



# PROCEEDINGS

## The 4<sup>th</sup> International Conference on Sustainable Innovation (ICoSI) 2020

Cutting Edge Innovations for Sustainable Development Goals

Universitas Muhammadiyah Yogyakarta (Indonesia)

October 13 - 14 2020

<https://icosi.umy.ac.id/>

## Focal Conferences



- ✔ (ICPU) The 2nd International Conference on Pharmaceutical Updates
- ✔ (ICOMS) The 6th International Conference on Management Sciences
- ✔ (ICLAS) The 9th International Conference on Law and Society
- ✔ (ICMHS) The 4th International Conference Medical and Health Sciences
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- ✔ (IConARD) International Conference on Agribusiness and Rural Development
- ✔ (ISHERSS) The 2nd International Symposium on Social Humanities Education and Religious Sciences
- ✔ (ICONPO) The 10th International Conference on Public Organization
- ✔ (DREAM) The 5th Dental Research and Exhibition Meeting
- ✔ (ICHA) The 5th International Conference on Hospital Administration
- ✔ (ICOSA) The 3rd International Conference on Sustainable Agriculture





Proceedings

4<sup>th</sup> International Conference on Sustainable Innovation

2020

Publisher UMYPress

Lembaga Penelitian, Pengabdian, dan Pengembangan Masyarakat (LP3M)

Universitas Muhammadiyah Yogyakarta

Address

Gedung D Lantai 2

Universitas Muhammadiyah Yogyakarta

Jalan Brawijaya, Bantul,

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ISBN : 978-623-7054-43-6



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## Preface by the Chairperson of the 4<sup>th</sup> ICoSI 2020



**Dr. Yeni Rosilawati, S.IP. S.E., MM.**

Assalamu'alaikum Wr. Wb.

All praise is due to Allah, the Almighty, on whom we depend for sustenance and guidance. Prayers and peace be upon our Prophet, Muhammad SAW, his family and all of his companions.

On behalf of the organizing committee, it is my pleasure and privilege to welcome the honourable guests, distinguished keynote & invited speakers, and all the participants.

With the main theme of “Cutting-Edge Innovations on Sustainable Development Goals (SDGs)”, the 4<sup>th</sup> International Conference on Sustainable Innovation (ICoSI) 2020 serves as a forum to facilitate scholars, policy makers, practitioners, and other interested parties at all levels from Indonesia and abroad to present their novel ideas, promote cutting-edge research, and to expand collaboration network. The conference has about 1373 participants participating from more than 8 countries 4 continents all over the world, making this conference a truly international conference in spirit.

This multidisciplinary conference was first held in 2012 and has undertaken various changes and adopted to the current technological trends of our education system. From having this conference with just 175 participants back in 2012 we have come a long way in making the conference a huge success with more than 1373 participants participating in this two-day conference.

Formerly, this conference consisted of only 9 (nine) focal conferences. This year, there are 14 focal conferences from various disciplines, namely: 1) The 2<sup>nd</sup> International Conference on Pharmaceutical Updates (ICPU), 2) The 6<sup>th</sup> International Conference on Management Sciences

(ICoMS), 3) The 9<sup>th</sup> International Conference on Law and Society (ICLAS), 4) The 4<sup>th</sup> International Conference Medical and Health Sciences (ICMHS), 5) The 6<sup>th</sup> International Conference for Accounting and Finance (ICAF), 6) The 2<sup>nd</sup> International Language and Education Conference (ILEC), 7) The 2<sup>nd</sup> International Conference on Nursing (ICONURS), 8) The International Conference on Information Technology, Advanced Mechanical and Electrical Engineering (ICITAMEE), 9) The 2<sup>nd</sup> International Conference of Agribusiness and Rural Development (IConARD), 10) The 10<sup>th</sup> International Conference on Public Organization (ICONPO), 11) The 2<sup>nd</sup> International Symposium on Social Humanities Education and Religious Sciences (ISHERSS), 12) The 5<sup>th</sup> Dental Research and Exhibition Meeting (DREAM), 13) The International Conference on Hospital Administration (ICHA), and 14) The 3<sup>rd</sup> International Conference on Sustainable Agriculture (ICoSA).

Accordingly, We are proud to announce that this year, the 4<sup>th</sup> ICoSI 2020 breaks the Museum Rekor-Dunia Indonesia (MURI) record as the Virtual Multidisciplinary Conference with the Largest Number of Area of Fields in Indonesia

In addition, this year, this conference holds special value since this is the first conference in the history of our university where the entire conference is taking place remotely on a digital platform through the use of advance technologies due to the Covid-19 Pandemic.

I would take this opportunity to express my highest respect to the Rector of Universitas Muhammadiyah Yogyakarta, Dr. Gunawan Budiyanto who gave approval and ensured the maximal support from all the faculty members of Universitas Muhammadiyah Yogyakarta (UMY) that made this event a big success. In addition, my appreciation goes to all the support teams who have provided their valuable support and advice from planning, designing and executing the program.

