

# SERTIFIKAT

Kementerian Riset dan Teknologi/  
Badan Riset dan Inovasi Nasional



Petikan dari Keputusan Menteri Riset dan Teknologi/  
Kepala Badan Riset dan Inovasi Nasional  
Nomor 148/M/KPT/2020  
Peringkat Akreditasi Jurnal Ilmiah Periode II Tahun 2020

Nama Jurnal Ilmiah

Care: Jurnal Ilmiah Ilmu Kesehatan

E-ISSN: 25278487

Penerbit: Universitas Tribhuwana Tungadewi Malang

Ditetapkan sebagai Jurnal Ilmiah

## TERAKREDITASI PERINGKAT 3

Akreditasi Berlaku selama 5 (lima) Tahun, yaitu  
Volume 3 Nomor 2 Tahun 2020 sampai Volume 8 Nomor 1 Tahun 2025

Jakarta, 03 Agustus 2020

Menteri Riset dan Teknologi/  
Kepala Badan Riset dan Inovasi Nasional  
Republik Indonesia,



*[Signature]*

Barabang P. S. Brodjonegoro

e-ISSN : 2527 - 8487  
ISSN : 2089 - 4503

# CARE

Jurnal Ilmiah Ilmu Kesehatan

**Frekuensi Terbitan 3 kali dalam 1 tahun ( Maret, Juli, November)**

**Volume 8**

**Nomor 2**

**Tahun 2020**

Diterbitkan oleh:

**Unitri PRESS**  
Universitas Tribhuwana Tunggadewi, Malang



## FLAG COUNTER



## Chief Editor

**Mia**

([javascript:openRTWindow\('https://jurnal.unitri.ac.id/index.php/care/about/editorialTeamBio/4331'\)](javascript:openRTWindow('https://jurnal.unitri.ac.id/index.php/care/about/editorialTeamBio/4331'))), Universitas Tribhuwana Tunggadewi, Indonesia

**Andinawati**

**Heri**

([javascript:openRTWindow\('https://jurnal.unitri.ac.id/index.php/care/about/editorialTeamBio/1665'\)](javascript:openRTWindow('https://jurnal.unitri.ac.id/index.php/care/about/editorialTeamBio/1665'))), STIKES Surya Mitra Husada, Kediri Indonesia

**Saputro**

**Idham**

([javascript:openRTWindow\('https://jurnal.unitri.ac.id/index.php/care/about/editorialTeamBio/1666'\)](javascript:openRTWindow('https://jurnal.unitri.ac.id/index.php/care/about/editorialTeamBio/1666'))), STIKES INDRAMAYU

**Latif**

## Supporting Editor

**Erlisa**

([javascript:openRTWindow\('https://jurnal.unitri.ac.id/index.php/care/about/editorialTeamBio/28'\)](javascript:openRTWindow('https://jurnal.unitri.ac.id/index.php/care/about/editorialTeamBio/28'))), Fakultas Ilmu Kesehatan Universitas Tribhuwana Tunggadewi

**Candrawati**

## Technical Supporting

**Heru**

([javascript:openRTWindow\('https://jurnal.unitri.ac.id/index.php/care/about/editorialTeamBio/17'\)](javascript:openRTWindow('https://jurnal.unitri.ac.id/index.php/care/about/editorialTeamBio/17'))), s

---

## Tentang Jurnal

Care : Jurnal Ilmiah Ilmu Kesehatan

p-ISSN : [2089-4503](http://u.lipi.go.id/1323750782) (<http://u.lipi.go.id/1323750782>) | e-ISSN: [2527-8487](http://u.lipi.go.id/1323750782) (<http://u.lipi.go.id/1323750782>)

## Akses Links

- [Info Unitri](https://unitri.ac.id) (<https://unitri.ac.id>)
- [Unitri Press](https://press.unitri.ac.id) (<https://press.unitri.ac.id>)
- [Jurnal Unitri](https://jurnal.unitri.ac.id) (<https://jurnal.unitri.ac.id>)
- [Publikasi Unitri](https://publikasi.unitri.ac.id) (<https://publikasi.unitri.ac.id>)
- [Sinta Ritekbrin](https://sinta.ristekbrin.go.id/) (<https://sinta.ristekbrin.go.id/>)

