Program Book

2nd INSympoFest

1st – 3rd September 2017

Year 2017 Thème

Recognising Meaningfully the Future of Nurse

Organising Comittee

Faculty of Nursing, Universitas Indonesia
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WELCOME MESSAGE FROM THE DEAN
FACULTY OF NURSING UNIVERSITAS INDONESIA

Dear colleagues and INSympoFest participants,

On behalf of Faculty of Nursing Universitas Indonesia, I am pleased to welcome you to the 2nd International Nursing Student Symposium and Festival 2017. This event is especially created for undergraduate nursing students across Indonesia and beyond and continuously aimed to foster their research, scientific, and art works in nursing. We are also delighted that you are participating in this momentous event.

INSympoFest is one of personal development program for undergraduate nursing students. This program engages undergraduate nursing students from various backgrounds to promote knowledge sharing and recognize their value in both academic and non-academics areas. The theme of this program is “Recognising Meaningfully the Future of Nurse”, which is to encourage them to learn their meaning as future nurses and strive for the best. Students learn this meaning by gathering knowledge and experience from keynote speakers and by sharing research, innovation, speech, artworks, and culture.

We are fully aware that students should not only focus on the importance of academic merits, but we also highly support students’ talents, hence the various competitions are held in this event. We would like to stimulate students, as our future nurses, to unleash their potentials and to generously share them with the other students regardless of their backgrounds, regions, or nations.

This program is in line with the aim of Universitas Indonesia, particularly the Directorate of Research and Community Engagement (DRCE), to boost the exchange of scientific works by setting up forums covering all academia, including our undergraduate nursing students. Former to this symposium, we understand that our undergraduate nursing students’ final papers hardly get a place in the scientific meetings or publication and were only left on the library shelf. By a vast support from DRCE, we create a stage for it.
We hope that the ideas and contributions in forms of research, photos, cultural shows, and all creations here will be the lifetime inspiration. Kindly take advantage to network with our respectable speakers and nursing fellows in this opportunity. In the long run, we hope that all of us could maintain the spirit of striving and working hand-in-hand to make significant contributions for nursing and the world.

We thank all participants that have chosen the 2nd INSympoFest 2017 as platform to share their work. Especially thanks for program committee members for their contribution for making this program, a success, and for increasing the standing of this program from year to year.

Welcome to 2nd INSympoFest 2017!


Dean of Faculty of Nursing Universitas Indonesia
WELCOME MESSAGE FROM THE INSYMPOFEST CHAIRPERSON

Dear Nursing Colleagues,

It has been known that meaningful recognition is deemed to strengthen nurses especially in personal development. This notion should be heard by nurses since college time. Therefore, nursing school is recommended to sound the essential of meaningful recognition for their students in a particular way.

Since there are many nursing students who have earned great achievements in academic and non-academic areas, Faculty of Nursing Universitas Indonesia encourages nursing students to be recognised meaningfully for all their achievements. Thus, The 2nd International Nursing Student and Symposium (INsympofest) is being conducted. This event aims at engaging nursing students from various backgrounds to promote knowledge sharing and recognise their value in both academic and non-academic areas such as research, innovation, speech, artworks and culture. INSympoFest will encompass plenary talk, oral presentations in research and innovation, poster, video and photo exhibition, cultural performance, cultural field trip and cultural performance. Awards will be granted for the winners of the best presentation, media competition and cultural performance.

We hope students can take the given opportunities through participating in plenary talk, oral presentations in research and innovation, and competition such as video campaign, speech, poster, photography and cultural performance. That way they will gain valuable experiences which are very important for their future especially in cultural competence. Also, this event aims at engaging nursing students from various backgrounds to promote knowledge sharing and deeper understanding in cultural diversity in nursing.
It is a great pleasure and privilege to welcome you in this event. I believe this event provides a new experience for bachelor nursing students and other participants. Insympofest is conducted based on combination of scientific, artworks and cultural themes which produce a unique atmosphere. Importantly, nursing students can build broader networking through joining this event.

On behalf of the committee, I would like to express our gratitude for The Directorate Research and Community Service and Faculty of Nursing Universitas Indonesia to support us organize this event. I also would like to appreciate the great job of all the committees in arranging this event. It’s been totally an honour to work with you. Lastly, I genuinely wish you all the best luck for all participants and I hope you enjoy a new experience.

Ns. Chiyar Edison, SKep., MSc.
Chairperson of the 2nd INSympoFest 2017
# The 2nd INSympoFest 2017 Program Committee

**Advisor**
- Dra Junaiti Sahar, MAppSc, PhD
- Dessie Wanda, SKp, MN, PhD
- Titin Ungsianik, SKp, MBA

**Chair Person**
- Ns. Chiyar Edison, S.Kep., MSc.

**General Secretary**
- Ns. Agustin Indracyahani, MS.

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- Lailiyatul Munawaroh
- Galuh Septinilina
- Lita Mardiana
- Novida Ayu Lestari
- Syifa Asfiani

**Finance**
- Ns.___________________, S.Kep.

**Scientific**
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- Megasari Yanuar Wisudawati
- Yuniati Setianingsih
- Agustin Dwi Rachma Nisa
- Arvianty Shafira
- Yasmin Khoiriyah

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- Wita Septiana
- Luthfina Abbiya
- Vera Tantia
- Amalia Nur Aqmarini
- Tantri Melinda

**Speech Competition**
- Dina Mulisari
- Maria Yuliana
- Destin Kurniauwati
- Wiwi Yunengsih

**Photography**
- Tiara Salma Yanthy
- Nadya Rachmayani
- Lathifatul Awalin

**Poster Competition**
- Rike Triana
- Dyah Hermawati
- Nisa Maryati

**Cultural Performance**
- Widina Mathilda
- Nurul Fatimah
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Scientific Committee

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Faculty of Nursing Universitas Indonesia, Indonesia

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Amil Kusain Tan Jr., BSN, RN, MSN.
City University of New York, USA.

