

*P*roceeding

1st International

Nursing Conference 2011

Nursing Research Innovation and
International Collaboration

SCHOOL OF NURSING HEALTH SCIENCE FACULTY
UNIVERSITY MUHAMMADIYAH OF SURAKARTA



P roceeding

1st International Nursing Conference 2011

Editorial Board

Prof Sandra Dunn (Charles Darwin University Australia)

Prof Rose Mc Eldowney (Charles Darwin University Australia)

Arum Pratiwi, S.Kp.M.Kes

Faizah Betty Rahayu, S.Kep.M.Kes

Sulastri, S.Kp.M.Kes

Siti Arifah, S.Kp.M.Kes

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 Eldowney (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 commitee, 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 skills, 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 reaserches 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,

Winarsih Nur A, S Kep, Ns, ETN, M Kep

Contents

| | | | |
|--------------|---|---|-----|
| Preface | | | i |
| Open Address | | | ii |
| Contents | | | iii |
| Number | <i>Title</i> | <i>Author</i> | |
| 1 | The effect of fluid intake pocket book distribution to the fluid balance in hemodialysis patients with chronic renal failure using hemodialysis at hemodialysis ward Prof. Dr. Margono Soekarjo Hospital Purwokerto | Legiarti, Asiandi, Endiyono | 1 |
| 2 | Nursing Care Services And Satisfaction Of Insurance Patient (Jpkm) In Purbalingga General Hospital | Dedy Purwito ^a , Suryanto ^b | 7 |
| 3 | Influence of supportive therapy on the independence Of schizophrenic patients with self-care deficit At Menur mental Hospital, Surabaya | Hanik Endang Nihayati* | 11 |
| 4 | Role conflict of nurse relationship With performance in the emergency unit Of Hospitals RSD dr. Soebandi Jember | Roymond H. Simamora ^a Sugito Tri Gunarto ^b | 17 |
| 5 | Students' perceptions between expository and Discovery learning strategy | Rika Endah Nurhidayah* | 27 |
| 6 | Sexuality Experience Among Menopausal Women | Sari Sudarmiati | 31 |
| 7 | Falls Prevention Framework For Older People In The Community In Indonesia | Windy Asih | 37 |
| 8 | The relationship between nurses emotional intelligence with their caring behaviour according to patient's perceptions at ward of dr. H. Koesnadi Bondowoso Public Hospital | Anisah Ardiana ^a , Junaiti Sahar ^b | 47 |
| 9 | The analysis of factors related to family coping mechanism In caring of the family member with mental disorder | Nurul Arifah ^a , Ah. Yusuf ^b , Laily Hidayati ^b | 53 |

| | | | |
|----|---|--|-----|
| 10 | The Effect Of Thoraces Muscle And Breathing Exercise To The Lung And Chest Expantion Of Copd Patient In Medan | Rosina Br Tarigan ^a , Krisna Yetty ^b , Budiharto ^b | 59 |
| 11 | The Analysis Of Factors Related To Community's Perception About The Disaster Condition Of Mount Bromo In Dusun Ngadisari Desa Sukapura, Kabupaten Probolinggo | Harum Wulan Sari ^a , Retno Indarwati ^b , Eka Mishbahatul ^b , Setho Hadisuyatmana ^b | 62 |
| 12 | Perceptions And Expectations Of Hypertensive Patient Who Underwent Complementary Alternative Therapy: Cupping Therapy At Banyumas District | Ridlwani Kamaluddin | 69 |
| 13 | A Relationship Between Self-Efficacy And Quality Of Life Of The First Attack Coronary Artery Disease Patients | Monika Ginting | 77 |
| 14 | Factors Influencing Self-Efficacy Of Patients With Coronary Heart Disease (CHD) | Wantiyah ^a , Ratna Sitorus ^b , Dewi Gayatri ^b | 83 |
| 15 | Case Study: Health Status Development In Low Birth Weight Newborn With Asphyxia | Meira Erawati | 89 |
| 16 | Pregnancy Gymnastic Yophytta Reduce The Anxiety Level Toward The Childbirth Moment On Primigravida Mothers At The Mother And Children Hospital Kendangsari – Surabaya | Farida Umamah ^a , Esti Yunitasari ^b , Budi Santoso ^b | 94 |
| 17 | Improved Fine Motor Skill In Children With Mental Retardation Through Origami Play Therapy | Kisam Samsuri ^a , Rizki Fitryasari PK ^b , Heni Ferdiana ^b | 99 |
| 18 | Improved Fine Motor Development Of Toddler (2-3 Years Old) Through A Maze Pre Writing Game | Yuni SA ^a , Parinda E Ofianti ^a , Praba Dyan ^b . | 103 |
| 19 | Effectiveness Package "Couples Cares" On Woman Psychological Condition As Victim Of Domestic Violence In Surakarta Residency | Winarsih Nur Ambarwati ^a , Setyowati ^b , Hening Pujasari ^b | 107 |
| 20 | The influence of lear motivation to attainment the target of skill in study of profession program in ners Nursing of medical surgical in university of muhammadiyah surakarta | Okti Sri Purwanti & Febriyan Maya Sari | 115 |

