

**LEMBAR**  
**HASIL PENILAIAN SEJAWAT SEBIDANG ATAU PEER REVIEW**  
**KARYA ILMIAH: JURNAL ILMIAH**

Judul Artikel Ilmiah : **Effect of Acupressure Therapy Point LI 4 SP 6 and BL 60 on Duration of the First Stage of Labor in Primigravida and NewBorn's Apgar Score**  
 Nama semua penulis : Fara Imelda Theresia Patty, **Suhartono**, Ngadiyono, Mardiyono  
 Status Pengusul (coret yg tidak perlu) : ~~Penulis Utama/ Penulis Utama & Korespondensi/ Penulis Korespondensi/ Penulis Anggota~~

**Status Jurnal:**

J Nama Jurnal : **Belitung Nursing Journal**  
 J Tahun terbit/Vol/No/halaman : 2017/Vol 3/No 6/ hal. 697-701  
 J Edisi (bulan, tahun) : November - December 2017  
 J ISSN : ISSN : e-ISSN 2477-5525 p-ISSN 2406-8810  
 J DOI : <https://doi.org/10.33546/bnj.294>  
 J Alamat WEB Jurnal/ Proceeding : <https://belitungraya.org/BRP/index.php/bnj/article/view/194>  
 J Terindex di : Sinta 3 (Sinta 3 (10/E/KPT/2019), DOAJ, Google scholar, Garuda, scopus

**Kategori Publikasi (beri tanda V yang sesuai)**

Jurnal Internasional [ ] Jurnal internasional bereputasi & memiliki impact factor  
 [ ] Jurnal internasional bereputasi,  
 [ ] Jurnal Internasional  
 Jurnal Nasional [ ] Jurnal Nasional Terakreditasi Dikti Peringkat 1 atau 2  
 [ ] Jurnal Nasional berbahasa Inggris Terindeks CABI atau Copernicus, atau Berbahasa Inggris Terkreditasi Peringkat 3 atau 4  
 [ ] Jurnal Nasional berbahasa Indonesia Terakreditasi peringkat 3 atau 4  
 [ ] Jurnal Nasional

**Hasil Penilaian Peer Review:**

No	Komponen yang dinilai	Nilai Maksimal Artikel Jurnal Nasional berbahasa Inggris Terindeks CABI atau Copernicus, atau Berbahasa Inggris Terkreditasi Peringkat 3 atau 4	Nilai yang didapat artikel
a	Kelengkapan unsur isi artikel (10 %)	2	1.23
b	Ruang lingkup & kedalaman pembahasan (30 %)	6	4.2
c	Kecukupan dan kemutakhiran data/informasi dan metodologi (30 %)	6	4.38
d	Kelengkapan unsur dan kualitas jurnal (30%)	6	3.19
	Nilai Total	<b>20</b>	13
<b>Nilai yang didapat pengusul: <math>13 \times 0.4 = 5.2/3 = 1.73</math></b>			

**Catatan Penilaian artikel oleh Reviewer**

a	Kelengkapan unsur isi artikel	Kelengkapan cukup, namun tidak ada acknowledgement. Kesesuaian cukup
b	Ruang lingkup & kedalaman pembahasan	Publication (scientific) should explain what actually message to date? Procedure definition of independent variable is not mention in everywhere.
c	Kecukupan dan kemutakhiran data/informasi dan metodologi	Method is very weak how to do occupressure even control did not mention at all. Important date form previous study did not cited. Dependent variable was not mention.
d	Kelengkapan unsur dan kualitas jurnal	Kelengkapan unsur terbitan baik, grammar and xyntax error (++)

Semarang, 13 April 2020

Reviewer 1



Prof. Dr. dr. Tri Indah Winarni, MSi.Med, PA.

NIP 196605101997022001

Unit kerja: Fakultas Kedokteran

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 [ ] Jurnal Nasional

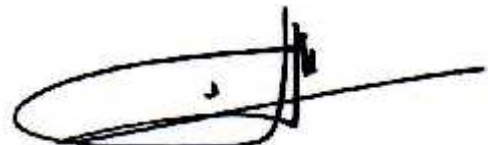
**Hasil Penilaian Peer Review:**

No	Komponen yang dinilai	Nilai Maksimal Artikel Jurnal Nasional berbahasa Inggris Terindeks CABI atau Copernicus, atau Berbahasa Inggris Terkreditasi Peringkat 3 atau 4	Nilai yang didapat artikel
a	Kelengkapan unsur isi artikel (10 %)	2	1.82
b	Ruang lingkup & kedalaman pembahasan (30 %)	6	5.6
c	Kecukupan dan kemutakhiran data/informasi dan metodologi (30 %)	6	5.7
d	Kelengkapan unsur dan kualitas jurnal (30%)	6	5.48
	Nilai Total	<b>20</b>	<b>18.6</b>
<b>Nilai yang didapat pengusul: <math>18.6 \times 0.4 = 7.44/3 = 2.48</math></b>			

**Catatan Penilaian artikel oleh Reviewer**

a	Kelengkapan unsur isi artikel	Unsur isi artikel sudah lengkap dan sesuai dengan pedoman penulisan artikel dalam jurnal ilmiah yang dituju, meliputi abstract, introduction, methods, results, discussion, conclusion, references.
b	Ruang lingkup & kedalaman pembahasan	Penulis telah membahas dengan mengemukakan teori yang terkait dengan penelitian, tetapi sumber referensi yang digunakan hanya sedikit (4 referensi dari total 12 referensi)
c	Kecukupan dan kemutakhiran data/informasi dan metodologi	Penjelasan tentang sampling, prosedur intervensi, dan instrument masih terlalu singkat. Hasil disajikan dalam bentuk tabel dan narasi, tetapi belum ada keterangan uji statistik yang digunakan di bawah tabel.
d	Kelengkapan unsur dan kualitas jurnal	Artikel diterbitkan oleh jurnal terindeks Sinta 3 (10/E/KPT/2019), DOAJ, Google scholar, Garuda. Kualitas jurnal baik, dengan adanya International Editorial Advisory Board dan Editorial Board Members.

Semarang, 15-4- 2020  
 Reviewer 2



Prof. Dr. dr. Banundari Rachmawati, Sp. PK(K)  
 NIP. 196006061988112002  
 Unit kerja: Fakultas Kedokteran UNDIP



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SALINAN

**KEPUTUSAN DIREKTUR JENDERAL PENGUATAN RISET DAN PENGEMBANGAN  
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REPUBLIK INDONESIA**

