



# Proceedings of The First Kusuma Husada International Nursing Conference

HOLISTIC NURSING TO IMPROVE PALLIATIVE  
NURSING CARE'S QUALITY

November 16<sup>th</sup> - 18<sup>th</sup>, 2019

Surakarta, Central Java Province, Indonesia

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*"Holistic Nursing to Improve Palliative Nursing Care's  
Quality"*

*November 16<sup>th</sup> – 18<sup>th</sup>,  
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*Surakarta, Central Java Province,  
Indonesia*

*STIKes Kusuma Husada Surakarta*



Proceeding Of  
The First Kusuma Husada International Nursing Conference

## “HOLISTIC NURSING TO IMPROVE PALLIATIVE NURSING CARE'S QUALITY”

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## PREFACE

Assalamu'alaikum  
wr wb.

First of all let us say praise to Allah swt who give thousands of favors to us so in this day, we can implement event with full of strong sense of spirit. Before I say something on this greeting, the previous i thanks to the awesome speaker and invitation that please present. Welcome to Solo, Central Java Province, Indonesia.

Holistic nursing care sees patients as the sum of their body (physical aspect), mind (Psychological aspect) and spirit (spiritual aspect). These aspects are dynamically interrelated. Holistic nursing practice is a nursing care, healed the whole person to reach state of harmony between mind, body, emotions and spirit in a changing environment. The holistic approach summarizes the psychosomatic approach of a disease and expands it by putting the patient in a specific time and cultural context. It deals with his own special needs and quality of life.

Palliative nursing care puts patient's quality of life into the aim of care. Based on WHO, palliative care is the active total care of patient's body, mind, and spirit, and also involves giving support to the family. Ideally, palliative care services should be provided from the time of diagnosis of life – threatening illness, adapting, to the increasing needs of chronic disease patients and their families as the disease progresses into terminal phase. It also provides support to families in their bereavement.

The First KusumaHusada International Nursing Conference (hereinafter referred to as The 1<sup>st</sup>Sada Inference) is the conference particularly in nursing field that will be held annually, every year. The 1<sup>st</sup>Sada Inference theme is "Holistic Nursing to Improve Palliative Nursing Care's Quality". This conference will focus on Holistic nursing research directed towards its impact on clinical practice and outcomes, through oral, and poster presentation, educational workshop sessions and influential seminar.

The last, i apologize if we as the organizers especially me personally utter sorry with meal, perfect and imperfection and facilities and many other deficiencies. We on behalf the committee always tried to be professional, but the limitation makes us just giving like this is. Thanks for your attention.

Wassalamu'alaikum wr wb.

Surakarta, November 17th, 2019

The chairman

Ns. Anita Istiningtyas, M.Kep

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**Kusuma Husada Surakarta School of Health Science,  
 Indonesia**



Ns. Galih Setia Adi, M.Kep  
 "Holistic Nursing: A Way of Being and a Way of Practice  
 for Adult in Hospital"

**Kusuma Husada Surakarta School of Health Science,  
 Indonesia**



Dr. Daisy Palompon, RN., MAN., Phd., DScN  
 "Holistic Nursing for Elderly in Community Setting"

**Cebu Normal University, Philippines**



Ns. Yunita Wulandari, M.Kep  
 "Holistic Approaches in Maternity Nursing Through  
 Nursing Research"

**Kusuma Husada Surakarta School of Health Science,  
 Indonesia**



Ns. Rufaida Nur Fitriana, M.Kep  
 "Holistic Model of Palliative Nursing Care  
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**Kusuma Husada Surakarta School of Health Science,  
 Indonesia**

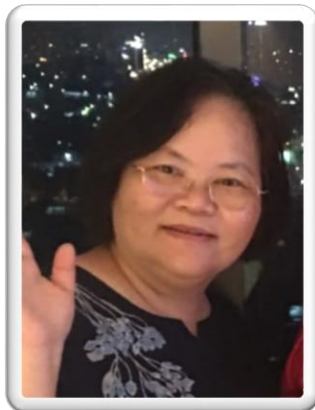


Laurence L. Garcia, RN., DScN  
 "Recovery Concept, Rehabilitation and  
 Modality Therapy for People with Mental Illness in Philippines"

**Cebu Normal University, Philippines**



## CONFERENCE SESSION



- ❖ **Dr. Jen Shu Chen**
- ❖ **Chairman of International Affair, Departement of Nursing College of Nursing, CTUST**
- "The Role of Nurse in Palliative Care"**



- ❖ **Dr. Daisy Palompon, RN., MAN., PhD., RScN**
- ❖ **Vice President of Academic Affairs, Cebu Normal University**
- "Development of Holistic Nursing in palliative Care for Elderly"**



- ❖ **Ns. Suhartini, S.Kp., MSN., PhD**
- ❖ **Lecturer of Universitas Diponegoro, Semarang**
- "Development and Trend of Holistic Nursing in Indonesia"**