Let me conclude my speech by encouraging the delegates to participate with an increasing number in all the activities and discussions through the digital platforms for the next two days. I wish everyone a successful, safe, and fruitful conference.

Thank you!

Wassalamu'alaikum Wr. Wb.

Yogyakarta, Indonesia, 14 October 2020





## Welcoming Remarks by the Rector of Universitas Muhammadiyah Yogyakarta



**Assoc. Prof. Dr. Gunawan Budiyanto**

Innovation is the beginning of the development of technology, and technology is a development machine that is expected to provide benefits to humans and provide the smallest possible impact on environmental quality. In the concept of sustainable development, development must improve the quality of human life without causing ecological damage and maintain the carrying capacity of natural resources.

International Conference on Sustainable Innovation (ICoSI) is an international conference which is an annual conference held by the University of Muhammadiyah Yogyakarta (UMY), Indonesia. In 2020 this raises the issue of "Cutting-Edge Innovations on Sustainable Development Goals." Therefore, on behalf of all UMY academics, I would like to congratulate you on joining the conference, hoping that during the Covid-19 Pandemic, we can still provide suggestions and frameworks for achieving sustainable development goals.

# About The 4<sup>th</sup> International Conference on Sustainable Innovation (ICoSI) 2020

## *Cutting Edge Innovations for Sustainable Development Goals*

The 2030 Agenda for Sustainable Development is enacted by the United Nations as a shared blueprint for peace and prosperity for people and the planet, now and into the future. It consists of strategies to improve health and education, reduce inequality, and spur economic growth while also conserving natures by 2030.

This year, however, at the first one-third of its timeline, the SDG Reports shows that the outbreak of COVID-19 did hinder the achievement, or at least decelerate the progress of achieving the 17 goals. In fact, according to the report, “some number of people suffering from food insecurity was on the rise and dramatic levels of inequality persisted in all regions. Change was still not happening at the speed or scale required”, accordingly.

Therefore, in this event of pandemic, the quantity and quality of research, innovation, and more importantly multi-disciplinary collaboration are indispensable. Furthermore, there needs to be clear ends of those works. That is how those research are applicable and benefits directly to the society. That is how those research is incorporated as the drivers of policy making, and used practically in the society. Hence, the stakeholders especially the triple helix of higher education institution, government, and industry must be re-comprehended and supported to reach the common goal of the SGD.

International Conference on Sustainable Innovation (ICoSI) has been essentially attempting to strengthen this regard since its first establishment. One of the goals of ICoSI is to provide primarily a platform where scholars, practitioners, and government could grasp the development and trends of research. Hopefully, meeting these actors altogether would result in stronger collaboration, sophisticated and advantageous research, and brighter ideas for further research. Based on these reasoning, this year, the 4th ICoSI 2020 UMY is themed ‘Cutting-edge Innovations for Sustainable Development Goals’.

Improving from last year conference which brought nine focal conference, this year ICoSI 2020 UMY brings 14 disciplines, from social sciences, natural sciences, and humanities. ICoSI 2020 received as much as 1005 papers. The paper works submitted in ICoSI 2020 UMY will be published in Atlantis Proceedings, IOP Proceedings, National/International Journals, and ICoSI ISBN-indexed Proceedings.

Nevertheless, ICoSI believes that publication is only the beginning of research dissemination. The publications will enhance the chance of the research known by wider audience, and then used, applied, and incorporated at either system, institutional, or personal level of human lives.