**NOMOR 10/E/KPT/2019**

**TENTANG**

**PERINGKAT AKREDITASI JURNAL ILMIAH PERIODE II  
TAHUN 2019**

**DIREKTUR JENDERAL PENGUATAN RISET DAN PENGEMBANGAN  
KEMENTERIAN RISET, TEKNOLOGI, DAN PENDIDIKAN TINGGI,**

- Menimbang** : a. bahwa berdasarkan hasil akreditasi jurnal ilmiah yang ditetapkan oleh Tim Akreditasi Jurnal Ilmiah Kementerian Riset, Teknologi, dan Pendidikan Tinggi pada tanggal 2 April 2019 dan dalam rangka melaksanakan ketentuan Pasal 6 ayat (5) Peraturan Menteri Riset, Teknologi, dan Pendidikan Tinggi Nomor 9 Tahun 2018 tentang Akreditasi Jurnal Ilmiah, perlu menetapkan Peringkat Akreditasi Jurnal Ilmiah Periode II Tahun 2019;
- b. bahwa berdasarkan pertimbangan sebagaimana dimaksud pada huruf a, perlu menetapkan Keputusan Direktur Jenderal Penguatan Riset dan Pengembangan Kementerian Riset, Teknologi, dan Pendidikan Tinggi tentang Peringkat Akreditasi Jurnal Ilmiah Periode I Tahun 2019;
- Mengingat** : 1. Undang-Undang Nomor 12 Tahun 2012 tentang Pendidikan Tinggi (Lembaran Negara Republik Indonesia Tahun 2012 Nomor 158, tambahan Lembaran Negara Republik Indonesia Nomor 5336);
2. Peraturan Pemerintah Nomor 4 Tahun 2014 tentang Penyelenggaraan Pendidikan dan Pengelolaan Perguruan Tinggi (Lembaran Negara Republik Indonesia Tahun 2014, Nomor 16, tambahan Lembaran Negara Republik Indonesia Nomor 5500);
3. Peraturan Presiden Nomor 13 Tahun 2015 tentang Kementerian Riset, Teknologi, dan Pendidikan Tinggi (Lembaran Negara Republik Indonesia Tahun 2015 Nomor 14);
4. Keputusan Presiden Nomor 121/P Tahun 2014 tentang Pembentukan Kementerian dan Pengangkatan Menteri Kabinet Kerja Periode Tahun 2014-2019;

5. Keputusan Presiden Nomor 99/M Tahun 2015 tentang Pemberhentian dan Pengangkatan Dari dan Dalam Jabatan Pimpinan Tinggi Madya di Lingkungan Kementerian Riset, Teknologi, dan Pendidikan Tinggi;
6. Peraturan Menteri Keuangan Republik Indonesia Nomor 32/PMK.02/2018 tentang Standar Biaya Masukan Tahun Anggaran 2019;
7. Peraturan Menteri Riset, Teknologi dan Pendidikan Tinggi Nomor 15 Tahun 2015 tentang Organisasi dan Tata Kerja Kementerian Riset, Teknologi dan Pendidikan Tinggi (Berita Negara Republik Indonesia Tahun 2015 Nomor 889);
8. Peraturan Menteri Riset, Teknologi dan Pendidikan Tinggi Nomor 9 Tahun 2018 tentang Akreditasi Jurnal Ilmiah (Berita Negara Republik Indonesia Tahun 2018 Nomor 428);
9. Keputusan Direktur Jenderal Penguatan Riset dan Pengembangan Nomor 19 Tahun 2018 tentang Pedoman Akreditasi Jurnal Ilmiah;

MEMUTUSKAN:

- Menetapkan : KEPUTUSAN DIREKTUR JENDERAL PENGUATAN RISET DAN PENGEMBANGAN KEMENTERIAN RISET, TEKNOLOGI, DAN PENDIDIKAN TINGGI TENTANG PERINGKAT AKREDITASI JURNAL ILMIAH PERIODE II TAHUN 2019.
- KESATU : Menetapkan Peringkat Akreditasi Jurnal Ilmiah Periode II Tahun 2019 sebagaimana tercantum dalam Lampiran yang merupakan bagian yang tidak terpisahkan dari Keputusan Direktur Jenderal ini.
- KEDUA : Akreditasi Jurnal Ilmiah sebagaimana dimaksud dalam Diktum KESATU berlaku selama 5 (lima) tahun mulai dari nomor yang ditetapkan dalam lampiran keputusan ini.
- KETIGA : Akreditasi Jurnal Ilmiah sebagaimana dimaksud dalam Diktum KESATU dapat mengajukan kembali kenaikan peringkat setelah menerbitkan minimal 1 (satu) nomor penerbitan.
- KEEMPAT : Setiap jurnal ilmiah wajib mencantumkan masa berlaku akreditasi dengan menuliskan tanggal penetapan dan tanggal akhir masa berlaku akreditasi.
- KELIMA : Apabila dikemudian hari ditemukan ketidaksesuaian dengan Pedoman Akreditasi Jurnal Ilmiah, maka status akreditasi jurnal ilmiah yang bersangkutan dapat dicabut atau diturunkan.

KEENAM : Keputusan Direktur Jenderal ini mulai berlaku pada tanggal ditetapkan.

Ditetapkan di Jakarta  
pada tanggal 4 April 2019

DIREKTUR JENDERAL  
PENGUATAN RISET DAN PENGEMBANGAN,

TTD.

MUHAMMAD DIMYATI  
NIP 195912171984041001

Salinan sesuai dengan aslinya,  
Direktorat Jenderal Penguatan Riset dan Pengembangan  
Kementerian Riset, Teknologi, dan Pendidikan Tinggi  
Kepala Bagian Hukum, Kerjasama, dan Layanan Informasi,



Syarip Hidayat  
NIP 197306101997031004



SALINAN  
LAMPIRAN  
KEPUTUSAN DIREKTUR JENDERAL  
PENGUATAN RISET DAN PENGEMBANGAN  
KEMENTERIAN RISET, TEKNOLOGI, DAN  
PENDIDIKAN TINGGI  
NOMOR 10/E/KPT/2019  
TENTANG PERINGKAT AKREDITASI JURNAL  
ILMIAH PERIODE II TAHUN 2019

PERINGKAT AKREDITASI JURNAL ILMIAH PERIODE II TAHUN 2019

Peringkat	No	Nama Jurnal	E-ISSN	Penerbit	Keterangan
2	1	Adabiyat: Jurnal Bahasa dan Sastra	25492047	Fakultas Adab dan Ilmu Budaya UIN Sunan Kalijaga	Reakreditasi tetap di peringkat 2 mulai volume 2,nomor 1, tahun 2018
	2	Akrual: Jurnal Akuntansi	25026380	Universitas Negeri Surabaya	Reakreditasi naik peringkat dari peringkat 3 ke 2 Mulai Volume 9, Nomor 2 Tahun 2018
	3	Al-'Adalah	2614171X	Fakultas Syari'ah Institut Agama Islam Negeri Raden Intan, Lampung	Reakreditasi tetap di peringkat 2 mulai volume 15,nomor 2, tahun 2018
	4	Al-A'raf : Jurnal Pemikiran Islam dan Filsafat	25275119	Fakultas Ushuluddin dan Dakwah (FUD) IAIN Surakarta	Reakreditasi naik peringkat dari peringkat 3 ke 2 Mulai Volume 15, nomor 2, tahun 2018
	5	Al-Qalam	2540895X	Balai Penelitian dan Pengembangan Agama Makassar	Reakreditasi tetap di peringkat 2 mulai volume 24, nomor 2, tahun 2018
	6	Amerta Nutrition	25801163	Universitas Airlangga	Usulan baru mulai volume 1, nomor 1, tahun 2017
	7	ASEAN Journal of Community Engagement	25809563	Directorate of Research and Community Engagement Universitas Indonesia	Usulan baru mulai volume 1, nomor 1, tahun 2017