PREGNANCY GYMNASTIC YOPHYTTA REDUCE THE ANXIETY LEVEL TOWARD THE CHILDBIRTH MOMENT ON PRIMIGRAVIDA MOTHERS AT THE MOTHER AND CHILDREN HOSPITAL KENDANGSARI - SURABAYA

*Farida Umamah^a, Esti Yunitasari^b, Budi Santoso^b
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 Yophytta 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 $p < \alpha$, therefore there was some influence of the pregnancy gymnastic Yophytta on the anxiety level toward the childbirth moment.

Conclusions. The pregnancy gymnastic Yophytta 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 Yophytta, 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 (Muhimah and Safe'i, 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 (Wiknjosastro, 2007). Yophytta pregnancy exercise can lower levels of anxiety before the birth has not been explained. Yophytta 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

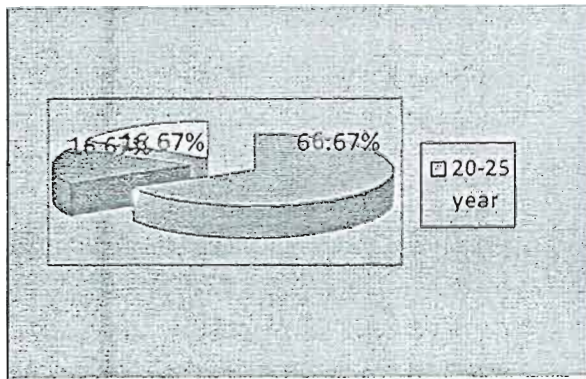
This study was conducted at the Kendangsari mother and child hospital Surabaya. The population in this study were all pregnant women with gestational age 28 -34 weeks in RSIA (Mother and Child Hospital) Kendang Sari 38 Surabaya, by 12 respondents. In this study the sampling technique used is the type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

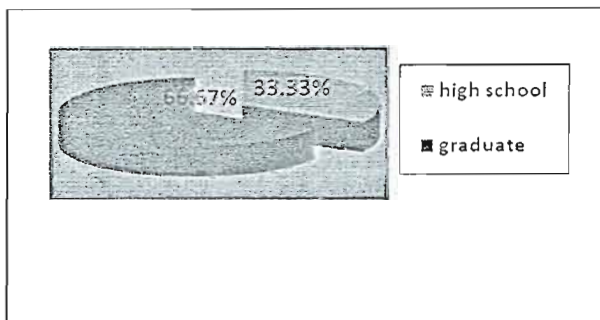


Figure 2 Distribution of respondents based on maternal education in Hospital Mothers of Kendangsari Surabaya in 2011.

3. Distribution of Respondents by Age Pregnancy

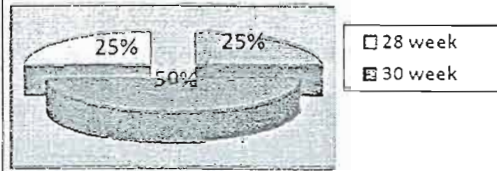


Figure 3. Distribution of respondents according to maternal gestational age at Children's Hospital Mother Kendangsari 2011.