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University of Edinburgh, United Kingdom

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Ns. Denissa Faradita Aryani, S. Kep., MSc.
Faculty of Nursing Universitas Indonesia, Indonesia

Ns. Efa Apriyanti, S. Kep., MSc.
Faculty of Nursing Universitas Indonesia, Indonesia

Nizar Said, BSN, RN, MSN.
School of Nursing, Hong Kong Polytechnic University, Hong Kong

Ns. Sutrantri, S. Kep., MSc.
University of Edinburgh, United Kingdom
Keynote Speaker

Prof. Rozanno C. Locsin

International Nursing Professor
Institute of Biomedical Sciences
Tokushima University, Japan
Professor Emeritus
Christine E. Lynn College of Nursing
Florida Atlantic University, USA

Rozzano C. Locsin, RN; PhD, FAAN is the inaugural International Nursing Professor at the Institute of Biomedical Sciences, Tokushima University, in Tokushima, Japan, and Professor Emeritus at Florida Atlantic University, Christine E. Lynn College of Nursing in Boca Raton, Florida, USA. He holds Visiting Professorial positions at colleges of nursing in Thailand, Uganda, and the Philippines. As a theorist and scholar of caring in nursing, he authored the middlerange theory on Technological Competency as Caring in Nursing (webpage in facebook is https://www.facebook.com/RLIATTCCN?ref=aymt_homepage_panel). The book with the same title was published by Sigma Theta Tau International Press in 2005. It has been reprinted in the Philippines in 2007, and published in Japanese in 2009 and 2013. A third printing with updated data in Japanese is prepared for release in 2015. He has presented his theoretical works nationally and internationally and published in national and international key journals of nursing and technology. He has edited and co-authored three other books: Advancing Technology, Caring and Nursing in 2001 by Greenwood Publishing House, Technology and Nursing Practice in 2007 by PalgraveMacmillan, Co., and in April 2009, A Contemporary Nursing Practice: The (Un) Bearable Weight of Knowing in Nursing by Springer Publishing, Co. His multiple award as nurse scholar, researcher, and educator has been recognized by the Lifetime Achievement Award in Nursing Education from St. Paul University Philippines and St. Paul University Dumaguete, the Outstanding Sillimanian Award from Silliman University, and the J.V. Sotejo Medallion of Honor from the
University of the Philippines. In 2003 he received the prestigious Edith Moore Copeland Excellence in Creativity Award from Sigma Theta Tau International Honor Society of Nursing. In 2007-2008 he held the Lillian O. Slemp Endowed Chair in Nursing at the University of Texas-Pan American, in Edinburg, Texas, and in 2009, held the distinction of being the inaugural professorial recipient of the John F. Wymer, Jr., Distinguished Professor of Nursing at Florida Atlantic University in Boca Raton, Florida. Dr. Locsin has been a Fulbright Scholar to Uganda, a recipient of the Fulbright Alumni Initiative Award, and a Fulbright Senior Specialist in Global and Public Health and International Development until 2010. He is a member of the Philippine-American Academy of Science and Engineering (PAASE), and in 2006 was inducted Fellow of the American Academy of Nursing (FAAN).

Prof Locsin is renowned for his landmark contributions in the middle range theory on Technological Competency as Caring in Nursing. His theoretical works has been disseminated in numerous national and international key journals of nursing and technology. Currently, Prof Locsin is the inaugural International Nursing Professor at the Institute of Biomedical Sciences, Tokushima University, in Tokushima, Japan, and Professor Emeritus at Florida Atlantic University, Christine E. Lynn College of Nursing in Boca Raton, Florida, US. He holds Visiting Professorial positions at colleges of nursing in Thailand, Uganda, and the Philippines.

Prof Locsin’s research focuses on “life transitions” such as practices to meet the demands for technological competency and caring in nursing, complementary nursing care to relieve pain amongst postoperative patients, caring as arts and aesthetics, curriculum design and development, life experiences amongst elderly, and transitioning from life-threatening situations due to illnesses. In addition, he is the recipient of multiple honors and awards around the globe.
Keynote Speaker

Adjunct Professor Annette Solman
Chief Executive
Health Education & Training Institute (HETI)

Annette is the Chief Executive of the NSW Health Education and Training Institute. As the only statutory health authority in Australia to be a Higher Education Provider, the Institute provides clinical and non-clinical education and training for the more than 100 000 strong NSW Health workforce.

Initially trained as a registered nurse, Annette has had a rich and diverse career across many roles and functions in health. Immediately prior to joining the Institute, Annette was Executive Director responsible for Education and Training at the Sydney Children’s Hospitals Network (SCHN) where a major component of her work included development of the Strategic Plan for SCHN Education and Implementation and designed the inter-professional model of education delivery.
# Technical Program

## DAY 1

**Date:** 1st September 2017 (Sunday)
**Venue:** Faculty of Nursing, Universitas Indonesia

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| 9:00 – 10:00| • Welcoming speech from the Dean of FoN UI, INSympoFest Chairperson, and Student Director UI  
              • *Welcome dance by Batari Chandra*                                      |
| 10:00-10:30 | Coffee break                                                         |
| 10:30-11:30 | *Speech Competition Round 1*                                          |
| 11:30-12:30 | Lunch Break                                                          |
| 12:30-14:30 | *Cultural Performance Competition*                                    |
| 14:30-15:00 | *Video Competition*                                                  |
# Technical Program

## DAY 2

**Date:** 2\textsuperscript{nd} September 2017 (Monday)  
**Venue:** Faculty of Nursing, Universitas Indonesia

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| 09:00-10:00 | - Sharing Session 1  
- Panel Discussion                           |
| 10:00-10:30 | Coffee break                                      |
| 10:30-11:30 | - Sharing Session 2  
- Panel Discussion                           |
| 11:30-13:00 | Lunch Break                                       |
| 13:00-13:30 | Speech Competition Round 2 (Final)                |
## Technical Program

**DAY 3**

**Date:** 3\(^{rd}\) September 2017 (Tuesday)  
**Venue:** Le Meredian Hotel

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<td>07:30-08:30</td>
<td>Registration</td>
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| 08:30-09:15 | - Opening Ceremony with BINC  
- Opening remarks  
- Welcome dance |
| 09:00-11:00 | **Keynote speaker BINC**  
“global approaches for nursing development”  
Speaker: **Prof. Rozzano C Locsin, RN, PhD, FAAN** |
| 09:45-10:15 | Coffee break                                                           |
| 10:15-11:00 | **Plenary talk**  
“Building a culture of interprofessional collaboration in education, research dan clinical practice”  
Speaker: **Adjunct Prof. Annette Solman**  
Moderator: **Ns. Efa, S.Kep., MSc** |
| 11:00-12:00 | Oral Presentation  
(Concurrent session) |
| 12:00-13:00 | Lunch Break                                                            |
| 13:00-15:00 | Oral Presentation  
(Concurrent session) |
| 15:15-15:45 | Coffee break                                                           |
| 15:45-17:00 | Awarding Ceremony & Closing |

[insympofest.ui.ac.id]
Learning style preferences ‘y’ generation among undergraduate health program students