- ❖ **Ns. Febriana Sartika Sari, M.Kep**
- ❖ **Lecturer of Kusuma Husada School of Health Science Surakarta**
- "The Role of Nurse in Palliative Care"**



### **Complementary and Alternative Medicine Use Among Cancer Patients**

*Ike Wuri Winahyu Sari, Dwi Kartika Rukmi*

*Departement of Medical Surgical Nursing, Faculty of Health Science, Universitas Jenderal Achmad Yani, Yogyakarta, Indonesia*

Although studies have shown that the use of complementary and alternative medicine (CAM) is common among cancer patients, the study that identified CAM use among cancer patients is still limited especially in Yogyakarta, the city with the highest prevalence of cancer in Indonesia. This present study aimed to identify CAM use among cancer patients. This study was a cross-sectional study conducted from July to August 2019 on 75 consenting cancer patients selected using purposive sampling technique. Data were collected by administered questionnaires about their CAM use including sociodemographics data and analyzed using descriptive statistic. Overall, 25,3% reported that they had used or were using CAM. The experience of getting information about CAM use from health provider is the only one factor that correlated with CAM use ( $p=0,014$ ). The CAM use among cancer patients is still limited. Health provider need to openly discuss about the CAM use with their patients.

### **The influence of giving CPR Dance to the basic life support skills of children in SD 2 Selokaton Karanganyar**

*Ika Subekti Wulandari<sup>1)</sup>, Gatot Suparmanto*

*Kusuma Husada School of Health Science Surakarta, Indonesia*

Cardiac arrest is a cardiovascular emergency condition that can occur anywhere, including the school environment. Children are one of the CPR bystander. Nurses as educators play a role in improving community skills in providing CPR. CPR dance is one approach that can be used to improve children's skills in providing Basic Life Assistance (BHD). This study aims to determine the effect of CPR Dance on children's skills in giving BHD in SD N 2 selokaton Karanganyar. The study design was pretest-posttest with control group design which involved 35 respondents in the treatment group and 35 respondents in the control group. Wilcoxon test results found there are differences in pre and post skills in the treatment group with a p value of 0,000 and there are differences in pre and post skills in the control group with a p value of 0,000. The results of the Man Whitney test found that there was an effect of giving CPR dance to the basic life support skills of children at SD N 2 Selokaton Karanganyar with a p value of 0,000.

### **The Effect of Mungbean on Blood Pressure in Hypertensive Patients in Dharma Bhakti Kasih Nursing Home of Surakarta**

*Isnaini Rahmawati, Dewi Suryandari*

*Kusuma Husada School of Health Science Surakarta, Indonesia*

Hypertension is one of the deterioration in elderly people, signs by increasing blood pressure. Developing the nonfarmacological treatment to supporting the medicine is one of the way to control the blood pressure such as accupressure, accupuncture, and herbs. Utilization of basic food like a mungbean, may used to decrease the blood pressure. The aim of this study is to analyze the effect of mungbean on blood pressure in hypertensive patients. This study was a quantitative research with the quasi experiment with pre-post test without control design. It was conducted in Dharma Bhakti Kasih Nursing Home of Surakarta for 7 days. The sampling technique used in this study was purposive sampling with 30 respondents. Blood pressure measured by sphygmomanometer. Data analyzed with Wilcoxon Sign Rank Test. This study found that the mean blood pressure before intervention is 147 mmHg for sistolic and 92 for diastolic. The mean blood pressure after intervention is 124.67 mmHg for sistolic and 81.33 mmHg for diastolic. The result of this study shows that p-value is 0.000 for sistolic and 0.000 for diastolic ( $p \text{ value} < 0.05$ ) which means that there is an effect of Mungbean on Blood Pressure in Hypertensive Patients in Dharma Bhakti Kasih Nursing Home of Surakarta.

Mungbean has been proved as the effective and efficient ways to decrease the blood pressure. This results can be applied in every clinical area, such as in hospital, community, and nursing home.

### **The Role of Vascular Endothelial Growth Factor (VEGF) in Healing Diabetic Ulcers**

*Fahrur Nur Rosyid, Tomy Adi Prasetyo, Aisyah Mutia A., Luqmanul Hakim.*

*Department of Medical Surgical Nursing, School of Nursing, Universitas Muhammadiyah, Surakarta, Indonesia*

Stages of the wound healing process include: hemostasis, inflammation, tissue repair and remodeling. One interesting stage of this process is the proliferation phase, because this phase determines the success of wound closure. This phase is characterized by angiogenesis or neovascularization, so that wound healing can be successful. Angiogenesis is the formation of new blood vessels which is closely related to the formation of granulation tissue during wound healing. The initial factor that triggers angiogenesis is damage to the endothelial tubules caused by tissue damage resulting in local hypoxia that causes an increase in Vascular Endothelial Growth Factor (VEGF) secretion. VEGF is involved in many stages of angiogenic response, including stimulating the degradation of extracellular matrix around endothelial cells; increase endothelial cell proliferation and migration; helps the formation of blood vessel structure. VEGF can have the potential to help heal chronic wounds in diabetic patients.

