



FACULTY OF NURSING
UNIVERSITAS AIRLANGGA
Excellence With Morality

INTERNATIONAL NURSING CONFERENCE

**The Proceeding of
The 7th International Nursing Conference**
“Global Nursing Challenges in The Free Trade Era”
Surabaya, April 8th – 9th 2016



CO-HOST:





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GREETING FROM STEERING COMMITTEE

Assalamualaikum Warahmatullahi Wabarakatuh

Honorable Rector of Universitas Airlangga
Honorable Dean of Faculty of Nursing, Universitas Airlangga
Honorable Head of Co-Host Institutions
Distinguished Speakers and all Participants

Praise the presence of God Almighty, for his mercy so that Faculty of Nursing Universitas Airlangga can organized The 7th International Nursing Conference on the theme "The Global Nursing Challenges in The Free Trade Era". Welcome in Surabaya, City of Heroes Indonesia.

This international nursing conference is conducted in cooperation with 12 nursing schools throughout the nation. These institutions are the Faculty of Nursing and Midwifery Universitas Nahdlatul Ulama Surabaya, Faculty of Health Science Universitas Muhammadiyah Surabaya, STIKES Ngudia Husada Bangkalan, STIKES Pemerintah Kabupaten Jombang, STIKES Maharani Malang, Poltekkes Kementerian Kesehatan Malang, Poltekkes Kementerian Kesehatan Surabaya, Faculty of Health Science Universitas Islam Sultan Agung Semarang, Faculty of Health Science Universitas Pesantren Tinggi Darul Ulum Jombang, STIKES Insan Cendekia Husada Bojonegoro, STIKES Nurul Jadid Probolinggo, STIKES YARSI Mataram, and Faculty of Nursing Universitas Muhammadiyah Banjarmasin. Fortunately, this international nursing conference also supported by our partner institutions abroad: Flinders University* (Australia), and Japan International Cooperation Agency (JICA); and also by professional and other organisations including: AINEC* (The Association of Indonesian Nurse Education Center), Ibn-e-Seina Hospital & Research institute Multan (Pakistan) and INNA* (Indonesian National Nurses Association).

Participants of this conference are lecturers, nurses, students both from clinical and educational setting, regional and overseas area.

Finally, I would like to thanks to all speakers, participants, co-host institutions and sponsors so that this conference can be held succesfully.

Please enjoy the international conference, i hope we all have a wonderful experience at the conference.

Wassalamualaikum Warahmatullahi Wabarakatuh

Steering Committee

OPENING REMARK FROM THE DEAN OF FACULTY NURSING

Assalamualaikum Warahmatullahi Wabarakatuh

Honorable Rector of Universitas Airlangga
Distinguished speakers and all Participants

First of all I would like to praise and thank God for the blessing and giving us the grace to be here in a good health and can hold this conference together. Secondly, it is a great privilege and honor for us to welcome every one and thank you very much for your participation and support for the 7th International Nursing “**The Global Nursing Challenges in The Free Trade Era**”.

Globalization opens opportunities for nurses to compete with other nurses and work abroad. Nurses should constantly improve their competency in providing excellent nursing care. The sustainability of education related to the latest science and nursing knowledge is very important for all nurses who are working in the clinic, community, and educational nursing system, to enhance their competencies

Research and education into clinical and community practice is very important to enhance nursing competencies with nurse colleagues in the international sphere. Indonesia face problems such low frequency of nursing conference, number of researches, also international publications. This problem can hinder quality improvement of nursing services.

Along with Universitas Airlangga vision to become a world class university and enter top World University Ranking, Faculty of Nursing, participates actively in reaching the vision. To achieve World Class University ranking, faculty needs to meet the standards of World’s top Universities such as Academic reputation, employer reputation, publication, faculty standard ratio, international students and exchange. International Nursing Conference is one of the few strategies that have been implemented by the faculty to increase Publication standard.