Mohd Adli Salahuddin (Mohd Adli, S)A Mohd Said Nurumal (Mohd Said, N)B
ABachelor of Nursing (Hons), International Islamic University Malaysia Kulliyyah (Faculty) of Nursing,
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Abstract:
Learning style is very helpful in providing students a successful learning experience. It has been identified that undergraduate program students in International Islamic University Malaysia (IIUM), Kuantan have different learning style needs. Therefore, to know the learning style preferences „Y” generation among undergraduate health program students is important to improve the teaching and learning methods. Objectives: To determine the learning style preferences of „Y” generation among undergraduate health program students and to identify relationship between demographic data and learning style. Methods: Learning style of „Y” generation among undergraduate health program students in IIUM Kuantan were evaluated using Honey and Mumford Learning Style Questionnaire (LSQ). The data was analyzed using SPSS 22.0. The result was analyzed and shown using statistic descriptive and chi-square test. Result: Most students preferred a reflector learning style (66.2%) followed by activist (12.6%), theorist (11.2%) and pragmatist (10.2%). Another result tested by chi-square test showed that, there was no statistically significant relationship between demographic variable (gender, program, financial assistant and academic year). Conclusion: In conclusion, reflector was the highest preferred learning style in „Y” generation among undergraduate health program students due to the number of Asian and Malay ethnicity of students in IIUM, Kuantan. It is better for educator to incorporate the different teaching methods or activities of teaching learning to achieve the variety of learning style

Keyword: learning style, „Y” generation, undergraduate, health program
Portable neck supporter

Nutthawadee Banlau, Chonnipa Wannapop, Sirikan Thawantanakorn, Warangkana Singthong
Kanita Duangrat, Tayida Riabpuang, Patcharatpit Yossuck, Nan Aye Aye Aung Thant
Third-year nursing students, International Program Academic Year 2016
Faculty of Nursing, Chiang Mai University

Abstract: Objective:
To support the tiredness of the neck and back and reduce musculoskeletal discomfort due to prolong sitting on the chair without neck support within the price that everybody can effort.

Methods: Survey, gather the problem among sample populations. Fabricate the portable neck supporter.
Check Evaluate the satisfaction of the portable neck supporter from the sample population that included 20 nursing student. Act Gather the information and evaluate the satisfaction of the portable neck supporter used for analyze information, conclusion and find out the weak point to develop the innovations.

Results: After the target population used the portable neck supporter, 80% of the target population reported that it supported the tiredness of the neck, back and provide the headrest also reduced musculoskeletal discomfort due to prolong sitting in a chair without neck support and another 20% of target population is reported not much support.

Conclusions: This innovation project built an affordable portable neck supporter that everyone can use but there are still some limitations such as it does not work with a plastic chair with soft plate/stool chair type/wheelchair/super soft sofa /chair without back support and the height of the target group cannot be more than 170 or less than 150 cm. The evaluation results are show that the most of target population was satisfied with it.

Keyword:
Knowledge of Clinical Nurses Regarding Post Exposure Prophylaxis for Occupational HIV Exposure

Myat Su Thin
University of Nursing, Yangon,
E-mail: myatsuthin9@gmail.com

Abstract: Background:
Health care personnel, especially nurses are at risk for occupational exposure to many pathogens. Exposure usually occurs through needle stick injury or cut from sharp instruments. According to the United States report, the major cases of HIV exposure among HCWs are needle stick injuries.

Objective: Objective of this study was to determine the clinical nurses’ knowledge regarding post exposure prophylaxis (PEP) for occupational HIV exposure.

Methods: Non experimental descriptive study design was used in this study.

Keywords: Clinical nurses, Occupational HIV exposure, Post exposure prophylaxis
Physical discomfort and level of spirituality in diabetics with diabetic ulcer

Filia Nocta Fabiona¹, Tuti Nuraini²*

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²Lecturer, Fundamental of Nursing and Basic Nursing Department, Nursing Faculty, Universitas Indonesia, Jl. Prof. Dr. Bahder Djohan, Depok, Jawa Barat- 16424

E-mail: filifite@gmail.com
*Co-author, e-mail: tutinfik@gmail.com

Abstract:
Diabetic ulcer is a common complication of diabetes mellitus. Diabetic ulcer may causes discomfort, one of them is physical discomfort (pain, degree of wound, immobilization, odor and exudate). Spirituality had an important role in improving the quality of life. This study aimed to identify the relationship between form of physical discomfort and level of spirituality on diabetics with diabetic ulcer in nursing homecare. This research used cross-sectional method by involving 81 homecare patients that had been selected by consecutive sampling technique. The data was collected by using VAS (Visual Analogue Scale), Wagner scale, and Spiritual Involvement and Belief Scale Revised Version (SIBS-R) as the instruments. This research showed that there was a correlation between form of physical discomfort and level of spirituality on diabetics in nursing homecare (p pain= 0,000; p degree of wound= 0,000; p immobilization= 0,005; p odor and exudate= 0,015; α= 0,05). Nurses’ role is important to reduce physical discomfort in order to increase the spirituality level of patients.

Keywords: diabetic ulcer, form of physical discomfort, level of spirituality
Positive thinking exercise to reduce powerlessness in individual with diabetes mellitus

Devi Sahputra¹, Herni Susanti²
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2Department of Mental Nursing, Faculty of Nursing, University Indonesia, FIK UI Depok, 16424, Indonesia
E-mail: depi.scouting@yahoo.com

Abstract

Introduction: Individuals with diabetes mellitus can lead to psychosocial issue such as powerlessness. The powerlessness experienced by patients includes a feeling of losing control and a meaningless life which lessen the ability to think positively. Unresolved powerlessness can worsen the condition of the patient’s physical illness.

Objective: This case study aimed to report an analysis of nursing process on a 70-year-old patient, suffered from diabetes mellitus for 20 years with wound complication stage 4, and developed signs and symptoms of powerlessness. The patient expressed feeling of weakness, inability to perform activities of daily living, a decline in mobility, and relied more on his children and grandchildren. The patient looked less cooperative in seeking treatment for his illness, dejected and gloomy, avoided eye contact, looked lethargic, and talked slowly.

Methods: the patient was treated for 5 days, wherein powerlessness was measured using powerlessness assessment tool (PAT) for adult.

Results: The given intervention involved positive thinking and affirmation exercises. The result showed that the patient’s powerlessness score had decreased significantly from 53 to 28.

Conclusion: The case study recommends the application of positive thinking exercises as therapy in treating Diabetes Mellitus patients with powerlessness.