### **The Effect of Cold Cabbage (Brassica Oleracea Var. Capitata) Compresses on The Scale of Breast Swelling of Mothers During Weaning**

*Yunita Wulandari, Cristiani Bumi Pangestika*

*Kusuma Husada School of Health Science Surakarta, Indonesia*

Weaning is the process of stopping breastfeeding. Some children begin to show their readiness when the child starts 2 years old. The weaning process is a gradual process that is carried out slowly, but sometimes the mother chooses to do shortcuts so that the baby stops breastfeeding with a short period of time without knowing the effects that might be caused namely resulting in swollen breasts, inflammation of the breast / mastitis / dead end ASI canal. Engorgement causes a feeling of discomfort and pain in the mother, many non-pharmacological actions are carried out to reduce the discomfort, one of them is by compressing the breast. Both with cold water, warm alternately, and some use it with vegetables, one of which is cabbage, cabbage is rich in water, protein, fiber, carbohydrates, and various vitamins such as vitamin A, C, E. Raw and fresh cabbage can help reduce swelling besides cabbage also gives off a cold feeling that can absorb heat and swelling. Regular use of cold cabbage can reduce milk supply, cabbage leaves are often very effective in mothers who want to dry their milk for example during weaning breastfeeding. The purpose of this study was to determine the effect of cold cabbage compresses on the scale of breast swelling of mothers during weaning using the six point engorgement scale at BPM Elisabeth Banyuanyar. This study uses a quasi-experimental design with the design of pre and post test without control. The results of this study are that there is an effect of giving cold cabbage compresses to breast swelling in mothers with weaning periods with the Wilcoxon Sign Rank Test test results obtained a significant value of 0,000, where  $p < 0.05$  then  $H_0$  is rejected and  $H_a$  is accepted.

### **Prenatal Nutritional Physiological Phenomena During Prenatal Education**

*Putri Halimu Husna, Kristiana Puji Purwandari, Siti Mawarni, Sri Sundari, Indah Kusuma Wardani, Maryati*

*Giri Satria Nursing Academy, Wonogiri, Indonesia*

Chronic Energy Deficiency (CED) due to inadequate intake of energy and protein so that it could adversely affect the mother and fetus. This study aimed to determine prenatal nutrition status during the implementation of prenatal education. This study used quasy experiment design with pretest-posttest group with control group. The population in this study amounted to 170 people. The sampling

technique used clustered random sampling. Body Weight was measured using a stampede scale and Upper Arm Circumference (MUAC) using the MUAC ribbon. Prenatal education significantly affected the weight of the treatment group ( $p = 0,000$ , mean 6.90, 95% CI = -8.74 to -5.07). Prenatal education significantly affected the MUAC treatment group ( $p = 0.001$ , mean 0.85, 95% CI = -1.32 to -0.38). The weight of the control group also experienced a significant difference ( $p = 0,000$ , mean 4.20, 95% CI = -5.31 to -3.09). This is due to the growth of the fetus in the womb so that the mother's weight does not affect the class of pregnant women. The MUAC control group did not experience any difference ( $p = 0.462$ , mean 0.2, 95% CI = -0.79 to -0.29). Prenatal education can reduce the number of CED in pregnant women by increasing body weight and MUAC. Future studies are expected to be able to measure the activity of participating in prenatal education with the readiness of mothers to become parents.

***Effect of Art Therapy : Clay on Anxiety Level of Pre-School Children with Leukimia at Dr. Moewardi Local Genral Hospital***

*Noerma Shovie Rizqiea, Isnaini Rahmawati, Sandra Yuni Risnawati  
Kusuma Husada School of Health Science Surakarta, Indonesia*

Leukemia is a group of abnormality marked by accumulation of malignant leukocytes in the bone marrow and peripheral blood and is a cancer which is most often experienced by children. Physically, its impacts are fatigue, pain, anemia, and hair fall. Meanwhile, psychologically its impacts include low self-esteem, stress, anxiety, and even depression. One of the non-pharmacological efforts to deal with anxiety that it induces is art therapy: clay. The objective of this research is to investigate the effect of art therapy: clay on anxiety level of children with leukemia. This research used the quantitative quasi experimental research method with one group pretest-posttest design. Non-probability sampling technique was used to determine its samples. They consisted of 47 respondents. The data of the research were collected through questionnaire of Parent Report on Children's Anxiety Level. Intervention was performed for two consecutive days for 20 minutes each. The data of the research were analyzed by using the Wilcoxon's Test. The result of the research shows that in the pre-intervention 85.1% or majority of the children had a moderate level of anxiety, and in the post-intervention, 80.9% or majority of them had a mild level of anxiety. The result of the Wilcoxon's Test shows that the p-value was 0.000 meaning that the art therapy: clay had a significant effect on the reduction of anxiety level of the children with leukemia. The use of art therapy: clay can be an alternative intervention that can be performed by nurses to children with leukemia who experience anxiety.

