of society in facing the earthquake and tsunami, therefore it is expected to hold socialization programs and training that can be done periodically either in small or large scale.

Oral Presentation Session 11

SOCIAL MEDIA IMPACT TO ADOLESCENT'S DIETARY HABITS: A SYSTEMATIC REVIEW

Lorensia Panselina Widowati¹, Rita Damayanti¹
lorensiapw@gmail.com

Faculty of Public Health, University of Indonesia

The quality of human resources is the main focus on national's development. The optimization of human's growth and development starts early from pregnancy, childhood and followed along the adolescence. Adolescence is characterized by massive growth and development requiring high nutrition. The world is now facing the industrial revolution 4.0 that facilitates interconnectivity, collaboration and information change, such as social media. Social media can be the source of burden on adolescent's appearance with high exposure of ideal body image. As a result, adolescent is attempted to achieve ideal weight by unhealthy diet. This study aims to identify and summarize the impact of social media to adolescent's dietary habits based on the previous researches. We conducted a systematic search of 5 online databases (ProQuest, PubMed, Springer Link, Science Direct, dan Scopus) using the PRISMA Protocol. We search for studies that include participant's age of 10- 24 years old, social media exposure and outcome of dietary habits. From the total of 421 records, we identified 6 articles that met our criteria. Adolescent's high internet usage effected on their eating choices and habits, such as the consumption of unhealthy food and beverages. Moreover, dissatisfaction of their body image were also associated with eating disorder, such as orthorexia nervosa symptoms. Social media intensity affected the strength of the association. The heavy utilization of social media on adolescent requires anticipation by giving the right education to their dietary and eating choices.

NUTRITIONAL STATUS AND PREVALENCE ANEMIA AMONG GIRL ADOLESCENT IN SENIOR HIGH SCHOOL X, DEPOK

Sintha Fransiske Simanungkalit¹, Ibnu Malkam Ilmi¹, Nanang Nasrullah¹
sinthafransiske@upnvj.ac.id

Anaemia is a condition where the number of red blood cells is insufficient to meet the body's physiologic needs. Anemia is a global public health problem affecting both developing and developed countries at all ages. Anaemia's prevalence for 15-24 years old in Indonesia (2018) was 32%. This study was held in area Limo Depok. Design study of this research was cross sectional. Objectives of this study: to find the nutritional status of adolescent girls and prevalence of anaemia in adolescent girls. The result of this study was there are 27,7%

anaemia, 10,6% stunted girls, 17% overweight, 4,3% wasted, 71,3% low knowledge of iron supplementation, and 63,8% low knowledge of anaemia. Suggestion from this study school and government had to initiate intervention to reduce the prevalence of anemia and under nutrition.

FELDENKRAIS METHOD AND NEURO MUSCULAR TAPING TO DECREASE HAND SPASTICITY IN POST STROKE PATIENTS

Agustiyawan
agustiyawan@upnvj.ac.id

Physiotherapy Universitas Pembangunan Nasional "Veteran"
 Jakarta

Hemiparesis secondary to stroke contributes significantly to reduce hand function performance because of changes to neuromuscular system functions such as muscle weakness, impaired proprioception, abnormal muscle activation patterns, and impaired postural control. The different combinations of these and other altered body functions result in limitations in functional mobility, such as reduced hand function because spasticity. Feldenkrais method exercise is a problem-solving approach to the assessment and treatment of individuals with disturbances of function, movement and postural control due to lesion of the central nervous system (CNS). Neuromuscular Taping Concept (NMT) is one of intervention that could be gives decompression effect in the skin, blood circulation system, muscles fiber that will increase blood circulation, lymphatic drainage, stimulates mechanoreceptors and proprioception. The objective of this present research is to investigate the influence of Feldenkrais Method Exercise and NMT to decrease in spasticity in post-stroke patients. This study is quasi experimental using pre-test and post-test without control group design. The technique of collecting the data was used 16 patients after stroke with hand spasticity with Feldenkrais method and NMT is done 2x a week for 1 month. Result: Description of images before and after Feldenkrais metode and NMT application for 1 month showed a decrease in hand spasticity with pre ashword scale 4 become post ashword scale 2. The Feldenkrais method and Neuromuscular Taping can reduce hand spasticity in post-stroke patients with ashword scale.

EFFECTIVENESS OF COMMUNITY READINESS TRAINING FOR ADOLESCENT PEER IN IMPROVING GIRLS STUDENT'S ADHERENCE TO WEEKLY IRON FOLIC ACID SUPPLEMENTATION

Apriningsih¹, Siti Madanijah², Cesilia M Dwiriani², Risatianti Kolopaking³
apriningsih@upnvj.ac.id

¹Universitas Pembangunan Nasional Veteran Jakarta

²Bogor Agricultural University

³Islamic State University Syarif Hidayatullah Jakarta

Student peer communities at schools can be determinants of changes in students' behavior at schools. Peer communities need to be prepared through training to improve their motivation, knowledge, attitudes, and readiness at schools. This study analyzed the effectivity of training the community readiness to improve the level of school readiness and its impact to female high school students anaemia status and adherence to consume weekly iron folic acid supplementation (WIFAS) in Depok. This study used a cluster randomized trial study design. The ANTI ANEMIA SQUAD as much as 24 students from 6 sample schools was given training on anemia prevention programs for female adolescent. The average age of Anti-Anemia Squad members was 16.2 years and they were female. After training there were significant differences between before and after Anti-Anemia Squad's knowledge score ($\bar{x}_{pre} = 11,12 \pm 1,963$; $\bar{x}_{post} = 18,29 \pm 2,956$; $p = 0,000$). The number of respondents were 416 students from 6 intervention groups and 5 control groups. After training there were differences in school readiness score to implement WIFAS, Vitamin C intake, Vitamin A intake, tea and coffee consumption and high school females adherence to consume WIFAS and Hb levels between high school girl student of sample schools and control schools ($p=0,000$; $p=0,005$; $p=0,018$; $p=0,001$; $p=0,000$ $p=0,008$; $p=0,005$). There were no

differences between knowledge scores and attitudes on anemia, iron intake, milk and heartburn medication consumptions in both sample and control schools ($p=0,282$; $p=0,662$; $p=0,274$; $p=0,124$; $p=0,052$). Peer communities are effective to improve school readiness to implement WIFAS which impact to female students' adherence to consume WIFAS.