## FLAG COUNTER



---

[Home](https://jurnal.unitri.ac.id/index.php/care/index) (<https://jurnal.unitri.ac.id/index.php/care/index>) / [Archives](https://jurnal.unitri.ac.id/index.php/care/issue/archive)  
(<https://jurnal.unitri.ac.id/index.php/care/issue/archive>) / Vol 8, No 2 (2020)  
(<https://jurnal.unitri.ac.id/index.php/care/issue/view/176>)

---

## Vol 8, No 2 (2020)

DOI: <https://doi.org/10.33366/jc.v8i2> (<https://doi.org/10.33366/jc.v8i2>).

## Table of Contents

---

### Articles

**HUBUNGAN LAMA PEMASANGAN KATETER  
DENGAN KEJADIAN INFEKSI SALURAN KEMIH  
PADA PASIEN DI RUANG PENYAKIT DALAM RUMKIT  
TK II DR. SOEPRAOEN MALANG** *pages. 138-145*  
(<https://jurnal.unitri.ac.id/index.php/care/article/view/1213>)

 *Karisma Dwi Ana, Nunuk Yuli Riwayati, Siska Febri Jayanti*

DOI: <http://dx.doi.org/10.33366/jc.v8i2.1213>  
(<https://dx.doi.org/10.33366/jc.v8i2.1213>)

[Abstract](https://jurnal.unitri.ac.id/index.php/care/article/view/1213#articleAbstract) (<https://jurnal.unitri.ac.id/index.php/care/article/view/1213#articleAbstract>) | [References](https://jurnal.unitri.ac.id/index.php/care/article/view/1213#articleCitations)  
(<https://jurnal.unitri.ac.id/index.php/care/article/view/1213#articleCitations>) | [Current](#)  
(<https://jurnal.unitri.ac.id/index.php/care/issue/current>) | [PDF](#)  
(<https://jurnal.unitri.ac.id/index.php/care/article/view/1213/pdf>) | [Cover Page](#)  
([https://jurnal.unitri.ac.id/public/journals/3/cover\\_issue\\_176\\_en\\_US.jpg](https://jurnal.unitri.ac.id/public/journals/3/cover_issue_176_en_US.jpg)) | Viewed : [493 \(#\)](#) | Download : 1014

**PEMANFATAN TUMBUHAN SEBAGAI BAHAN RUM-  
RUMEN (MINUMAN KESEHATAN ETNIS KARO)** *pages. 146-158*  
**OLEH PEDAGANG TUMBUHAN OBAT DI PASAR  
PANCUR BATU SUMATERA UTARA**  
(<https://jurnal.unitri.ac.id/index.php/care/article/view/1296>)

 *Marina Silalahi*

DOI: <http://dx.doi.org/10.33366/jc.v8i2.1296>  
(<https://dx.doi.org/10.33366/jc.v8i2.1296>)

[Abstract](https://jurnal.unitri.ac.id/index.php/care/article/view/1296#articleAbstract) (<https://jurnal.unitri.ac.id/index.php/care/article/view/1296#articleAbstract>) | [References](https://jurnal.unitri.ac.id/index.php/care/article/view/1296#articleCitations)  
(<https://jurnal.unitri.ac.id/index.php/care/article/view/1296#articleCitations>) | [Current](#)  
(<https://jurnal.unitri.ac.id/index.php/care/issue/current>) | [PDF](#)  
(<https://jurnal.unitri.ac.id/index.php/care/article/view/1296/pdf>) | [Cover Page](#)  
([https://jurnal.unitri.ac.id/public/journals/3/cover\\_issue\\_176\\_en\\_US.jpg](https://jurnal.unitri.ac.id/public/journals/3/cover_issue_176_en_US.jpg)) | Viewed : [203 \(#\)](#) | Download : 188

**HUBUNGAN ANTARA KEMAMPUAN KOMUNIKASI  
ASERTIF DENGAN KEJADIAN PERILAKU AGRESIF  
PADA REMAJA** *pages. 159-167*  
(<https://jurnal.unitri.ac.id/index.php/care/article/view/1362>)

