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*Supplement of
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Education and Nursing Research

Faculty of Nursing Andalas University

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EFFECT OF TURMERIC ACID THE PRIMARY DYSMENOROE ON EARTH CHAMPAIGN HIGH SCHOOL STUDENT IN 2013

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ABSTRACT

Dysmenoroe is lower abdominal spasms , pain spreading to the waist , thighs , sometimes accompanied by convulsions and unconsciousness . Primary Dysmenoroe is menstrual pain without Gynaecologie abnormalities , commonly experienced by young women because of the release of the hormone prostaglandin which berlebihan.In Padang Tawn school very much Dismenoroe incident Pertiw Schoel.Tujuan study was to determine the effect of turmeric against dysmenoroe acid primer on Earth Champaign high school in 2013. Types of quantitative research with a quasi experimental research design with pre-test - post-test done in high school only.Penelitian Earth Padang 2013.Populasi June to November is the entire student experiencing menstrual pain 389 girls , samples taken 32 people taken accidental sampling . Primary data were taken with direct measurements using a numerical scale in the range 1 - 10.Data processed and analyzed using with central tendency value and statistical test with t – test. The results showed that there are differences in the average menstrual pain before and after administration of turmeric acid in high school Earth Padang in 2013 (0,14) with p value 0.001 , meaning that there are significant menstrual pain signifikan as between before and after administration of turmeric acid. Recommend to the Principal and teachers assemblies that utilize turmeric acid for students who experience menstrual pain , as well as the need for efforts to disseminate information both from school and from the relevant agencies about the benefits of turmeric acid as non- pharmaco therapy in the treatment of menstrual pain / dysmenoroe primary .

Key Word : *Dysmenoroe*, turmeric acid

INTRODUCTION

Pain during menstruation in medical terms is called dysmenoroe.Dysmenoroe is menstrual pain that is so great, due to the release of prostaglandins excessive so as to cause convulsions and unconsciousness, if not ditangani can progress to endometritis or inflammation of the endometrium (uterine lining the inside) which resulted in women becoming infertile, when the pain is so great that it interferes with the activity that resulted in the number of absences in a school or office (Syamsul, 2008), whereas according to (Hardi, 2007) dysmenoroe are suffering chronic and chronic.

In the United dysmenoroe 90%, 10-15% experienced severe dysmenoroe, in Sweden menstrual pain felt by 72% of women (journal Occupation And invironment Medicine, 2008), in Indonesia, menstrual pain 64.25% 54.89% consists of primary dismenoroe and 9.36% dismenoroe secondary (Harunriyanto, 2008) In West Sumatra dysmenoroe 1.35 to 1.5% of young women (Sumatra Health Profile 2007), in Champaign High School Earth's highest number of menstrual pain that is 10.7% of the entire student in the city Padang (Padang City Department of Education report, 2012).

One of the non parmacologi dysmenoroe handling is utilizing turmeric containing curcumin 10%, desmetoksikumin, 1-5% bisdesmetoksikurkumin Other substances useful in turmeric essential oil which is made up of ketones sesquiterpenes, turmeron, tumeon 60%, 25% zingiberen, sabinen, borneol and sineil. Fat content in turmeric for 1 -3%, 3% carbohydrate, 30% protein, 8% starch, 45-55% of vitamin C, iron, phosphorus, and calcium. which serves as an analgesic, anti- pyeretik and anti nflamasi, and tamarind have antipyeretika and sedative effects (Erna, 2010).

According to the research results (Sulastri, 2006) in Purworedjo, complaints dysmenoroe on daughter activity that causes disruption resulted in missed school <3 days, and research (Youngson 2002) in Sweden 140 million work hours are lost each year due to dysmenoroe primary, research Likewise Admin (2011) in the North Metro 90.5% dysmenoroe without any treatment, 9.5% dysmenoroe addressed, and the results of research (Leni Marlina 2012) Tanjung Mutiara Agam "drink turmeric effective reduce the level of pain dysmenoroe primary.

At the beginning of the study in high school Earth Padang of 13 girls interviewed turns 10 schoolgirls experiencing menstrual pain and never consulted or received treatment of medical personnel, schools are often not when your period comes, while 3 others ever fainted due to menstrual pain, and also never got pengobatan. Dari description above researchers have conducted a study on "Effect of turmeric acid the primary dysmenoroe on Earth Champaign high school student in 2013 ".