PUBLIC PARTICIPATION AND EFFECTIVENESS OF GO GREEN & NO PLASTIC POLICIES IN SELECTING FOOD PACKAGING

Ikha Deviyanti Puspita¹, Dian Lutfiana Sufyan¹
ikhadevi85 @email.com

Universitas Pembangunan Nasional Veteran Jakarta

Indonesia's second position in producing plastic waste of 5.4 million tons per year. This affects campus life, the campus is expected to have an agent of change in creating a comfortable, clean, shady (green) and healthy place. UPN Veteran Jakarta, has a policy of implementing Go Green and No Plastic since 2019. The purpose of this study was to determine public participation (buyers and sellers) and effectiveness of go green and no plastic policies. This research used a qualitative method. Data analyzed were the results of interviews and Focus Group Discussions (FGD) of sellers (traders) and buyers (lecturers and students). Direct observation of product packaging used by informants. The results of this study showed that Go Green and No Plastic policies has been

supported by some sellers & buyers, but implementation has not been effective, because the lacked of information, so it needs to increased public socialization and knowledge. Go Green and No Plastic public knowledge was low (50%). Go Green and No Plastic packaging facilities and innovations were still not visible, so the public was confused about the implementation. In supporting the success of the policy, it was necessary for the Seller & program to provide environmentally friendly food packaging while take away buyers were required to brought their own food and beverage lunch boxes. Need to increase socialization, facilities, rewards and punishments if there were breaking up the policy.

UTILIZATION OF POLTEKKES GRADUATES AS FULFILLMENT OF HEALTH WORKERS IN PUSKESMAS THROUGH INTEGRATED POLTEKKES ACADEMIC INFORMATION SYSTEM

Aditya Permadi Sumarno¹, Besral², Artha Prabawa²
aditya.permadi00@gmail.com

¹Public Health Science, Specialization in Health Informatics, Faculty of Public Health, Universitas Indonesia

²Department of Biostatistics and Population Studies, Faculty of Public Health, Universitas Indonesia

Health problems in Indonesia can be reduced if the number and type of health workers in health care facilities are fulfilled. This is due to uneven distribution of health workers, health workers are still concentrated in urban areas while in rural areas and in DTPK areas (remote, border and island) regions still lack quality health workers. According to BPPSDMK data that there are still 77% of Puskesmas in Indonesia still lacking health workers. The Polytechnic of the Ministry of Health as a health university has graduated 34,585 graduates in 2018, based on these data, the Polytechnic graduates should be able to be utilized for placement in areas that still lack health workers. To obtain data on health polytechnic graduates who have the qualifications and competencies in accordance with the needs of health centers, researchers see the polytechnic academic information system can be used as a tool to monitor the best prospective graduates of polytechnic. For this reason, this research proposes a web-based academic information system development model for registering prospective health workers from registering to graduating from the Poltekkes. The method used in this research is a qualitative method using the prototyping system development method. The output of this research is an integrated academic information system design, starting from registration to graduation. The results of this output are expected to be used as data for the Public Health Office in the fulfillment of health workers in the Puskesmas.

Oral Presentation Session 12

ORAL CARE PRACTICE FOR INTUBATED PATIENTS IN THE INTENSIVE CARE UNIT: A LITERATURE REVIEW

Diah Tika Anggraeni
diahnika@upnvj.ac.id

Faculty of Health Science, Universitas Pembangunan Nasional Veteran Jakarta

Tracheal intubated patients are at risk of developing a variety of oral health problems due to impaired natural airway defense, loss of protective tooth substance, and changes of normal flora oral composition. These oral health problems can increase the risk of Ventilator-associated pneumonia (VAP). One strategy for preventing VAP in intubated patients is oral care, but the procedure for its implementation is still very diverse. Therefore, become important to identify evidence-based about oral care practice for intubated patients to prevent VAP. To identify the evidence of oral care practice for intubated critically ill patients. Literature review based on content analysis. The search was limited to articles published from 2011- 2017 with Randomized-controlled trial (RCT) or quasi- experimental research design. The databases used CINAHL, MEDLINE, PubMed, Proquest and Scencedirect with the keywords were oral care, oral hygiene, mouth care, mechanically ventilated, intubated, critical care and intensive care. Results: Eight articles were obtained regarding the oral care technique using swabs, toothbrushing or a combination of swabs and toothbrushing on the teeth, gingiva, and tongue using chlorhexidine gluconate. The frequency of implementation depends on the oral health assessment score and was done at least every 12 hours a day. Also, it was recommended that moisturizers be given to the oral mucosa and lips to maintain the mucosa integrity. Oral care practice was adjusted to the oral health assessment of each patient, so that the oral health status may be improved because it was following the patient's needs. Therefore, nurses in the critical care setting need to conduct oral health assessment as basic guidance giving oral care which is one of the VAP bundle care strategies.