**Endang Mei Yunalia, Sri Haryuni**

DOI: <http://dx.doi.org/10.33366/jc.v8i2.1362>  
(<https://dx.doi.org/10.33366/jc.v8i2.1362>)

[Abstract](https://jurnal.unitri.ac.id/index.php/care/article/view/1362#articleAbstract) | [References](#)  
[Current](https://jurnalunitri.ac.id/index.php/care/article/view/1362#articleCitations)  
[PDF](https://jurnalunitri.ac.id/index.php/care/issue/current)  
[Cover Page](https://jurnalunitri.ac.id/index.php/care/article/view/1362/pdf)  
([https://jurnalunitri.ac.id/public/journals/3/cover\\_issue\\_176\\_en\\_US.jpg](https://jurnalunitri.ac.id/public/journals/3/cover_issue_176_en_US.jpg)) | Viewed : 797 (#) | Download : 299

**RIWAYAT USIA PERTAMA MENARCHE ≤12 TAHUN  
BERHUBUNGAN DENGAN KEJADIAN KANKER** *pages. 168-175*  
**PAYUDARA PADA WANITA USIA SUBUR**  
(<https://jurnal.unitri.ac.id/index.php/care/article/view/1230>)

**Siwi Ariana, Selamat Budijitno, Suhartono Suhartono**

DOI: <http://dx.doi.org/10.33366/jc.v8i2.1230>  
(<https://dx.doi.org/10.33366/jc.v8i2.1230>)

[Abstract](https://jurnal.unitri.ac.id/index.php/care/article/view/1230#articleAbstract) | [References](#)  
[Current](https://jurnalunitri.ac.id/index.php/care/article/view/1230#articleCitations)  
[PDF](https://jurnalunitri.ac.id/index.php/care/issue/current)  
[Cover Page](https://jurnalunitri.ac.id/index.php/care/article/view/1230/pdf)  
([https://jurnalunitri.ac.id/public/journals/3/cover\\_issue\\_176\\_en\\_US.jpg](https://jurnalunitri.ac.id/public/journals/3/cover_issue_176_en_US.jpg)) | Viewed : 213 (#) | Download : 294

**IDENTIFIKASI SENYAWA GARLISIN DAN KUERSETIN  
SEBAGAI SENYAWA ANTIMIKROBA PADA SEDIAAN  
BASAH DAN KERING BAWANG PUTIH (*Allium  
sativum L.*)** *pages. 176-184*  
(<https://jurnal.unitri.ac.id/index.php/care/article/view/1693>)

**Fanny Thresia Yunus, Ari Suwondo, Martini Martini**

DOI: <http://dx.doi.org/10.33366/jc.v8i2.1693>  
(<https://dx.doi.org/10.33366/jc.v8i2.1693>)

[Abstract](https://jurnal.unitri.ac.id/index.php/care/article/view/1693#articleAbstract) | [References](#)  
[Current](https://jurnalunitri.ac.id/index.php/care/article/view/1693#articleCitations)  
[PDF](https://jurnalunitri.ac.id/index.php/care/issue/current)  
[Cover Page](https://jurnalunitri.ac.id/index.php/care/article/view/1693/pdf)  
([https://jurnalunitri.ac.id/public/journals/3/cover\\_issue\\_176\\_en\\_US.jpg](https://jurnalunitri.ac.id/public/journals/3/cover_issue_176_en_US.jpg)) | Viewed : 368 (#) | Download : 269

**PERBEDAAN EFEK IMPLEMENTASI BOOKLET DAN  
MANEKIN PADA PENYULUHAN KEBUTUHAN** *pages. 185-194*  
**PERSONAL HIGIENE GENETALIA DI SDN  
RONOWIJAYAN KABUPATEN PONOROGO JAWA  
TIMUR**  
(<https://jurnal.unitri.ac.id/index.php/care/article/view/1488>)

**Inna Sholicha Fitriani, Fetty Rosyadina**

DOI: <http://dx.doi.org/10.33366/jc.v8i2.1488>  
(<https://dx.doi.org/10.33366/jc.v8i2.1488>)