In 2016, the Faculty of Nursing Universitas Airlangga started to collaborate with 12 nursing schools throughout the nation that have the same concern to overcome the situations. These institutions including Faculty of Nursing and Midwifery Universitas Nahdlatul Ulama Surabaya, Faculty of Health Science Universitas Muhammadiyah Surabaya, STIKES Ngudia Husada Bangkalan, STIKES Pemerintah Kabupaten Jombang, STIKES Maharani Malang, Poltekkes Kementerian Kesehatan Malang, Poltekkes Kementerian Kesehatan Surabaya, Faculty of Health Science Universitas Islam Sultan Agung Semarang, Faculty of Health Science Universitas Pesantren Tinggi Darul Ulum Jombang, STIKES Insan Cendekia Husada Bojonegoro, STIKES Nurul Jadid Probolinggo, STIKES YARSI Mataram, and Faculty of Nursing Universitas Muhammadiyah Banjarmasin. Under the concern of long commitment for better health outcome of Indonesia, the Faculty of Nursing Universitas Airlangga once more aims to elaborate with the aforementioned institutions and international universities through holding an international nursing conference. The international universities include: Flinders University* (Australia), Japan International Cooperation Agency (JICA); and professional organisations including: AINEC* (The Association of Indonesian Nurse Education Center), Ibn-e-Seina Hospital & Research institute Multan (Pakistan) and INNA* (Indonesian National Nurse Association).

Finally, I would like to thank to all speakers, participants, and sponsorships that helped the success of this event. I hope that this conference has good contribution in increasing the quality of nursing and nursing care.

Please enjoy the international conference. I hope, we all have a wonderful time at the conference.

Wassalamualaikum Warahmatullahi Wabarakatuh

Prof. Dr. Nursalam, M.Nurs (Hons)
Dean, Faculty of Nursing
Universitas Airlangga

OPENING SPEECH

UNIVERSITAS AIRLANGGA RECTOR

Assalamu'alaikum wa-rahmatullahi wa-barakatuh.

May the peace, mercy and blessings of Allah be upon you.

Alhamdulillah! Praise be to Allah, the Almighty which gives us the opportunity to gather here in “THE 7TH INTERNATIONAL NURSING CONFERENCE“. Let us also send *shalawat* and *salam* to our Prophet Muhammad SAW (Praise Be Upon Him): *Allaahumma shalli 'alaa Muhammad wa 'alaa aali Muhammad.* May Allah give mercy and blessings upon Him.

Ladies and Gentlemen,

“Everything changes and only the change itself remain unchanged,” that is some words of wisdom reminding us to the absolute truth that there is no such thing in this world can hold back the tide of change.

Nursing Education, as a professional field, inevitably has to improve along with the changes. And if it is possible, it should always be vigilant to anticipate a period of change ahead.

In this regard, we are already in ‘THE FREE TRADE AREA’. It is one of those changes and we have to deal with the problems of its implementation. Related to these problems, we expect universal Nursing Education to be able to provide attention to all aspects of public healthcare services, anywhere and in any social classes. Therefore, let us always make efforts to quality improvements, such as in the relationship between nurses and the patients, disease prevention, and patients’ treatments.

Ladies and Gentlemen,

Higher education on Nursing has its strategic roles to achieve excellent public healthcare services. Therefore, its education format must be flexible, able to adapt and anticipate any influences such as from boundless improvements of technology, economy, politics, culture and other aspects of development. At this point, joint-researches or joint-programs, seminars, scientific publications, or any other collaborations should be conducted more frequently by all nursing higher education institutions. These advance steps are necessary to achieve “Healthy Global Communities” sooner.

As a result, let us exploit these changes around us to create a condition where the quality of public healthcare service is so high that it brings happiness to all. Thus, competence’s improvement of all nursing students is indispensable. This improvement, of course, should be synchronized with the changes in all aspects. Let us optimally develop this nursing science by maintaining connections and cooperation with other institutions and finding opportunities for future collaborations with others.

Ladies and Gentlemen,

The organization of this international nursing conference must be appreciated. Firstly, because it is the seventh time of the conference organization. Secondly, the theme of this conference, “THE GLOBAL NURSES CHALLENGES IN THE FREE TRADE ERA”, has a strong sense of urgency and very appropriate at this moment.

Therefore, I would like to express my deepest gratitude to the organizing committee, the nursing education institutions- domestic or international-, all the keynote speakers and other parties which support this splendid conference.