BREASTFEEDING AND PAIN RELIEF IN FULL- TERM NEONATES DURING PENTAVALEN IMMUNIZATION INJECTIONS

Indah Permatasari¹, Mei Neni Sitaresmi², Tunjung Wibowo³
indahdalmaa@gmail.com

¹Magister Ilmu Keperawatan Universitas Gadjah Mada

²Bagian Ilmu Kesehatan Anak RSUP Dr. Sardjito

³Bagian Ilmu Kesehatan Anak RSUP Dr. Sardjito

Immunization pain is a stimulus that can cause trauma and changes affective response in the baby. Breastfeeding is one of the strategies to reduce pain response due to minor invasive procedures. This study was aimed to determine the effect of breastfeeding on infant pain levels when getting pentavalent immunization. This research was used Randomized Controlled Trial with unblind design unblind, post-test design, with a

sample of 70 healthy infants consisted of 34 respondents intervention group and 36 respondents of the control group were selected by random block technique. This study that showed the pain level of intervention group is lower than the level of pain group ($p = 0.000$; $\alpha = 0.05$). breast-fed infants when immunized can reduce the risk of severe pain by 80% compared to infants who are not breastfed. Further research on the effect of breastfeeding for preterm infants pain response in invasive procedure.

SYSTEMATIC REVIEW OF DEPRESSION IN PATIENTS WITH MULTIPLE SCLEROSIS

Farahdina Bachtiar¹, Chahya Kharin Herbawani¹
farahdinabachtiar@upnvj.ac.id

Faculty of Health Sciences, Universitas Pembangunan Nasional "Veteran" Jakarta

Multiple sclerosis (MS) is a long-term disease that attacks the central nervous system (CNS), which consists of the brain and spinal cord. MS is often accompanied by feelings of depression. Several studies have reported high rates of depression in MS. Nevertheless, the variation in the reported prevalence rates of depression in MS is found in some literature. Thus, this review aims to critically appraise the published literature related to the prevalence of depression in patients with MS. A literature search was performed using the following electronic databases: Ovid Medline (1900 to 2016), Embase (1997 to 2016 February 05), Embase Classic (1947 to 1973), and PsycINFO (1806 to 1966). A study was included if the following criteria were met: 1) using English-language; 2) the study provides primary data; 3) the participants are multiple sclerosis's patients with depression manifestation; and 4) reporting the estimated prevalence of MS and depression. Ten studies met inclusion and exclusion criteria. The study has heterogeneity regarding the study setting and sampling frame. Although there is a variation in the reported prevalence rate, all studies found that depression occurrence is higher in the MS population.

THE USE OF ORAL ANTISEPTIC TO PREVENT VENTILATOR ASSOCIATED PNEUMONIA (VAP) IN CRITICALLY ILL PATIENTS: A LITERATURE REVIEW

Mareta Dea Rosaline, Diah Tika Anggraen, Shanti Herlina
maretarosaline@upnvj.ac.id

Faculty of Health Sciences, Universitas Pembangunan Nasional "Veteran" Jakarta

Ventilator-associated pneumonia (VAP) is a type of hospital-acquired pneumonia that occurs more than 48 hours in patients with mechanical ventilation. Ventilator-associated pneumonia (VAP) is one of the most common nosocomial infections in the Intensive Care Unit (ICU) which increases the length stay of hospitalization, duration of mechanical ventilation, and mortality among mechanically ventilated patients in critical care. Oral care would not only improve patients' oral health and well-being, but it can also reduce the incidence rate of ventilator-associated pneumonia. Oral antiseptics that are widely mentioned in the literature are

chlorhexidine, Listerine, povidone-iodine, sodium bicarbonate, normal saline, and sterile water. This study aimed to summarize and critically analyze the findings of research studies that focus on the most effective antiseptic oral to prevent ventilator-associated pneumonia (VAP).

Several online bibliographical databases were searched, including Proquest, PubMed, Science Direct, Springerlink in the range 2009- 2018. There were 15 articles relevant for review about oral antiseptic used for oral hygiene of critically ill patients in the ICU. Chlorhexidine gluconate 0,2% and 0,12% were more effective oral antiseptic than Listerine, povidone-iodine 1%, sodium bicarbonate, normal saline, and sterile water to prevent ventilator- associated pneumonia (VAP) in critically ill patients.

THE ASSOCIATION BETWEEN EARLY ADOLESCENT SEXUAL DEBUT AND PARENTING STYLE: A SYSTEMATIC REVIEW

Dina Atrasina¹ and Indang Tri Handini²
atrasinadina@gmail.com

¹Postgraduate of Reproductive Health, Faculty of Public Health, University of Indonesia,

²Departement of Biostatistics and Population Studies, Faculty of Public Health, University of Indonesia,

Seventy percent of premature deaths are related to behavior that occurs during adolescence, including risky sexual behavior. Families play an important role in helping adolescent acquire skills or strengthen their character, including ways to avoid sexual risk behaviors. To compile a systematic literature review of related articles about the association between four parenting styles and risk sexual behavior (early sexual debuts) in adolescents, and also to explore what the differences between the associations in developed and developing countries. Design: A systematic review of quantitative studies. Data sources: Four electronic databases; ProQuest, Sage, ScienceDirect, and Scopus, bibliography of studies included from 2009 to November 2019. The review method use the PRISMA guidelines with the PICO methodology. In the beginning, by checking duplication through the Mendeley application

found 277 related articles that free of duplication. And after several filtrations, the results obtained 7 articles that were reviewed thoroughly for a systematic review. Result: In the many countries (developing and developed), the adolescent sexual debut could be delay by authoritative parenting style and protective family structure. Adolescents living with no parents had lower odds of delaying sexual debut. Conclusion: In the future, public health interventions should be enhancing until family environment level, it is about how to make the family being a stronger environment in the community, and it will make the stronger society.

