

PROCEEDING



Reaping the Benefits of a Demographic
Dividend by Achieving Quality Human
Resources through Health Investment

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PROCEEDINGS BOOK OF
International Conference on Health Development (ICHD)

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

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

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Preface

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

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

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

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

Welcome Remarks

Dean of FIKES UPN Veteran Jakarta

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

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

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

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

The Dean

Dr. drg. Wahyu Sulistiadi, MARS

Chair of ICHD 2019

Assalamualaikum wr wb

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

Good morning ladies and gentlemen

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

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

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

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

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

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

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

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

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

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

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

Wassalamualaikum wr wb

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

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

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

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

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

MATERNAL CARE BEHAVIOR IN JAVANESE CULTURAL PERSPECTIVE: SYSTEMATIC REVIEW

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

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

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

**EFFECT ABDOMINAL STRETCHING ON MENSTRUAL PAIN
(DYSMENORRHEA) IN YOUNG WOMEN AT
YUNIOR HIGH SCHOOL 1 DEPOK**

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Abstract

Background: Menstrual pain or dysmenorrhea is a problem that is often faced by teenagers during menstruation. Dysmenorrhea occurs due to an imbalance of the hormone progesterone which causes uterine contractions and stimulate the pain response of each individual. Based on the underlying pathophysiology, there are two types of dysmenorrhea, namely primary dysmenorrhea and secondary dysmenorrhea. Primary dysmenorrhea occurs in women of childbearing age in the form of pain in the lower abdomen so that it can disrupt their quality of life. Dysmenorrhea often interferes with teenagers' productivity and influences coping abilities. The purpose of this study was to determine the effect of abdominal stretching on menstrual pain (dysmenorrhea) in adolescent.

Methods: This research is a quasi-experimental study with a one group pretest posttest design approach. A total of 29 samples were taken by purposive sampling and stratified sampling technique in junior high school 1 Depok from March to June. The data analyzed in this study using the dependent t-test.

Results: The results obtained P-Value 0,000 ($P < 0,05$) means that there is a significant effect the abdominal stretching exercises on intensity of menstrual pain.

Conclusion: Abdominal stretching exercise is recommended to be another alternative for reducing dysmenorrhea in teenagers. That intervention is easy, safe and without side effects.

Keywords: Abdominal Stretching, Dysmenorrhea, Teenagers

INTRODUCTION

Adolescence according to the Ministry of Health Indonesia were aged 10-18 years and 10-19 years according to the WHO. The girl puberty occurs at the age

of 8 years and men more slowly, which is 9 years (Batubara, 2017). Menarche experienced by every young woman who is menstruating first felt in the mid-puberty. According to the 2012 Demographic and Health Survey found 89% of adolescents aged 12-15 years old has experienced menarche.

Menstruation is one sign of sexually mature happens at puberty a woman (Pangemanan, 2017). Duration of

menstruation is 3-8 days with normal average of 28 days and a maximum limit can be considered normal menstrual period is 15 days (Rustam, 2015). One complaint that adolescents perceived the menstrual period is painful menstruation (dysmenorrhea). Dysmenorrhoea is a complaint that occurs because of an imbalance of hormones in the bloodstream that causes pain response in the body, especially in the lower abdomen (Sabilu, 2017). In research Marlinda & Rofli (2013), from the preliminary study as many as 15 respondents deal with the pain in several ways including, taking analgesics as many as five people (42%), sleep as much as 2 people (17%), greasing eucalyptus oil as much as 1 people (8%),

According to WHO (2010), found the incidence of 1,769,425 people (90%) of women with dysmenorrhoea where 10-15% fall into the category of severe dysmenorrhoea (Sabilu, 2017). This is supported by research Gebeyehu (2017), in free translation explaining that as much as 90% of teenagers and over 50% of women who are menstruating around the world have suffered from dysmenorrhoea, with 10-20% of them describe their pain as severe and troublesome. Dysmenorrhoea figures in Indonesia around 55% of women of reproductive age who are experiencing pain during menstruation (Marlinda & Rofli, 2013). The incidence (prevalence)

menstrual pain ranges from 45-95% among women of childbearing age in which as much as 54.89% have primary dysmenorrhoea and 9.36% had secondary dysmenorrhoea (Mudiarti, 2017).