# CONTENTS



The 4 <sup>th</sup> ICoSI 2020 Committees .....	2
Reviewers of 4 <sup>th</sup> ICoSI 2020 .....	5
Preface by the Chairperson of the 4 <sup>th</sup> ICoSI 2020 .....	7
Welcoming Remarks by the Rector of Universitas Muhammadiyah Yogyakarta.....	9
About The 4 <sup>th</sup> International Conference on Sustainable Innovation (ICoSI) 2020 .....	10
CONTENTS .....	11
TRACK ECONOMICS, LAW, EDUCATION, SOCIAL, AND HUMANITIES .....	15
A Policy Analysis for Building Regulation in Disaster Situations on Sleman Regency .....	16
Wisnu Dimas Punto Aji <sup>1,*</sup> Dewi Sekar Kencono <sup>2</sup> .....	16
Valuation of a Declining Oilfield under Stochastic Oil Prices and Non-Constant Interest Rates .....	20
Fransiscus Pratikto <sup>1,*</sup> , Sapto Indratno <sup>2</sup> , Kadarsah Suryadi <sup>3</sup> , Djoko Santoso <sup>4</sup> .....	20
The Dispute Board as an Alternative to the Construction Service Disputes Settlement.....	26
Fadia Fitriyanti <sup>1,*</sup> Emil Adli <sup>2</sup> .....	26
The Promotion and Protection of Human Rights in Islam for Creating the Culture of Peace .....	33
Martinus Sardi <sup>1,*</sup> .....	33
Trusts Concept Settings in Management Limited Company.....	39
Reni Anggriani <sup>1,*</sup> King Faisal <sup>2</sup> .....	39
Legal Protection of Nurses in Health Care Efforts During the co-pandemic Period 19 .....	43
Reny Suryanti <sup>1,*</sup> Nyoman Putra Putra <sup>2</sup> .....	43
Effect of Parenting against Smartphone Addiction .....	47
Mawaddah Nasution <sup>1,*</sup> , Siswanto Masruri <sup>2</sup> , Khoiruddin Bashori <sup>3</sup> .....	47
Model of Organizing Film Productio Amid the Covid-19 Outbreak in Indonesia.....	51
Citra Dewi Utami <sup>1,*</sup> .....	51
Accountability of Village Fund Allocation Management (ADD) in Village Government.....	56
Mohamad Sukarno <sup>1,*</sup> .....	56
Effect of Parenting against Moral Development of Children Aged 4-10 Years .....	62
Widya Masitah <sup>1,*</sup> Asmadi Alsa <sup>2</sup> Abd.Madjid <sup>3</sup> .....	62
The Influence of Family Communication on Children's Social Competence at SD Ar-Rahman Full Day School Medan.....	67
Juli Maini Sitepu <sup>1,*</sup> Asmadi Alsa <sup>2</sup> Abd.Madjid <sup>3</sup> .....	67
The Integration of Law and Religion for New Civilization in Indonesia .....	72
Dewi Nurul Musjtari <sup>1,*</sup> Nurmawati <sup>2</sup> Zola Fi Dinillah Halim <sup>3</sup> .....	72
Head of East Java Aisyiah Board Women's Empowerment Methods in Realizing Sustainable Development Goals Di Indonesia.....	78
Nur Azizah Hidayat <sup>1,*</sup> Iman Zukhrufi Nur Azzam <sup>2</sup> .....	78
Optimization of Child-Friendly City Development Policy in Yogyakarta City .....	89
Septi Nur Wijayanti <sup>1,*</sup> Hanum Salsabila <sup>2</sup> .....	89
The Obligation of Indonesian Government to Ratify the Rome Statute for the Global Justice .....	98
Muhammad Nur Islami <sup>1</sup> , Martinus Sardi <sup>2</sup> .....	98
Legal Politics of Restoration of Indonesia's State Policy Post Amendment of the 1945 Constitution .....	103
King Faisal Sulaiman <sup>1,*</sup> .....	103
Competition Price Regulations in an Islamic Perspective: Determination of the Aircrat Ticket Tariff .....	109
M. Tri Saputra <sup>1,*</sup> Mukti Fajar ND <sup>2</sup> .....	109
Romanticism Dyanamics of Legal Politics Protection and Management of Environmental Protection to Indonesia's Ecocracy .....	116
Al Qodar Purwo S <sup>1</sup> , Nur Azizah Hidayat <sup>2</sup> , Iman Zukhrufi Nur Azzam <sup>3</sup> .....	116
Ambiguity of Environmental Economic Instruments between Ecological or Economic Interests, in Controlling Environmental Damage in Special Region of Yogyakarta.....	123
Sunarno <sup>1</sup> Arvin Setiyana Dewangga <sup>2</sup> .....	123
The Law Enforcement against a Non-Sharia Compliance Banking Transaction by the Financial Services Authority in Indonesia .....	130
Dewi Nurul Musjtari <sup>1,*</sup> Nasrullah <sup>2</sup> Aunurochim Mas'ad <sup>3</sup> Nurmawati <sup>4</sup> .....	130