THE INFLUENCE OF MOTHER ON THEIR CHILDREN'S HEALTH ATTITUDE AND BEHAVIOR WITH DIARRHEA INCIDENCE IN WORKING AREA OF GROGOL PETAMBURAN PUBLIC HEALTH CARE 2018

Nayla K Fithri and Rizki Amalia
naylakamiliafithri@upnvj.ac.id

Department of Public Health Faculty of Health Sciences Universitas Pembangunan Nasional "Veteran" Jakarta

Diarrhea is one of the highest incidence diseases in the world and is the leading cause of 1-3 years of child mortality. Children 1-3 years old is a golden period which is very important to keep monitoring their growth. If They are suffered from any infection during this period including diarrhea, it causes disruption in their growth. This research is aimed to out the correlation between the incidence of diarrhea in under third children with mother's attitude about hygiene and sanitation behavior and Exclusive breastfeeding in the Grogol Petamburan Public Health Center West Java. This Research uses analytical descriptive survey method with cross-sectional approach to find out the correlation between the incidence of diarrhea in under third children with mother's attitude about hygiene and sanitation behavior and Exclusive breastfeeding. The sample is a mothers who have children aged 1-3 years old, total sample is 65 respondents. The instrument is questioner and to analyze the correlation between variable is using Chi-Square. As a results of bivariate analysis, it is shown that there was significant correlation between diarrhea in 1-3 years old children with mother's attitude about hygiene and sanitation (p-value = 0,047, OR(95%CI) =3,2 (1.139-8.992)) , but was not correlation between diarrhea with exclusive breastfeeding (p-value = 0,068, OR(95%CI) =3,438 (1.061-11.132)). In sum, the conclusion, there is correlation between diarrhea in 1-3 years old children with mother's attitude about hygiene and sanitation. It is recommended to mothers of children 1-3 years old to pay attention in their personal hygiene and sanitation when taking care of their children to prevent diarrhea transmission.

Poster Session

THE RELATIONSHIP BETWEEN EXCLUSIVE BREASTFEEDING AND CHILDREN'S NUTRITIONAL STATUS OF PRESCHOOL AT KINDERGARTEN OF MUTIARA 17 AGUSTUS IN BEKASI CITY IN 2019

Izzatul Azijah¹, Asyifa Adawiyah¹

izzatulazijah1992@gmail.com

¹Universitas Respati Indonesia

Nutrition is a basic human need to carry out functions. From nutritional needs and nutritional intake can produce nutritional status. Proper nutrition is needed to get good nutritional status to achieve optimal growth and development. Many factors can affect the nutritional status of a child, one of them is to give exclusive breastfeeding. The purpose of this study was to examine the relationship between exclusive breastfeeding and nutritional status in pre-school children at kindergarten Mutiara 17 Agustus Bekasi. The design of the research which was cross sectional study. The population and sample in this study were all children who studied at Kindergarten Mutiara 17 Agustus Bekasi in the 2018-2019 school year, it contained of 59 children with a total sampling technique. Measurement of the variables used a questionnaire and direct measurement of Weight and Height. The results showed that exclusive breastfeeding with nutritional status in children based on weight index had a value of $p = 0,0001$ (p value <0.05), exclusive breastfeeding with nutritional status in children based on the height index had a value of $p = 0,0001$ (p value <0.05), exclusive breastfeeding with nutritional status in children based on body mass index has a value of $p = 0,0002$ (p value <0.05). The conclusion of this study is that there is a relationship between exclusive breastfeeding and child nutritional status based on weight index, there is a relationship between exclusive breastfeeding and child nutritional status based on the height index, there is a relationship between exclusive breast feeding and child nutritional status based on body mass index.

Keywords: Exclusive breastfeeding, nutritional status, preschool children

IMPACT OF OUTDOOR AIR POLLUTION ON CHILDREN'S RESPIRATORY HEALTH LIVING NEAR INDUSTRIAL AREA: A SYSTEMATIC REVIEW

Nada Amirah¹, Agustin Kusumayati²

nadaamirah96@gmail.com

¹ Postgraduate student, Master of Public Health, Department of Environmental Health, Faculty of Public Health, Universitas Indonesia

² Department of Environmental Health, Faculty of Public Health, Universitas Indonesia

Air pollution is a phenomenon that has continued to develop in recent years and the fifth leading risk factor for mortality worldwide as a result of cardiovascular and respiratory disease. This article aims to summarize some relevant articles that includes concentration of pollutants from industrial emissions and proximity of resident to industry, and also presents findings of respiratory health effects due to these factors. This article uses the systematic review method. A literature search was carried out on three scientific databases namely ProQuest, PubMed and ScienceDirect published in the last 10 years. Inclusion criteria included at least one study location in an industrial area, addresses respiratory symptoms, respiratory disease, and pulmonary function examination, the study population is children or

adolescent, assessed the concentration of pollutants in the air of the study site. Of 202 articles initially retrieved, 7 articles were included in the final systematic review. The included article shows that the concentration of pollutants is higher in areas near the industry compared to areas far from industry, as well as the higher prevalence of symptoms and respiratory diseases in children who live closer to industrial areas than those far from industrial areas.