We extend a warm welcome to all delegates and those who have travelled from foreign parts. We hope that your attendance will be rewarded academically, that you will make new friends and that you will be fulfilled through the conference activities and the artistic delights of Surabaya.

Ladies and Gentlemen,

Merely to expect Allah gracious blessings, I hereby officially open this "SEVENTH INTERNATIONAL NURSING CONFERENCE" by saying grace: "*Bismillahirrahmanirrahim*". May the objectives of this organization fulfilled and the conference be a success. Therefore let us again say: *Alhamdulillah!* Praise be to Allah.

Wassalamu'alaikum wa-rahmatullahi wa-barakatuh.
Universitas Airlangga Rector,

Prof. Dr. Moh. Nasih, SE., MT., Ak., CMA.
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INCREASING FREQUENCY OF DEFECATION WITH THE PROVISION OF JUICE ALOEVERA

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ABSTRACT

Introduction: Bowel movements or defecation is an act or process of living creatures to remove dirt or solid stool or half-solid derived from the digestive system. Aloe vera is a plant which is believed to be effective in addressing a variety of health problems one of which is a digestive problem. This study aimed to determine the effect of aloe vera juice to the frequency of bowel in the elderly in Nursing Elderly Hargo Dedali Surabaya. **Methods:** The design of this study design Quasy Experimental (*non equivalent control group design*). The population in this study is the Overall Elderly in Nursing Hargo Dedali Surabaya Numbering 32 people and the entire sample, using total sampling technique. The independent variable in this study is the consumption of aloe vera juice while the dependent variable is the frequency of bowel in the elderly. **Results:** After the results given aloe vera juice mostly normal frequency by 14 elderly (87.5%) and the control group, while most of the normal frequency of bowel is not as much as 9 elderly (56.2%). Whitney test analysis man in get p value of $0.010 < \alpha (0.05)$, it can be concluded that there is influence of aloe vera juice to the frequency of bowel in the elderly in Nursing elderly Hargo Dedali Surabaya. **Conclusions:** It is recommended this research as consideration for the community to use aloe vera juice as an alternative medicine to address frequency of bowel abnormalities.

Keywords: *aloe vera juice, frequency of defecation in the elderly.*

INTRODUCTION

Defecation is an act or process of living organisms to remove dirt or feces are solid or semi - solid that comes from the digestive system (Corwin, 2010). Defecation is one of the human activities that must be passed in their daily lives. Defecation pattern is highly variable and highly dependent on the function of organs, nervous system, diet, and age. Assessing the defecation pattern means assessing frequency of defecations, stool consistency and color. On the function of organs and the nervous system were normal, the diet plays an important role. Groups of people who have a habit of eating food containing plenty of fiber shows the frequency of defecation smooth with no side effects compared to communities with a poor diet contain fiber, which can result in bowel movement with hard stools. So it is not uncommon cause pain during defecation, which eventually can cause constipation (Tehuteru, 2001).

Aloe vera is a plant that is believed to be effective in addressing a variety of health

problems one of which is a digestive problem. Because aloe vera because it contains aloin (*laxative*) and essential amino acids that make up proteins useful for replacement of damaged cells, as well as the oxidase enzyme, catalase, lipase, and the enzyme protein-digesting enzyme (Purnawanthi, 2002).

The increase in the number of elderly and frail elderly in the population make the frequency of bowel unnatural consider as an alarming phenomenon. As you age, constipation is more apt to occur. An estimated one third of people aged elderly suffer from constipation. Various causes of constipation may be mentioned, among others, lack of fluid consumed, less mobile (sports), less fiber foods, delaying bowel habits, and the side effects of drugs, Constipation is indeed very disturbing someone doing the activity. Even if not immediately treated could give due to the emergence of some diseases such as piles or hemorrhoids, anal canal is torn, and the axis of the intestine protrudes from the anus or in medical terms is called rectal prolapse. (Animous, 2005).

Hard defecation is a problem that a lot of experienced people in the world. The number of events is increasing. For example in the United States each year there are 2.5 million patient visits have complaints one reason is lack of fiber. According Ari Fahrial, Sp.PD-KGEH of the department of gastroenterology RSCM Jakarta, difficulty in defecations refers to bowel movements irregular, usually less than three times a week, in which the stool hard and tough it out, and this condition lasts for three months.

