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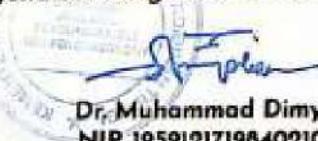
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[Home](#) > [Vol 12, No 2 \(2022\)](#)

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Vol 12, No 2 (2022): Oktober 2022

Table of Contents

Articles

Hb Levels in Pregnant Women with Consumption of Sweet Potatoes (Ipomoea Batatas L): History of Malaria	PDF 93-97
doi : 10.31983/jkb.v12i2.8331 Abstract views : 243	
Ika Wijayanti, Eyllonggia Mawene	
The Effect of Giving Tomato Juice on Blood Pressure on Menopause	98-102
doi : 10.31983/jkb.v12i2.8111 Abstract views : 146	
Yusni Podungge, Fira Puili, Endah Yulianingsih, Sri Sujawaty, Puspita Sukmawaty Rasyid	
Analyze Maternal Mortality Factors Causes in Indramayu Regency West Java	PDF

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- » For Readers
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[Home](#) > [Archives](#) > [Vol 12, No 1 \(2022\)](#)

Vol 12, No 1 (2022)

April 2022

Table of Contents

Articles

Collaboration Across Sectors of Adolescent Reproductive Health Education Assisted by The Semarang City Social Service DOI : 10.31983/jkb.v12i1.7995 Abstract views : 511 <i>Firdha Rahma Nurbadlina, Zahroh Shaluhiyah, Antono Suryopuro</i>	PDF 1-7
Topical Application of Olive Oil and Aloe Vera Gel on Pregnant Women's Striae Gravidarum DOI : 10.31983/jkb.v12i1.7780 Abstract views : 572 <i>Intanwati Intanwati, Dyah Ayu Wulandari, Fauziah Windi Gurnita</i>	PDF 8-12
Overview of Visfatin Levels in Pregnant Women as a Stunting Biomarker DOI : 10.31983/jkb.v12i1.8018 Abstract views : 265 <i>Ni Nyoman Astika Dewi, Luh Putu Rinawati, Ni Putu Ditya Prabandari Dewi, I Made Krishna Paramartha, Ni Putu Intan Maha Ayu Diyanti, Aprilia Rakhmawati, Heri Setyo Bekti</i>	PDF 13-18
The Effect of Menopause Counseling by Counselor Midwives on Attitude and Reduction of Menopause Symptoms in Menopausal Mothers DOI : 10.31983/jkb.v12i1.8275 Abstract views : 277 <i>Ervin Rufainah, Raden Tina Dewi Judistiani, Ahmad Rizal, Tita Husnitawati Madjid, Tuti Wahmurti, Farid Husin</i>	PDF 19-25
Advocacy of Midwives Referring Patients for Sectio Caesarea in Second-Level Health Care Provider Social Security Management Agency in Bantul DOI : 10.31983/jkb.v12i1.7726 Abstract views : 507 <i>Yuni Fitriana, Andina Vita Sutanto, Ari Andriyani</i>	PDF 26-37
Cadre Assistance in Improving Quality of Life Pregnant Women During the Covid-19 Pandemic DOI : 10.31983/jkb.v12i1.8028 Abstract views : 168 <i>Christin Hiyana Tunggadewi, Ayuningtyas Ayuningtyas, Nuril Nikmawati, Mohammad Zen Rahfiludin</i>	PDF 38-43
The Behavior of Breastfeeding Mothers in Providing Exclusive Breastfeeding during the Covid-19 Pandemic in Surabaya (mix method) DOI : 10.31983/jkb.v12i1.7700 Abstract views : 272 <i>Nur Masruroh, Lailatul Khusnul Rizki, Nadia Ayu Ashari, Irma Irma, Dzikriatul Laili</i>	PDF 44-50
Factors Associated to Pap Smear Cervical Screening Behavior among Midwives in Yogyakarta, Indonesia DOI : 10.31983/jkb.v12i1.6773 Abstract views : 208 <i>Niken Meilani, Nanik Setiyawati</i>	PDF 51-57
Factors Related to HIV/AIDS Prevention Behavior in Housewives DOI : 10.31983/jkb.v12i1.7691 Abstract views : 189 <i>Arum Budiyati, Sri Rahayu, Ngadiyono Ngadiyono, Runjati Runjati</i>	PDF 58-63
The Thickness of Endometrium after Given Fennel Seed Extract (<i>Foeniculum Vulgare M.</i>) and Mimba Leaves (<i>Azadirachta Indica Juss.</i>): Experimental Study on Female Mice DOI : 10.31983/jkb.v12i1.6552 Abstract views : 224	PDF 64-68