[Abstract](https://jurnal.unitri.ac.id/index.php/care/article/view/1488#articleAbstract) | [References](#)  
[Current](https://jurnalunitri.ac.id/index.php/care/article/view/1488#articleCitations)  
[PDF](https://jurnalunitri.ac.id/index.php/care/issue/current)  
[Cover Page](https://jurnalunitri.ac.id/index.php/care/article/view/1488/pdf)  
([https://jurnalunitri.ac.id/public/journals/3/cover\\_issue\\_176\\_en\\_US.jpg](https://jurnalunitri.ac.id/public/journals/3/cover_issue_176_en_US.jpg)) | Viewed : 133 (#) | Download : 139

## HUBUNGAN ANTARA KEMAMPUAN KOMUNIKASI ASERTIF DENGAN KEJADIAN PERILAKU AGRESIF PADA REMAJA

**Endang Mei Yunalia<sup>1)</sup>, Sri Haryuni<sup>2)</sup>**

<sup>1),2)</sup> Prodi Ilmu Keperawatan Fakultas Ilmu Kesehatan **Universitas Kadiri**

E-mail: [endang\\_mei@unik-kediri.ac.id](mailto:endang_mei@unik-kediri.ac.id)

### ***ABSTRACT***

*Aggressive behavior is an action that aims to dominate or behave destructively by using verbal or physical strength aimed at the object. Aggressive behavior can occur at any stage of age including adolescents. Emotional development in adolescence causes adolescents to have a high desire for something, where this period is a critical period and a time of rebellion. One of the factors that influence the aggressive behavior in adolescents is the ability to carry out assertive communication. The purpose of the study was to determine the relationship between assertive communication skills and aggressive behavior in adolescents. This study used descriptive correlation design with cross sectional approach. The sample of 42 was recruited using simple random sampling in SMA 5 Kota Kediri. The result showed that there most a half respondent (40,5%) have good assertive communication skills with moderate levels of aggressive behavior. Based on Chi Square:  $\chi^2$ -value  $0,000 < 0,05$  it has been recognized that there is a correlation between assertive communication skills and aggressive behavior in adolescents. Based on the results of these studies it is expected that parents or the school will provide education about the importance of assertive communication and can be a role model for adolescents in behaving so that the incidence of aggressive behavior and juvenile delinquency can be reduced.*

**Keywords:** Assertiveness communication; aggressive behavior; adolescents.

### ***ABSTRAK***

Perilaku agresif adalah tindakan yang bertujuan untuk mendominasi atau berperilaku destruktif dengan menggunakan kekuatan verbal ataupun kekuatan fisik yang ditujukan pada objek. Perilaku agresif dapat terjadi pada setiap tahapan usia termasuk remaja. Perkembangan emosi pada masa remaja menyebabkan remaja memiliki keinginan yang tinggi terhadap sesuatu, dimana masa ini merupakan masa kritis dan masa memberontak. Salah satu faktor yang mempengaruhi munculnya perilaku agresif pada remaja adalah kemampuan dalam melakukan komunikasi asertif. Tujuan penelitian untuk mengetahui hubungan antara kemampuan komunikasi asertif dengan perilaku agresif pada remaja. Penelitian ini merupakan penelitian analitik korelasi dengan menggunakan pendekatan *cross sectional*. Sampel dalam penelitian ini sebanyak 42 siswa di SMA 5 Kota Kediri yang diambil dengan menggunakan teknik *simple random sampling*. Hasil penelitian ini menunjukkan hampir dari setengah responden (40,5%) memiliki kemampuan komunikasi asertif yang baik dengan tingkat perilaku agresif sedang. Hasil uji *Chi-Square* didapatkan  $\chi^2$ -value  $0,000 (\chi^2 < \alpha (0,05))$ , yang artinya ada hubungan antara kemampuan komunikasi asertif dengan perilaku

Cara mengutip: Yunalia, E. Mei & Haryuni, Sri. (2020). Hubungan Antara Kemampuan Komunikasi Asertif Dengan Kejadian Perilaku Agresif Pada Remaja. *Care: Jurnal Ilmiah Ilmu Kesehatan*, 8(2), 159-167

Care: Jurnal Ilmiah Ilmu Kesehatan Vol .8, No.2, 2020, hal 146-158

Tersedia online di <https://jurnal.unitri.ac.id/index.php/care>

ISSN 2527-8487 (*online*)

ISSN 2089-4503 (cetak)

## **PEMANFATAN TUMBUHAN SEBAGAI BAHAN RUM-RUMEN (MINUMAN KESEHATAN ETNIS KARO) OLEH PEDAGANG TUMBUHAN OBAT DI PASAR PANCUR BATU SUMATERA UTARA**

**Marina Silalahi**

Prodi Pendidikan Biologi FKIP, **Universitas Kristen Indonesia**, Jakarta.

