Proceeding

1st International Nursing Conference 2011

Nursing Research Innovation and International Collaboration

SCHOOL OF NURSING HEALTH SCIENCE FACULTY
UNIVERSITY MUHAMMADIYAH OF SURAKARTA
Proceeding
1st International Nursing Conference 2011

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SCHOOL OF NURSING HEALTH SCIENCE FACULTY
UNIVERSITY MUHAMMADIYAH OF SURAKARTA
PREFACE

International Seminar and Nursing Conference:
Nursing Research Innovation and International Collaboration.

School of Nursing Faculty Health Science University Muhammadiyah of Surakarta, one of major centre of leading Nursing Education institution of Java, was the first of in International Seminar and Nursing Conference: Nursing Research Innovation and International Collaboration. Held at 18 September 2011 at the Auditorium Muhammad Djazman of UMS. The international seminar and nursing conference: nursing research innovation and international collaboration, reflects in the current issue in nursing education and nursing care in Indonesia.

This conference attracted many delegates from across the University in Health institution in Indonesia. The speakers this seminar were Prof. Sandra Dunn (Head of graduate school of health science Charles Darwin University,) Prof. Rose Mc Eiowney (head of nursing school Charles Darwin University), Prof. Peter Brown (school of health science Charles Darwin University,) Rector, opened the conference with a thought provoking talk on current nursing education in Indonesia in the world. He encouraged the conference participants to seriously think about important research of nursing.

The book is compilation of papers submitted for the refereed proceeding of the first International Seminar and Nursing Conference: nursing research innovation and international collaboration. Each paper went through a blind peer review process to determine, appropriateness with the conference theme, to provide authors with recommendation and suggestions for enhancement of their paper and finally to assist with revision for re-submission.

The first international seminar and nursing conference with theme “Nursing research innovation and international collaboration.” This International Nursing Seminar and Meeting is one of activities held to enhance and develop the scientific effort through advancement in researches and publication in researches results for nurses. Research is an integral part in Nursing, and it is central to become medium in the development of Nursing Science and Nursing Education, and also Nursing Services.

I hope that this book will stimulate open dialogues between nursing educators, academics, government, clinician, and health care institution as well as stakeholders in health system in and across diverse setting and how to improve the quality of sustainable development eyeing from multi-worldviews to encourage positive and beneficial research in nursing better outcomes for all involve in the effort nursing development in global world.

Surakarta, September 2011
Committee
OPENING ADDRESS

Assalamu'alaikum Wr.Wb

By saying Alhamdulillah we praise to ALLAH SWT, for His guidance and cherishes the Health Science Faculty of Muhammadiyah University of Surakarta Indonesia is still given the chance and strength to be able to hold Scientific Seminar and International Scientific Nursery Meeting entitled "Nursing Research Innovation And International Collaboration"

In this great occasion, I want to address my warmest gratitude to people who have given their sincere contribution to this event, either by becoming the committee, keynote speakers, call-for-paper speakers, the seminar participants or all the guests. And I would like to say my honest and sincere gratitude and appreciation to our distinguished guest-speakers from Nursing Faculty of Charles Darwin University Australia namely Prof. Rose McEldoney, Prof. Sandra V. Dunn, and Prof. Peter Brown. Hopefully this event can flourish the cooperation between Nursing Department of Health Science Faculty of UMS with Nursing faculty of Charles Darwin University Australia.

This International Nursing Seminar and Meeting is one of activities held to enhance and develop the scientific effort through advancement in researches and publication in researches results for nurses. Therefore, the theme of this International Nursing Seminar and meeting is "Nursing Research Innovation And International Collaboration"

Research is an integral part in Nursing, and it is central to become medium in the development of Nursing Science and Nursing Education, and also Nursing Services. The abilities of nurses in conducting research is one of fundamental skills at the present. By doing research they can create new and reliable methods and approaches to be medium in the development of nursing services. Researches are needed to asses the effectiveness of nursing performance and to acknowledge important factors in nursing reliable services.

Optimistically, the results of research form nurses in their respective expertise compiled in the Proceeding can give enlightenment to other nurses and young nurses to develop their skill in research. And, I hope the results of the researches can bring benefits to the improvement of Nursing Education and Nursing Services particularly in providing actual contribution for the sake of us and people around us. Ameend

Wassalamu'alaikum Wr.Wb.