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Search	<input type="text"/>
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- » [By Issue](#)
- » [By Author](#)
- » [By Title](#)
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Topical Application of Olive Oil and Aloe Vera Gel on Pregnant Women's Striae Gravidarum

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ABSTRACT

One of the physical changes that often occur in 50-90% of pregnant women is the appearance of striae gravidarum. Striae gravidarum is caused by stretching of the skin during pregnancy. The impact is a decrease in confidence, itchy, hot, and dry sensations, and cause emotional distress that can interfere with pregnancy. Olive oil and Aloe vera gel are good natural ingredients for skincare. The purpose of this study was to find out the effectiveness of the topical application of Olive oil and Aloe vera gel against the incidence of pregnant women's striae gravidarum in the Working Area of Puskesmas Kedungmundo 2020. This research was a quantitative study with a quasi-experiment control group design with pretest-posttest. Sampling techniques use purposive sampling. The results of bivariate olive oil analysis with the Wilcoxon test showed P-value ($0.647 > \alpha 0.05$), so there was no effect of topical application of olive oil on the incidence of striae gravidarum. The results of bivariate analysis of Aloe vera gel with Wilcoxon test showed a P-value ($0.642 > \alpha 0.05$), so there was no effect of topical application of Aloe vera gel on the incidence of striae gravidarum. Based on the Independent Test T-Test the difference between the two groups pre-post obtained P-value ($1 > \alpha 0.05$), then there was no difference in the effectiveness of the topical application of olive oil and aloe vera gel to the incidence of striae gravidarum in pregnant women in The Region of Puskesmas Kedungmundo 2020.

Keywords: pregnancy; striae gravidarum; olive oil; aloe vera gel

Pendahuluan

Kehamilan secara umum terbagi dalam periode tiga bulanan atau trimester. Setiap trimesternya ibu hamil mengalami perubahan yang khas dalam segi fisik maupun psikologis. Perubahan fisik dan psikologis saling terkait dan saling mempengaruhi. Walaupun di dalamnya terkandung berbagai macam perubahan fisik dan psikologis, kehamilan sesungguhnya adalah peristiwa yang normal. Tetapi, kehamilan perlu dihadapi secara khusus melalui adaptasi yang tepat agar kondisi fisik maupun kesehatan fisik ibu hamil dan janin dapat terpelihara. Salah satu perubahan kulit terlihat

pada permukaan kulit yang menjadi sangat meregang. Selain itu, peningkatan sekresi hormon pada korteks adrenal menyebabkan serabut kolagen kulit mengalami rupture yang disebut *striae gravidarum*[1].

Striae gravidarum dikenal juga dengan sebutan stretch marks, memiliki karakteristik garis-garis sepanjang minimal 5 cm dengan warna kemerahan, keunguan, dan secara bertahap akan berubah menjadi berwarna putih keperakan. Metode untuk menilai *striae gravidarum* menggunakan empat metode sistem numerik Atwal et al yang mengklasifikasi *striae gravidarum* berdasarkan jumlah garis dan eritema. Pengkajian



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The Effect of Menopause Counseling by Counselor Midwives on Attitude and Reduction of Menopause Symptoms in Menopausal Mothers

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ABSTRACT

Eighty percent (80%) of women complain headache, sexual problem, tachycardia, hot flushes and insomnia, that are significantly decrease the quality of life. Objective of the research is to analyze how much the effect of menopause counseling from counselor midwife towards the attitude of menopause women and reduction of the symptoms. The study is quasi experiment with pre and post design. The samples were 40 respondents that were divided into two groups. In each group counseling was given twice at intervals of 2 weeks, long counseling per client requirements. The instruments employed were MAMES (Multi-dimensional Attitudes Menopause Scale) questionnaire and MRS (Menopause Rating Scale) questionnaire. Non parametric and RR value were performed for statistical test. The result of study indicated that the attitude, the mother menopause who did not receive counseling by a midwife counselor, the risk of having a negative attitude 7 times compared with mothers who received counseling by a midwife counselor (RR 7.0). While menopause mothers who did not receive counseling by a midwife counselor, 2.5 times the risk of having symptoms degree rise or stay when compared with mothers who received counseling by a midwife counselor (RR 2.5). Based on the study, it was concluded that there was effect of counseling from counselor midwife towards the improvement of attitude of menopause women and decrease of menopausal symptoms.

