



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:



The Proceeding of 7th International Nursing Conference:
Global Nursing Challenges in The Free Trade Era

Fakultas Keperawatan Universitas Airlangga



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Fakultas Keperawatan Universitas Airlangga

The Proceeding of 7th International Nursing Conference:
Global Nursing Challenges in The Free Trade Era

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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 thanks to all speakers, participants, and sponsorships that helped the success of this event. I hope that this conference have 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.
NIP. 196508061992031002

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CONFERENCE SCHEDULE

DAY 1, 8th April 2016

| | |
|---------------|---|
| 06.30-07.30 | Registration |
| 07.30-08.00 | Indonesia Raya Anthem Hymne Airlangga Welcoming Show (Tsuroya) Unipdu Jombang |
| 08.00-08.30 | Opening Remarks <ul style="list-style-type: none"> - Speech from Steering Committee - Speech from Dean Faculty of Nursing, Universitas Airlangga - Speech from Rector Universitas Airlangga Opening Pray: Bpk H. M. Syakur (in Bahasa) |
| 08.30 – 08.50 | Keynote Speaker Junaidi Khotib, S.Si, M.Kes., PhD. |
| 08.50 - 09.00 | <ul style="list-style-type: none"> - Certificate & Souvenir Given to Keynote Speaker - Opening Poster Presentation Sessions |
| 09.00-09.30 | Coffee Break |
| 09.30-09.45 | Music performance: “Daul” Madura |

Plenary Session I

| | |
|---------------|---|
| 09.45 – 10.05 | Speaker 1 Ikuko Seki (JICA) Chief Advisor Japan International Cooperation Agency (JICA) <i>“Advanced Nursing Practice in the Global Nursing”</i> |
| 10.05 - 10.25 | Speaker 2 Harif Fadhillah, S.Kp, SH, MH.Kes Chief of INNA <i>“Indonesian Nurses Ready to Compete in The Free Trade Era”</i> |
| 10.25 – 10.45 | Speaker 3 Dr. Muhammad Hadi, SKM., M.Kep. Chief of AINEC <i>“Challenges of Nursing Education in Nursing Education in Asean Economic Community Era”</i> |
| 10.45 – 11.05 | Plenary Discussion Certificate & Souvenir Given to Speakers |
| 11.05 – 12.00 | Poster Presentation 1 |
| 12.00-12.30 | Prayer and Lunch |

Plenary Session II

| | |
|---------------|--|
| 12.30 – 12.50 | Speaker 4 Kristen Graham, RN, RM, MNg, MPH&TM, MPEd&Tr, GDipMid, GDipHSc School of Nursing and Midwifery, Flinders University, Australia <i>“Promoting Inter professional Collaboration to Improve Population Health Outcomes; Working with and Learning from Each Other”</i> |
| 12.50 – 13.30 | Speaker 5 Dr. Nur Mukarromah.,S.KM.,M.Kes. Dean of FIK Universitas Muhammadiyah Surabaya, Indonesia <i>“Social Capital Approach: Prevention Of Dengue Hemorrhagic Fever With Improvement Of Community Sustainability Awareness”</i> |

| | |
|---------------|--|
| 13.30 – 13.50 | Speaker 6 Dr. M. Hasinuddin, S.Kep., Ns., M.Kep. Director of STIKES Ngudia Husada Madura, Indonesia <i>“Enhancing Nurse’s Competency in Child Care Based on Evidence”</i> |
| 13.50 – 14.10 | Plenary Discussion Certificate & Souvenir Given to Speakers |
| 14.10 – 14.40 | Coffee Break and Prayer |

Plenary Session III

| | |
|---------------|--|
| 14.40 - 15.00 | Speaker 7 Dr. Tri Johan Agus Y., S.Kp., M.Kep. POLTEKKES KEMENKES Malang, Indonesia <i>“Nursing Care Management is A Success Key in Health Services”</i> |
| 15.00 – 15.20 | Speaker 8 Dr. Hanik Endang N, S.Kep., Ns., M.Kep. Faculty of Nursing, Universitas Airlangga Indonesia <i>“The Dimensions of Breast Cancer with Positive Perception Through Psychospiritual ‘Sehat’ (Syukur Selalu Hati dan Tubuh)”</i> |
| 15.20 - 15.40 | Plenary Discussion Certificate & Souvenir Given to Speakers |

DAY 2, 9th April 2016

| | |
|-------------|---|
| 07.00–08.00 | Registration |
| 08.00-08.15 | Opening Show Traditional Dance : Bedoyo |