E-mail : [marina.biouki@yahoo.com](mailto:marina.biouki@yahoo.com); [marina.silalahi@uki.ac.id](mailto:marina.silalahi@uki.ac.id)

### ***ABSTRACT***

*Written documentation of local knowledge about health drinks, especially the Karo ethnic group, is still limited, although degradation is accelerating with the introduction of information technology. This study aims to determine the diversity of rum-rumen plants, their properties and bioactivity. The method used in the survey and in-depth interviews of 11 traders of medicinal plants is used as a material for making rum-rumen and their benefits. Respondents in this study were all traders of medicinal plants in the Pancurbatu market who traded rum-rumen material. The data obtained were analyzed qualitatively and descriptively. The results showed that the rum-rumen is a health drink derived from extracts of 6 plant species originating from 3 families. Leaves and stems are the most widely used organs. The benefits of rum rumen are blood circulation, overcoming headaches, overcoming digestive tract disorders, treating cholesterol and also anti-hypertension. The conclusion that all types of plants used as ruminal ingredients are rich in essential oils. The three plants are Ocimum basilicum, Plectranthus amboinicus and Cymbopogon citratus as the main ingredient of rumen have bioactivity as antimicrobial and anti-cancer especially microbes that infect the digestive and respiratory tract. Rum-rumem drink is very potential to be developed into a health drink to treat digestive and respiratory disorders.*

**Keywords:** Rum-rumen; antimicrobial; essential oil; health drinks.

### **ABSTRAK**

Dokumentasi secara tertulis pengetahuan lokal tentang minuman kesehatan khususnya etnis Karo masih terbatas, padahal degradasinya semakin cepat seiring dengan masuknya teknologi informasi. Penelitian ini bertujuan untuk mengetahui keanekaragaman tumbuhan penyusun rum-rumen, khasiat dan bioaktivitasnya. Metode yang digunakan dalam survei dan wawancara mendalam pada 11 pedagang tumbuhan obat yang digunakan sebagai bahan pembuatan rum-rumen dan manfaatnya. Responden yang dalam penelitian ini merupakan semua pedagang tumbuhan obat di pasar Pancurbatu yang memperjualbelikan bahan rum-rumen. Data yang diperoleh dianalisa secara kualitatif dan dekriptif. Hasil penelitian menunjukkan bahwa rum-rumen merupakan minuman kesehatan

## HUBUNGAN LAMA PEMASANGAN KATETER DENGAN KEJADIAN INFEKSI SALURAN KEMIH PADA PASIEN DI RUANG PENYAKIT DALAM RUMKIT TK II DR. SOEPROAOEN MALANG

**Karisma Dwi Ana<sup>1)</sup>, Nunuk Yuli Riwayati<sup>2)</sup>, Siska Febri Jayanti<sup>3)</sup>**

<sup>1),2),3)</sup> Sekolah Tinggi Ilmu Kesehatan Husada Jombang

E-mail: [rismakna@gmail.com](mailto:rismakna@gmail.com)

### **ABSTRACT**

*Urinary tract infections are included by pathogenic microorganisms associated with objects in the urinary tract. Catheter placement is one of the interventions given to patients with urinary tract disorders. This can save lives, especially if the urinary tract is blocked or if the patient is unable to make urine transfer smoothly. This study uses a correlational analytic research design using a cross sectional design. The sample of this study was a patient with a catheter in the disease room in Hospital LevelII Dr. Soepraoen as many as 38 people by using side-taking techniques with accidental sampling. The measuring instrument used was an observation sheet. The results of this study indicate that the majority of respondents experienced a catheter installation time of two days, as many as 10 respondents (26.3%), and the majority of respondents did not experience urinary tract infections as many as 36 respondents (94.7%). Spearman rail test results obtained significance values <0.05 then H1 is accepted. It can be concluded that there is a long association between catheter placement and the incidence of urinary tract infections in patients in the disease room in Hospital LevelII Dr. Soepraoen. Catheter installation should be relatively short, if the installation of a catheter in a long time can result in a higher incidence of urinary tract infections.*