Keywords: menopause counseling; attitude of menopause women; menopausal symptoms

Pendahuluan

Peningkatan angka harapan hidup berdampak pada angka beban tanggungan umur produktif (15-64 tahun) terhadap umur non produktif (<15 tahun dan >65 tahun) dan makin banyak wanita hidup dalam periode menopause yang lebih panjang. Pada masa menopause terjadi perubahan yang drastis secara fisik, psikis dan sosial budaya. Delapan puluh persen wanita melaporkan keluhan yang tidak

menyenangkan ketika menjelang menopause, seperti sakit kepala, masalah seksual, takikardia, *hot flushes* dan insomnia, yang secara signifikan mengurangi kualitas hidup mereka. Gejala vasomotor dapat memengaruhi kualitas hidup perempuan dengan mengganggu kualitas tidur, mengganggu aktivitas kerja dan liburan, serta memperburuk kecemasan dan depresi [1-7].

Wanita dalam tahap menopause memerlukan informasi lebih lanjut tentang kebutuhan fisik dan



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The Behavior of Breastfeeding Mothers in Providing Exclusive Breastfeeding during the Covid-19 Pandemic in Surabaya (mix method)

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ABSTRACT

The benefits of exclusive breastfeeding include increasing the baby's immune system, especially during the current Covid-19 pandemic. The purpose of this study was to determine the behavior and self-efficacy of breastfeeding mothers in providing exclusive breastfeeding and to determine the supporting and inhibiting factors in providing exclusive breastfeeding. The research method used is a mix method with a concurrent embedded strategy. The first stage is carried out with a quantitative method to determine the behavior and self-efficacy of breastfeeding mothers during the Covid-19 pandemic. The second stage is a qualitative method to determine the supporting factors, barriers to breastfeeding practices during the Covid-19 Pandemic. The population and samples in this study were breastfeeding mothers, midwives and breast milk counselors who were taken purposively as samples. The results of the study on knowledge that the p value of 0.001 (<0.05) means that knowledge affects the behavior of mothers in giving exclusive breastfeeding. On the attitude of the analysis results obtained p value of 0.005 (<0.05) which means that attitudes affect the behavior of mothers in exclusive breastfeeding. Then from the breastfeeding pattern, the results of the p value analysis were 0.001 (<0.05), which means that the breastfeeding pattern affects the mother's behavior in giving exclusive breastfeeding. At the qualitative stage, it was found that the supporting factors for exclusive breastfeeding include the support of family and health workers, high knowledge and ease of accessing information. While the inhibiting factors are wrong perceptions about breastfeeding, there is no intention and inappropriate cultural practices about breastfeeding.

Keywords: behaviour; selfefficacy; breastfeeding; covid-19

Pendahuluan

Air Susu Ibu (ASI) merupakan makanan ideal dalam memenuhi kebutuhan nutrisi untuk pertumbuhan dan perkembangan bayi, ASI juga merupakan sebuah modal dasar kelangsungan hidup dan kesehatan bayi. *World Health Organization* (WHO) memberi rekomendasi untuk pemberian ASI saja selama 6 bulan pertumbuhan dan perkembangan bayi dan melanjutkan pemberian ASI bersama dengan makanan pendamping ASI hingga usia 2 tahun [1].

ASI bermanfaat dan menguntungkan bagi kesehatan ibu dan bayi. Pemberian ASI terbukti dapat menurunkan kejadian dan atau tingkat keparahan penyakit infeksi dan mortalitas anak. ASI mengandung berbagai materi antimikroba, komponen anti inflamasi dan faktor yang mendukung perkembangan sistem imun serta menurunkan kejadian infeksi saluran nafas. Hampir sepertiga kasus infeksi saluran nafas dihindari dengan pemberian ASI. Risiko mortalitas bayi yang tidak mendapat ASI 14 kali lebih tinggi dibandingkan dengan yang mendapatkan ASI eksklusif [2].



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This declaration of ethics applies during the period Sept, 27th 2021 until Sept, 27th 2022

Semarang, 27 September 2021
Professor and Chairperson,



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