Keywords: Diabetes mellitus; Powerlessness, Psychosocial, Powerlessness Assessment Tool (PAT) for adult.
Sleep hygiene practice and quality of sleep of junior high school students

Wige Indah Pratiwi1,2*, Kuntarti2
1Faculty of Nursing, Indonesia University, Depok, West Java, 16424, Indonesia
2Department of Basic Nursing, Faculty of Nursing, Indonesia University, Kampus FIK UI -16424, Indonesia
*Email: wige.indah@ui.ac.id

Abstract
Objective: Adolescents tend to have poor sleep quality, so it’s affect to the physical, psychological, cognitive and social conditions of teenagers. The sleep hygiene practices have been studied can improve sleep quality. The purpose of this study is to determine the relationship between sleep hygiene practices and sleep quality in junior high school’s students.
Methods: The sleep hygiene practices were measured by Sleep Hygiene Index (SHI) and sleep quality by the Pittsburgh Sleep Quality Index (PSQI) questionnaire. The design of this study was descriptive correlation with cross sectional approach that has involved 124 students which were selected by cluster random sampling.
Result: The result of this study analyzed by Spearman’s correlation test showed that there was significant correlation between the sleep hygiene practices and sleep quality in junior high school’s students (p=0,0005). The worse sleep hygiene practice, the worse the quality of sleep (r=0,362).
Conclusion: Nurses should provide counseling about good sleep hygiene practices to students, parents, or schools in an effort to improve teenagers’ sleep quality.
Keywords: adolescents, sleep hygiene practices, sleep quality, junior high school’s students
Abstract

Objective: Patients that suffering End Stage Renal Disease (ESRD) have to adhere on dialysis therapy management. That management consists of hemodialysis attendance, prescribed medications, fluid restrictions, and dietary intake. Non adherence to these management can increase the morbidity and mortality rate that will indirectly affect quality of life. This study was to identify the adherence of dialysis therapy management on hemodialysis patient.

Methods: This study used cross sectional study design, involved 57 hemodialysis patients selected using purposive sampling technique at major governmental hospitals in Jakarta city. Clinical measures and a valid, reliable End Stage Renal Disease – Adherence Questionnaire (ESRD-AQ) were used to assess adherence of patients (hemodialysis attendance, prescribed medications, fluid restrictions, and dietary intake).

Results: The result showed that the proportion of respondents who adhere to dialysis therapy management is 29 respondents or 50,9%. In addition, the prevalence of hemodialysis patients’ adherence to hemodialysis attendance, prescribed medications, fluid restrictions, and dietary intake were 50,9%, 56,1%, 61,4%, and 73,7%.

Conclusion: That the adherence patient in dialysis therapy management has a good quality of life. Therefore, it is recommended to develop nursing interventions to maintain and improve patient compliance in order to improve the quality of life.

Keywords: adherence of dialysis therapy management, end stage renal disease, hemodialysis, quality of life.
The correlation between knowledge level and the practice of ergonomic working position

Hilda Fauziyyah¹,*, Tri Widyastuti Handayani²
1. Faculty of Nursing, University of Indonesia, Depok 16424, Indonesia
2. Community Nursing, Faculty of Nursing University of Indonesia, Depok 16424, Indonesia
*E-mail: hilda.fauziyyah@ui.ac.id

Abstract
Objective: The high number of workers affected the emergence of health problems due to work. Work-related musculoskeletal disorder is one of the occupational diseases caused by the absence of ergonomic position. Ergonomic behavior is shaped based on workers` knowledge of ergonomic positions. Current conditions showed that many workers do not apply ergonomic positions while working so they are at risk of experiencing work-related musculoskeletal disorders. The aim of study was to determine the correlation of knowledge level with practice of ergonomic working position.

Methods: This study used descriptive correlative design with cross sectional approach. This study used simple random sampling technique with sample size was 150 workers.

Results: There is a significant correlation between knowledge with the application of ergonomic working position (pvalue <0,05). The results showed a strongly patterned positive relationship (R = 0.658).

Conclusion: The results of this study recommend that promotive efforts should be made to improve workers' knowledge of ergonomic positions.

Keywords: Ergonomic Position; Knowledge of Ergonomic; Worker
The relationship between spiritual well-being and hallucination in patients with schizophrenia in mental health hospital

Muhammad Fadly1, Budi Anna Keliat2*
1. Nursing Science Study in Faculty of Nursing, Universitas Indonesia, Depok 16424, Indonesia
2. Professor in Department of Mental Health Nursing, Faculty of Nursing, Universitas Indonesia, Depok 16424, Indonesia
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Abstract:
Hallucination is one of the most positive symptoms of schizophrenia. The spiritual nursing intervention for patient with hallucination has not become the standard of nursing care in mental hospital. The spiritual well-being of the hallucinatory patients has never been measured and examined. This study aimed to identify the relationship between spiritual well-being and hallucinatory symptoms in patients with schizophrenia. The design of study was cross-sectional. The samples were 90 patients selected through total sampling method. This study employed The Spiritual Well-Being Scale (SWBS) and instrument of Hallucination Symptoms Measurement. Spearman correlation was used to analyze the data. The result suggested that there was a significant correlation between spiritual well-being and hallucination (p value <0.05) in which the higher level of spiritual well-being would have lower symptoms of hallucinations. Improvement of spiritual well-being is recommended to be applied in provision of nursing care for individual with hallucination.

Keyword: hallucination; schizophrenia; spiritual well-being
Eating behavior, sleep quality, and body mass index of high school student

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Abstract
Objective: Body mass index (BMI) is indicator of nutritional status that was measured easily. Adolescent are high risk person to have poor eating behaviour and worse quality of sleep that will affect to their nutritional statuses. The purpose of the study was to determine the relationship eating behavior and sleep quality to BMI of adolescent.
Methods: This study employed a descriptive correlation design with cross sectional approach. The sample of this study were 177 students from high school in Pancoran Mas, Depok who were selected using multistages cluster sampling. Data were analyzed by Spearman correlation test.
Results: The results showed that there was significant relationship between eating behaviour and BMI of adolescent (p=<0,001; r=0,328), and there was no relationship between sleep quality and BMI (p=0,113).
Conclusion: This study suggest to give information about eating behaviour, sleep quality, and BMI should be provided to the adolescent for improved their health status.
Keywords: body mass index, Eating Attitudes Test – 26, eating behaviour, Pittsburg Quality of Sleep Index, sleep quality
The effect of therapeutic patient education (TPE) program toward self-care improvement on hemodialysis patient

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Abstract

Objective: Hemodialysis (HD) is a complex management that may raise problems such as fluid and electrolyte imbalances, malnutrition and sepsis. Increased in self-care is required to improve the balance of fluid status, medication regimen adherence and HD outcomes psychologically. Self-care can be improved using Therapeutic Patient Education (TPE), the TPE is an educational method consisting of motivation and educational provision accords to patient needs. This case study aimed to analyze the effectiveness of TPE to enhance self-care on HD patient.