Keywords : air pollution; respiratory health; industrial area

HABIT OF READING FOOD LABELS AND FOOD BUYING DECISION AMONG ADOLESCENT

Lulu'ul Badriyah¹, Abdullah Syafei²

lulubadriyah91@gmail.com

¹ Departement of Nutrition, Indonesia Maju College of Health Science, Jakarta Selatan, Jakarta

² Departement of Public Health, Indonesia Maju College of Health Science, Jakarta Selatan, Jakarta

Food label information is important because it can show food quality and food safety for consumption. Food labeling also becomes decision of consumers to buy food. Reading food labels is one of the messages from the Balanced Nutrition Guidelines. However, food labels on packaged foods are usually not used by consumers. This study aims to determine the habit of reading food labels and food buying decisions in adolescents. This study used a cross sectional study conducted on 150 respondents at SMK Wijaya Kusuma, South Jakarta in 2019. The results showed that respondents who always read the product name were only 61.3%, ingredient only 12.0%, net weight only 13.3%, expired date 63.3%, serving sizes only 13.3%, serving amount 13.3%. Meanwhile, respondents who always read calories were only 12.7%, cholesterol 8.0%, fat 11.3%, vitamins 22.7%, sodium 10.7%, sugar 17.3%, fiber 8.0%, and iron 17.3%. While respondents who always use information on food labels as a decision to buy food as much as 61.3%. Further research is needed to identify factors influencing adolescents to read food labels and nutritional information.

Keywords: food labels, nutritional information, adolescents

QUALITY ASSESSMENT OF POSYANDU CADRES SERVICES IN PASIRKUPA KALANGANYAR SUB-DISTRICT LEBAK BANTEN DISTRICT

Widayani Wahyuningtyas¹, Dian Luthfiana Sufyan¹

widayaniwahyuningtyas@gmail.com

¹Faculty of Health Science, Universitas Pembangunan Nasional "Veteran" Jakarta

Quality assessment evaluate the quality and performance of posyandu cadres. The purpose of this research is to find out the characteristics of posyandu cadres and to investigate the quality of service carried out by them. The research was conducted in Pasirkupa, Kalanganyar, Lebak, Banten. This research provide evaluation for service quality of cadars. Using cross sectional study design, the research involved 125 women with under-five children recruited by stratified random sampling. Data were analysed descriptively using statistical software. The research found that 75,2% women were satisfied with the

posyandu services. Those who were satisfied mostly aged 26-35 (40,4%), graduated from elementary school (70,2%), and housewives (94,7%). The study finding are useful for the improvement of the service process in the posyandu environment and forge a cooperative relationship with better program agreements for mutual progress.

IMPROVING HEALTH CARE PRACTICES IN SUPPORTING PREGNANT WOMEN WITH HISTORY OF MISSCARRIAGE

Fitri Pebrianti¹ and Evi Martha²
fitri.pebrianti@ui.ac.id

¹Postgraduate of Reproductive Health, Faculty of Public Health, Universitas Indonesia

²Departement of Health Education and Behavioral Sciences, Faculty of Public Health, Universitas Indonesia, Depok, Indonesia.

The immediate psychological impact of miscarriages is anxiety. High levels of anxiety can result in decreased quality of life and may be a factor in spontaneous abortion in subsequent pregnancies or premature births. This study aims to review articles related to supporting health care practices in pregnant women with history of miscarriages who experience anxiety. The articles are compiled from five databases, namely Proquest, ScienceDirect, Pubmed, Scopus, and Sage Publications, using PRISMA guidelines with the PICO methodology. In the initial search found 386 articles, by checking duplication through the Endnote application found 280 articles free of duplication. Finally, the search results obtained 7 articles that were reviewed thoroughly for a systematic review. The results obtained all pregnant women with history of miscarriage who feel high anxiety during pregnancy, especially in the first trimester. They need a supporting network to get through each week and month in their pregnancy. Health services that specifically deal with pregnant women with a history of miscarriages are felt to be important for pregnant women. This study recommends that health care providers can adopt specifically services for pregnant women with history of miscarriage or women who need services after miscarriage or loss.

Keywords: Pregnancy; history of miscarriage; anxiety

THE IMPLEMENTATION OF DIET GLUTEN FREE CASEIN FREE AND THE AUTISM BEHAVIOR

Ulfa Diya Atiqa¹, Ella Nurlaella Hadi²
Ulfa.diya@ui.ac.id

¹Postgraduate of Reproductive Health, Faculty of Public Health, Universitas Indonesia

²Departement of Health Education and Behavioral Science, Faculty of Public Health, Universitas Indonesia, Depok, Indonesia

Autisme is an interference developing of brain function that effect to social interaction and communication skill, the symptom of autism appear before a child is three years old. One of the type of therapy can reduce autism behavior is diet gluten free casein free (GFCF) which is avoid foods that contain both of gluten and casein. This research aims to know abedience of parents to apply diet GFCF to autism children. This research uses a description approach with quantitative methods. Collecting of data is interview with 12 mothers of autism children, 4 family/caregivers and 3 therapist. Most of parents who know diet GFCF are difficult to apply, so that it effects

for the child's behavior such as anger, screaming, hyperactivity, and difficulty in interacting not only at home but also at the therapy site. Many factors that can cause diet failure such as lack of control from parents, feeling of pity, and parents who do not want to bother. Application of the diet gluten free and casein free is very influence to develop autism child specially reduce autistic compatibility, so that the role of parents and environment are necessary to implement the diet gluten free casein free.