Pain management can be divided into two categories: pharmacological or non-pharmacological. In non-pharmacological do warm compresses, deep breathing relaxation techniques, yoga, acupuncture, imaginary techniques, aromatherapy, and distraction techniques (Sastra, 2014). In addition to exercising will be able to increase the production of endorphins which as tranquilizers and pain killers naturally in the body, as well as increasing the levels of serotonin (Marlinda & Rofli, 2013). Suggested stretching is stretching in the abdomen and pelvis. Expected by stretching muscles the muscles will loosen and relax, then the pain will be eased (Rahmawati, 2017). Physical exercise (exercise) is recommended to address Dysmenorrhoea and exercise using the body's physiological processes that are safe to do and there are no side effects.

METHOD

This study used a quasi-experimental research design with the design of one group pretest-posttest design. The population in this study amounted to 171 people. The sample in this study of 29 people who are

grade 7 and 8 SMP Negeri 1 Depok with inclusion criteria that students who experience dysmenorrhea and girls who are willing to follow the practice of abdominal stretching from baseline (pre-test) through (post-test) was conducted. Exclusion criteria of this research is the students who

suffer from certain gynecological diseases (secondary dysmenorrhea). Sampling using purposive sampling techniques and sampling stratified. The instrument used in

this study of a pain scale in the form of Numeric Rating Scale (NRS).

RESULTS

Univariate analysis

Table 1 Distribution Age in SMP Negeri 1 Depok.

Variables	Mean	SD	Min	Max
Age	12.83	0.658	12	14

Based on table 1 above, obtained an average (mean) of the age of respondents was 12.83 years with a standard deviation of 0.658. The youngest age of respondents was 12 years old and the oldest was 14 years of age.

Table 2 Distribution of ethnic in SMP Negeri 1 Depok.

Tribe	Frequency	Peresentase (%)
Betawi	6	20.7
Javanese	14	48.3
Sundanese	5	17.2
other:		13.8
Minangnese	1	3.4
Palembangnes	1	3.4
Melayu	2	6.9
Total	29	100

Based on table 2 above, it can be seen that the respondents consisted of several tribes, including the ethnic or tribe Betawinese, Javanese, Sundanese, and others are Minangness, Palembang, and Melayu. Most respondents rate is the number of parts of Jawa, 14 (48.3%) of respondents. While respondents were ethnic Betawi 6 (20.7%) of respondents. Respondents who have tribes Sunda 5 (17.2%) of respondents. Respondents with the least amount of respondents who fit into the category of the other tribe or tribes outside the tribe Betawinese, Javenese, and Sundanese consisting of Minangnese 1 (3.4%) people, Palembangnese 1 (3.4%) people and Melayu as much as 2 (6.9%) people.

Table 3 Distribution of menarche age, menstrual duration and Fatigue in SMP Negeri 1 Depok,

Variables	Mean	SD	Min	Max
Age of of menarche	11.31	.471	11	12
Duration of menstruation	6.93	.923	5	8
Fatigue	6.10	1.512	3	8

Based on table 2 above, obtained an average (mean) of age of menarche of respondents was 11.31 years with a standard deviation of 0.471. The youngest age of menarche was 11 years old and the oldest age of menarche was 12 years old.

Menstrual old data based on Table 2, obtained an average (mean) of long periods experienced by respondents is 6.93 days with a standard deviation of 0.923. Fastest long periods during 5 days and the slowest for 8 days.

Based on respondents' perceived fatigue while experiencing menstrual pain in SMP Negeri 1 Depok data obtained average (mean) of 6.10 with a standard deviation of 1.512 where the highest score is 8 and the lowest is 3.

Table 4 Distribution of Mean Pain Scale Before and After Intervention in SMP Negeri 1 Depok

Variables	Mean	SD	Min	Max
Pain (Pre-Test)	4.03	1,451	1	6
Pain (Post-Test)	2	1,389	0	5

Based on table 4 above, the results of measurements of the intensity of menstrual pain in SMP Negeri 1 Depok before intervention obtained an average (mean) of 4.03 with a standard deviation of 1.451 where the highest level of menstrual pain is 6 and the lowest is 1. In the measurement of pain intensity after administration abdominal stretching exercise intervention showed an average of 2 with a standard deviation of 1,389, where the highest level of menstrual pain is 5 and the lowest is 0.