	73	Warta IHP (Industri Hasil Pertanian)	26544075	Balai Besar Industri Agro	Reakreditasi tetap di peringkat 2 mulai volume 35, nomor 2 tahun 2018
	74	Warta Penelitian Perhubungan	25801082	Sekretariat Badan Penelitian dan Pengembangan Perhubungan	Reakreditasi naik peringkat dari 3 ke 2 mulai volume 30, nomor 2 tahun 2018
3	1	AGROSAINST EK: Jurnal Ilmu dan Teknologi Pertanian	2579843X	Universitas Bangka Belitung Press	Usulan baru mulai volume 1, nomor 1, tahun 2017
	2	Al Amwal: Jurnal Ekonomi dan Perbankan Syari'ah	25273876	Jurusan Perbankan Syari'ah Fakultas Syari'ah dan Ekonomi Islam IAIN Syekh Nurjati Cirebon	Usulan baru mulai volume 9, nomor 1, tahun 2017
	3	Al Ibtida: Jurnal Pendidikan Guru MI	25277227	Jurusan PGMI Fakultas Ilmu Tarbiyah dan Keguruan IAIN Syekh Nurjati Cirebon dan Perkumpulan Dosen PGMI Indonesia	Reakreditasi naik peringkat dari 4 Ke 3 mulai Volume 5 Nomor 2 tahun 2018
	4	AL QUDS : Jurnal Studi Alquran dan Hadis	25803190	Sekolah Tinggi Agama Islam Negeri (STAIN) Curup	Reakreditasi naik peringkat dari 4 ke 3 mulai Volume 2 nomor 2 tahun 2018
	5	Al-Tadzkiyyah: Jurnal Pendidikan Islam	25282476	Jurusan Pendidikan Agama Islam Fakultas Tarbiyah dan keguruan Universitas Islam Negeri Raden Intan Lampung	Reakreditasi naik peringkat dari peringkat 4 ke 3 mulai Volume 9 nomor 2 tahun 2018
	6	Arabiyatuna : Jurnal Bahasa Arab	25805053	Sekolah Tinggi Agama Islam (STAIN) Curup	Usulan baru mulai volume 1, nomor 1, tahun 2017

7	Arsitektura: Jurnal Ilmiah Arsitektur dan Lingkungan Binaan	25802976	Universitas Sebelas Maret	Reakreditasi naik peringkat dari peringkat 5 ke 3 mulai volume 16, nomor 2, tahun 2018
8	Bali Journal of Anesthesiology	25492276	Department of Anesthesiology, Intensive Care and Pain Management, Faculty of Medicine Udayana University	Reakreditasi naik peringkat dari peringkat 5 ke 3 mulai Volume 2 nomor 3 tahun 2018
9	<b>Belitung Nursing Journal</b>	<b>24774073</b>	<b>Belitung Raya Publisher - Belitung Raya Foundation</b>	<b>Reakreditasi naik peringkat dari peringkat 4 ke 3 mulai Volume 5 Nomor 1 Tahun 2019</b>
10	BioLink (Jurnal Biologi Lingkungan, Industri, Kesehatan)	25975269	Fakultas Biologi Universitas Medan Area	Reakreditasi naik peringkat dari peringkat 4 ke 3 mulai Volume 5 Nomor 1 Tahun 2018
11	Biota: Biologi dan Pendidikan Biologi	24608483	Universitas Islam Negeri Mataram	Usulan baru mulai volume 10, nomor 1, tahun 2017
12	BIOVALENTIA: Biological Research Journal	24771392	Biology Department, Faculty of Mathematics and Natural Sciences, Sriwijaya University	Reakreditasi naik peringkat dari peringkat 4 ke 3 mulai Volume 4 Nomor 2 Tahun 2018
13	Buletin Ilmiah Marina : Sosial Ekonomi Kelautan dan Perikanan	25412930	Balai Besar Riset Sosial Ekonomi Kelautan dan Perikanan	Usulan baru mulai volume 3, nomor 1, tahun 2017
14	Cogito Smart Journal	24778079	Fakultas Ilmu Komputer Universitas Klabat	Reakreditasi naik peringkat dari peringkat 5 ke 3 mulai Volume 4 Nomor 2 Tahun 2018





# Belitung Nursing Journal

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Home > Vol 7, No 1 (2021)

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EARLY VIEW  
[MOST RECENT ARTICLES]

### Journal Policies

<a href="#">Journal History</a>
<a href="#">Focus &amp; Scope</a>
<a href="#">Publication Ethics &amp; Malpractice Statement</a>
<a href="#">Open Access Policy</a>
<a href="#">Article Correction, Retraction, Removal, &amp; Withdrawal Policy</a>
<a href="#">Data Sharing Policy</a>
<a href="#">Advertising Policy</a>
<a href="#">Policy of Screening for Plagiarism</a>
<a href="#">Archiving Strategy</a>
<a href="#">Publication Frequency</a>
<a href="#">Article Section Policy</a>
<a href="#">Funding/Sponsor</a>
<a href="#">OJS Publishing System</a>

### For Editorial Board

<a href="#">Editorial Team</a>
<a href="#">Editorial Process</a>

### For Authors

<a href="#">Author Guideline</a>
<a href="#">Online Submission</a>
<a href="#">Copyright Notice</a>
<a href="#">Privacy Statement</a>
<a href="#">Author Fees (APC)</a>

### For Reviewers

<a href="#">Registered Reviewers</a>
<a href="#">Reviewer Guidelines</a>
<a href="#">Peer Review Process</a>
<a href="#">Best Reviewers</a>

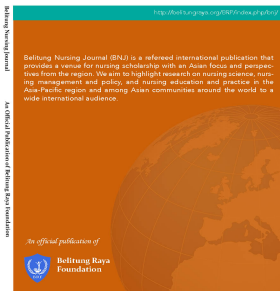
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### BELITUNG NURSING JOURNAL

ISSN: 2477-4073 (Online)



**Belitung Nursing Journal (BNJ)** is an international journal that provides a venue for nursing scholarship with an Asian focus and perspectives from the region.

Editors:

Assoc. Prof. Dr. Yupin Aungsuruch

Dr. Joko Gunawan

E-ISSN: 2477-4073 | P-ISSN: 2528-181X

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BNJ is accepted and indexed in:



February 2021

- Acceptance rate: 25%
- Rejection rate: 75%
- Total submission: 34
- Days to review: 27
- Days to publication: 75

## Announcements

### Accepted in Scopus

We are very pleased to inform you that **BNJ has been accepted in Scopus** on October 5, 2020.

Posted: 2020-10-06

### New Guidelines for Research Data

Starting from August 19, 2020, authors submitting their research article to this journal are **encouraged** to deposit research data as a supplementary file during submission or in a relevant data repository and cite and link to this dataset in their article. If this is not possible, authors are encouraged to make a statement explaining why research data cannot be shared. Sharing your data help you get credit for your work and make your data accessible and discoverable for your peers. More information please check [data sharing policy](#).