***The Effect of Snake and Ladder Game Towards self Efficacy of School-Age Children in Prevention of Sexual Abuse***

*Rufaida Nur Fitriana, Maria Wisnu Kanita  
Kusuma Husada Surakarta School of Health Science, Indonesia*

School-age children are vulnerable to experience sexual abuse. One way to prevent sexual abuse is through education. Educational methods for children can use games, one of which is snakes and ladders. This study aims to identify the effect of education with the snakes and ladders game on self-efficacy in the prevention of sexual abuse in children. This research is a quasi-experimental design with a pretest and posttest nonequivalent control group approach. The number of samples in this study was 60 children with total sampling techniques. Out of 60 students participating in this study, 28 (47%) were boys and 32 (53%) were girls with the mean age of  $9,94 \pm 1,031$  in the intervention group and  $10,21 \pm 0,978$  in control group.

The level of children's self-efficacy was high both in intervention (54,8%) and the control group (37,9%). There was a significant difference between the intervention and control group with p-value



0,029 ( $p < 0.05$ ). Results of this study showed that snake and ladder game could be applied in education to increase children's self-efficacy in preventing sexual abuse.

### ***Brainwave Music Therapy for Reducing Final – Year Students' Insomnia***

*Maria Wisnu Kanita, Wahyu Rima Agustin, Adi Buyu Prakoso*

*Kusuma Husada School of Health Science Surakarta, Indonesia*

Sleeping is one of the basic human needs that really important for human body. Insomnia becomes one of the sleep disorders which can make physical and emotional disturbance. Final-year student is one who experiencing sleep disorder like insomnia. A treatment for the insomnia is needed by the student to maintain their productivity. Brainwave, an adjusted frequency music, can affect the brain when listening to it periodically. The objective of this research is to investigate the effect brainwave music therapy for insomnia reduction of final-year students. This research used the quasi experimental research method with one-group pretest-posttest design. Consecutive sampling was used and conducted 18 respondents. The data of the research were analyzed by using the Wilcoxon's Test. The result showed that the p-value was 0.000 which was less than 0.05, the brainwave music therapy could reduce insomnia of the final-year students. The brainwave music therapy had an effect on insomnia following the therapy. The result of this research is expected to be used as a non-pharmacological intervention to deal with insomnia.

### **The Effectiveness of The Effects of Deep Breathing Therapy and Progressive Muscle Relaxation on Reducing Blood Pressure in Hypertensive Patients at Blembem Village, Plesungan, Karanganyar**

*Deoni Vioneery, Annisa Cindy N.A, Meri Oktariani, Mutiara Dewi L., Endang Zulaicha S., Bambang Abdul S.*

*Kusuma Husada School of Health Science Surakarta, Indonesia*

Hypertension is a condition where a person experiences an increase in blood pressure above normal which increases morbidity and mortality. Hypertension is a persistent or continuous blood pressure that exceeds the normal limit above 140/90 mmHg. Non-pharmacological actions to reduce blood pressure are deep breathing therapy and progressive muscle relaxation. Deep breathing therapy is a state of respiratory inspiration and expiration and the frequency of breathing becomes 6-10 times per minute which causes an increase in cardiopulmonary strain. Meanwhile, progressive muscle relaxation is relaxation performed by contracting and relaxing a group of muscles in sequence, namely the muscles of the hands, upper arms, forearms, forehead, face, jaw, neck, chest, shoulders, upper back, abdomen, thighs, and calves. (Setyoadi, 2010). Progressive muscle relaxation is useful for reducing peripheral resistance and increasing the elasticity of blood vessels. The muscles and blood circulation will be more perfect in taking and circulating oxygen and progressive muscle relaxation can be a Vasodilator which can enlarge blood vessels and reduce blood pressure directly. The purpose of this study was to determine the effectiveness of the effects of deep breathing therapy and progressive muscle relaxation on reducing blood pressure in hypertensive patients in the elderly in Blembem Village, Plesungan, Karanganyar. This study adopted quantitative research with experimental methods, using pre-experimental designs with pretest-posttest design. The instrument utilized a mercury blood pressure monitor. The treatment group was performed deep breathing therapy 3 times a day for one week, while the progressive muscle relaxation treatment group was performed once a day for 15 minutes a week. The result before applying deep breathing therapy obtained systolic blood pressure (154.00) and diastolic blood pressure (101.33), and after being given deep-breathing therapy showed average systolic blood pressure (140.00), and diastolic blood pressure (94.00). The blood pressure before the intervention Progressive Muscle Relaxation obtained systolic blood pressure (159.33), and diastolic blood pressure (100.00) and after progressive Muscle

Relaxation, systolic blood pressure (148.00) and diastolic blood pressure (93.33). The current study revealed that there is no significant effect on the effectiveness of the two interventions carried out in elderly with hypertension at Blembem Village, Plesungan, Karanganyar. T-independent test explained a systolic p-value  $(0.136) \geq 0.05$ , and a diastolic p-value  $(0.716) \geq \alpha 0.05$ .