Shariah Audit Expectation-Performance Gap in Malaysian Islamic Banks.....	137
Supiah Salleh <sup>1</sup> , Mustafa Mohd Hanefah <sup>2</sup> , Zurina Shafii <sup>3</sup> .....	137
Students' Attitudes towards Blended Learning Implementation in a private university of Yogyakarta .....	144
Avita Elok Faiqoh <sup>1</sup> , Eko Purwanti <sup>2</sup> .....	144
How Millennial Think About Privacy Concern? .....	152
Anissa Hakim Purwantini <sup>1</sup> , Betari Maharani <sup>1</sup> .....	152
Impact Of Changes in Psak on the Competence of Lecturers and Students Understanding Levels.....	157
Duwi Rahayu <sup>1*</sup> , Imelda Dian Rahmawati <sup>1*</sup> , Bayu Hari Prasajo <sup>1</sup> .....	157
The Influence of Internal Locus of Control, Idealism, Ethical Knowledge, and Gender on Accounting Students' Ethical Perception.....	167
Aji Baskoro <sup>1*</sup> , Dyah Ekari Sekar Jatiningsih <sup>1</sup> .....	167
Effect of Net Income, Rupiah Exchange Rate, Interest Rate dan Inflation on Stock Price .....	174
Edon Ramdani <sup>1*</sup> , Zehan Nur Apsah <sup>2</sup> .....	174
A Comparative Analysis on the Recognition of Zakat in the Taxation Systems of Malaysia and Indonesia .....	187
Suhaila Abdul Hamid <sup>1*</sup> , Icku Rangga Bawono <sup>2*</sup> , Ayu Ratu Wulandari <sup>2</sup> .....	187
Developing an Environmental Tax Framework for Malaysia: .....	192
Izlawanie Muhammad <sup>1*</sup> , Norfakhirah Nazihah Mohd Hasnu <sup>2</sup> .....	192
Determining Factors for Success Use of E-Learning in Learning Process in College.....	196
Mohammad Alfian <sup>1*</sup> , Hikmatul Maulidah <sup>2</sup> .....	196
Effect Of Money Ethics And The Use Of Siskeudes On The Level Of Fraud In Village Fund Management With Religiosity As A Moderation Variable.....	202
Elisa Purwitasari <sup>1*</sup> , Mohammad Alfian <sup>1*</sup> , M. Sofyan Firman Syah <sup>1*</sup> .....	202
The Relationship between Performance Based Budgeting Implementation, Budget Absorption, Accountability and Local Government Performance.....	208
Parwoto <sup>1*</sup> .....	208
The Influence of Information Technology (IT) on Accrual Accounting Adoption of the Jordanian Public Sector .	217
Moawiah Awad Alghizzawi <sup>1*</sup> , Rosnia Masruki <sup>1</sup> .....	217
The Effect of Professional Skeptisism, Auditor Expertise, and Integrity of Audit Quality.....	224
Ruci Arizanda Rahayu <sup>1*</sup> , Sarwenda Biduri <sup>1*</sup> , Mahardika D. Kusuma Wardana <sup>1*</sup> .....	224
E-Procurement and Effectiveness of Internal Controls on Fraud Prevention .....	231
Sarwenda Biduri <sup>1*</sup> , Wiwit Hariyanto <sup>1*</sup> , Ilmi Usrotin <sup>1</sup> .....	231
Usefulness of Accounting Information in Predicting Hedging Decision .....	234
Sustari Alamsyah <sup>1*</sup> , Triana Zuhrotun Aulia <sup>1</sup> .....	234
Religious Belief & Halal Cosmetic Products Consumption .....	241
Tanti Handriana <sup>1</sup> , Praptini Yulianti <sup>2</sup> , Ryan Bayu Permana <sup>3</sup> .....	241
Does Corporate Social Responsibility Disclosure Affect Profit Sharing Ratio? .....	246
Veni Soraya Dewi <sup>1*</sup> , Fritzina Anisa <sup>1*</sup> , Faqiatul Mariya Waharini <sup>1</sup> .....	246
Determination Analysis Affecting Intellectual Capital Disclosure and Its Effect on Market Performance and Cost of Equity Capital.....	252
Wawan Sadtyo Nugroho <sup>1*</sup> , Nia Kurniati Bachtiar <sup>1</sup> .....	252
TRACK HEALTH AND NURSING SCIENCE .....	261
The Effect of Assertive Behaviour Therapy towards Bullying Behavior in Adolescents .....	262
Chindy Maria Orizani <sup>1*</sup> , Dwi Yuniar Ramadhani <sup>2</sup> .....	262
Characteristics and Level of Knowledge of Newborn Baby Care in Pandemic Covid 19 .....	265
Devita Elsanti <sup>1*</sup> , Diah Yulistika Handayani <sup>2</sup> .....	265
Risk factors for disease severity in paediatric patients with Covid-19: A literature review .....	269
Eka Oktavianto <sup>1</sup> , Gani Apriningtyas Budiyati <sup>2</sup> , I Made Moh. Yanuar Saifudin <sup>3*</sup> , Endar Timiyatun <sup>4</sup> , Aris Setyawan <sup>5</sup> .....	269
The Role of Self-Efficacy and Family Support in Improving the Quality Of Life of Patients with Hypertension ...	276
Erni Tri Indarti <sup>1*</sup> , Oktafriyastya Widhamurti <sup>2</sup> , Remita Yuli Kusumaningrum <sup>3</sup> .....	276
The Influence of Head Nurses Supervision on Discharge Planning Completeness .....	280
Etik Kustiati <sup>1*</sup> , Vivi Yosafianti Pohan <sup>2</sup> .....	280
Lemon and Rose Aromatherapy Reduce Blood Pressure in Preeclampsia during Pregnancy .....	284
Etika Purnama Sari <sup>1*</sup> , Dewi Andriani <sup>2</sup> .....	284