LITERATURE

DYSMENOROE

Dismenoroe is abdominal pain from uterine cramps and occur during menstruation (Imew, 2007). Meanwhile, according to medical dictionary (2005) dysmenoroe mean pain during menstruation. Dismenoroe is pain during menstruation that disrupt daily life of women and encourage the patient to perform the examination or consultation to a doctor, health center or midwife (Manuaba, 1998).

Factors Cause Several factors play a role as a cause of primary dysmenorrhea, among other

- a) psychological factors: in girls who are emotionally unstable.
- b) factors konstitus: this factor is closely relationship with psychological factors that can reduce resistance to pain.

Cervical canal obstruction factor In women with a uterus in hyper antefleksi may occur cervical canal stenosis, endocrine factors In general, the assumption that the seizures that occur in primary dysmenorrhea is caused by uterine contractions berlebihan. Novak and Reynolds were doing research on rabbit uterine concluded that estrogen stimulates uterine contractility, is the hormone progesterone inhibit or prevent it. allergic factors .This theory was put forward after considering the existence of an association between dismenoroe with urticaria, migraine or asthma bronkhiale.(Prawiroharjo,1999)

JAVA Turmeric .FORMULA ACID

Kunyit and their role in

Turmeric or turmeric (*Curcuma longa* / *Curcuma domestica*) is one of the spices and medicinal plants native to Southeast Asia. Turmeric classified in the group of gingers, Zingiberaceae. The main content of turmeric is curcumin and essential oil that serves to analgesics in dysmenoroe, Menstruation is not smooth, stomach heartburn during menstruation, (Rahman, 2000).



Figure : 1 and 2

Asam Java and their role in Tamarind, fruit and seed rods with a length of 3.5 to 20 cm and it feels asam.daging flesh greenish white fruit and chocolate after becoming parents. The usefulness of the

tamarind dysmenorrhoea is to reduce pain and smell rancid at the time of menstruation, and blood circulation. The leaves contain flavonoids which are anti-inflammatory and pain relief. For Menstrual pain, a handheld tamarind turmeric mixed with two fingers and half a cup of cooking water, then finely ground. plus enough water then filtered and drunk (Rahman,2000)



Figure: 3 and 4 Tamarind

Formula

Formula turmeric tamarind referred from the literature include (Erna, 2010) will further explain how to manufacture beverage ingredients and turmeric acid.

Ingredients:

- a) Empu turmeric 10 gram
- b) Asam Java 0.5 grams
- c) Boiled water 250 ml.

Making ways:

1. Master turmeric cleaned and skin removed, cut into small pieces / shredded (turmeric that is used only its contents)
2. Open the tamarind skin, grab it and separate the flesh and seeds (which used only the flesh of tamarind)
3. Add the water and in a blender
4. After a smooth directly taken



Figure 5

Drinks turmeric acid

How it Works Giving Turmeric acid

Turmeric acid which has been given to the respondent juice (students who are experiencing primary dysmenorrhoea). Peneliti waiting and observing until jus kunyit acids drunk by the respondent, before the acid turmeric juice taken by the respondent made pain assessment using a numerical scale in the range

of 1-10, and , after the observation was carried out for 3 hours, then 3 hours giving didokumentasikan. Setelah turmeric juice acid, carried back menstrual pain assessment using a pain scale in the range 1-10, then documented.

METHODS

Research has been carried out in high school Earth Padang, June to November 2013. Quantitative research with a quasi-experimental design with pre reseach test-post-test only, ie determine the effect of turmeric against dysmenoroe acid primer on Earth Champaign high school students in 2013. Instrumen Research is the format of the data collection, format / menstrual pain measurement tool. The study population was high school all over Earth Padang experiencing menstrual pain / primary dysmenoroe yaiu much as 393 people. The samples were taken using the formula (Sudygdo.S, 2002) obtained a sample of 32 people, the sampling technique accidental sampling, meaning the current study respondents occurred and in accordance with predetermined criteria. Primary Data: taken from the characteristics of respondents who experienced a primary dysmenoroe, measuring it directly with a numerical scale range 1-10 (Smeltzer, 2002), as well as secondary data obtained from the school principal and high school counselor Earth Padang in 2013 Before sampling researchers identify student who experience menstrual pain and arrival time of menstruation, then ask that student to contact the researcher during her menstrual pain arises, contact the student or researcher suspected of having primary dysmenoroe in Padang Earth high School in a September until November 2013.