Based on observations made at Panti Tresna Werdha Hargo Dedali Surabaya on April 31, 2013 on the elderly out of the total 32 Seniors in the hostel most of the difficulties in the process of defecations is 16 elderly experienced defecation abnormal this is due to lack of frequency of bowel resulting from constipation, hard stools, pain or hard in the stool.

According Tehuteru said defecation patterns are also influenced by organic factors (the function of organs and systems of nerve fibers) and diet and age. On the function of organs and the nervous system were normal, the diet plays an important role. Risk defecation problem occurs due to an increase in food layover time in the gastrointestinal tract. Time stopped in the gastrointestinal tract increased significantly according to the age when, stool consistency is no longer mushy or watery, but has started to form, and smelled more stinging. Defecation patterns with each other begin to differ depending on the pattern of food. People who eat plenty of fibrous foods will show defecation smooth, not loud, and orderly. This is different from people who do not like to eat fibrous foods. They generally have a pattern of defecation with hard stools. not infrequently cause pain during defecation, which ultimately can lead to constipation. (Tehuteru, 2001).

RESULT

Tabel 1 Increasing Frequency Of Defecation With The Provision Of Juice Aloevera in Panti Tresna Werdha Hargo Dedali Surabaya Juni 2013

Group Freq defecation	Experimens		control		Total	
	n	%	N	%	n	%
Normal	14	87,5	7	43,8	21	85,6
Abnormal	2	12,5	9	56,2	11	34,4
Total	16	100	16	100	32	100

Man whitney test p = 0,010 α (0,05)

Aloe vera plants are not foreign to us. It is evident from the many people who have planted, although it has been long known, only the people who know the benefits and efficacy of this plant. In fact, the content in aloe vera is not just to wash her hair, but also can treat disease, smoothing the skin, nourish hair as well as food - eat, health fibrous functioning retain moisture stool by attracting water osmotic into the stool and stimulate peristalsis colon through a stretch that will smooth the process of defecation, because the effectiveness of aloe vera in overcoming a variety of health problems. Some of the problems mentioned in the journals of them indigestion, regulates gastric acidity, improve the performance of gastric, intestinal microorganisms suppress certain populations, and can function as a laxative and to treat wounds in the intestinal wall (Purnawanthi, 2002).

Research on aloe vera in Indonesia is still very little. Many Indonesian people who do not know what is and what the benefits of aloe vera fiber for digestive problems, generally in the frequency of bowel abnormalities. So in this case the authors are interested in doing research with the title "**increasing frequency of defecation with the provision of juice aloevera** in the elderly in Panti Tresna Werdha Hargo Dedali Surabaya "

METHODS

Experimental research design using quasy (*non equivalent control group design*). The population in this study is overall Elderly in Panti Tresna Werdha Hargo Dedali Surabaya Totaling 32 people and the entire sample, using total sampling technique. The independent variables in this study is the consumption of aloe vera juice while the dependent variable is the frequency of bowel in the elderly

Based on Table 1 can be explained that the Effect of aloe vera juice to the frequency of defecation in the elderly in Panti Tresna Werdha Hargo Dedali Surabaya, the experimental group after being given the aloe vera juice most of the frequencies normally as much as 14 elderly (87.5 %) and a small portion is not as many as two normal elderly control group mostly normal frequency of bowel is not as much as 9 elderly (56.2 %).