**Keywords :** Duration of catheterization; urinary tract infection occurrence.

### **ABSTRAK**

Infeksi saluran kemih di akibatkan oleh *mikroorganisme patogen* yang berkaitan adanya suatu benda asing didalam saluran perkemihan. Pemasangan kateter merupakan salah satu intervensi yang diberikan kepada pasien dengan gangguan saluran perkemihan. Tindakan ini dapat menyelamatkan kehidupan, khususnya bila saluran kemih tersumbat atau bila pasien tidak dapat melakukan pengeluaran urin dengan lancar. Penelitian ini menggunakan desain penelitian *analitik korelasional* dengan pendekatan rancangan *cross sectional*. Sampel penelitian ini adalah pasien dengan pemasangan kateter di Ruang Penyakit Dalam Rumkit Tk II Dr. Soepraoen sebanyak 38 orang dengan menggunakan teknik pengambilan samping dengan *accidentalsampling*. Alat ukur yang digunakan ialah lembar observasi. Hasil penelitian ini menunjukkan bahwa sebagian besar responden mengalami lama waktu pemasangan kateter selama dua hari yaitu sebanyak 10 responden (26,3%), serta sebagian besar responden tidak

Care: Jurnal Ilmiah Ilmu Kesehatan Vol .8, No.2, 2020, hal 185-194  
 Tersedia online di <https://jurnal.unitri.ac.id/index.php/care>  
 ISSN 2527-8487 (*online*)  
 ISSN 2089-4503 (cetak)

## **PERBEDAAN EFEK IMPLEMENTASI BOOKLET DAN MANEKIN PADA PENYULUHAN KEBUTUHAN PERSONAL HIGIENE GENETALIA DI SDN RONOWIJAYAN KABUPATEN PONOROGO JAWA TIMUR**

**Inna Sholicha Fitriani<sup>1)</sup>, Fetty Rosyadina<sup>2)</sup>**

Fakultas Ilmu Kesehatan Universitas Muhammadiyah Ponorogo Jawa Timur

E-mail: [innasholicha@yahoo.com](mailto:innasholicha@yahoo.com)

### **ABSTRACT**

*Adolescence is a period of maturity of human reproductive organs. Candidiasis 25 % - 50 %, vaginitis 20% - 40% and trichomoniasis 5% - 15%. Every teenager must have the right and proper information about reproductive health aspects such as how to maintain the health of reproductive organs, and be able to practice the behavior of maintaining healthy and responsible reproductive organs to avoid diseases that might attack their reproductive organs. This study aims to identify the differences in the effects of the implementation of booklets and mannequins on counseling the personal needs of genitalia hygiene in young women at Ronowijayan Ponorogo Elementary School. This study used an experimental method with a type of randomized experimental study. The research location was the SDN Ronowijayan Siman Ponorogo period of study starting in February December 2018. The study population used was all young women at Rononijayan Ponorogo Elementary School with a study sample aged 10 until 12 years at Rononijayan Ponorogo Elementary School. The results of the data were analyzed using the T test ( $\alpha = 5\%$ ) with the normality test of the distribution using Shapiro-Wilk. The results of the study were  $0.896 > 0.05$  (95% confidence), so there was no difference in effect between before treatment and after treatment of the implementation of the booklet with the implementation of manikin. It is necessary to introduce reproductive health with a family approach method for young women with the hope that the achievement of reproductive health education can be achieved optimally.*

**Keyword :** Implementation booklets; mannequins; counseling; personal needs for genitalia hygiene.

---

Cara mengutip: Fitriani, I. Sholicha & Rosyadina, Fetty. (2020). Perbedaan Efek Implementasi Booklet dan Manekin Pada Penyuluhan Kebutuhan Personal Higiene Genitalia di SDN Ronowijayan Kabupaten Ponorogo Jawa Timur. **Care:Jurnal Ilmiah Ilmu Kesehatan**, 8(2), 185-194