How to perform checks on dysmenoroe pain. Pain was measured before and after administration of turmeric juice acid, using a numerical scale in the range 1-10. Research procedures .Give an explanation to the respondents of the research to be conducted, as well as informed consent to be signed, if the respondent arrived menstrual pain, researchers present to conduct early identification and intervention turmeric acid administration to completion, after 3 hours of interventions given, done returning menstrual pain assessment respondents , the data documented. Data Analysis are adjusted to the scale of the variable to be tested and the purpose of test with significance level, respectively (p value 0.05). Univariate analysis is used to describe the distribution of each each variable and bivariate analysis performed by using a computer, to see the influence of variables independent (giving turmeric acid) and the dependent variable (primary dysmenoroe) by t test. The analysis showed a significant effect of when obtained p value <0.05.

RESULTS AND DISCUSSION

Dysmenorrhea Early Menstruation

Before administering turmeric acid respondent assessment of menstrual pain menstrual pain awal. Setelah initial assessment, data analysis obtained the following results:

Table 4.1

Analysis Dysmenorrhea Before Giving Turmeric Acid On The Experiencing Dysmenorroe Primary Students in High School Earth Padang in 2013

Dysmenorrhea	Mean	Median	SD	Min	-	Max
Before The Intervention	8,75	9	0,67	7	-	9

From Table 4.1 shows the average value of menstrual pain before administration of turmeric acid is 8.75, with a SD of 0.67 and the lowest value of pain experienced by girls 7 and 9 the highest.

Dysmenorrhea End

After administration of turmeric acid to the respondents made the final menstrual pain assessment. To detail can be seen in the table below

Table 4.2

Analysis of Menstrual Pain After Giving Turmeric Acid On The Experiencing Dysmenorroe Primary Students in High School Earth Padang Year 2013

Dysmenorrhea	Mean	Median	SD	Min Max
After Intervention	3,28	3	0,58	3 5

From table 4.2 it can be seen that after the administration of turmeric acid average final menstrual pain decreased to 3.28 with 0.58 SD lowest value menstrual pain experienced by girls 3 and 5 the highest.

The average difference menstrual pain before and after administration of turmeric acid to the respondents can be seen in the table below in

Table 4.3

The difference in average Menstrual Pain Before and After Giving Turmeric Acid On The Experiencing Dysmenorroe Primary Students in High School Earth Padang in 2013

Dysmenorrhea	Mean	SD	SE	T	P value
before after	5,4875	0,80259	0,14188	38,545	0,000

In Table 4.3 it can be seen that the average difference menstrual pain before and after the intervention is 5.48, and the results of this 38,245 t test showed that there is a statistically significant difference between the average of pain before and after the intervention (p value 0.000), means that there is a significant effect on the administration of turmeric acid primary dysmenorroe on Earth Champaign high school in 2013.

DISCUSSION

Dysmenorrhea Early Menstruation

The results showed that the primary menstrual pain SMA Earth Padang in 2013 an average of 8.75. Menstrual pain arises in the absence of abnormalities gynaecologik. Pain arises with less bersamaan arrival of menstruation and occurred a few hours. The results of this study together with the results of research in Sulastri Jarret (2006) Surabaya stating 47.7% of adolescents experiencing mild pain and 47% severe pain.

Menstrual pain is caused due to excessive uterine contractions that cause the endometrial lining apart and thought to be related to the release of the hormone prostaglandin (Hanafi, 1997) The process of occurrence of pain in primary dysmenorrhea is as follows: The corpus luteum will regress if pregnancy does not occur. This will result in a decrease in progesterone levels and lead labilisasi lysosomal membrane, making it easy to break and release enzymes fosfolipas e A2. Phospholipase A2 to hydrolyze phospholipids compounds that exist in the cell membrane of the endometrium and arachidonic menghasilkanasam. Arachidonic acid together with endometrial damage stimulates arachidonic acid cascade and produce prostaglandins PGE2 and PGF2 alpha. Women with primary dysmenorrhea obtained an increase in the levels of PGE and PGF2alfa in the blood, which stimulates the myometrium. As a result, an increase in uterine contractions and disritmi, resulting in decreased blood flow to the uterus and cause ischemia. Prostaglandins themselves and endoperoksid also cause sensitization, further lowering the threshold of pain in the nerve endings of afferent nerve pelvicus to physical and chemical stimuli (Sunaryo, 1989).