Posted: 2020-08-19

### BNJ is indexed in Web of Science

As of July 22, 2020, Belitung Nursing Journal has been fully accepted in **Web of Science**. Articles



Home > About the Journal > Editorial Team

## EDITORIAL TEAM

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**Assoc. Prof. Yupin Aunguroch, PhD, RN**, (Scopus ID: 6504821483) Faculty of Nursing, Chulalongkorn University, Bangkok, Thailand. Areas of expertise: leadership and management, nursing system, nursing workforce, and positive practice environment. Currently she is working as a Director of PhD program at Faculty of Nursing Chulalongkorn University.

### International Editorial Advisory Board

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**Prof. Josefina A Tuazon, RN, MN, DrPH**, (Scopus ID: 6602856172) College of Nursing, University of the Philippines Manila, Manila, Philippines. Areas of interest: adult education, medical science nursing, public health, health promotion, medical and health profession education, and advocacy.

**Prof. Rozzano C Locsin, RN, PhD, FAAN**, (Scopus ID: 7003940978). Professor Emeritus, Florida Atlantic University, Boca Raton, FL 33431-0991 USA | Professor Emeritus, Tokushima University Graduate School of Biomedical Sciences, Tokushima, Japan 770-8509. Areas of interest: nursing, robotics, caring, philosophy, technology, and administration.

**Assoc. Prof. Colleen Marzilli, PhD, DNP, MBA, RN-BC, CCM, PHNA-BC, CNE, NEA-BC**, (Scopus ID: 56695333700) The University of Texas at Tyler, School of Nursing, 3900 University Blvd., Tyler, TX 75799, United States. Areas of interest: nursing, culture, cultural competence, cultural influences on health care, cultural influences on health disparities, leadership and management.

### Managing Editor

**Joko Gunawan, PhD, RN**, (Scopus ID: 57192718324) Belitung Raya Foundation, Belitung Indonesia. Areas of Interest: nursing administration, nursing science, informatics, human resource management, and global health.

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**Feni Betriana, SKep, Ners, MNS**, (Scopus ID: 57204071741) Belitung Raya Foundation, Indonesia. Areas of interest: nursing, qualitative research, mental health nursing.

**Ha Thi Nhu Xuan, RN, MNS, PhD**, (Scopus ID: 57209793410) Nursing Department, The University of Medicine and Pharmacy, Ho Chi Minh City, Viet Nam

**Jed Ray Montayre, PhD, RN**, (Scopus ID: 57101005500) Western Sydney University, NSW, Australia. Jed's research platform is around social gerontology, older migrants' experiences of ageing in the host countries and future trends in the nursing workforce. He is also specialising in neuroscience and debilitating neurological conditions.

**Le Thi Thanh Tuyen, RN, MNS, PhD**, (Scopus ID: 57204688538) Faculty of Nursing, Da Nang University of Medical Technology and Pharmacy, Da Nang, Viet Nam. Areas of interest: pediatric nursing, nursing education and research instrument

**Miss May Sein Ba, RN, MNS, PhD**, Principal Nursing Training School (East Yangon), Department of Human Resources for Health, Myanmar. Areas of Interest: family nursing, community nursing, and palliative care.

**Mohd Khairul Zul Hasymi Bin Firdaus, BHSc, MN**, (Scopus id: 57209601381) Department of Medical Surgical Nursing, Faculty of Nursing, International Islamic University Malaysia, Malaysia. Areas of interest: nursing, environmental Sciences, medical surgical nursing, medical and health sciences, and health assessment.

**Souksavanh Phanpaseuth, MNS, RN**, (Scopus ID: 56764567600) University of Health Sciences, Lao PDR. Areas of interest: nursing and public health

**Virya Koy, RN, SNA, MNsc, MHPEd, PhD**, (Scopus ID: 56764673300) Deputy Director of Department Hospital Services, Ministry of Health, Cambodia. Areas of interest: nursing administration, hospital services, human resource management, quality care, and leadership.

### Journal Manager

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### Journal Policies

<a href="#">Journal History</a>
<a href="#">Focus &amp; Scope</a>
<a href="#">Publication Ethics &amp; Malpractice Statement</a>
<a href="#">Open Access Policy</a>
<a href="#">Article Correction, Retraction, Removal, &amp; Withdrawal Policy</a>
<a href="#">Data Sharing Policy</a>
<a href="#">Advertising Policy</a>
<a href="#">Policy of Screening for Plagiarism</a>
<a href="#">Archiving Strategy</a>
<a href="#">Publication Frequency</a>
<a href="#">Article Section Policy</a>
<a href="#">Funding/Sponsor</a>
<a href="#">OJS Publishing System</a>

### For Editorial Board

<a href="#">Editorial Team</a>
<a href="#">Editorial Process</a>

### For Authors

<a href="#">Author Guideline</a>
<a href="#">Online Submission</a>
<a href="#">Copyright Notice</a>
<a href="#">Privacy Statement</a>
<a href="#">Author Fees (APC)</a>

### For Reviewers

<a href="#">Registered Reviewers</a>
<a href="#">Reviewer Guidelines</a>
<a href="#">Peer Review Process</a>
<a href="#">Best Reviewers</a>

### Citation Analysis

<a href="#">Scopus</a>
<a href="#">Google Scholar</a>

Contact Us



Home > Archives > Vol 3, No 6 (2017)

## VOL 3, NO 6 (2017)

November - December 2017

DOI: <https://doi.org/10.33546/bnj.v3i6>

### Full Issue

View or download the full issue

PDF

### Table of Contents

#### Original Research Article

**IDENTIFICATION OF URINARY INCONTINENCE IN PEOPLE AGED 65 AND OVER: A TURKEY SAMPLE**  
Birsal Canan Demirbağ, Gulpinar Aslan, Ayşe Berivan Bakan  
DOI : <http://dx.doi.org/10.33546/bnj.175>

PDF  
636-644

Abstract views: **741** | PDF views: **194**

**ITEM ANALYSIS AND INTERNAL CONSISTENCY OF CHILDREN'S SLEEP HABIT QUESTIONNAIRE (CSHQ) IN INDONESIAN VERSION**  
Sri Hartini, Sunartini Sunartini, Elisabeth Siti Herini, Satoshi Takada  
DOI : <http://dx.doi.org/10.33546/bnj.184>

PDF  
645-655

Abstract views: **829** | PDF views: **345**

**CAREGIVERS' NEEDS IN CARING FOR RELATIVES WITH SCHIZOPHRENIA IN MEDAN INDONESIA: A PHENOMENOLOGICAL STUDY**  
Jenny Marlindawani Purba  
DOI : <http://dx.doi.org/10.33546/bnj.192>

PDF  
656-661

Abstract views: **462** | PDF views: **200**

**EFFECTIVENESS OF PROGRESSIVE MOBILIZATION LEVEL I AND II ON HEMODYNAMIC STATUS AND DECUBITUS ULCER RISK IN CRITICALLY ILL PATIENTS**  
Ni Wayan Rahayu Ningtyas, RR Sri Endang Pujiastuti, Nina Indriyawati  
DOI : <http://dx.doi.org/10.33546/bnj.289>