### **Phenomenological Study :**

#### **The Experience of Smoking Cessation Behavior Change in Action and Maintenance Stages Based on Trans Theoretical Theory on Teenagers at State High School 1 Cawas**

*Titis Sensussiana, Yayi Suryo Prabandari*

*Widyandana, Meri Oktariani, Mutiara Dewi Listiyanawati*

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Adolescence is a transition period from childhood to adulthood. It will trigger stress which affects on teenagers' health risks. One of the risks is smoking behaviour. Some studies show that about 70% of smokers want to quit but only about 3% are successful (Syafiie, 2009). To know the experience of smoking cessation behavior change in action and maintenance stages based on Transtheoretical Theory on the teenagers at State High School 1 Cawas. The researcher uses a qualitative research (phenomenological approach). The informants are senior high school students of grade eleventh at State High School 1 Cawas who meet criteria of the research. The criteria are those who have experience of smoking cessation behavior change in action and maintenance stages based on transtheoretical theory. In-depth interview is conducted with an unstructured interview technique while the data analysis uses manual methods. There are eight themes in this research. They are the changes of views on smoking behavior; the attitudes toward smoking behavior; the factors that influence smoking cessation behavior change, the efforts on smoking cessation behavior change (at the stage of action and effort to maintain the continuity at the stage of maintenance), the process of smoking cessation behavior change, the effects of smoking cessation behavior change, the obstacles toward smoking cessation behavior change, and the supports from close related persons (friends, crushes or girlfriends, and family) to change smoking behavior. The experience of smoking cessation behavior change on teenagers in action and maintenance stages is almost similar.

### **Handheld Finger Technique as A Pain Intensity Reduction**

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The incidence of pain in postoperative patients continues to increase. The patient still feels pain despite pharmacological management. The weakness of the application of pharmacological techniques is related to the duration of time that has been provided in the provision. Pain felt by patients comes every time, so nurses need independent intervention that can be taught to patients when the pain comes. One nursing treatment that can be taught is the handheld finger technique. This study aims to analyze the effectiveness of the finger grip technique on pain intensity in postoperative patients. This research is a quasi experimental study with a post test only design research design. The study population was all postoperative patients with 46 patients. Data analysis was performed using Shapiro Wilk normality tests and Mann Whitney. The level of pain after being given a handheld finger technique is 5 scale, whereas in the control group of 6 scale. There was an effect of giving a handheld finger technique to the level of pain in postoperative patients ( $p\text{-value} = 0.002$ ). Suggestions for further researchers is to be able to do data collection by pre-test and post-test and for nurses in particular to be able to teach finger-grip technique to patients with pain complaints when the half-time of analgesic administration is up.

## **The Effect of 100 Meter Feet Way On Systemolic and Diastolic Blood Presure Reduction In Hypertension Patients In Karanganyar Plesungan**

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Hypertension is one of the diseases that ranks first in the world, which is increasing every year. 100-meter walking exercise is one of the independent actions of nursing. Walking exercises as far as 100 meters is one of the therapies aimed at cardiovascular exercises to maintain the elasticity of the blood vessels of the patient. Besides walking 100 meters is one of the independent actions of nursing that exercises diaphragmatic breathing muscles that aim to provide a relaxing effect so that the body can become relaxed. The purpose of this study was to determine the effect of 100 meters walking on systolic blood pressure and diastolic blood pressure in hypertensive patients in Plesungan Karanganyar. This research is a quantitative study with experimental design of pre-experimental design with one group pretest posttest design approach method, namely by conducting a pre-test before being given an intervention then after being given an intervention and then a post-test. The population in this study were all hypertensive patients in the Plesungan Karanganyar Region, the sample of this study were 39 respondents with a sampling technique that is purposive sampling. The analysis technique uses univariate and bivariate analysis, bivariate analysis in this study is paired sample t test. Showed that the average systolic blood pressure results of hypertension sufferers in the Plesungan Karanganyar area before being given therapy was  $165.53 \pm 15.98$  mmHg on the first day, and after 100 meters walking therapy was measured again to be an average of  $154.02 \pm 14.37$  mmHg. There is an influence of walking 100 meters to a decrease in blood pressure in the Plesungan Karanganyar region, this is evidenced by the paired t test analysis obtained p value 0,000.

## **The Effectiveness of The Use of Sanitary Pads and Melolin on The Healing Process of Grade 3 Diabetic Wounds in Class 3 Ward of RSUD DR.TJITROWARDOJO PURWOREJO**