Methods: the study is a case report of an HD patient with the lack of self-care. The patient’s self-care was assessed using Self-care Agency Scale (SCAS). After that, we performed 5 session TPE program consisting assessment, motivation session, increasing awareness, education and training session, evaluation. The program’s material was adjusted with patient’s need based on SCAS screening results. The indicators of increased self-care were increased knowledge, SCAS score and Interdialytic weight gain (IDWG).

Results: The results showed that the TPE increased the SCAS scores by 26% of the total score (50). Clinically patients showed an improvement in IDWG within a desirable limit 3% -5% of the patient’s dry weight. The patient also showed increased of knowledge in each education topic.

Conclusion: This showed that TPE was an effective method to increase self-care of the patient. Nurses need to improve the self-care abilities of ESRD patients on HD to enhance adherence and the ability of patients to evaluate their condition, as well as patients psychosocial in order to increase their HD outcome.

Keywords: ESRD, Hemodialysis, IDWG, Indonesia, Nursing Care, Self-care, Therapeutic Patient Education
Characteristic and HIV knowledge level to undergraduate students of regular bachelor degree program faculty of nursing universitas indonesia

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Abstract:
HIV is still one of the phenomena that cannot be underestimated by world including Indonesia. The problem of HIV encountered cannot be separated from the role of health workers in Indonesia, especially nurse. Nursing student as future nurses are obliged to have a good knowledge about HIV in order to provide maximum health care. Analytical descriptive research with cross-sectional approach using Chi-square test is aimed to know the relationship between student characteristics and knowledge level about HIV. The number of sample in this study was 142 regular HIV Knowledge Questionnaire 18 (HIV-KQ 18) to determine the knowledge about HIV. The result indicate that there is a significant relationship between year of nursing program and information obtained with the knowledge level (p = 0.000; 0.000; \( \alpha = 0.05 \)) and there is no significant relationship between the ethnicity with the student’s level of knowledge (p = 0.505; \( \alpha = 0.05 \)). Recommended for educational institutions in order to provide early education on HIV.

Keywords: Characteristic, HIV, knowledge level, nursing student
Anxiety level and academic procrastination among clinical nursing students, faculty of nursing, universitas indonesia

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Abstract
Objective: anxiety is an uncertain feeling arising from fears characterized by feelings of uncertainty, helplessness and isolation. When students experience anxiety, they reduce it by avoiding behavior, one of which is by procrastination. This study aims to see the relationship of anxiety level and academic procrastination in clinical nursing students of Faculty of Nursing Universitas Indonesia.
Methods: this study used a cross-sectional design with 116 clinical nursing students were involved with a total sampling method. Bivariate analysis of anxiety level and academic procrastination used Pearson Chi Square test with 95% confident interval.
Results: the result of the research indicates that there was significant relationship between anxiety level and academic procrastination of clinical nursing students (p: 0.003).
Conclusion: the results indicates that the level of anxiety in clinical nursing students determined academic procrastination behaviors.
Keywords: academic procrastination, anxiety, nursing students
Factors affecting antiretroviral therapy adherence in people living with hiv in the hospital of kaimana district of papua barat

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Abstract:
Adherence is crucial concern for people undertaking antiretroviral regimen. A high adherence to antiretroviral treatment may lower the risk of drug retention, morbidity, or even mortality rate. This study aimed to identify factors affecting adherence of people living with HIV AIDS to antiretroviral therapy in Kaimana hospital. The study design was descriptive correlational with cross sectional approach. Consecutive sampling was applied in this study with total sample of 81 respondents. The data were analyzed by using chi square analysis and multivariate analysis with logistic regression. The result suggested a low adherence to the regimen by majority of respondents (74.1%). The most significant factors affecting the adherence were knowledge on HIV (OR 10.748, p = 0.001), time since diagnosed with HIV (OR 0.173, p = 0.018), alcohol consumption 1-2 glasses/day (OR 0.184, p = 0.033), alcohol consumption more than 2 glasses/day (OR 0.077, p = 0.027), alcohol consumption 0-1 glass/day (p = 0.040). Conclusion: the better knowledge of people with HIV AIDS on their own condition, the higher their adherence to ART therapy would be; the higher alcohol consumption and longer time since HIV, the lower their adherence to the regimen would be. The study result was suggested for improvement in providing antiretroviral regimen with increase knowledge of people living with HIV AIDS on their own condition.

Keywords: ART adherence, knowledge on HIV, time since HIV, alcohol.
The relationship between academic stress level with emotional intelligence in regular students of faculty of nursing whom living independently without their parents

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Abstract:
Academic stress is a problem that always happens towards college students. Living independently without their parents is one of the sources of academic stress. Academic stress can influence to individual's emotional intelligence. The aim of this research is to understand relations between academic stress with emotional intelligence in regular students of Faculty Nursing that living independently without their parents. Academic stress is being identified using Student-life Stress Inventory while emotional intelligence is measured using The Assessing Emotional Scale. This research design used cross-sectional with total respondents 159 individuals. The result of this research stated that about 63,5% of college students suffered light academic stress while 50,9% possess good emotional intelligence. Correlation test showed there are relations between academic stress levels with emotional intelligence in college students who lived independently without their parents. This research tries to help the development of the nursing profession in stress and emotional management on regular students of Faculty of Nursing that lived independently without their parents.

Keywords: emotional intelligence, college student, academic stress, lived independently without their parents.
Abstract
Objective: Stress is a term that is often perceived by humans in daily life. The response of stress depends on stress management itself or called coping, such as watching anime. The aim of this research was to identify self-concept of FIK UI students who watch anime and to seek the correlation of those variables.
Method: This research used cross sectional design to 129 respondents. Self-concept was measured using Robson's Self-Concept questionnaire.
Result: The results showed that 76.7% of students who watch anime have a negative self-concept.
Conclusion: Correlation test used chi square showed that there is no correlation between watching anime and self concept. The results will beneficial to health promotion about self-concept at Faculty of Nursing Universitas Indonesia.
Keywords: Anime, Self-Concept, Coping, College Student
Knowledge of glycemic index and diabetes mellitus patients diet

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Abstract:
White rice is the Indonesians staple food which has a high glycemic index. This is contrary to the diabetes mellitus dietary recommendations of eating a low glycemic index food. Therefore, it is necessary to understand glycemic index knowledge for diabetes mellitus patients. This study applied a correlation analysis method with a cross-sectional using a cluster random sampling technique. One hundred six subjects were selected from eleven sub-districts in Depok City. The data were analyzed using a chi square test. The result showed that there was no correlation between knowledge of glycemic index and diabetes mellitus patients diet (p = 0.082, α = 0.05). Beside the knowledge, many factors affect the diet. However, information on the glycemic index and diabetes mellitus diet remains important and needs to be delivered for diabetic patients.