PDF  
662-669

Abstract views: **1615** | PDF views: **787**

**THE ASSOCIATION OF ISLAMIC BASED CARING MODEL AND COMMITMENT TO ORGANIZATION IN STAFF NURSES**  
Yuda Ayu Timorita, Tri Hartiti, Bambang Edi Warsito, Suhartini Ismail  
DOI : <http://dx.doi.org/10.33546/bnj.302>

PDF  
670-676

Abstract views: **347** | PDF views: **197**

**EFFECT OF MULTI MICRONUTRIENT SUPPLEMENTATION ON HEMOGLOBIN LEVELS IN PREGNANT WOMEN WITH ANEMIA**  
Rati Purnama Sari, Noor Pramono, Sri Wahyuni, Muchlis Achsan Udji Sofro, Melyana Nurul Widyawati  
DOI : <http://dx.doi.org/10.33546/bnj.291>

PDF  
677-685

Abstract views: **531** | PDF views: **230**

**DARK CHOCOLATE'S EFFECT ON MENSTRUAL PAIN IN LATE ADOLESCENTS**  
Sandy Isna Maharani, Noor Pramono, Sri Wahyuni  
DOI : <http://dx.doi.org/10.33546/bnj.292>

PDF  
686-692

Abstract views: **1242** | PDF views: **970**

**COMPARISON OF THE EFFECTIVENESS OF TWO LEVELS OF SUCTION PRESSURE ON OXYGEN SATURATION IN PATIENTS WITH ENDOTRACHEAL TUBE**  
Muhaji Muhaji, Bedjo Santoso, Putrono Putrono  
DOI : <http://dx.doi.org/10.33546/bnj.300>

PDF  
693-696

Abstract views: **1555** | PDF views: **672**

**EFFECT OF ACUPRESSURE THERAPY POINT LI 4, SP 6, AND BL 60 ON DURATION OF THE FIRST STAGE OF LABOR IN PRIMIGRAVIDA AND NEWBORN'S APGAR SCORE**  
Fara Imelda Theresia Patty, **Suhartono Suhartono**, Ngadiyono Ngadiyono, Mardiyono Mardiyono  
DOI : <http://dx.doi.org/10.33546/bnj.294>

PDF  
697-701

Abstract views: **486** | PDF views: **238**

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[MOST RECENT ARTICLES]

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Journal History

Focus & Scope

Publication Ethics & Malpractice Statement

Open Access Policy

Article Correction, Retraction, Removal, & Withdrawal Policy

Data Sharing Policy

Advertising Policy

Policy of Screening for Plagiarism

Archiving Strategy

Publication Frequency

Article Section Policy

Funding/Sponsor

OJS Publishing System

#### For Editorial Board

Editorial Team

Editorial Process

#### For Authors

Author Guideline

Online Submission

Copyright Notice

Privacy Statement

Author Fees (APC)

#### For Reviewers

Registered Reviewers

Reviewer Guidelines

Peer Review Process

Best Reviewers

#### Citation Analysis

Scopus

Google Scholar

Contact Us

**EFFECT OF YOGA ON DURATION OF THE SECOND STAGE OF LABOR AND PERINEAL RUPTURE IN PRIMIGRAVIDA MOTHERS**

Ana Setyowati, Suhartono Suhartono, Ngadiyono Ngadiyono, Rr Sri Endang Pujiastuti, Dyah Dyah  
DOI : <http://dx.doi.org/10.33546/bnj.295>

 Abstract views: **659** |  views: **422**

**EFFECT OF CONSUMING TOMATO (LYCOPERSIUM COMMUNE) JUICE IN LOWERING BLOOD PRESSURE IN PREGNANT MOTHERS WITH HYPERTENSION**

Theresia Anita, Agus Suwandono, Ida Ariyanti, Noor Pramono, Suryati Kumorowulan  
DOI : <http://dx.doi.org/10.33546/bnj.296>

 Abstract views: **653** |  views: **502**

**HYPNODIALYSIS FOR ANXIETY RELIEF AND ADHERENCE TO MEDICATION, KIDNEY DIET AND FLUID INTAKE IN PATIENTS WITH CHRONIC KIDNEY DISEASE**

Siti Hajar Wati, Mardiyono Mardiyono, Warijan Warijan  
DOI : <http://dx.doi.org/10.33546/bnj.306>

 Abstract views: **988** |  views: **407**

**EFFECT OF YOGA AND ACUPRESSURE ON PAIN AND FUNCTIONAL CAPABILITY OF LOWER BACK IN PREGNANT MOTHERS DURING THE THIRD TRIMESTER OF PREGNANCY**

Dewi Candra Resmi, Suharyo Hadisaputro, Runjati Runjati  
DOI : <http://dx.doi.org/10.33546/bnj.297>

 Abstract views: **851** |  views: **445**

**CLINICAL INDICATORS OF FEEDING SELF-CARE DEFICIT BASED ON BARTHEL INDEX MEASUREMENT IN PATIENTS SUFFERING FROM STROKE**

Intansari Nurjannah, Vini Febriyani Zulfa, Dwi Harjanto, Erna Fitriana, Ngatini Ngatini  
DOI : <http://dx.doi.org/10.33546/bnj.171>

 Abstract views: **547** |  views: **190**

**EFFECTIVENESS OF MUSIC THERAPY ON ANXIETY AND B-ENDORPHIN LEVELS IN PRIMIGRAVIDA DURING THE THIRD STAGE OF PREGNANCY**

Surya Dayyana, Suryono Suryono, Melyana Nurul Widyawati, Syarif Thaufik Hidayat  
DOI : <http://dx.doi.org/10.33546/bnj.298>

 Abstract views: **741** |  views: **326**

**EFFECT OF PSYCHOEDUCATION ON ANXIETY IN PATIENTS WITH CORONARY HEART DISEASE**

Yuli Sulistiyo, Bedjo Santoso, Shobirun Shobirun, Soeharyo Hadisaputro, Leni Latifah, Rr Sri Endang Pujiastuti  
DOI : <http://dx.doi.org/10.33546/bnj.303>

 Abstract views: **633** |  views: **251**

**EFFECTIVENESS OF LAVENDER AROMATHERAPY AND CLASSICAL MUSIC THERAPY IN LOWERING BLOOD PRESSURE IN PREGNANT WOMEN WITH HYPERTENSION**

Sri Maisi, Suryono Suryono, Melyana Nurul Widyawati, Ari Suwondo, Suryati Kusworowulan  
DOI : <http://dx.doi.org/10.33546/bnj.301>

 Abstract views: **3359** |  views: **856**

**COMBINATION OF COLD PACK, WATER SPRAY, AND FAN COOLING ON BODY TEMPERATURE REDUCTION AND LEVEL OF SUCCESS TO REACH NORMAL TEMPERATURE IN CRITICALLY ILL PATIENTS WITH HYPERTHERMIA**

Nur Eka Dzulfajjah, Mardiyono Mardiyono, Sarkum Sarkum, Djenta Saha  
DOI : <http://dx.doi.org/10.33546/bnj.307>

 Abstract views: **2441** |  views: **657**

**EFFECT OF PREGNANCY EXERCISE ON DURATION OF THE FIRST AND SECOND STAGE OF LABOR IN PRIMIGRAVIDA MOTHERS DURING THE THIRD TRIMESTER OF PREGNANCY**