Phenomenology of Acceptance Process and Self Concept Changes of the Hernia Post-Surgery Clients in Kebumen Regency, Central Java Indonesia .....	288
Ike Mardiaty Agustin <sup>1</sup> , Doni Kurniawan <sup>2</sup> , Sawiji <sup>3</sup> .....	288
The Role of Family Support to Medication, Diet and Activity of Diabetic Patients .....	292
Indah Wulandari <sup>1,*</sup> , Kusnanto <sup>2</sup> , Sony Wibisono <sup>3</sup> , Dwi Abdul Aziz <sup>4</sup> .....	292
The Effectiveness of Giving Fe Tablet in Increasing Hemoglobin Levels in Adolescent at Vocational School of Swadaya Temanggung .....	297
Halimah Sarjiyati <sup>1</sup> , Luluk Rosida <sup>2,*</sup> .....	297
The Effect of Passive Physiotherapy on Hemodynamic Status of Patients with Head Injury: A Literature Review .....	300
Ni Luh Seri Astuti <sup>1</sup> , I Made Moh. Yanuar Saifudin <sup>2,7,*</sup> , Novida Prima Wijayanti <sup>3</sup> , Marsha Yoke Nancy <sup>4</sup> , Ahmad Firdaus <sup>5</sup> , Sri Setiyorini <sup>6</sup> .....	300
The Effectiveness of Cognitive Behaviour Therapy towards Hallucination Intensity in Skizofrenia Patients .....	312
Noviana Ayu Ardika <sup>1,*</sup> , Mohammad Fatkhul Mubin <sup>2</sup> .....	312
The Effect of Tuberculosis Event on the Self-Concept of Positive Pulmonary Tuberculosis and Negative Pulmonary Tuberculosis .....	316
Nurbaiti <sup>1</sup> , Meynur Rohmah <sup>2,*</sup> .....	316
An Overview of the Implementation of IMCI in Primary Health Community of Bantul and Yogyakarta City .....	320
Rahmah <sup>1,*</sup> .....	320
The Influence of Cervical Cancer Education on Cervical Cancer Prevention Behaviour in Women of Childbearing Age: a Literature Review .....	325
Riska Putri Miharja <sup>1</sup> , Enny Fitriahadi <sup>2,*</sup> .....	325
Family Support for Type 2 DM Patients in Controlling Blood Sugar levels in Kebonsari Surabaya .....	330
Rusdianingseh <sup>1,*</sup> , Difran Nobel Bistara <sup>2</sup> .....	330
Relationship Family Support with Menstrual Hygiene Behavior in Early Adolescents .....	333
Julita Kartrikasari Eka Pratiwi <sup>1</sup> , Sarwinanti <sup>2,*</sup> .....	333
Risk Factors of Stunting: A Literature Review .....	339
Sholihah Gustavia Yolanda <sup>1,*</sup> , Ellyda Rizki Wijhati <sup>2</sup> .....	339
Analysis of Education and Family Income Factors on Caregiver Burden in Elderly Care at Community Health Center of Perak Timur .....	345
Siti Aisyah <sup>1,*</sup> , Gita Marini <sup>2</sup> .....	345
Analysis of Diet Compliance in Patients with Diabetes Mellitus on the occurrence of complications in the Polyclinic in Nganjuk Regional Hospital .....	350
Sony Wahyu Tri Cahyono <sup>1,*</sup> , Laili Indana Lazulva <sup>2</sup> , Indah Permatasari <sup>3</sup> .....	350
Anti-Cancer Activity of Ants Nest Plant ( <i>Myrmecodia Pendans Merr. &amp; Perry</i> ) on Protein Transduction Signal Resistance Complex CDK-2-Cyclin-E and NF-Kb: Silico Molecular Docking Study .....	354
Ana Medawati <sup>1,*</sup> , Supriatno <sup>2</sup> , Sofia Mubarika <sup>3</sup> , Sitarina Widyarini <sup>4</sup> .....	354
Black Triangle Treatment with Non Surgeryaesthetic Restoration (Case Report) .....	358
Any Setyawati <sup>1,*</sup> .....	358
The Effect of Rosella Flower Tea Solution Onto Discoloration of Plate Heat Cured Acrylic Resin Base .....	361
Fransiska Nuning Kusmawati <sup>1,*</sup> , Tabitha Nurul Arifa <sup>2</sup> .....	361
Management of Dental Mobility with Combinations of Splinting And Jacket Crown .....	367
Hartanti <sup>1,*</sup> .....	367
Dental Service Time in the Implementation of Indonesia National Health Insurance Based on the Highest Dental Treatments At Primary Care .....	370
Iwan Dewanto <sup>1,*</sup> , Sharon Sesita Frinces <sup>2</sup> .....	370
The Oral Hygiene Level Of Dentistry School Female Students Using Fixed Orthodontics .....	374
Muhammad Shulchan Ardiansyah <sup>1,*</sup> , Rizki Adzhani Nur Shabrina <sup>2</sup> .....	374
Radix Anchor Post as Intracanal Retention in Porcelain Fused Metal Crown Restoration .....	378
Nia Wijayanti <sup>1,*</sup> .....	378
Correlation between Dental Behavior and Dental Caries Status (DMF-T) of Pendul Community Sedayu District Bantul Yogyakarta .....	381
Novitasari Ratna Astuti <sup>1,*</sup> .....	381
An Evaluation of the Training of Structured Feedback with 4c/Id Method in Clinic Advisors .....	385