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Grade 3 diabetic wound is a chronic complication on a patient of diabetes mellitus in the form of epidermal, dermal, and facial injury that does not spread onto the muscle tissue. The treatment of the wound is by washing the feet, applying bandages on the wound, and removing the damaged tissue. Preliminary study was conducted in Class 3 Ward of RSUD Dr. Tjitrowardojo Purworejo which results in data on the method of dressing the grade 3 diabetic wound using melolin covered in gauze. The use of melolin is an effective absorbed for diabetic wound, however it resulted in some serious expenses, and therefore a more affordable alternative to this method is required. To know the effectiveness of the use of sanitary pads and melolin on the healing process of Grade 3 diabetic wound in Class 3 Ward of 3 RSUD DR. Tjitrowardojo Purworejo. This research uses the *quasi experimental pre-posttest with control group layout*, on 32 grade 3 diabetic wound patients divided into 2 groups, each containing 16 people selected through. Data collecting was done by observing the condition of wound during pretest and post-test using the instruments such as observation sheet, while the data analysis was done through Mann-Whitney method. The majority of healing process of grade 3 diabetic wound covered in sanitary pads was shows rapid recovery (granulation occurs after 6 days of dressing the wound) (87, 50), The healing process of grade 3 diabetic wounds covered in melolin has an equal split on the recovery time, being 50% fast and 50% slow, there are significant differences in the healing process of grade 3 diabetic wound between those covered in sanitary pads and melolin ( $p = 0,022$ ). The use of sanitary pads are shown to be more effective compared to melolin in the healing process of grade 3 diabetic wounds in Class 3 Ward of RSUD DR. Tjitrowardojo Purworejo .

### **Effect of administration of steamed potatoes on blood pressure in elderly patients with hypertension**

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Hypertension mostly attacks the elderly due to the aging process that occurs. One risk factor is related to the consumption of food or diet in patients with hypertension. Diets in hypertensive patients include reducing salt intake and consuming foods containing sodium and potassium. The contents of potatoes include carbohydrates, protein, magnesium, iron, and potassium. The purpose of this study was to determine the Effect of Giving Potatoes on Blood Pressure in Elderly Patients with Hypertension in Griya PMI Surakarta. The method used will be a quantitative design with a quasi-experimental design with a total sample of 14 respondents. The results showed that the experimental group had a systole value of 0.034 and a diastole of 0.046 while the systole control group p value of 0.222 and a diastole of 0, 333. The conclusion in this study was that there was an effect of giving boiled potatoes in lowering blood pressure.

### ***The Effectiveness Of Health Counseling With Comic Media On SADARI Practice (Breast Self-Examination) In Adolescent At SMK Negeri 2 Of Sukoharjo***

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In 2018, the incidence of cancer in Indonesia with the percentage of new cases was in the first place at 18.80%. The population with the highest incidence of breast cancer was 42.1 per 100,000. Preventive and promotive efforts to reduce the incidence of breast cancer is to provide health counseling about SADARI practice (Breast Self-Examination/BSE) by using media that creates interest in learning for adolescent women, one of them is comics. This study aimed to identify the effectiveness of health education with comic media on BSE practice in adolescent women at SMK Negeri 2 Sukoharjo. The research was a quantitative study with Quasi-Experimental by using pre-posttest with group control. The sample was 74 respondents with purposive sampling technique. The data collection was by BSE observation sheet and analyzed by the Wilcoxon test and Mann Whitney test. The Wilcoxon test result obtained p-value = 0,000 or  $p < 0.05$ , which inferred that there was a difference in before and after health education on the ability to practice BSE in adolescent women. While the results of the Mann Whitney Test obtained P-value = 0.000 or  $p < 0.05$ , then  $H_a$  was accepted and  $H_o$  was rejected. It explained that there was the effectiveness of health education with comic media on BSE practice in adolescent women at SMK Negeri 2 Sukoharjo. The current study revealed that health education with comic media is more effective in the practice of BSE in adolescent women at SMK Negeri 2 Sukoharjo.

### ***The Effect Experiential Learning for Increase Intrinsic Motivation Level of Diabetes Mellitus at RSUD dr. Moewardi Surakarta***

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*Diabetes mellitus is one of diseases which is chronic in nature and requires self-care or long term autonomous management. Such a management requires good intrinsic motivation. In RSUD dr Moerwardi of Surakarta there were 2,163 type II diabetes mellitus. The objective of this research is to investigate the effect of experiential learning to increase intrinsic motivation level of diabetes mellitus patients at RSUD dr. Moewardi Surakarta. This research used the pre experimental research method with one group pretest-posttest design. Accidental sampling was used to determine its samples. They consisted of 64 diabetes mellitus respondents. The data of the research were collected through questionnaire and analyzed by using the Wilcoxon's signed rank test. The result of the research shows that the average score of intrinsic motivation of the*



respondents prior to the administration of experiential learning was 55.31. Following the administration of the experiential learning, the average score became 66.78. The result of the statistical test with the Willcoxon's signed rank test shows that the experiential learning had an effect on the intrinsic motivation for diabetes mellitus patients RSUD dr. Moewardi of Surakarta as indicated by the  $p\text{-value} = 0,000$ . Thus, the experiential learning had an effect on the intrinsic motivation diabetes mellitus patients RSUD dr. Moewardi of Surakarta.