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 $p\text{-value} > \alpha$ which berartin data are normally distributed data.

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

| | Cortisol levels after the intervention | | Cortisol levels before the intervention | |
|--------------------------|--|-------|---|-------|
| | N | | N | |
| Normal | 12 | | 12 | |
| Parameters ^a | | | | |
| Std | 18.7917 | | 22.5500 | |
| Deviation | 3.89813 | | 5.22572 | |
| Most Extreme Differences | Absolute | .212 | | .203 |
| | Positive | .208 | | .155 |
| | Negative | -.212 | | -.203 |
| Kolmogorov-Smirnov Z | .736 | | .703 | |
| Asymp. Sig. (2-tailed) | .651 | | .707 | |

Table 2 Test Results of homogeneity of variance based on the results of the cortisol levels

| | | Levene Statistic | df1 | df2 | Sig. |
|----------------|--------------------------------------|------------------|-----|--------|------|
| Kadar kortisol | | .645 | 1 | 22 | .430 |
| | Based on Median | .694 | 1 | 22 | .414 |
| | Based on Median and with adjusted df | .694 | 1 | 21.153 | .414 |
| | Based on trimmed mean | .700 | 1 | 22 | .412 |

Based on test results of table 2 homogeneity of variance obtained significance value of 0.430 so that the $p\text{-value} > \alpha$, which means a homogeneous data.

1. Respondents rated the level of anxiety before pregnancy exercise Yophytta.

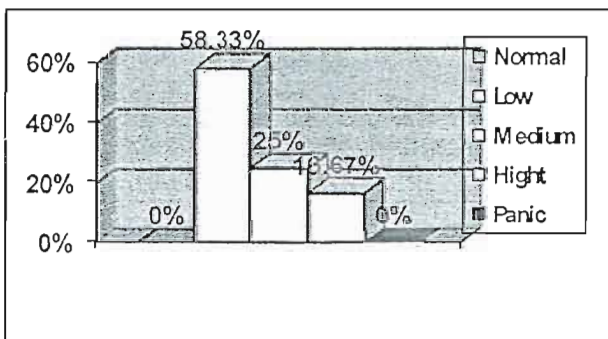


Figure 4 Distribution of respondents based on their level of anxiety before pregnancy exercise Yophytta in Hospital Mothers of Kendangsari Surabaya in 2011. Based on the figure 4 above, the anxiety level prior to pregnancy exercise respondents Yophytta the bulk (58.33%) were mild anxiety.

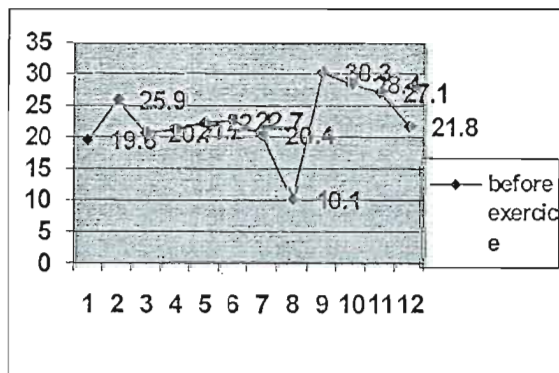


Figure 5 Distribution of respondents based on the results of blood cortisol levels before pregnancy exercise Yophytta Hospital Mothers of Kendangsari Surabaya in 2011.

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

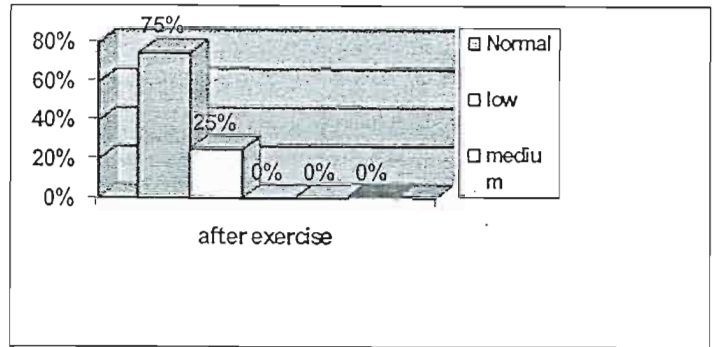


Figure 6 Distribution of respondents based on their level of anxiety after having a pregnancy exercise Yophytta in Hospital Mothers of Kendangsari Surabaya in 2011. Berdasarkan Surabaya in figure 6 the level of anxiety after a pregnancy exercise respondents Yophytta almost entirely (75%) normal