Keywords: Diabetes mellitus, diet, glycemic index.
The relationship between social support and depression level among high school adolescents in north putussibau

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Abstract:
Depression that goes undetected for a long period of time may cause serious problems for adolescents, such as suicide. Stress that leads to depression is commonly associated with interpersonal relation with their closest people. Moreover, social support provided from their closest people is a protective factor which may mitigate depression in adolescents. This study aimed to identify relationship between social support and depression level among high school students in North Putussibau District, West Kalimantan, Indonesia, 724 respondents were selected by total sampling method. CASSS and PHQ-9 were employed as the instruments. Data were analyzed by Spearman Correlation. The findings suggest that there was a significant correlation between social support and level of depression among adolescents with negative direction of relationship. The higher social support which adolescents received, the lower their depression level would be. Authors recommend to improve social support and conduct courses of stress management in order to minimize stress in adolescence.

Keywords: social support, depression, High School adolescent
The relationship between knowledge of aphasia, social support, and stress in family of stroke patient with aphasia

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Abstract:
Stress due to communication difficulties is affecting both stroke patient with aphasia and family member who takes on caregiver role. The stress may be affected by family’s knowledge about aphasia and social support. This study aimed to identify relationship between family's level of knowledge about aphasia, social support, and stress level in family of stroke patient with aphasia. The study design was cross-sectional with total sample of 79 families of stroke patients with aphasia in two hospitals in Bukittinggi. Questionnaire of aphasia, The Medical Outcome Study Social Support Survey and Perceived Stress Scale were employed in this study. This study results indicated that there was a significant correlation between family's level of knowledge about aphasia and stress level (p=0.006) and there was no significant correlation between social support and family’s level of stress (p=0.883). This study suggested the significance of stress assessment for family of stroke patient with aphasia and improving family's knowledge about aphasia in order to cope with the stress perceived.

Key words: knowledge, social support, stress, stroke, aphasia
Disability grade with quality of social relationships people affected by leprosy in donorojo leprosy rehabilitation village

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Abstract:
Disability may affect the quality of life which is the perception of the individual satisfaction to various aspect of life like activities, work, school, social relationships, and marriage. Social relationships become one of domain the quality of life that consisted in personal relationships, social support, and sexual activity aspects. Therefore it is necessary to know correlation between the grades of disability with social relationships. A cross-sectional study involving 89 people affected by leprosy who lived in Donorojo leprosy rehabilitation village, showed 77.5% had disability grade 2 and the average of social relationships is 69.72 from 100. There is a correlation between the grade of disability and social relationships domain (p= 0.032). The limitation of interaction and social participation are increased as the increasing of disability grade. Provision of facilities and assistance from Donorojo Leprosy Rehabilitation Unit is expected to improve the quality of life in people affected by leprosy.

Keywords: leprosy, disability grade, quality of life, social relationships, people affected by leprosy
Descriptive study of burden family with inpatient stroke at rsud budhi asih dki jakarta

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Abstract
Objective: Stroke disability affects dependent care for their family. Patient dependence causes caregiver burdens with consist of physical burden, psychological, and economic. The study aimed to describe burden of family caregiver when caring their relatives in the hospital.
Methods: The study used cross-sectional study with purposive sampling method at RSUD Budhi Asih, DKI Jakarta. The Zarit Burden Inventory, Barthel Index, Glasgow Coma Scale, and demography of family used to describe characteristics of patient and family.
Results: The results showed patient characteristics with dominantly male (80.8%), totally dependent (65.4%), and consciousness level of GCS (mean=14.15). Caregiver characteristics are dominantly female caregiver (84.6%), spouse (61.5%), and > 12 hours/day duration for caring (57.7%). Respondent describes caregiver burden in hospital which little/no burden (42.3%), mild burden (34.6%), and moderate burden (23.1%).
Conclusion: Caregiver burden of stroke patient described no burden to moderate burden during inpatient at hospital. Therefore, researcher suggests the application of nursing interventions, such as providing education and involving families in the care of patients.
Keywords: burden; family; stroke patient
Health behaviors in family members of cancer patients

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Abstract
Objective: This study aims to determine the description of health behaviors of family members of cancer patients.
Methods: This cross-sectional study was conducted with 100 respondents aged 18-75 years in RSPAD Gatot Soebroto: Surgical Clinic through consecutive sampling technique. Data collection using questionnaire data characteristic and Survey of Health Behavior: Family member.
Results: The results of univariate analysis showed an increase in dietary behavior, decreased activity of moderate intensity physical activity, and good smoking cessation behavior.
Conclusion: Family members have a good overview of dietary behavior and smoking cessation behavior. However, it was not significant enough to decrease the physical activities behaviors of family members of cancer patients after being diagnosed with cancer.
Keywords: Cancer, health behavior, physical activity behavior, healthy diet behavior, smoking behavior
Psychological discomfort: stress on diabe coping strategy and its correlation with tic ulcers patients at diabetic wound care house (rumat)

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Abstract:
Diabetic ulcer is one of the complications that occurs among diabetic patients. It caused physical discomfort and also psychological discomfort: stress. This study aimed to identify correlation between coping strategy and stress on diabetic ulcer patients in RUMAT Wound Care. This research was quantitative with cross-sectional design, using purposive sampling with 93 respondents. Total of 93 diabetic ulcer patients were interviewed using Brief COPE to measure coping strategies and Perceived Stress Scale to measure stress, then analyzed by independent t-test. Results of this study found that there were significant correlation between emotion-focused coping and stress (p: 0,003, α: 0,05) while there were no correlation between problem-focused coping and stress (p: 0,996, α: 0,05). This study recommended further research on psychological aspects of diabetic ulcer patients.

Keywords: Coping strategies, diabetic ulcer, stress
Descriptive study about ventilator associated pneumonia (VAP) among patient of dr. Soedono general hospital madiun’s intensive care units (icus) the month of may 2016 until april 2017

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Abstract
Objective: Ventilator associated-pneumonia (VAP) is defined as pneumonia that occured in patient with mechanical ventilation used tracheostomy or endotracheal intubation more than 2 days treatment. VAP is the most common infection in intensive care units (ICUs) and cause of mortality, major morbidity, and increased financial burden.

Methods: This retrospective study with cross-sectional approach aimed to explain the VAP incidence of patient in ICU RSUD dr. Soedono Madiun in periode May 2016 until April 2017.