Nyka Dwi Febria <sup>1,*</sup> , Mora Claramitha <sup>2</sup> , Widyandana <sup>3</sup> .....	385
Halal and Tayyib is The New Life Style of Food Consumption in Achieving Sustainable Development Goals ...	389
Arif Pujjiono <sup>1,*</sup> .....	389
Entrance and Exit Wound in Gunshot Death Cases at Forensic and Medicolegal Installation of Dr. Soetomo Hospital in 2019: Case Study .....	392
Desy Martha Panjaitan <sup>1,*</sup> , Ahmad Yudianto <sup>2</sup> , Ariyanto Wibowo <sup>3</sup> .....	392
Measuring Urban Self-Payers' WTP for the JKN-KIS Health Insurance: A Choice-Based Conjoint Approach ...	395
Fransiscus Rian Pratikto <sup>1,*</sup> Rika Teddy <sup>2</sup> .....	395
Level of Lipoprotein (a) as A Predictive Factor for Coronary Thrombus.....	400
Iin Novita Nurhidayati Mahmuda <sup>1,*</sup> .....	400
The Influence of Health Education (Health Promotion) Breast Self Examination (BSE) Against Behavior of BSE (Knowledge, Attitudes, and Action) Student of Madrasah Aliyah Ar-Raudlatul Ilimiyah Islamic Boarding School Kertosono in Early Detection of Breast Cancer .....	403
Lina Nur Hidayah <sup>1</sup> , Nurma Yuliyanasari <sup>2</sup> , Musa Ghufro <sup>3</sup> , Muhammad Anas <sup>4,*</sup> .....	403
Case Report: Misdiagnosis Case Of Nasopharyngeal Carcinoma in Patient with Chronic Rhinosinusitis: Family Doctors Awareness is Essential .....	408
Oke Kadarullah <sup>1,*</sup> .....	408
The Effectiveness of Iler Leaf ( <i>Plectranthus Scutellarioides</i> [L.] R.Br. <i>Folium</i> ) on the Healing Process (Diameter) Of Burn Injury Grade II A on White Mouse ( <i>Rattus Norvegicus</i> ) Wistar Strain.....	411
Wulandini Ayuning Dinda <sup>1,*</sup> , Kusumawinakhyu Titik <sup>2</sup> , Bahar Yenni <sup>3</sup> , Romdhoni Fadhol Muhammad <sup>4</sup> .....	411
Influence of Body Height on Central Motor Conduction Time Using Transcranial Magnetic Stimulation .....	415
Yetty Hambarsari <sup>1,*</sup> , Priyanka Ganesa Utami <sup>2</sup> , Rivan Danuaji <sup>3</sup> , Baarid Luqman Hamidi <sup>4</sup> , Subandi <sup>5</sup> , Sulistyani <sup>6</sup> .....	415
The Effect of <i>Phoenix Dactylifera Pollen</i> on Histology Liver of <i>Rattus norvegicus</i> Exposed with Air Fresheners.....	419
Yuningtyaswari <sup>1,*</sup> , Mega Silviana Dewi <sup>2</sup> .....	419
Comparison of Dominant and Non-Dominant Hemisphere Cortical Excitability Using Transcranial Magnetic Stimulation .....	425
Yetty Hambarsari <sup>1,*</sup> , Baarid Luqman Hamidi <sup>2</sup> , Rivan Danuaji <sup>3</sup> , Priyanka Ganesa Utami <sup>4</sup> , Sulistyani <sup>5</sup> .....	425





# TRACK ECONOMICS, LAW, EDUCATION, SOCIAL, AND HUMANITIES





# The Role of Self-Efficacy and Family Support in Improving the Quality Of Life of Patients with Hypertension

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## ABSTRACT

Hypertension is a health problem for the majority of people in Indonesia. The Efforts to reduce the incidence rate of hypertension and improve the quality of life are by changing the healthy lifestyle and by being in taking. To realize healthy lifestyle and behavior of hypertension, self-efficacy and support of the family as well as health care cooperation with the parties, the family, and society are required. The purpose of this research is to know if self-efficacy and family support improve the quality of life of patients with hypertension. This research is a pre-experimental research with One-Group Pre-Post test design approach. The study was conducted in 50 people with the stratified random sampling technique in Ketawang Village, Gondang District, for 8 weeks. Measurement instrument of the quality of life was the WHOQOL-BREF questionnaire was given before and after the patients were given self-efficacy and family support. The data was analyzed using SPSS 21 with Wilcoxon test. The Statistical test results obtained p value 0.000 so that there is a meaningful value that self-efficacy counseling and family support improve the quality of life of patients with hypertension with an average change of 4.46. Self-efficacy counseling and family support improve the quality of life for patients with hypertension, so they needs to be developed to reduce hypertension complications.