### **The Effect of Therapeutic Play Intervention : Snakes and Ladders to Reduce Bullying Experience**

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Bullying is considered a form of violence in schools. Bullying has a negative impact in growth and development of children. One of intervention to reduce bullying is therapeutic play intervention: snakes ladders. The study aimed to identify the effect of therapeutic play intervention: snakes and ladders on bullying experience. The study used true experiment design. In the intervention group, therapeutic play intervention and education using leaflet were given to the respondent. In the control group, only education using leaflet was given to the respondent. The sample were 48 school age children who were taken by stratified random sampling technique. The data were analyzed using paired t test. The study indicated that the mean score of bullying experience before intervention in the intervention group was 71,79 and in the control group was 72,33. The mean score of bullying experience after intervention in the intervention group was 52,17 and in the control group was 71,83. The statistical analysis showed there was significant effect of therapeutic play intervention to reduce bullying experience in the intervention group ( $p\text{ value} < 0,05$ ), and there was no significant effect in the control group ( $p\text{ value} > 0,05$ ). The conclusion was therapeutic play intervention: snakes and ladders effective in reducing bullying experience.

### **Applying newman System's Model As A Frameworks of Holistic Nursing Care in Preventing Postpartum Hemorrhage**

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Postpartum hemorrhage is a life-threatening case. It is the leading direct cause of maternal mortality worldwide, about 6% of all deliveries with a wide variation around the world. It needs a multisectoral approach among various stakeholder groups to prevent the occurrence of postpartum hemorrhage, including a holistic nursing care plan which is based on nursing theories. Nursing System's Model is a model that provides a framework of a holistic care and has been used in many settings of nursing, but it is still limited to maternity nursing area. Therefore this paper will discuss about the application of Nursing System's Model in prevention of postpartum hemorrhage. This paper is a literature review. Based on Nursing System's Model, it can be identified that the woman who experiencing postpartum hemorrhage has at least 5 variables which are physiological, psychological, socio-cultural, spiritual and developmental variable that whether in wellness state or illness state dynamic in interrelationship. Although postpartum hemorrhage can happen at any time, it is proven to be prevented. According to this model, nurses can give some interventions in the form of primary, secondary and tertiary prevention. In conclusion, Newman system's model seems to be applicable in postpartum hemorrhage setting. It needs evidence based through further researches to prove this assumption and to apply this theory.

## **The Effect of Giving Steeped Red Ginger Against the Changes of Blood Pressure of Elderly with Hypertension in Gemolong Community Health Centre Working Area**

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*Hypertension is a disease that frequently found in Indonesia. This disease can affect anyone from various age and socio-economic groups. The possibility of someone suffering from hypertension is getting bigger when he/she gets older. The influence of age to stress appearing oftentime occurs to human being. This study is aimed to know the effect of giving stepped red ginger againts the changes of blood pressure of elderly with hypertension in Gemolong Community Health Centre Working Area. Quantitative type of quasy experiment with pre and post test without group control research design. The writer utilizes a total sampling technique of 24 elderly people. The data is collected using intervention of giving stepped red ginger to the treatment groups. The applied data analyses are Univariat analysis and Bivariat analysis using Wilcoxon test. The result of the Wilcoxon analysis shows that the blood pressure of the treatment group before and after consuming stepped red ginger is a value of p value (0,000), so that the p value < 0,05. In conclusion, the study shows that there is an effect of giving stepped red ginger againts the changes of blood pressure of elderly with hypertension in Gemolong Community Health Centre Working Area.*

## **The Effect Peer Education About Detection Breast Cancer for Breast Self Examination Practical Skill**

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Breast cancer has become the largest in numbers of the cancer cases among females aged 20-39 years old. Therefore, education on breast self-examination needs to be administered since adolescence as to early detect breast cancer. The less knowledge of how to perform breast self-examination causes the less practical skill of breast self-examination (BSE). One of the learning methods that can be employed is peer education. Peer education is an education which is done by individuals who have some similarities in terms of age, need, and objective. The objective of this research is to investigate the effect of peer education of early detection of breast cancer on female adolescents' practical skill of BSE. This research used the quantitative quasi experimental research method with pre-test and post-test non-equivalent with control group design. Total sampling was used to determine its samples. They consisted of 86 respondents. The data of the research were collected through checklist of breast slef-examination. They were analyzed by using the Wilcoxon's Signed Rank Test and the Mann Whitney's Test. The result of the Mann Whitney's Test shows that the p-value was 0.000 which was less than 0.05, meaning that there was a significant difference of practical skill of BSE between the intervention group and the control group prior to and following the treatment. Thus, the peer education on early detection of breast cancer had an effect on the female adolescents' practical skill of BSE.

## **Comparison of Effect of Red Dragon Fruit and Romebeauty Apple on Blood Glucose Level of Type II Diabetes Mellitus Patients**

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*Type II diabetes mellitus (DM) is metabolic disorder disease marked by blood glucose increase due to the insulin secretion decrease by pancreas beta cells or insulin function (disorder resistance). One of the Type II DM management is utilization of anti-diabetic plant. The objective of this research is to investigate the comparison of effect between red dragon fruit and Romebeauty apple on blood glucose level of Type II DM patients. This research used the quasi experimental research method with pre-test*

and post-test design with two-comparison-treatment design. The data of the research were collected through the instrument glucometer, namely: the examination of fasting blood glucose levels of 30 Type II DM patients in the work area of community Health Center of Kartasura. They were given treatments in which red dragon fruit was administered to 15 patients whereas the rest 15 were given Romebeauty apple. The data of the research were then quantitatively analyzed by using the independent t-test with the Confident Interval (CI) of 95%. The result of the research shows that the red dragon fruit had the same effect as that of Romebeauty apple on the blood glucose level reduction as indicated by the  $p\text{-value} = 0.383$ . The result of this research becomes a recommendation for nursing profession in developing natural intervention and therapy with the administration of red dragon fruit and Romebeauty apple to Type II DM patients.