Results: The result of this study indicated that the most of patients that developed VAP was median age adult (45,2%) male (52,4%) late onset VAP (66,7%). The comorbidity score was low (81,0%) and the most common was cerebrovascular injury (35,7%). The negative gram bacteria was the most common microorganism (88,1%).

Conclusion: The VAP incidence was high, because of the patient’s length of stay, clinician’s submission of hand hygiene, standard operational procedure of VAP bundle care still unfixed, and staff mutation. So important to arranged effective standard operational procedure of VAP bundle care and appropriate documentation of VAP incidence used CPIS until VAP incidence report was right.

Keywords: VAP bundle; VAP incidence; ventilator associated-pneumonia
Pranayama breathing exercise as a nursing intervention to reduce blood pressure in family with hypertension

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Abstract
Objective: Adult aggregate in urban areas is at risk of developing hypertension. This study aimed to determine the effectiveness of pranayama breathing exercises as a form application of relaxation techniques to reduce blood pressure in the family of Mr. S.
Methods: This exercise consist of full yogic breath (dhiirga swasam), respiratory breath (ujjayi), strong blowing breath (kapalabhati), alternate nasal breathing (anuloma viloma), and tooth breathing (sitkari) which was done in Mrs. S as an adult with hypertension in the family for 1-2 times a week with the nurse with a duration of 25 minutes in every season.
Results: There is a decrease in blood pressure in Mrs. S from 200/120 mmHg on May 2, 2017 to 170/90 mmHg On June 7, 2017.
Conclusion: The results of this study implies that pranayama breathing exercise 1-2 times a week can be applied as one of the interventions to treat hypertension in the family.
Keywords: adult; hypertensin; pranayama breathing exercise
Abstract
Objective: Nursing students who takes clinical practice have an academic stress with various levels. Student’s performance could be affected by stress impact. The purpose of this study is to find the influence of academic stress to clinical performance of Faculty of Nursing students batch 2014 at University of Indonesia which shown at Clinical Practice I.
Methods: The study design was a descriptive corelational with the approach of cross sectional. The 109 students who fits the inclusion criteria become sample of this study. The instrument that used in this study are characteristics of respondents, academic stress inventory, and students clinical performance analysis.
Results: Students mostly having an average stress with a good performance.
Conclusion: Chi-square result shows that there was no relationship between academic stress and students clinical performance (p>0.05). Suggestion for this research is the students can be focused to social support system in order to decrease the stress and increase the student performance.
Keywords: Academic Stress; Clinical practice performance; Clinical Practice I
Chemotherapy knowledge level with patient compliance who’s undergoing chemotherapy treatment

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Abstract:
Chemotherapy is one of the treatment for cancer. However, patient adherence rates for chemotherapy in developing countries are low. Low adherence rate may be due to knowledge factor. This analytical descriptive research was using cross-sectional approach. The aim of this study was to know the relationship between chemotherapy knowledge level with patient adherence who’s undergoing chemotherapy treatment. 66 cancer patients were selected using purposive sampling. Leuven questionnaire on patient knowledge on chemotherapy was used to identify the respondents' knowledge of chemotherapy, and the adherence measurement form was used to identify the adherence of respondents. The results of this study indicated that there was no significant relationship between knowledge level and adherence (p = 0.422; α = 0.05). The conclusion is there are another factors that contribute to affect patient adherence who’s undergoing chemotherapy treatment so that future research about it is really needed.

Keywords: adherence; cancer; chemotherapy; hospital; knowledge
Abstract

Background: Stroke is the main cause of long term disability in the world. Disability could affect patient’s psychological aspect, including their self concept. **Objective:** to find the relationship between physical disability and self concept of stroke patient.

Method: 25 respondents from RSUD Budhi Asih that meets inclusion criteria are selected by doing total sampling. The respondents are assessed with Barthel Index and Robson self Concept Questionnaire.

Result: The majority of stroke patients are having negative self concept, but there is no relationship between physical disability and self concept (p=0.142).

Analysis: This study shows that the majority of stroke patients will have negative self concept regardless their severity of physical disability.

Conclusion: the quality nursing treatment for stroke patients must be increased not only focusing on their physical or biological but also psychological aspect.

**Keywords:** Physical disability, self-concept, stroke
Correlation between knowledge level and preventive behaviour of HIV/AIDS transmission among men who have sex with men (MSM) in depok city

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Abstract:
Knowledge is one of the important factors that influence the preventive behavior of HIV / AIDS transmission. This study aimed to analyze the correlation between knowledge level and preventive behavior of HIV / AIDS among men who have sex with men (MSM). The research design used cross sectional, involved 111 respondents whom selected by purposive sampling. The instrument used the HIV-KQ-18 questionnaire and the Safer Sex Behavior Questionnaire (SSBQ). The result showed that there was a significant correlation between the level of knowledge with the preventive behavior of HIV / AIDS (r = 0.208, p-value = 0.027) among MSM in Depok City. This study suggests that other healthcare providers especially nurses can contribute to provide the education about preventive behaviour of HIV/AIDS transmission among MSM and collaborate with non-goverment organizations and school (Senior High School) as the main enabling factors to provide sex education.

Keywords: Knowledge level, MSM, preventive behavior of HIV / AIDS transmission
Comparison of clean and healthy living behaviour (CHLB) of islamic boarding school (IBS) student with IBS health post and without ibs health post

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Abstract:
Objective: This study aims to compare knowledge, attitude, and behaviour toward Clean and Healthy Living Behaviour (CHLB) in Islamic Boarding School (IBS) student using eight indicators from Ministry of Health in relation to the availability of health post in Bogor, West Java, Indonesia.
Methods: This study used comparative descriptive method with stratified random sampling technique. About 138 students participated in this study.
Results: The result of this study shows that there are no difference in knowledge (p=0.137; α=0.05), but there are differences in attitude (p=0.007; α=0.05) and behavior (p=0.000; α=0.05) toward CHLB in Islamic Boarding School (IBS) student with IBS health post and without IBS health post.
Conclusion: The result of data analysis can be used for IBS to increase performance of IBS Health Post and later work together with the community health center to do health promotion.
Keywords: attitude, behaviour, clean and healthy living behaviour, islamic boarding school health post, knowledge, student
Progressive muscle relaxation and deep breathing to control hypertension in patient with chronic kidney failure

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Abstract:
Objective: Patients with chronic kidney failure are susceptible to stress and anxiety due to hospitalization and subsequent life changes. These conditions contribute in increasing blood pressure. The high blood pressure on patient with CKD can cause morbidity and mortality such as cardiovascular and cerebrovascular disease. Previous research had demonstrated the use of progressive muscle relaxation and deep breathing techniques were effective to reduce blood pressure. The purpose of this study was to identify the effectiveness of combination of progressive muscle and deep breathing relaxation in patients with chronic kidney failure to control blood pressure by reducing stress and anxiety levels.