**Keywords:** *Self-efficacy, family support, quality of life, hypertensio*

## 1. INTRODUCTION

Hypertension is the major health problem of people in Indonesia<sup>1</sup>. The incidence of hypertension in Indonesia is 8.4% of the population, 69.5% aged > 75 years, 8.8% consume drugs, 32.3% do not routinely consume drugs by making an excuse that they already feel healthy so that they tend to suffer from severe hypertension because they don't try to avoid it and they do not know the risk factors<sup>1</sup>.

The efforts to reduce the incidence rate of hypertension and improve the quality of life of patients with hypertension are by living the healthy lifestyle such as by reducing cigarette consumption, not consuming food that is a contributing factor in the occurrence of hypertension, avoiding alcoholic beverages, relieving stress and doing regular exercises as well as being discipline in taking medication<sup>2</sup>.

In order to realize the healthy lifestyle and behavior, patients with hypertension are required to have self-efficacy and support of the family as well as health service cooperation with other parties involving various elements, including family and society. Family social support can be provided in the form of spiritual, emotional, information, instrumentals, and rewards. Large family support is very important because one of the family's tasks is caring for a sick family member<sup>3</sup>. The family participation in providing support to hypertension patients will increase positive perception in patients that patients' needs are met

and improve the fulfillment of patient's basic needs<sup>4</sup>. The fulfillment of the needs of patients with hypertension will facilitate patients with hypertension to conform to the condition of the disease so that the individual will give positive response to the condition experienced.

Self-efficacy encourages the process of self-control to maintain the necessary attitudes in managing the care of patients with hypertension. A good physical health condition is one of the indicators in improving the quality of life of a person. In addition, family involvement in the psychological comfort of patients, family social support, and the availability of financial resources in the financing and treatment of hypertension and social environmental care to provide adequate facilities and infrastructures in the routine examination of health services both hospitals and *Puskesmas* will be able to fulfill the needs and satisfaction in living a life so that they will the quality of life of patients with hypertension<sup>5</sup>.

Some psychological conditions such as fear, anxiety about the illness will also have a big influence in the daily life, as a result, patients will restrict their activities in the environment so as to make the patients feel lonely and bored with the routine they have, interaction with others is also reduced so that the patients' quality of life decreases. According to a research conducted by Hu & Arou, self-efficacy is a major factor that affects the self-care of chronic diseases<sup>6</sup>. In line with the results of a research conducted by Permatasari *et al* ., that stated that in conducting self-care, self-efficacy is the most dominant





factor in the management of hypertension. Self-efficacy is an important factor in conducting self-care. The higher the self-efficacy of an individual is the better he gets<sup>7</sup>.

To obtain a quality of life means that the most important supporting factors are family and self-efficacy<sup>8</sup>. One of the things that can be done, increase family understanding in providing social support to family members experiencing hypertension, is by counseling the family which is a process of problem solving for the client in order to be able to adapt himself effectively with himself and with the environment conducted by the counselor together with the client where individuals decide their own health both in the present and future life in the present and the future<sup>8</sup>. Thus, the family is able to provide optimal social support<sup>9</sup>. The purpose of this research is to know if self-efficacy and family support improve the quality of life of patients with hypertension.

## 2. RESEARCH METHODOLOGY

This research is a pre-experimental research with the One-Group Pre-Post test design approach. The study was conducted in 50 people with the stratified random sampling technique in Ketawang Village, Gondang District, for 8 weeks. Measurement instrument of the quality of life was the WHOQOL-BREF questionnaire was given before and after the patients were given self-efficacy and family support. The data were analyzed using SPSS 21 with Wilcoxon Test.

## 3. RESULTS AND DISCUSSION

### 3.1. Characteristics of respondents

Characteristics of respondents for age, gender, education, profetion, long suffered, grade, Living together and information (n=50)

Variable	F	P (%)
<b>Age</b>		
50-55 Years	6	12,0
56-60 Years	9	18,0
61-65 Years	10	20,0
66-70 Years	13	26,0
71-75 Years	6	12,0
76-80 Years	6	12,0
<b>Gender</b>		
Man	6	12,0
Woman	44	88,0
<b>Education</b>		

No school	0	0
Elementary School	46	92,0
Middle School	3	6,0
High School	1	2,0
College	0	0

### Profetion

Housewife	23	46,0
Farmer	21	42,0
Trader	3	6,0
No work	1	2,0
Etc	2	4,0

### Long Suffered

0-1 Years	14	28,0
1-2 Years	12	24,0
2-3 Years	9	18,0
3-4 Years	9	18,0
>4 Years	6	12,0

### Living Together

Husband	22	44,0
Wife	4	8,0
Childs	14	28,0
Grandchild	7	14,0
Etc	3	6,0

### Complaint

Dizzy	13	26,0
Achy	20	40,0
Dizzy And Achy	6	12,0
Etc	6	12,0
Do not Complaint	5	10,0

### Action To resolve complaint

46	92,0
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Treatment	4	8,0
Left alone		
<b>Information</b>		
Already	38	76,0
Not Yet	12	24,0

The researched people with hypertension ranging from 66-70 years old. This research is in accordance with the research of Setiawan (2012) which states that hypertension increased with increasing age. The majority of people with hypertension are > 65 years old at 65%<sup>10</sup>. This is due to the increasing age of large blood vessel structures, narrower lumen and blood vessel walls become stiff and thickened, resulting in increased systolic blood pressure<sup>11</sup>.