Surakarta, September, 10, 2011
Head of School of Nursing
Faculty Health Science UMS,

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Farida Umanah, Esti Yunitasari, Budi Santoso
a. Student of Airlangga University, Surabaya, Indonesia
b. Lecturer of Airlangga University, Surabaya, Indonesia

ABSTRACT

Background. Pregnancy is a transition moment which significantly causes physical and psychological changes. Therefore it often makes the pregnant mothers feel tense, worried and scared in facing the childbirth moment. The pregnant mothers will be imagined and haunted by anxiety and fear of something which may happens to her or her baby.

Objective. To analyze the influence of pregnancy gymnastic Yophyatta on the anxiety level toward the childbirth moment of Primigravida mothers at the Mother and Children Hospital Kendangsari - Surabaya.

Methods. This study used pre-experimental research design with pre-post test design. The population of this study was all pregnant mothers at the Mother and Children Hospital Kendangsari, No.38 - Surabaya with the pregnancy age of 28-34 weeks, 12 respondents. The sample number was 12 respondents.

Results. Most of the respondents experience mild anxiety before got pregnancy gymnastic. However, after getting the pregnancy gymnastic, most of the respondents did not experience any anxiety. The statistical test result showed that p < 0.05, therefore there was some influence of the pregnancy gymnastic Yophyatta on the anxiety level toward the childbirth moment.

Conclusions. The pregnancy gymnastic Yophyatta was effective to solve the anxiety level toward the childbirth moment. For the pregnant mothers, especially those who are in the three-semester 3rd, it is hoped that they do the pregnancy gymnastic regularly so that the mothers' condition was cared of and they become relax.

Keywords: Pregnancy gymnastic Yophyatta, anxiety level, primigravida mothers

INTRODUCTION

Pregnancy is a time of significant transition that causes physical and psychological changes, so that the necessary mechanism of adaptation (Consonni, 2010). Pregnant women will feel tense, worried and fearful in the face of labor (Zanden, 2007). Pregnant women will be overshadowed and haunted by anxiety and fear of things that may arise on both her and her baby. Questions and shadows whether it can deliver vaginally, how to push, whether something will happen during childbirth, or whether the baby is born saved, will often arise in the minds of pregnant women (Muhinah and Safie, 2010). The existence of physiological changes that cause instability psychological condition during pregnancy raises concerns that continuing in the face of childbirth for pregnant women first. Such feelings will manifest in the form of anxiety (Zanden, 2007). Research conducted by Aprianawati (2010), showed that more than 75% of pregnant women experience anxiety in the third trimester. Based on research conducted by Stephanus (2009) as much as 85% of women experience anxiety before delivery. According to Heron (2004), as many as 21% of pregnant women showed symptoms of anxiety and of that number as much as 64% will progress to postpartum anxiety.

Maternal anxiety lead to babies having low birth weight, the risk of prematurity, fetal distress and the risk of abortion (Fishell, 2010). For his mother's anxiety can lead to less good, less current opening, and result in long parturition, where the disorder is more common in nullipara (Wiknosastro, 2007). Yophyatta pregnancy exercise can lower levels of anxiety before the birth has not been explained. Yophyatta pregnancy exercise beneficial for maintaining and optimizing physical balance, maintaining a healthy pregnancy, eliminating complaints that occur because of changes due to pregnancy process, and facilitate the delivery process.

METHODS

This study was conducted at the Kendangsari mother and child hospital Surabaya. The population in this study were all pregnant women with gestational age 28 -34 weeks in RSIA (Mother and Child Hospital) Kendang Sari 38 Surabaya, by 12 respondents. In this study the sampling technique used is the type of sampling nonprobability Total sampling.
RESULT

General Data
1. Distribution of Respondents by Age

Based on Figure 1 can be seen that from the age of mothers who responded more than half (66.67%) aged 20-25 years.

2. Distribution of Respondents by Education

Figure 2 Distribution of respondents based on maternal education in Hospital Mothers of Kendangsari Surabaya in 2011.