Methods: This case-control study was conducted in the ward of internal medicine at Dr Cipto Mangunkusumo Hospital. The subjects in this study were selected with purposive sampling technique (n=2). One patient as a case patient performed progressive muscle relaxation and deep breathing for 7 days. The blood pressure was assessed by aneroid sphygmomanometer and DASS 21 questionnaire was used to assess the level of stress and anxiety on CKD’s patient who include the inclusion criteria.

Results: The results showed that systolic blood pressure decreased 4-6 mmHg, but the diastolic pressure did not decrease. Beside that, DASS 21 score showed that stress and anxiety levels decreased after 7 days of relaxation.

Conclusion: Socialization on the use of progressive muscle relaxation and deep breathing techniques to decrease stress and anxiety that related with increased blood pressure, were needed to control blood pressure of CKD patients.
**Keywords:** chronic kidney failure; deep breathing, hypertension, progressive muscle relaxation
Knowledge level and health promoting lifestyles in nursing students and without IBS health post

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Abstract:
Nursing students have health promoting lifestyles knowledge which supposed to be applied in daily life. The study’s aim was to identify the correlation between knowledge level and health promoting lifestyles of nursing student of Faculty of Nursing University of Indonesia. The study’s design was cross-sectional with 93 samples, using disproportionate stratified random sampling method. This study used demography questionnaire, knowledge questionnaire about health promoting activities, and Health Promoting Lifestyle Profile – II (HPLP-II) questionnaire. The results showed high knowledge level (59.1%) with good health promoting lifestyles (M= 2.58, SD= 0.30). The Chi-Square test showed there is no correlation between knowledge level and health promoting lifestyles (p= 0.289). As conclusion people’s health promoting lifestyles does not only shaped from their knowledge. Furthermore, further research should confirm other factors which affect people’s health promoting lifestyles. Keywords: health promotion, health promoting lifestyle, knowledge level, nursing students
Powerlessness on patient Mr. I with chronic kidney disease

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Abstract:
The number of urban population is increasing every year which impacts on the increasing urban health problems. One of the health problems which comes from poor urban lifestyle is powerlessness. The long course of the disease, frequent complications, and routine hemodialysis therapy often lead to psychosocial problems such as powerlessness. Powerlessness is the perception of individuals who see themselves incapable of doing something meaningful and unable to control the situation. The writing of this final paper aims to provide the analysis of powerlessness nursing care to patient Mr. I with powerlessness. Evaluation of the implementation showed a decrease in signs and symptoms of powerlessness on the patient (the score increases from 40 to 48). It is necessary to collaborate with generalist and specialist interventions in order to obtain more optimal results.

Keywords: powerlessness, positive affirmation, positive thinking exercise, powerlessness
Self-hypnosis for reducing anxiety in patient with bronchial asthma: a case study

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Abstract:
Objective: To analyze the effectiveness of self-hypnosis to reduce anxiety in patient with bronchial asthma.
Methods: Anxiety was measured using the Hamilton Anxiety Rating Scale (HARS) prior to the treatment. The effectiveness of self-hypnosis can be seen from the decreased of HARS scores and symptoms of bronchial asthma after four days treatment.
Results: After two sessions of self-hypnosis in a four-day treatment, the patient's HARS score decreased from 14 to 7. The items of respiratory symptoms score decreased from 3 to 0, indicating a decrease in symptoms associated with bronchial asthma.
Conclusion: Self-hypnosis as a relaxation technique to reduce anxiety can be used as adjuvant therapy for bronchial asthma.
Keywords: self-hypnosis, anxiety, bronchial asthma
Diabetic ulcer patients comfort viewed from family support

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Abstract:
Comfort is an important aspect that must be considered in the treatment of diabetic ulcer patients wounds. Family support is needed to help the healing process. This study aimed to analyze the relationship of family support for the diabetic ulcers patients comfort level. This study is descriptive cross sectional study using consecutive sampling collection method with sample size of 84 respondents. Samples taken from diabetic ulcer patients in Nursing Practice in Jabodetabek area. The results showed that there was no relationship between family support with the comfort level of the diabetic ulcer patients in Nursing Practice in Jabodetabek area. This is evidenced by the obtained p value from processing the statistical data with Chi Square method was greater than 0.05, the p value for family support relationships with the comfort level must be 0.129. Therefore, the researchers recommend further identify the factors that affect diabetic ulcer patients comfort so families can help provide comfort to the patient.

Keywords: family support, comfort, diabetic ulcers
Family support and dietary adherence on diabetes mellitus type 2 patients in a public health center (puskesmas) depok

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Abstract:
Diabetes is a chronic disease that affects millions of people in the world. Therefore, diabetes mellitus patients should do a diet program. One of the factors that influence patient's dietary compliance behavior is family support. This study aimed to determine the correlation between family support and adherence to implement the type diabetes mellitus type 2 diet program. This study used a cross-sectional study design that was conducted in April-May 2017 at Cisalak Pasar Public Health Center (Puskesmas) with a sample of 82 respondents. The instruments used were Hensarling Diabetes Family Support Scale, Food Frequency Questionnaire and Food Form Recall. The results showed that as many as 43.9% of respondents are adherent to the diet program. There are 28% of respondents who had a proper family support. There was a significant relationship between family support and dietary adherence (p=0.007; p>α). The study showed that family support is an important factor in conducting a diet program for patients with diabetes mellitus.

Keywords: Diabetes Mellitus Type 2, Dietary Compliance, Family Support
Problem focused coping strategy with emotional focused coping toward comfort rate of diabetic patient with diabetic ulcers
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Abstract:
Diabetic ulcers are the most common complications in patients with diabetes mellitus. Persisting with illness in a lifetime is certainly a stressor for the sufferer. Various coping strategies will be done to overcome the problems faced in order to gain comfort. This study aims to see the comparison of problem focused coping strategies with emotional focused coping on comfort levels in diabetic patients with diabetic ulcers. The method used a cross sectional study design in 81 patients at wound care homes in Jabodetabek area, Indonesia. The instruments used are Brief-Cope and Discomfort Evaluation of Wound Instruments. The results showed no significant difference in the use of problem focused coping strategy with emotional focused coping on comfort level (p = 0.141; p> α). The strategy of problem focused coping and emotional focused coping is an integral type of coping strategy that cannot be distinguished. Researchers recommend that it is important to look at coping in a holistic way. Improving the ability of coping strategies is essential for comfort.

Keywords: Diabetic ulcers, coping strategy, comfort