Almost all respondents are female. According to Suryani research, 2015 sufferers of hypertension are mostly (52.4%) female<sup>12</sup>. Women who experience menopause will have a higher risk of hypertension. Hormonal changes that occur in female menopause are the main contributing factors. Women who experience menopause have lower estrogen and lower levels of high density lipoprotein<sup>13</sup>.

Most hypertensive sufferers work as housewives. Housewife is one of the jobs in the weight category (Energy > 250 K. Kal/6 hours). Heavy work will make your heartbeat rise. Housewives who often do lifting movements, running fast, ascending stairs require greater energy<sup>13</sup>.

### 3.2. Quality Of Life

The Change value quality of life pre and post self efficacy and family support (n=50)

Quality Of life	n	Mean	Min	Max	SD	P-value
Pre-	50	4,46	1	13	2,3	0,00
Post					7	0

The statistical test result shows that there is a change in the quality of life value before and after self-efficacy and family support are provided in 8 weeks. Research of Suryani, 2015 states that family counseling is effective against the increase in the quality of life of hypertensive patients<sup>12</sup>. Research by Okatirani, 2017 indicates there is a self-efficacy relationship with elderly hypertension self-care, increased self-efficacy can improve self-care<sup>14</sup>.

Research by Amila, 2018 also shows there is a correlation between self-efficacy and the lifestyle of patients with hypertension. Self-efficacy can improve support and self motivation towards healthy lifestyles that reduce the occurrence of complications<sup>15</sup>. The research result of Andri, 2018 indicates there is a correlation

between self-care and self-efficacy management in the hypertension sufferers<sup>16</sup>. Self-efficacy is needed by hypertensive sufferers to make themselves motivated to get a better degree of health through confidence in the management of self-care. Effective self-care management will reduce the occurrence of complications, increase satisfaction, increase confidence and independence and improve the quality of life of people with hypertension<sup>5</sup>.

Research by Huang *et al.*, (2013), Kav S *et al.*, (2015) and Li J S *et al.*, (2013) show no significant influence of self-efficacy on the quality of life. Sufferers who have well self-efficacy and live daily activities comfortably without pressure will have improved quality of life<sup>17,18,19</sup>. The sufferer who has high self-efficacy will do healthy life behavior and the ability to heal will increase. The increase in self-efficacy requires psycho-educational mentoring and social support to gradually conduct treatment and rehabilitation that improves the quality of life<sup>20,21</sup>. Research by Smorti (2014), Hyun *et al.*, (2016) and Sulistyarningsih (2016) show that high self-efficacy makes the sufferer accept his condition and carry out all treatments regularly and it improve the quality of his life<sup>17,22,23</sup>.

The health promotion models theory describes that the self-efficacy of a person will influence the behavior and commitment in doing things. Self-efficacy of the sufferers of high chronic diseases will increase the expectations of great and clear goals<sup>5</sup>. Patients with hypertension will obey and manage hypertension well if they have the confidence that the management makes their condition stable and minimizes complications. Patients with hypertension require a change in behavior to control blood pressure. This behavior change requires self-efficacy. Self-efficacy is the patient's confidence in the activity and that the patient behaves in accordance with the desired expectations. Self-efficacy affects behavioral change by influencing the way of thinking, motivating, and acting. If the behavior has changed towards health, the quality of life will increase<sup>24</sup>.

The lifetime management of hypertension makes people feel lose self-motivation, it even raises depression and disobedience. Self-efficacy and family support are very important components for people with hypertension in conducting healthy lifestyle. High family Support but If the self-efficacy is not formed then the people with hypertension will not obedience and vice. Healthy lifestyle compliance minimizes complications and improves the quality of life of patients with hypertension. High self-efficacy still requires family support to run all the daily activities of the sufferer in doing self-care, thereby improving the quality of his life. Self-efficacy and support of the family are able to perform maintenance optimally.

The purpose of management of hypertension is to maintain a good quality of life for the sufferer. Quality of life is an individual's perceptual perception of all aspects of life, including biological, psychological, sociocultural, spiritual, and environmental, and the ability of individuals to exercise their functions in life. Not maintaining quality of life results in increased mortality rates.

## 4. CONCLUSION



Self-efficacy is the management of the sufferers themselves to motivate in conducting treatments. Self-efficacy cannot be optimal without the companion of the family support. Self-efficacy and family support improve the quality of life of patients with hypertension.

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