Keywords : Autisme, compliance of parent, GFCF

DETERMINANT OF PRETERM PREMATURE RUPTURE OF THE MEMBRANE DURING PREGNANCY

Terry Yr Pristya¹
terry.yuliana@gmail.com

¹ Prodi Kesehatan Masyarakat Fakultas Ilmu Kesehatan, Universitas Pembangunan Nasional Veteran Jakarta

Risk of preterm premature rupture of the membrane (PPROM) can cause complications in infant such as: infection and lung problems at birth. This study was aimed to determine of PPRM during pregnancy. This quantitative study used cross-sectional design with 120 samples of women aged 15-49 years who gave birth and lived in Sangiang Tanjung Village, Lebak Banten that selected by purposive sampling. Logistic regression multivariate analysis used to determine of PPRM with variables: maternal age, socio economic, hypertension, fetal position, and problem during pregnancy. From five variables, only variable maternal age that have significance level with PPRM. Results showed that women who aged ≤ 20 & ≥ 35 years was 2,5 times higher to birth with PPRM than women who aged 21-34 years. Antenatal care provider was gave additional counseling about reproductive age and PPRM to women who come for her pregnancy.

ANALYSIS OF PRIMARY HEALTH CARE CENTRE READINESS IN THE HEALTH INDONESIA PROGRAM WITH FAMILY APPROACH AT LEBAK REGENCY

Fathinah Raggauni Hardy¹, Ulya Qoulan Karima¹
fathinahraggaunihardy@ymail.com

¹University of Pembangunan Nasional Veteran, Jakarta, Indonesia

The Healthy Indonesia Program is implemented to improve the degree of public health through health efforts and community empowerment supported by financial protection and equitable health services. To implement the Healthy Indonesia Program requires a family approach, which integrates individual health efforts (UKP) and community health efforts (SMEs) on an ongoing basis, with family targets, based on data and information from the Family Health Profile. The Healthy Indonesia Program with the Family Approach begins with integration into Program Management / Health Services. This integration will in itself encourage management of other aspects to support the implementation of the Healthy Indonesia Program with the Family Approach. Management of Puskesmas Program / Health Services is carried out through three stages, namely Planning (P1), Mobilization-Implementation (P2), and Monitoring-Control- Assessment (P3). (Permenkes No. 39 of 2016 concerning Guidelines

for Implementing a Healthy Indonesia Program with a Family Approach) In the framework of the implementation of the Healthy Indonesia Program with the Family Approach, 12 (twelve) main indicators are set called the IKS (Indicator of Healthy Families) as a marker of a family's health status. Healthy Family Indicators (IKS) in the form of numerical categories, namely healthy families (IKS > 0,800); pre healthy family (IKS 0.500-0,800); and unhealthy families (IKS < 0.500) (Permenkes No. 39 of 2016 concerning Guidelines for Implementing a Healthy Indonesia Program with a Family Approach). According to the Healthy Family Application, 2018 NATIONAL IKS: 0.168 which means that the IKS falls into the unhealthy category. The Healthy Indonesia Program with the Family Approach (PIS-PK) is one of the main health development programs to increase the reach of targets and to get closer / improve access to health services in the work area of the Puskesmas by visiting families. PIS-PK will begin in 2015, which is expected that in 2019 all Puskesmas will carry out PIS-PK activities, because the researchers are interested in analyzing the readiness of Puskesmas to run PIS-PK which will be carried out by all Puskesmas.

NUTRITIONAL STATUS OF CHILDREN UNDER FIVE IN RURAL AND URBAN AREAS OF BANTEN PROVINCE

Rahmah Hida Nurrizka¹, Dwi Mutia Wenny¹
rh.nurrizka@gmail.com

¹Faculty of Health Science, Universitas Pembangunan Nasional veteran Jakarta

Take care of children under five health is one alternative way to get an Indonesian demographic bonus in 2030. This study aims to describe the nutritional status of children under five in rural and urban areas of Banten Province. This type of research is descriptive observational with cross sectional design. The population of this study is children under-five in rural and urban areas of Banten Province. The research sample is 160 children from Baduy for rural areas and Rangkasbitung for urban areas. The results of the study showed that there were still under five children with undernutrition as many as 49 childrens (30.6%), 73.5% of the total came from urban areas. The majority of head of family are productive age \leq 49 years. All heads of a family from rural do not attend school and work as farmers. The majority of urban communities work as civil servants and entrepreneurs. Health services obtained in urban areas are better than in rural areas, but for health behaviors such as consuming vegetables and fruit and boiling drinking water is better in rural areas. Keyword: Nutritional Status, Chiildren Under-Five, Rural, Urban

ANALYSIS OF PRE-DISASTER HEALTH SURVEILLANCE SYSTEM IN CIKULUR HEALTH CENTER, LEBAK REGENCY

Rafiah Maharani Pulungan¹, Fathinah Ranggauni Hardy¹, Putri Permatasari¹
rafiah.maharani@gmail.com

¹ University of Pembangunan Nasional Veteran, Jakarta, Indonesia

Cikulur subdistrict, lebak banten district is one of the areas prone to natural disasters, such as floods, landslides and earthquakes and tsunamis. Disaster management that is important to do before a

disaster occurs is pre-disaster surveillance, but this activity has not been optimally carried out. This study aims to analyze the readiness of pre-disaster health surveillance in Cikulur Health Center. This type of research is mix methods in the form of quantitative and qualitative approaches. Quantitative techniques include demographic data collection and population health. While the qualitative techniques used are in-depth interviews, observation and document review related to the disaster health surveillance system that has been carried out. The results showed that the number of residents at risk of disaster was 47.31% with a population density of 8.7 people / KM² spread across 7 villages. Institutional and coordinated and cross-deposited networks are not solid yet, logistical availability is still minimal, information availability is still low, the analysis of the preparedness of Health Center personnel is known that the majority of staff 'knowledge and perceptions related to pre-disaster surveillance is still low. It is recommended that Health Center provide optimal pre- disaster health surveillance systems by creating a database related to disasters and optimizing cross-sectoral cooperation. Necessary to improve the capacity of health workers related disaster surveillance. Keywords: Pre-Disaster Health Surveillance, Readiness, Health Officers

GOOSE WALK AND HOPSCOTCH IN IMPROVING STRAIGHT-LINE WALKING BALANCE IN CHILDREN AGED 5-6 YEARS OLD: WHICH ONE IS BETTER?