Iin Wahyuni, Noor Pramono, Titi Suherni, Melyana Nurul Widyawati  
DOI : <http://dx.doi.org/10.33546/bnj.304>

 Abstract views: **866** |  views: **410**

**EFFECT OF ROSELLE (HIBISCUS SABDARIFFA) ON CHANGES IN HEMOGLOBIN LEVELS IN PREGNANT WOMEN WITH ANEMIA TAKING IRON SUPPLEMENT**

Rif'atun Nisa, Ariawan Soejoenoes, Sri Wahyuni  
DOI : <http://dx.doi.org/10.33546/bnj.305>

 Abstract views: **634** |  views: **933**

**BINAHONG LEAVES (ANREDERA CORDIFOLIA TENORE STEEN) EXTRACT AS AN ALTERNATIVE TREATMENT FOR PERINEAL WOUND HEALING OF POSTPARTUM MOTHERS**

Dita Selvia Aditia, Syarif Thaufik Hidayat, Nur Khafidhoh, Suhartono Suhartono, Ari Suwondo  
DOI : <http://dx.doi.org/10.33546/bnj.290>

 Abstract views: **770** |  views: **406**

**EFFECT OF COMBINATION OF BREAST CARE AND OXYTOCIN MASSAGE ON BREAST MILK SECRETION IN POSTPARTUM MOTHERS**

Kadek Yuli Hesti, Noor Pramono, Sri Wahyuni, Melyana Nurul Widyawati, Bedjo Santoso  
DOI : <http://dx.doi.org/10.33546/bnj.293>

 Abstract views: **4527** |  views: **2007**

**EFFECT OF EGGSHHELL FLOUR ON BLOOD CALCIUM LEVELS IN PREGNANT MICE**

Ida Ratna Safitri, Supriyana Supriyana, Bahiyatun Bahiyatun  
DOI : <http://dx.doi.org/10.33546/bnj.299>

 Abstract views: **349** |  views: **235**

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702-706



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735-742

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PDF  
750-756

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771-777

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778-783

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784-790

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ORIGINAL RESEARCH

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## EFFECT OF ACUPRESSURE THERAPY POINT LI 4, SP 6, AND BL 60 ON DURATION OF THE FIRST STAGE OF LABOR IN PRIMIGRAVIDA AND NEWBORN'S APGAR SCORE

Fara Imelda Theresia Patty<sup>1\*</sup>, **Suhartono<sup>2</sup>**, Ngadiyono<sup>1</sup>, Mardiyono<sup>1</sup>

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### Abstract

**Background:** The prolonged partus is one of the causes of maternal deaths marked by the slow progress of labor. Induction of labor and caesarean section is a common procedure performed on long-term partus events to end pregnancy. The birth acupressure technique is a complementary method to activate the hormone oxytocin at a certain point to use to soften the cervix and increase contraction.

**Objective:** To examine the effect of acupressure point LI4, SP6 and BL60 on the duration of the first stage of labor and APGAR score of newborns in primigravida.

**Methods:** This research employed a quasi-experimental study with posttest control group design. It was conducted at the Public Health Center of Trauma and Public Health Center of Palaran Samarinda, East Kalimantan, Indonesia. There were 40 respondents selected using purposive sampling, which 20 respondents assigned in the experiment and control group. The duration of the first stage of labor was assessed using partograph and APGAR score was assessed using APGAR score assessment sheets. Mann Whitney test was used for data analysis

**Results:** Findings showed that the duration of the first stage of labor in the experiment group was 187 minutes and in the control group was 307 minutes. Mann Whitney test obtained p-value 0.001 (<0.05), which indicated that there was a statistically significant difference of the duration of the first stage of labor between both groups. However, Mann Whitney test for APGAR score showed p-value 0.114 (>0.05), which indicated that there was no significant difference of APGAR score in the experiment and control group.

**Conclusion:** There was a significant effect of acupressure on the duration of the first stage of labor, but no effect of the APGAR score. Therefore, acupressure may be recommended to shorten the duration of the first stage of delivery in primigravida.

**Keywords:** acupressure; duration of labor; APGAR score

### INTRODUCTION

Pregnancy and childbirth is a natural birth process, but not without risk and a burden for a woman ([Khomsah, Suwandono, & Ariyanti, 2017](#)). Some pregnant women will face a mild to severe degree of emergency that can provide the danger of discomfort, dissatisfaction, pain, disability and even death

for the mother and baby ([Kuswaningrum, Suwandono, Ariyanti, Hadisaputro, & Suhartono, 2017](#)). The most common complications are postpartum hemorrhage, placental abruption, prolonged labor and infection. The prolonged partus is one of the causes of maternal mortality. WHO stated that

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ORIGINAL RESEARCH

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## IDENTIFICATION OF URINARY INCONTINENCE IN PEOPLE AGED 65 AND OVER: A TURKEY SAMPLE

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<sup>2</sup>First and Immediate Aid Program, Agri Ibrahim Cecen University Health Services Vocational School, Agri, Turkey

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### ABSTRACT

**Objective:** This study aims to identify urinary incontinence and its prevalence in people aged 65 and over.

**Methods:** This descriptive study was conducted between April and June, 2017. It was conducted with 1527 volunteer people aged 65 and over who applied to A Family Health Centre. Data were collected through face-to-face interviews, using Personal Identification Form and International Consultation on Incontinence Questionnaire- Short Form (ICIQ-SF).

**Results:** Of all the participants, 50.7% were male, and 78.8% were aged between 65 and 74. Besides, 31.2% of them had urinary incontinence, and ICIQ-SF mean score was found  $11.44 \pm 5.01$ . The most prevalent incontinence type was found to be urge urinary incontinence. ICIQ-SF total scores of elderly people with urinary incontinence were higher in those who were aged 85 and over, who were illiterate, who did not have health insurance, and who had more than one chronic disease and multiple medicine use.

**Conclusion:** Urinary incontinence is a health problem which maintains its importance in people aged 65 and over. People in this age group do not express this problem because they feel shy; therefore, their quality of life deteriorates.

**Keywords:** elderly; prevalence; urinary incontinence

### INTRODUCTION

Ageing is a change and transformation process which starts in mother's womb and continues until death. Ageing process is affected mostly by healthy lifestyle. World population has been progressively ageing thanks to the technological developments in health field, the importance given to protective health services, and the positive developments in personal lifestyle perceptions. Ageing of the population is expressed with the increase in the people aged 65 and over in the total population ([Özcan & Kapucu, 2014](#)).

The World Health Organization predicts that approximately 1.2 million people will be 60 and over in the year 2025, and this number will reach up to 2 million in 2050; and 80% of the elderly population will live in the developing countries ([WHO, 2002](#)). Our country is among the developing countries where ageing process is fast. Proportion of elderly population in Turkey was reported to be 8%, which included 43.6% males and 56.4% females. Population projections report that elderly population will increase to 10.12% in 2023, 20.8% in 2050, and 27.7% in

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ORIGINAL RESEARCH

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## ITEM ANALYSIS AND INTERNAL CONSISTENCY OF CHILDREN'S SLEEP HABIT QUESTIONNAIRE (CSHQ) IN INDONESIAN VERSION

Sri Hartini<sup>1\*</sup>, Sunartini<sup>2</sup>, Siti E. Herini<sup>2</sup>, Satoshi Takada<sup>3</sup>

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### Abstract

**Background:** The Children's Sleep Habit Questionnaire (CSHQ) has been utilized for assessing sleep behavior problems in children aged 4-10 years in many countries. However, a proper tool to detect of sleep behavior problems in Indonesian children has not been proven.