3. Distribution of Respondents by Age Pregnancy

Table 1 The results of the normality of the One-Sample Kolmogorov-Smirnov Test Based on the levels of cortisol.

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Std Deviation</th>
<th>Normal</th>
<th>12</th>
<th>( \frac{18.7917}{5.22572} )</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mass Differences</td>
<td>Absolute</td>
<td>.212</td>
<td>.203</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Positive</td>
<td>.208</td>
<td>.155</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Negative</td>
<td>.212</td>
<td>.203</td>
<td></td>
</tr>
<tr>
<td>Kolmogorov-Smirnov Z</td>
<td>.736</td>
<td>.703</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asymp. Sig. (2-tailed)</td>
<td>.651</td>
<td>.707</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Figure 3. Distribution of respondents according to maternal gestational age at Children's Hospital Mother Kendangsari 2011. Based on figure 4 it is known that maternal age into half of respondents (50%) had a gestational age 30 weeks.

Specific Data Respondents

Normality and homogeneity of data specific in this study the analysis of cortisol levels using dependent t-test which included type of parametric test that needs to be seen whether the first data are normally distributed and homogeneous. Test Results of One-Sample Kolmogorov-Smirnov test and homogeneity of variances and data obtained are as follows:

Based on Table 1 test results of one-sample Kolmogorov Smirnov obtained significance value of 0.707 and 0.651 so that the p-value> a which berartin data are normally distributed data.

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Pregnancy Gymnastic (page 93-98)...Farida, Esi, Budi
Table 2 Test Results of homogeneity of variance based on the results of the cortisol levels

<table>
<thead>
<tr>
<th>Kadar kortisol</th>
<th>Levene Statistic</th>
<th>df1</th>
<th>df2</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Based on Median</td>
<td>.645</td>
<td>1</td>
<td>12</td>
<td>.430</td>
</tr>
<tr>
<td>Based on Median and with adjusted df</td>
<td>.694</td>
<td>1</td>
<td>22</td>
<td>.414</td>
</tr>
<tr>
<td>Based on trimmed mean</td>
<td>.700</td>
<td>1</td>
<td>22</td>
<td>.412</td>
</tr>
</tbody>
</table>

Based on test results of table 2 homogeneity of variance obtained significance value of 0.430 so that the p-value > α, which means a homogeneous data.

1. Respondents rated the level of anxiety before pregnancy exercise intervention Yophytra.

2. Respondents rated the level of anxiety after pregnancy exercise intervention Yophytra.

Figure 4 Distribution of respondents based on their level of anxiety before pregnancy exercise Yophytra in Hospital Mothers of Kendangsari Surabaya in 2011. Based on the figure 4 above, the anxiety level prior to pregnancy exercise respondents Yophytra the bulk (58.33%) were mild anxiety.

Figure 6 Distribution of respondents based on their level of anxiety after having a pregnancy exercise Yophytra in Hospital Mothers of Kendangsari Surabaya in 2011. Berdasarkan Surabaya in figure 6 the level of anxiety after a pregnancy exercise respondents Yophytra almost entirely (75%) normal.

Figure 5 Distribution of respondents based on the results blood cortisol levels before pregnancy exercise Yophytra.

Figure 7 Distribution of respondents based on the results of blood cortisol levels after having a pregnancy exercise Yophytra in Hospital Mothers of Kendangsari Surabaya in 2011.
Based on the figure 7 there is a respondent with more than normal cortisol levels, while the remainder, or 11 respondents with normal cortisol levels.

3. Effect of pregnancy exercise on anxiety levels before delivery in pregnant primigravidae.

![Diagram showing effect of exercise on anxiety levels]

Figure 9 Effect of pregnancy exercise Yophytta on anxiety levels before delivery by blood cortisol levels in pregnant primigravidae in Hospital Mothers of Kendangsari Surabaya, in 2011.

Table 4 Effect of pregnancy exercise Yophytta on anxiety levels before delivery by blood cortisol levels in pregnant primigravidae in Hospital Mothers of Kendangsari Surabaya, in 2011....