### **Effect of Slow Stroke Back Massage (SSBM) Therapy with Lavender Aroma Therapy on Blood Pressure of Hypertension Patients A Dharma Bhakti Kasih Nursing Home of Surakarta**

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Hypertension is defined as an increase in systole to more than or equal to 140 mm Hg and in diastole to more than or equal to 90 mm Hg in two measurements. Elderly is an age group that is very susceptible to experiencing health problems such as hypertension. The purpose of this research is to know effect of Slow Stroke Back Massage (SSBM) therapy with lavender aromatherapy on blood pressure of hypertension patients at Dharma Bhakti Kasih Nursing Home of Surakarta.

This research used the quasi experimental research method with one group pretest and posttest without control design. Total sampling was used to determine its samples. They consisted of 38 elderlies. The data of the research were analyzed by using the Wilcoxon's Signed-Rank Test. Following the therapy, the systole decreased up to 8.69 mm Hg. Prior to the therapy, the systole was 158.16 mm Hg, and following the therapy, it became 149.47 mm Hg. In addition, the diastole also decreased up to 10 mm Hg. Prior to the therapy, it was 99.47 mm Hg, and following the therapy, it became 89.47 mm Hg. The result of the Wilcoxon's Signed-Rank Test shows that the  $p\text{-value}$  of each blood pressure was 0.000 which was less than 0.05. Thus, the SSBM therapy with lavender aromatherapy had an effect on the systole and diastole.

### **The Effect of Millieu Therapy Arts Creation Methods of Making Collage on Elderly with Dementia in Dharma Bhakti Nursing Home of Surakarta**

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Dementia is a degenerative disease caused by damage to brain cells where the nervous system cannot distribute information into the brain, making a decrease in memory so that it often shows daily behavioral disorders. Millieu Therapy helps patients to think creatively, encourages them to play with ideas and thoughts about the field they are working on, and cooperate with others. The present study aimed to identify the effect of Millieu therapy on the art creation of making collages on elderly with dementia in Dharma Bhakti Nursing Home of Surakarta. A Quasi-Experiment design, with the Pretest-Posttest Nonequivalent Control Group approach, was used for this study. The sampling technique was conducted by non-probability sampling, namely total sampling with a total sample of 40 respondents. The dementia level of each group was measured by using the Mini-Mental Status Exam (MMSE) questionnaire. The result of data analysis using the Wilcoxon Signed Rank Test obtained a  $p\text{-value}$  of 0,000 ( $<0,05$ ), which meant that there were differences in the influence of the dementia level in before and after conducting Millieu therapy method of art creation collage. The Mann Whitney test result showed a significant value of 0.008 ( $<0.05$ ), which meant that there was a difference between the level of dementia in the control and treatment groups. The present study concluded that Millieu therapy arts creation methods of making collage had an effect on the decline of elderly with dementia in Dharma Bhakti Nursing Home of Surakarta.

## **The Effect of Deep Breathing Exercise (DBE) to The Oxygen Saturation and Respiratory Frequency on Patients with Post Ventilation Mechanics at Dr. Oen Surakarta**

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*Respiratory failure is the most common cause of activity in hospital intensive care (ICU), the leading cause of mortality, and increases the national health burden. There are parameters that can be considered as an indication of the use of mechanical ventilation such as respiratory frequency, tidal volume, vital capacity, maximal inspiration pressure, maximal expiratory pressure, dead space, PaCO<sub>2</sub>, PaO<sub>2</sub>, pH, and oxygen saturation. Deep Breathing Exercise (DBE) is useful for improving breathing patterns, increasing lung expansion, respiratory muscle strength, residual functional capacity, and inspiration volume. The present study aimed to identify the effect of Deep Breathing Exercise (DBE) to the oxygen saturation and respiratory frequency on patients with postventilation mechanics at Dr. OEN Surakarta. The study utilized quantitative research using a quasi-experimental research design with pre and posttest with control group design. The population was 24 post-mechanical ventilating patients at Dr. Oen Surakarta Hospital. The Sampling technique was purposive sampling. Mann Whitney test was used to analyze for this study. The result of Mann Whitney's test showed p-value 0.340 in the SPO<sub>2</sub> variable so p-value > 0.05, it implied that there was no significant difference between the control and treatment groups while the RR variable showed p-value of 0.169 so that the p-value > 0.05, it inferred that there was no significant difference between the control and treatment groups.*





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