**Aims:** The aim of our study was to test the item analysis and internal consistency of the Children's Sleep Habit Questionnaire (CSHQ) in Indonesian version.

**Methods:** We used a cross-sectional design and 305 mothers of pre- and primary school children in Yogyakarta Indonesia participated in this study. The Indonesian version of the Children's Sleep Habit Questionnaire was used for assessing the sleep behavior problems in children. Internal consistency was evaluated by using the Cronbach  $\alpha$  method. The internal consistency was tested with Cronbach alpha coefficients. Pearson's Product Moment was completed to estimate the correlation between all items of CSHQ with Subscales and total scores of CSHQ.

**Results:** Internal consistency of all items of the Children's Sleep Habit Questionnaire was 0.80. Internal consistency of subscales ranged from 0.42 (parasomnias) to 0.66 (night waking). 31 of 33 items had significant positive correlation with total score of Children's Sleep Habit Questionnaire. Inter-subscales with the highest correlation were sleep onset delay with parasomnias, parasomnias with sleeps disordered breathing, and sleep disorder breathing with night waking.

**Conclusions:** The Indonesian version of the Children's Sleep Habit Questionnaire is suitable for screening sleep behavior problems in Indonesian children aged 4-10 years.

**Keywords:** item analysis; internal consistency; children's sleep habit questionnaire; Indonesia; sleep behavior problems

### INTRODUCTION

The prevalence of sleep problems was estimated approximately 35 to 40% in school-age-children ([Fricke-Oerkermann et al., 2007](#)). One recent study mentioned that 37-38% of Indonesian adolescents were suffering from sleep problems in both urban and rural areas ([Sofyani, Supriatmo, & Lubis, 2014](#)). Sleep behavior problems in children consists of bedtime resistance, sleep onset delay, sleep

duration, sleep anxiety, night waking, parasomnias, sleep disordered breathing, and daytime sleepiness ([Owens, Spirito, & McGuinn, 2000](#)). Archbold and team reported that the USA children had sleep behavioral problems such as habitual snoring (17%), sleep-disordered breathing (11%), insomnia (41%), and excessive daytime sleepiness (14%) ([Archbold, Pituch, Panahi, & Chervin,](#)

# EFFECT OF ACUPRESSURE THERAPY POINT LI 4, SP 6, AND BL 60 ON DURATION OF THE FIRST STAGE OF LABOR IN PRIMIGRAVIDA AND NEWBORN'S APGAR SCORE

*by* Suhartono Suhartono

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### Abstract

**Background:** The prolonged partus is one of the causes of maternal deaths marked by the slow progress of labor. Induction of labor and caesarean section is a common procedure performed on long-term partus events to end pregnancy. The birth acupressure technique is a complementary method to activate the hormone oxytocin at a certain point to use to soften the cervix and increase contraction.

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**Methods:** This research employed a quasi-experimental study with posttest control group design. It was conducted at the Public Health Center of Trauma and Public Health Center of Palaran Samarinda, East Kalimantan, Indonesia. There were 40 respondents selected using purposive sampling, which 20 respondents assigned in the experiment and control group. The duration of the first stage of labor was assessed using partograph and APGAR score was assessed using APGAR score assessment sheets. Mann Whitney test was used for data analysis

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**Keywords:** acupressure; duration of labor; APGAR score

### INTRODUCTION

Pregnancy and childbirth is a natural birth process, but not without risk and a burden for a woman (Khomsah, Suwandono, & Ariyanti, 2017). Some pregnant women will face a mild to severe degree of emergency that can provide the danger of discomfort, dissatisfaction, pain, disability and even death

for the mother and baby (Kuswaningrum, Suwandono, Ariyanti, Hadisaputro, & Suhartono, 2017). The most common complications are postpartum hemorrhage, placental abruption, prolonged labor and infection. The prolonged partus is one of the causes of maternal mortality. WHO stated that

prolonged labor caused maternal mortality by 8%, while in Indonesia reached 9% (Say et al., 2014). The prolonged labor is caused by abnormalities contractions, fetal abnormalities, and birth canal disorders. The impact of the prolonged labor causes the severity of the mother and fetus, so that the treatment performed is the induction of labor. Induction of labor has been shown to reduce maternal and infant mortality, but this induction of labor also increases morbidity in mothers and infants (National Research, 2013).

The method of labor induction is divided into pharmacological methods and non-pharmacological methods. Pharmacological methods include administration of oxytocin, prostaglandin and mechanical methods by breaking the membranes and stripping of the membranes. The experience of mothers experiencing labor induction is that they usually have a psychological impact because labor induction is considered painful, the main problem faced during the pharmacologic method is that the uterus stimulates very quickly which in turn causes stress on the mother and fetus (Prawirohardjo, 2006).

In recent years, complementary and herbal methods have been widely used in medical intervention; acupuncture and acupressure are among the complementary therapies that have been found to have some success possibilities for managing pain in labor and birth. Labor acupressure is the induction of labor used to soften the cervix and increase contraction. The theory of acupressure mechanisms in the pressurization of stimulating the uterus through hormonal changes and changes in the nervous system. Acupressure increases the release of hormones from the hypothalamus in the anterior pituitary system to activate the hormone oxytocin to stimulate the uterus (Neri, Monari, Midwife, & Facchinetti, 2014; Smith, Crowther, & Grant, 2013).

Complementary therapy, especially acupressure, has not been implemented in government health services, especially acupressure induction of natural labor. Although many studies have demonstrated the effectiveness of acupressure on the duration of labor in the first stage and Apgar score of newborns, however, there is limited

information to conclude that what kind of acupressure has a significant effect on duration of labor and Apgar score. Thus, this study aimed to examine the effect of combining acupressure points LI4, SP6 and BL 60 on the duration of the first stage of labor and APGAR score on newborn.

## METHODS

### *Study Design*

This was a quasi-experimental study with posttest control group design. The research was conducted at the Public Health Center of Trauma and Public Health Center of Palaran Samarinda, East Kalimantan.

### *Population and Sample*

There were 40 respondents selected using purposive sampling, which 20 respondents assigned in the experiment and control group.

### *Intervention*

Intervention group was given acupressure by pressing at three acupressure points (LI4, SP6 and BL60) clockwise (tonic) 30-40 times for one full minute, and then repeated again an hour later.

### *Instruments*

The duration of the first stage of labor was assessed using partograph and APGAR Score was assessed using APGAR Score assessment sheets (Apgar, 2015).

### *Ethical Consideration*

Ethical consideration was obtained from the Research Ethics Commission of Poltekkes Kemenkes Semarang with No: 287/KEPK/PoltekkesSmg/EC016. The researchers have confirmed that each respondent has signed an appropriate informed consent.

### *Data Analysis*

Mann Whitney test was used for data analysis because of non-normal data distribution.