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>SD</th>
<th>Delta</th>
<th>t-dependent test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood cortisol levels before exercise</td>
<td>22.5</td>
<td>5</td>
<td>3.76</td>
<td>0.006</td>
</tr>
<tr>
<td>Blood cortisol levels after exercise</td>
<td>18.7</td>
<td>9</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean Rank</th>
<th>Sum of Ranks</th>
<th>Wilcoxon test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety level before exercise</td>
<td>.00</td>
<td>.00</td>
<td>0.001</td>
</tr>
<tr>
<td>Anxiety level after exercise</td>
<td>6.50</td>
<td>78.00</td>
<td></td>
</tr>
</tbody>
</table>

Once done with the Wilcoxon statistical test results obtained test $p = 0.001$ so that $p \leq \alpha (0.05)$ which means that $H_0$ is rejected so that there is a pregnancy exercise influence on the level of anxiety before delivery in pregnant primigravidae.

DISCUSSION

Anxiety Levels By Birth Mother In primigravidae Before Pregnant Yophytta Given Intervention Gymnastics. The results showed that 58.33% of respondents experiencing mild levels of anxiety, anxiety levels were 25% and 16.67% experienced severe levels of anxiety. The results could mean that all respondents experienced anxiety in a variety of levels, ranging from mild, moderate and even some level of severe anxiety. Pregnant women, especially primigravidae or first-time mothers who are pregnant

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often feel anxious and concerned about the labor that will be undertaken and the condition of the baby. According Zanden (2007) says that face the concrete delivery is a condition that threatens self-pregnant women that causes feelings of tension, worry, and fear. Based on the results of the study there are two pregnant women (16.67%) who experienced severe anxiety. Mothers often have concerns about the condition of infants okdankungan, concerns whether to give birth normally and feeling restless, anxious and afraid to face the pain of pregnancy. From these results it can be concluded that the anxiety experienced by pregnant women will be intense when approaching the last weeks of pregnancy. Anxiety levels Ahead After Childbirth In primigravidae mother Intervention Given Pregnant Yophyta Gymnastics. The results showed that nearly all (75%) had normal levels of anxiety and based on Figure 5.8 was found that there were 11 respondents with normal cortisol levels, and decreased after follow pregnancy exercise Yophyta for 1 month. From these results can be interpreted that after doing exercise for 1 month decreased levels of anxiety before delivery in pregnant primigravidae. All respondents also revealed that after following pregnancy exercise, mothers feel more relaxed, happy, fear is reduced and more prepared for childbirth. The results of this study was obtained 25% of respondents had a mild level of anxiety, and a respondent with more than normal cortisol levels. The hormone cortisol is a stress hormone, and anxiety, so it can be explained that there are respondents who experience anxiety after pregnancy exercise Yophyta for a month. Several factors can affect anxiety, among others: age, physical condition, socio-cultural, educational level, knowledge level, personality type and social support. Gymnastics influence on the level of anxiety Yophyta Pregnant By Mom Maternity In primigravidae. Once done with the Wilcoxon statistical test results obtained test $p = 0.001$ so that $p \leq 0.05$ which means that HO is rejected so that there is a pregnancy exercise influence on the level of anxiety before delivery in pregnant primigravidae. While the statistical tests with the t-test cortisol levels are dependent on the results obtained $p = 0006$ so that $p \leq 0.05$ which means that HO is rejected, so there is the influence of pregnancy exercise on blood cortisol levels in pregnant primigravidae. Based on the above results indicate that pregnancy exercise proved to be effective for reducing anxiety before delivery. Pregnancy exercise is the best sport that can be done by pregnant women before delivery. Pregnancy exercise is an exercise motion carried by a pregnant woman during her pregnancy with the movement adapted to the condition of pregnancy in order to prepare for the physical and mental condition in the face of safe delivery and smoothly in accordance with the expected time (Muhimah and Safet, 2010).

CONCLUSION

Anxiety levels before delivery in pregnant primigravidae before given a pregnancy exercise intervention Yophyta mostly mild levels of anxiety. Levels of anxiety in the mother before delivery were primigravidae after pregnancy exercise intervention Yophyta almost all do not experience anxiety. Yophyta pregnancy exercise lowers levels of anxiety before delivery in pregnant primigravidae in Hospital Mothers of Kendangsari Surabaya.

REFERENCES