Bivariate analysis

Table 5 Effect of abdominal sretching on the intensity of menstrual pain (dysmenorrhea) by girls in SMP Negeri 1 Depok

Variables	mean	SD	t	df	P Value
Before					
abdominal	4.03	1.45			
sretching			10.0	28	0,000
After			97		
abdominal	2	1.39			
sretching					

Based on the analysis using the t test dependent knowable menstrual pain scale before and after the intervention given abdominal stretching, the results obtained value P value 0.000 shows that the value of P value <0.005 and t value of 10.097 bigger than t table with df 28 is 2.048 means H_0 rejected and H_a accepted that there is a significant effect of abdominal stretching exercises to decrease the intensity of menstrual pain (dysmenorrhoea) on girls in SMP Negeri 1 Depok.

DISCUSSION

Age 12.83 years or 13 years is subphase early teens, in a previous study that as many as 43.2% of respondents aged 13 years, this is due to the age of puberty and adolescence have been menstruating so that in a span of 6 months or up to 1 year after menarche, dysmenorrhea can happen and at this time the tendency of children menstruating at a younger age between 8-12 years (Sukarni &

Wahyu, 2013). This can occur due to various factors such as mental or emotional instability, age of first menstruation too early, experienced long periods, and other factors.

In theory explains that every human being has a different response or sensation and can be connected with the tribe and the culture they come from, because the culture will be taught how to respond to the pain of the person (Potter & Perry, 2010). Researchers have not been able to assume that the theory can be consistent or not with the study when seen from the study site with the highest rate is a Java deployment.

Results Demographic and Health Survey 2012 states that 23% of women 12 years and 7% aged 10 to 11 years has experienced menarche and 89% of adolescents in Indonesia age of menarche in the age range 12-15 years. Rapid age of menarche is less than 12 years, is because at the age of immature adolescent reproductive organs and their functions is not perfect yet ready to face biological changes, such as pain during menstruation. In addition, old normal period is 3-8 days experienced with the menstrual cycle of 28 days. According Sabilu (2017), the longer periods experienced by the uterus will continue to contract so the more the hormone prostaglandin released and it can cause pain.

Dysmenorrhea perceived by adolescents one of which could be due to biological factors bodies. The cause of primary dysmenorrhea is prostaglandin. The prostaglandin is produced by the endometrium and can stimulate their uterine contractions (Siska, 2017). Due to the contraction of the uterus, resulting vasospasm arterioles of the uterus, if it occurs continuously will increase the amplitude and frequency of contractions in the uterus, causing lower abdominal cramps region and lead to ischemic up to the perceived sensation of pain.

One exercise that can reduce abdominal pain is with stretching. Stretching exercises itself also aims to help improve the oxygenation and oxygen exchange processes in the cell so that it can increase elasticity and flexibility of the body and reduce muscle cramps (Ningsih, 2011). In Fidiarti study (2018) that the effect of abdominal stretching and classical music to the intensity of menstrual pain in adolescent teenage daughter shows that the average experience menstrual pain before intervention was 11 (45.8%) after the intervention of people and a decline in teenagers and the average experience mild menstrual pain by 17 (77.3%) persons. This is due to abdominal stretching exercise at the gym / exercise, during exercise / sports, the body will release endorphins which will be captured by the hypothalamus which

controls the emotions of a person. Endorphin levels every individual is different and it is caused by several factors, individuals with endorphins that many would be less pain (Marlinda & Rofli, 2013). After doing abdominal exercises stretching, relaxation of respondents said their muscles in the lower abdomen and pain decreased from the previously perceived

CONCLUSION

Based on the research that has been conducted on 29 respondents about the effect of abdominal stretching to the intensity of menstrual pain in adolescent daughter in SMP Negeri 1 Depok, it can be concluded that abdominal stretching exercises can decrease the intensity of menstrual pain.

SUGGESTION

Based on the results of research is recommended for girls to do

abdominal stretching exercises. For nurse-midwifery in clinical setting are expected to teach the adolescent about guidelines abdominal stretching exercises to reduce menstrual pain (dysmenorrhea) on the client.

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