## RESULTS

Table 1 shows that the mean average of respondents in the experiment group was 23.5 years old and in the control group was 24.7 years old. The majority of the respondents in both groups had a senior high school

background and working. Most of them had no narrow hip circumference; with cervix opening average was 5.9 in the experiment group and 5 in control group. Fetal weight interpretation in the experiment group was

2,689 gram and in the control group was 2,580 grams. All variables obtained p-value >0.05, which indicated that there were no significant differences of the characteristics of the respondents in both groups.

**Table 1** Characteristics of the respondents

Variable	Experiment group (n=20)	Control group (n=20)	P-value
Age (Year)			
Mean ± SD	23.5 ± 2.37	24.7 ± 2.99	0.186
<19	-	-	
20 – 35	20 (100%)	20 (100%)	
>35	-	-	
Education level			
Elementary	10 (50%)	7 (35%)	0.343
Senior High	10 (50%)	13 (65%)	
University	-	-	
Working status			
Working	11 (55%)	12 (60%)	0.343
Not working	9 (45%)	8 (40%)	
Hip circumference (Mean ± SD)	84.7 ± 2.57	85.9 ± 2.78	0.183
Narrow	-	-	
Not narrow	20 (100%)	20 (100%)	
Fetal weight interpretation (Mean ± SD)	2689 ± 370.48	2580 ± 363.59	0.356
<2500 gram	1 (5%)	1 (5%)	
2500-4000 gram	19 (95%)	19 (95%)	
>4000 gram	-	-	
Cervical dilation (Mean ± SD)	5.9 ± 0.85	5 ± 0.82	0.114

**Table 2** Duration of the first stage of labor and APGAR score of newborns using Mann Whitney test

Variables	Me: ±SD; Median; Min-Max		Z	P-Value
	Experiment group (n=20)	Control group (n=20)		
Duration of the first stage of labor (Min)	187 ± 120.61; 150; 60-540	307 ± 108.33; 330; 120-480	-3.249	0.001
APGAR Score	8 ± 0.71; 9; 8-10	8 ± 0.55; 9; 8-10	-0.643	0.114

Table 2 shows that the duration of the first stage of labor in the experiment group was 187 minutes with standard of deviation of 120.61, and in the control group was 307 minutes with standard of deviation of 108.33. Mann Whitney test obtained p value 0.001 (<0.05), which indicated that there was a significant difference of the duration of the first stage of labor between both groups. The experiment group shows a faster duration of the first stage of labor compared with the duration in the control group. For APGAR score, Mann Whitney test showed p-value 0.114 (>0.05), which indicated that there was no significant difference of APGAR score in the experiment and control group.

**DISCUSSION**

Findings of this study showed that the characteristics of respondents including age, educational level, working status, hip circumference, fetal weight interpretation and cervix opening in the experiment group and the control group were homogeneous, thus confounding variables can be controlled.

According to literature, the acceleration phase is the beginning of active phase and lead to the maximum slope phase, which the cervix is opening rapidly and increases from 3-4 cm to about 8 cm. Under normal conditions, the opening speed of the constant is 3 cm per hour, with a maximum speed of no more than

1.2 cm per hour in primipara; while the deceleration phase is the active phase, which the opening speed slows and the cervix reaches the cervix dilation of 8 - 10 cm, while the decrease reaches the maximum speed of 1.6 cm per hour in primipara and normally at least 1.0 cm per hour ([Cunningham, Leveno, Bloom, Spong, & Dashe, 2014](#)).

**1** The duration of the **11** stage of labor in this study was 180 min in the experiment group and 307 min in the control group, where the measurements were performed during the first stage of the active phase until complete cervical dilation. Although the maximum value of the experiment group was much higher than the control group, but the minimum value was lower than that in the control group, which was 60 minutes. This indicated that the experiment group had a chance to be 120 minutes faster during labor than the control group.

This is in line with research conducted by Rojlin Tigga and **6** Thapa who examined the effectiveness of acupressure on labor pain and duration of the first stage of labor where the results of the length of labor in the treatment group were faster than the control group, which Rojlin divided the duration of labor into three categories: 1) 7 - 10 hours (14 respondents in the treatment group), 2) 10 -13 hours (16 respondents in the treatment group), and 3) 13 to 16 hours (15 respondents in the control group) ([Tigga & Thapa, 2016](#)).

Besides, assessment of Apgar score of newborns is used to help health workers in assessing the condition of newborns in general and decide to take emergency action or not to predict the health and intelligence of the baby in the future. In this study, the Apgar score of newborns in the treatment and control group was the same as the mean score was 8, with the minimum score of 8 and the maximum value of 10. This is in line with the study conducted by Gregson who examined the induction of labor using acupressure in primiparous mothers who passed the gestation, revealed that there was no significant effect of acupressure on Apgar score in the treatment group and the control group ([Gregson, Tiran, Absalom, Older, & Bassett, 2015](#)).

Mann Whitney test in this study revealed that there was a significant effect of acupressure on the duration of the first stage of labor; but no effect on Apgar score. This is in line with research conducted by Akbarzadeh Marzieh et al stated that the length of delivery for those who were given acupressure was faster than the length of delivery in the control group. It was 157 minutes of the duration of first stage of labor for supportive care group, 161 minutes for the acupressure group, and 281 minutes for the control group ([Akbarzadeh, Masoudi, Zare, & Kasraeian, 2016](#)).

As for Apgar score, showed no difference between acupressure group, supportive care group, and control group. APGAR score is used to assess Appearance, Pulse, Grimace, Activity and Respiration at the time of birth and determine the next action to be performed on the newborn with asphyxia. Newborn asphyxia is influenced by mother, infant and umbilical factors. One of the mother factors is the prolonged labor which the supply of oxygen from mother to baby is less so that the baby has hypoxia.

In this research **1**, there is an effect of acupressure on the duration of the first stage of labor. The effect of acupressure suppression at points LI4, SP6 and BL60 on the body meridians will drain energy and the electron flow that stimulates the central nervous system, dilates the blood vessels and activates the Nitric Oxidate that stimulates the pituitary; and anterior hypophysis activates the prolactin hormone at the time of labor through uterine thinning downward and upward uterine thickening that serves to help push the baby down so that cervical dilatation occurs, while the posterior hypophage activates the hormone oxytocin at the start of labor by activating the ligamentous rotundum and maximizing blood flow resulting in contractions at the time of delivery. So, if the suppression of acupressure done every one hour, it can stimulate a good contraction so that the cervical dilatation occurs faster.

## **8** CONCLUSION

It can be concluded that there was a significant effect of acupressure on the duration of the first stage of labor, but no

effect of the Apgar score. Therefore, acupressure may be recommended to shorten the duration of the first stage of delivery in primigravida.

**Declaration of Conflicting Interest**

None declared.

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**Author Contribution**

All authors contributed equally in this study.

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# EFFECT OF ACUPRESSURE THERAPY POINT LI 4, SP 6, AND BL 60 ON DURATION OF THE FIRST STAGE OF LABOR IN PRIMIGRAVIDA AND NEWBORN'S APGAR SCORE

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PAGE 1

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PAGE 2

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PAGE 3

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