Suci Wahyu Ismiyasa¹
suciwahyuismiyasa@gmail.com

¹ Health Sciences Faculty, Universitas Pembangunan Nasional Veteran Jakarta

Balance is an ability to align body segments against gravity to maintain or move the body. The purpose of this study was to compare goose walk and hopscotch games in improving straight-line walking balance in children aged 5-6 years old. An experimental design was utilized. A total of 19 children studying at Ar-Rahman Kindergarten were recruited as samples. Only children aged 5-6 years were included in this experiment. An independent t-test was conducted to determine which game was more effective. Results show that goose walk was better than hopscotch in improving straight-line walking balance among samples.

IDENTIFICATION OF FACTORS AFFECTING LUNG DYSFUNCTION OF POPULATION AROUND THE LABUHAN COAL-FIRES POWER PLANTS IN PAGELARAN, PANDEGLANG, BANTEN

Fajaria Nurcandra¹, Terry Yuliana Rahadian Pristya¹, Azizah Musliha Fitri¹
fajarianurcandra@upnvj.ac.id

¹Public Health, Faculty of Health Science, Universitas Pembangunan Nasional Veteran Jakarta

COPD prevalence was reported high in rural areas which most of cases were under-reported. Cigarette was known as the main cause of lung dysfunction and in others population were caused by air pollution and chemicals hazard exposure. Pagelaran District is one of the closest areas to the Labuan Coal-fired power plants which uses

coal as electricity-producing fuel. Fly ash as its residues are potential air pollutants which respirable and toxic to human lungs. This research aimed to provide the true prevalence of lung dysfunction as an assessment of Pagelaran District and the causal factors in its region. A cross sectional study was done using purposive sampling with 106 subjects living in the District of Pagelaran around the Labuan Coal-fired power plants. Data were collected February- September 2019 using semi-structured questionnaire about demographic variables and COPD Assessment Test (CAT). A backward methods of logistic regression was performed to analyzed risk factors of lung dysfunction. Results: The results showed 17.81% of 146 subjects were suffered moderate-severe lung dysfunction. The average of CAT Score was 6.39. Logistic regression showed that gender (p value = 0.026; POR= 0.31; 95% CI 0.11-0.87), history of lung infection (p value = 0.002; POR = 5.74; 95% CI 2.18-32.09), and income (p value = 0.026; POR = 0.31; 95% CI 0.11-0.87) were contributed to lung dysfunction. Risk factors of lung dysfunction of population around the Labuan Coal-fired power plants were gender, history of lung infection, and income. Keywords: CAT, Coal-fired power plants, Lung dysfunction

THE DIFFERENCE BETWEEN INFLUENCE OF BABY SPA AND BABY MASSAGE ON INFANT GROWTH AND DEVELOPMENT

Irma Jayatmi¹, Jesy Fatimah¹
irma.jayatmi@stikim.ac.id

¹ Indonesia Maju School of Health Science Jakarta, Indonesia

The purpose of this study was to determine the differences between baby spas and baby massages for infants aged 6-12 months. This study used an experimental method with a sample of 20 babies consisting of 10 babies in the baby spa group and 10 in the baby massage group. Growth measurements are based on body weight and length while monitoring progress using the Pre Development Screening Questionnaire (KPSP). The results showed that the average difference in body weight after a baby massage was 9,020 grams and after the baby spa 10,580 grams were obtained with a p value of 0.002, while the average difference in body length after a baby massage was 74.90 cm and after the baby spa was 78.80 grams with a p value of 0.017 and the average development in the baby massage group was 8.95 lower than the baby spa group of 12.05, a p value of 0.121. The results of this study are expected to increase the knowledge of mothers about the importance of the Baby Spa to increase the growth (weight and length of the baby), while for the development of the baby can stimulate baby massage and baby spa. Keywords: baby spa; massage; growth ; development

IMPROVEMENT BASIC HEALTH SERVICES FOR DISASTER RENSponse PREPAREDNESS IN BANTEN

Putri Permatasari¹, Rafiah Maharani¹, Marina Setiawati¹
ppermatasari8@gmail.com

¹ Fakultas Ilmu Kesehatan, Program Studi S1 Kesehatan Masyarakat, Universitas Pembangunan Nasional Veteran Jakarta