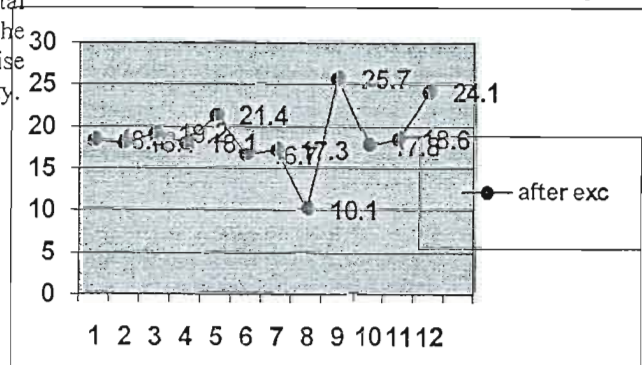


Figure 7 Distribution of respondents based on the results of blood cortisol levels after having a pregnancy exercise Yophytta in Hospital Mothers of Kendangsari Surabaya in 2011.

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.

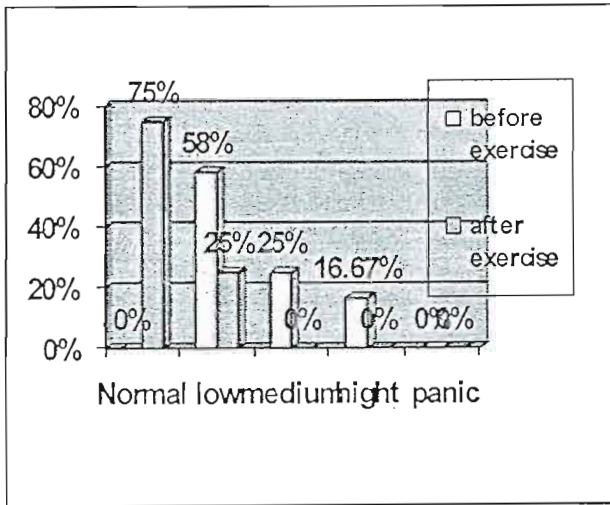


Figure 8 Effect of pregnancy exercise Yophytta on anxiety levels before delivery, based on the DASS questionnaire results primigravida mother at Children's Hospital Mother Kendangsari Surabaya, in 2011.

Table 3 Effect of pregnancy exercise Yophytta on anxiety levels before delivery, based on the DASS questionnaire results primigravida mother at Children's Hospital Mother Kendangsari Surabaya, in 2011.

| Group | Mean Rank | Sum of Ranks | Wilcoxon test |
|-------------------------------|-----------|--------------|---------------|
| Anxiety level before exercise | .00 | .00 | 0,001 |
| Anxiety level after exercise | 6.50 | 78.00 | |

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.

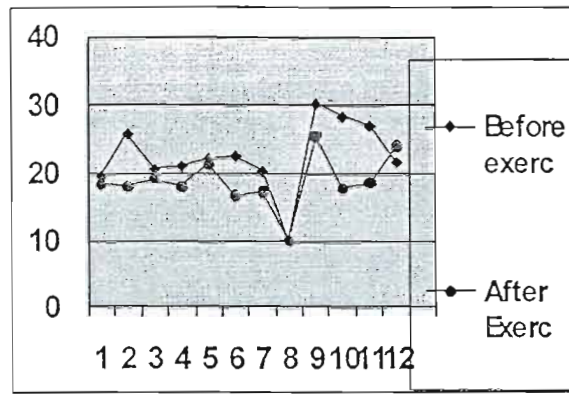


Figure 9 Effect of pregnancy exercise Yophytta on anxiety levels before delivery by blood cortisol levels in pregnant primigravidae in Hospital Mothers of Kendangsari Surabaya, in 2011.