Based on the analysis of man Whitney test in getting p value of $0.010 < \alpha$ (0.05), it can be concluded that there Effect of aloe vera juice to the frequency of defecation in the elderly in Panti Tresna Werdha Hargo Dedali Surabaya

DISCUSSION

Defecation frequency in elderly Prior in Panti Tresna Werdha Hargo Dedali Surabaya. Can be explained that the frequency of bowel Frequency Distribution of the elderly before therapy in Panti Tresna Werdha Hargo Dedali Surabaya, the experimental group mostly are not normal frequency of bowel that as many as 10 elderly (62.5%) and a small portion is normally much as six elderly (37.5%) in the control group most of the normal frequency of bowel are not as many as nine elderly (56.3%) and a small portion is normally much as seven elderly (43.8%)

Defecations frequency in older people at Panti Tresna Werdha Hargo Dedali Surabaya

After therapeutic dministration of aloe vera juice 2 times then the frequency of bowel in the elderly in the experimental group largely normal frequency of bowel that as many as 14 elderly (87.5%) and a small portion is not normal by 2 elderly (12.5 %) in the control group most of the normal frequency of bowel are not as many as nine elderly (56.3%) and a small portion is normally much as seven elderly (43.8%). In the field results in the experimental group after treatment there are still 2 who had the frequency of bowel is still not normal, this is because the respondents have limited activity and the respondents always defer to drink the juice of aloe vera at the time of the juice of aloe vera, this may reduce the effectiveness of the content of aloin (*laxatives*) due to oxidation by air. This can lead to less than optimal results aloe vera juice

to both the elderly, so that when the post-test data collection frequency of bowel two elderly continued to contract in the frequency defecations (Glanz, K et al, 2008).

Journal of Alternative Medicine in March 1999 to publish "*13 Ways Aloe Vera Can Help You*," which mentions the effectiveness of aloe vera in overcoming a variety of health problems (Sudarto, Y. 2003). Some of the problems mentioned in the journals of them indigestion, regulates gastric acidity, improve the performance of gastric, intestinal microorganisms suppress certain populations, and can function as a laxative and to treat wounds in the intestinal wall (Corwin, E. 2010: 12).

Based on the results of research in nursing can be concluded that the elderly who have given aloe vera juice Defecation normal experience, because of the benefits of aloe vera juice that contains aloin serves to maintain the moisture of feces, which can cause defecation frequency becomes normal.

Effect of aloe vera juice to the frequency of bowel in the elderly in Panti Tresna Werdha Hargo Dedali Surabaya

The Effect of aloe vera juice to the frequency of defecation in the elderly in Panti Tresna Werdha Hargo Dedali Surabaya, the experimental group after being given the aloe vera juice most of the frequencies normally as much as 14 elderly (87.5 %) and a small portion is not as many as two normal elderly control group mostly are not normal defecation frequency as much as 9 elderly (56.2 %).

Based on the analysis of man Whitney test in getting p value of $0.010 < \alpha$ (0.05), it can be concluded that there Effect of aloe vera juice to the frequency of bowel in the elderly in Panti Tresna Werdha Hargo Dedali Surabaya. Defecation is one of the human activities that must be passed in their daily lives. Defecation patterns varied and highly dependent on the function of organs, nervous system, diet, and age. Assessing the defecation pattern means assessing frequency of defecation stool consistency and color (Arisman, 2004).

On the function of organs and the nervous system were normal, the diet plays an important role. Groups of people who have a habit of eating food containing plenty of fiber shows the frequency of defecation smooth with no side effects compared to communities with a poor diet contain fiber, which can result in

bowel movement with hard stools. So it is not uncommon cause pain during defecation, which eventually can cause constipation (Hariana, 2008)

From this study, it can be seen that there is the effect of aloe vera juice to the frequency of defecation in the elderly in Panti Tresna Werdha Hargo Dedali Surabaya. This is evidenced by the 14 people already experiencing normal defecation. Thus it can be said that the aloe vera juice has a good effect to overcome the abnormal defecation in the elderly.

CONCLUSION

Defecation frequency in elderly before therapy in Panti Tresna Werdha Hargo Dedali Surabaya, the experimental group mostly are not normal frequency of bowel as many as 10 elderly, in the control group most of the normal frequency of bowel as many as seven elderly. Frequency of bowel in the elderly after therapy in Panti Tresna Werdha Hargo Dedali Surabaya, the experimental group largely normal frequency of bowel as many as 14 elderly, in the control group most of the frequency of defecation is not normal that as many as nine elderly. Based on the analysis of man Whitney test in getting p value of $0.010 < (0.05)$, it can be concluded that there Effect of aloe vera juice to the frequency of defecation in the elderly in Panti Tresna Werdha Hargo Dedali Surabaya.

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