According to the observations of the early researchers in the field is the emergence of menstrual pain caused due to psychological factors, as emotionally unstable girls, and the lack of explanation of

health workers, as well as their experiences every month always experience pain menstruation, sometimes do not participate in school learning when the researchers said.

Dysmenorrhea End

The results showed that the average final menstrual pain decreased to 3.38. The results of this study together with the results of Leni Marlina (2012) in Tanjung Pura about turmeric drink effectively lowers menstrual pain.

According to Erna (2010) Turmeric contains curcumin and essential oil that it contains some substance that serves as an analgesic, antipyretic, and anti inflammation, resulting in lowering the pain threshold, while tamarind and penenang. Jadi antipyretika have the effect of the presence of a combination of turmeric and tamarind means has the effect that can decrease pain during menstruation comes.

According to the observations of researchers in the field reduced menstrual pain in high school Earth Padang, strongly influenced by the pure turmeric and sour, because they come during menstrual pain no taking any medications, and had never experienced abdominal pain other than pain during menstruation, so all the girls were just having a primary dysmenorrhea. Advice to all student researchers that utilize turmeric menstrual pain when acid comes in accordance with the doses that have been tested / recommended, and do not take advantage of pharmaceutical drugs.

Difference average Menstrual Pain Before and After Giving Turmeric Acid

The results showed that differences in menstrual pain before and after treatment-rata5,48 average, with a p value of 0.000, meaning that there is influence between multiple significant menstrual pain before and after administration of turmeric asam. Hasil this study together with the results of the research Leni Marlina (2012 in the Cape pearls, which states that the drink turmeric gives effect to decrease menstrual pain.

Anwar (2001) menstrual pain is reduced due to the effect of turmeric acid drink due to the response of follicles in the ovaries and uterus are normal start function, so there is a difference menstrual pain before and after administration of turmeric acid.

Analysis of the difference field researchers menstrual pain before and after treatment are not too sharp decline, because all of the tools that have been influenced by the content of hormones for reproduction, gradually recover / recovery is not drastic. Researchers suggested that continue to consume turmeric acid during menstruation comes, so do not wait first menstrual pain arises.

CONCLUSIONS

1. Average menstrual pain before administration of turmeric acid SMA Earth Padang in 2013 8.75
2. Average menstrual pain after pemeberian turmeric acid Earth Champaign high school in 2013 dropped to 3.38.
3. There are differences in the average menstrual pain before and after administration of turmeric acid on Earth Champaign high school in 2013 (5.48) with a p value of 0.000, meaning that there is influence between multiple significant menstrual pain before and after administration of turmeric acid.

RECOMMENDATION

Recommend to the Head of School and teachers assemblies that utilize turmeric acid for girls who experience menstrual pain, as well as the need for efforts to disseminate information both from school and from the relevant agencies about the benefits of turmeric acid as a non-pharmaco therapy in the treatment of menstrual pain / dysmenorrhea primary.

Quality of life of acute lymphoblastic leukemia's children who undergoing chemotherapy: PedsQL™ 4.0 Generic Core Scale

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Abstract

This study was aimed to determine factors that associated with quality of life of acute lymphoblastic leukemia's children who undergoing chemotherapy in Dr. M. Djamil Hospital, Padang. The quantitative study with cross sectional approach has been done to 25 children by consecutive sampling. Data collection was using PedsQL™ (Pediatrics Quality of Life) 4.0 Generic Core Scale and nurse's role (Cronbach $\alpha = 0,90$). The results revealed that there was a relationship between chemotherapy phase and nurse's role with generic quality of life ($p < 0,05$). Nurse's role was a predominant factor of generic quality of life. Thus, it is necessary to increase role of nurse by giving education about treatment and management of chemotherapy side effects.

Key words: chemotherapy phase, nurse's role, generic quality of life