Plenary Session IV

| | |
|---------------|---|
| 08.15 – 08.35 | Speaker 9 Madiha Mukhtar Head of Nursing Services in 500 bedded Pvt Health care sector, Ibn-e-Seina Hospital & Research institute Multan, Pakistan <i>“Perception of Indonesian Nursing Students Regarding Caring Behavior and Teaching Characteristics of Their Clinical Nursing Instructors”</i> |
| 08.35 - 08.55 | Speaker 10 Dr. Makhfudli, S.Kep., Ns., M.Ked.Trop. Faculty of Nursing, Universitas Airlangga Indonesia <i>“Self-Efficacy Enhancement Development Model Against Biological Response on Patients with Pulmonary Tuberculosis in Public Health Center of Surabaya City Region”</i> |
| 08.55 – 09.15 | Speaker 11 Ima Nadatien, SKM.,M.Kes Nahdlatul Ulama University of Surabaya, Indonesia <i>“Pride As The Attitude To Optimize The Nurse Performance”</i> |
| 09.15– 09.35 | Plenary Discussion Certificate & Souvenir Given to Speakers |
| 09.35-09.45 | Traditional Dance Performance: Limade |
| 09.45 – 10.15 | Coffee Break |

Oral Presentation 1

| | |
|---------------|------------------------------|
| 10.15 – 12.15 | Room 1 (Garuda Mukti) |
|---------------|------------------------------|

| | |
|---------------|--|
| | Medical Surgical and Critical Care Nursing Management and health policy Geriatric Nursing |
| | Room 2 (Kahuripan 301) Medical Surgical and Critical Care Nursing Management and Health Policy Geriatric Nursing |
| | Room 3 (Kahuripan 302) Women Health and Pediatric Nursing |
| | Room 4 (Ruang Sidang A) Women Health And Pediatric Nursing |
| | Room 5 (Ruang Sidang B) Community Health and Primary Care Nursing Geriatric Nursing |
| 12.15 – 13.15 | Prayer and Lunch |
| | Poster Presentation 2 |

Oral Presentation 2

| | |
|---------------|---|
| 13.15 - 15.15 | Room 1 (Garuda Mukti) Medical Surgical and Critical Care Nursing Community Health and Primary Care Nursing Geriatric Nursing |
| | Room 2 (Kahuripan 301) Medical Surgical and Critical Care Nursing Community Health and Primary Care Nursing Geriatric Nursing |
| | Room 3 (Kahuripan 302) Woment Health And Pediatric Nursing Mental Health Nursing |
| | Room 4 (Ruang Sidang A) Woment Health And Pediatric Nursing Mental Health Nursing Geriatric Nursing |
| | Room 5 (Ruang Sidang A) Educational and Interprofesional Collaboration Geriatric Nursing |
| 15.15– 15.30 | Coffee Break |
| 15.30 – 15.45 | Closing Remark Certificate Given for Co. Host & Participant |

THE EFFICACY OF COGNITIVE BEHAVIOR THERAPY (CBT) FOR REDUCING ANXIETY AND INCREASING SELF-EFFICACY IN THIRD TRIMESTER PRIMIGRAVIDAE

Linda Juwita*, Budi Santoso**, Mira Triharini***

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ABSTRACT

Introduction : Psychological problems commonly experienced by pregnant women especially primigravidae are anxiety and fear. Prenatal classes is used to manage anxiety and low self-efficacy in pregnant women. However, it is still not enough. This study aimed to prove the efficacy of CBT for reducing anxiety and increasing self-efficacy in third trimester primigravidae. **Method**: This is a pre-experimental study with the one group pretest posttest design approach. The population was all third trimester primigravidae at Kendangsari Mother and Child Hospital, Surabaya. Samples were third trimester primigravidae who experienced anxiety, answered self-efficacy questionnaire, met the inclusion criteria and willing to be a research subject. Sample size was 10. The statistical test used to determine the influence of independent variable toward dependent variables was Wilcoxon Signed Rank test. **Result** : CBT could lower the anxiety level ($p= 0.007$), CBT could improve self-efficacy ($p= 0.007$) in third trimester primigravidae. **Discussion** : CBT has been able to reduce anxiety. In the process, CBT encourages clients against their negative thoughts and figure out how more positive thoughts could change the level of anxiety becoming lower. CBT in the process turns client's mind into more positive thought that will be resulted in changing feelings (affection), so that positive behaviors implemented could reduce anxiety level. Declining anxiety level individual could control the situation, produce positivethings and increase self-efficacy.

Keywords: *Cognitive Behaviour Therapy, Anxiety, Self-Efficacy*