Based on the history of disasters, Lebak Regency, Banten Province is one of the regions in Indonesia where massive earthquakes have occurred during the past year and 80 aftershocks have occurred with a

lower intensity. The Regional Disaster Management Agency (BPBD) continues to collect data in the Lebak Regency (BNPB, 2018). In the framework of accelerating rehabilitation and reconstruction in earthquake disaster preparedness in Lebak, Banten Province for the recovery of social and economic life of people in districts / cities and regions affected by disasters, through Presidential Instruction Number 5 of 2018 concerning the Acceleration of Rehabilitation and Reconstruction. The method used in this research is quantitative and qualitative mixed method. This research was conducted in Lebak, Banten Province in the working area of Puskesmas Cikulur. The scope of the implementation of the improvement Basic health services for disaster response preparedness is to emphasize on promotive and preventive efforts to keep doing curative and rehabilitative efforts. Overall result obtained is Public Satisfaction Index related to Primary Health Care of Cikulur 3.67 is satisfied. In earthquake preparedness response. Rehabilitation activities, according to this Inpres, are carried out through: 1. Improvement of the disaster environment; 2. Repairing public infrastructure and facilities; 3. Providing assistance for community home improvement; 4. Psychological social recovery; 5. Health services; 6. Social, economic and cultural recovery; 7. Restoration of security and order; 8. Restoration of government functions; and 9. Restoration of public service functions. Based on the above problems Lebak Regency must have a model of efforts to improve basic health services in the context of accelerating rehabilitation and reconstruction in disaster response preparedness. In earthquake preparedness response. The problems above Lebak Regency must have a model of efforts to improve basic health services in the context of accelerating rehabilitation and reconstruction in disaster response preparedness. Through the policy of Improve Basic Health Services is expected the Health Office can collect accurate data, can map health problems, get priority problems and priority problem solving and improvement of various health problems in the Province of Banten especially for Lebak. Acknowledgements : Dinas Kesehatan Provinsi Banten, Dinas Kesehatan Kabupaten Lebak, BPBD Provinsi Banten, Puskesmas Cikulur. Keywords : Improvement Basic Health Service, Rehabilitation, Rekonstruction, Banten

IMPLEMENTATION, MONITORING, AND EVALUATION OF COMPLEMENTARY FEEDING PROGRAM IN PUSKESMAS CIKULUR, LEBAK REGENCY

Muhammad Ikhsan Amar¹, Nanang Nasrullah¹
ikhsan90@upnvj.ac.id

¹Universitas Pembangunan Nasional Veteran Jakarta, Ilmu Gizi

Complementary feeding helps overcome nutritional problems and optimally supports the development of infants and children. This study aims to obtain information about the success of complementary feeding program management in the implementation function, monitoring function and evaluation function in the Puskesmas Cikulur, Lebak Regency. This research was conducted with a qualitative method in Puskesmas Cikulur. Data collection by in-depth interviews and document observation. the informants in this study were the person in charge of the nutrition program at the Puskesmas Cikulur and the head of the Public Health Center. The implementation of the complementary feeding program at the Puskesmas Cikulur has been good, especially the division of tasks because the tasks assigned by the person in charge of the activity are in accordance with their

respective abilities but the number of visitors or participation from the community has decreased. the monitoring process involves the Puskesmas in this case the Puskesmas head or a trusted person to conduct monitoring if the Puskesmas head is unable to come. the evaluation phase is carried out by the head of the Puskesmas then reported to the Lebak District Health Office as a responsibility report. It is recommended that related parties especially the Puskesmas determine the success indicators of the complementary feeding program and should refer to the Minister of Health's decision regarding the basic Puskesmas policy.

Keywords: Complementary Feeding, Implementation, Monitoring, Evaluation

EFFECTS OF JUMP ROPE TRAINING ON SPEED IN ELEMENTARY SCHOOL CHILDREN

Wardah Nisyah¹, Yani Sri²

¹Student of Physiotherapy Department, UPN Veteran Jakarta

²Physiotherapy Department, UPN Veteran Jakarta

Physical fitness related to performance, contains elements: balance, speed of movement, agility, and coordination. Speed is the ability to move from one place to another in the shortest time possible. Jump rope training is related to physical fitness. Jump Rope Training is a fitness program that is proven to have useful techniques and competitive advantages. The purpose of this study is to examine the effect of Jump Rope Training on increasing speed in elementary school students. This research method uses a quasi-experimental method with pre-test and post-test design without a control group. The sample was elementary school students, the sample was selected according to the criteria for exclusion. The number of samples was 59 students. Before the jump rope training intervention, a test was conducted to measure the speed, ie 20 m spint. Jump Rope Training is done for 5 weeks in elementary school. The results of statistical data processing and analysis obtained probability values obtained before and after the 0.025 treatment. And the results of these measurements indicate that $p < 0.05$, which means an increase in speed after being given Jump Rope Training. In conclusion, Jump Rope Training has an effect on increasing the speed of elementary school students.

Keywords: Jump Rope Training, Speed of student

THE DESCRIPTION OF BEHAVIOR AND ATTITUDE HOW TO PERINEUM WOUND CARE IN THE POSTPARTUM MOTHER AT CIMANGGIS MEDICAL CLINIC DEPOK 2018

Dieash Andini¹, Dwi Mutia Wenny²
dieash.andini5@gmail.com

¹ Akbid Tiara Bunda of First Author

² Universitas Pembangunan Nasional "Veteran" Jakarta

Postpartum infection is one of the main factors that influences the maternal mortality. The maternal mortality occurred by bleeding or sepsis as infection of the genital tract occurring at second bleeding after the labor. It happens as perineum area is not clean as it supposed to be. For example: it's not cleaned after going to lavatory. The goal of this study is to describe of the behavior and attitude in perineal wound care on postpartum mothers at Cimanggis Medical clinic. This

was a descriptive quantitative. Located in Cimanggis Medical Clinic Depok. The sample of this research consists of 76 respondents, used purposive sampling technique. This research instrument of questionnaires. used univariate analysis technique. The results showed that the majority of respondents turn age of 20-35 years old as many as 59 respondents (77,6%). Senior High School educated 50 respondents (62,0%), have a good behavior to cure perineal wound 40 respondents (52,6%) and are in positive attitude 46 respondents (60,5%). Postpartum mother at Cimanggis Medical Clinic have a good behavior and positive attitude to cure perineum wound