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....

| Group | Mean | SD | Delta | t-dependent test |
|---------------------------------------|------|-------|-------|------------------|
| Blood cortisol levels before exercise | 22.5 | 5.226 | 3,76 | 0,006 |
| Blood cortisol levels after exercise | 18.7 | 3.898 | | |

Decrease in the average results of the average levels of cortisol or delta is 3.76. After a statistical test with t-dependent test results obtained $p = 0.006$ so that $p \leq \alpha (0.05)$ which means that H_0 is rejected so that there is a pregnancy exercise effect on blood cortisol levels 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

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 dikandung, 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 intensive when approaching the last weeks of pregnancy. Anxiety levels Ahead After Childbirth In primigravida mother Intervention Given Pregnant Yophytta 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 Yophytta 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 Yophytta 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 Yophytta Pregnant By Mom Maternity In primigravidae. 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. While the statistical tests with the t-test cortisol levels are dependent on the results obtained $p = 0.006$ so that $p \leq \alpha (0.05)$ which means that H_0 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 Safe'i, 2010).

CONCLUSION

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

REFERENCES

1. Aprianawati, R. B. 2010. *Hubungan antara dukungan keluarga dengan kecemasan ibu hamil menghadapi kelahiran anak pertama pada masa triwulan ketiga*. [Http://www.find.dosc.com/jurnal](http://www.find.dosc.com/jurnal). Kecemasan ibu hamil. Diakses tanggal 13 Januari 2011.
2. Bobak, Lowdermilk, & Jensen. 2004. *Buku Ajar Keperawatan Maternitas*. Jakarta: EGC. Hal 124-135
3. Carrenai & Linhares. 2007. Maternal Anxiety in The pre-postnatal Period : A Literatur Review. *Rev Latino-am Enfermagem 2007 julho-agosto*. Vol 15(4), pp: 677-83.
4. Consonni, E. B. 2010. A Multidisciplinary Program of Preparation for Childberth and Motherhood : Maternal anxiety and Perinatal Outcomes. *Reproductive Health Journal*. Vol 7, p: 1.
5. Hidayat, A. A. 2007. *Metode Penelitian Keperawatan dan tehnik Analisis Data*. Jakarta: Salemba Medika, hal. 77-78.
6. Kolcaba, K. Y. 2009. *Conceptual Framework for Comfort Theory*. Diakses tgl 10 Mei 2010. [Http://www.Thecomfortline.com/index.html](http://www.Thecomfortline.com/index.html).
7. Muhimah, N. and Safe'i. 2010. *Panduan Lengkap Senam Hamil, Khusus Ibu hamil*. Jakarta: Power book, hal. 85-159
8. Nursalam. 2008. *Konsep dan Penerapan Metode Penelitian Ilmu Keperawatan*. Jakarta : Salemba medika, hal. 95-97.
9. Potter, and Perry. 2005. *Fundamental Keperawatan : konsep, proses, dan praktik*. Volume 1, edisi 4. Jakarta : EGC, hal. 20
10. Stephanus. 2009. *Hubungan Antara Kecemasan Pada Kehamilan Triwulan Ketiga Dengan Lama Persalinan Pada Ibu Yang Melahirkan Anak Pertama*. Skripsi Fakultas Psikologi Universitas Airlangga.
11. Sugiono. 2010. *Metode Penelitian Pendidikan : pendekatan kuantitatif, kualitatif dan R & D*. Jakarta : Alfabeta, hal. 123
12. Tomey, A. 2006. *Nursing Theorist and Their Work*, sixth edition. Toronto : The CV Mosby Company St. Louis.

13. Wiknjosastro. 2007. *Ilmu Bedah Kebidanan*. Yayasan Bina Pustaka Sarwono Prawirohardjo. Jakarta: EGC
14. Wulandari, P.Y. 2006. *Efektifitas Senam hamil sebagai Pelayanan Prenatal terhadap kecemasan Persalinan*. Skripsi Fakultas Psikologi Universitas Airlangga.
15. Zanden, J. V., Crandell, T.L., and Crandell, C. H. 2007. *Human Development* ; Eighth Edition, new York : Mc. Graw-Hill International Edition.