



# PROCEEDING

The 4th International Nursing Conference

**"Life Cycle Approach for Successful Aging"**

**Ahmad Zainuri Hall  
September 7th, 2019**

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**Institution of Reseach and Community Service  
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**THE 4th INTERNATIONAL NURSING CONFERENCE**  
**“LIFE CYCLE APPROACH FOR SUCCESSFUL AGING”**

**AHMAD ZAINURI HALL**  
**UNIVERSITY OF MUHAMMADIYAH JEMBER**  
**September, 7 2019**

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**FAMILY HEALTH NURSING**  
**GERONTOLOGY NURSING**  
**PSYCHIATRIC NURSING**  
**MANAGEMENT OF NURSING**  
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**Faculty of Health Science  
University of Muhammadiyah Jember  
East Java, Indonesia**

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## FOREWORD

The success of health development in Indonesia are affecting on reduction of birth rate, morbidity, mortality and at the same time increasing life expectancy. Life expectancy of Indonesia were 68.6 years in 2004 then become 69.8 years in 2010. In 2015 the life expectancy are growing to 70.8 years and it projected to keep growing at the future resulting an increase of the number of senior citizens in the future significantly. Indonesia are become one of the top five countries with the highest proportion of senior citizens in the world. The population census in 2010 stated that there were 18.1 million of elderly or 7.6% of the total population and it continue to grow. According to The Central Bureau of Statistic in 2013 the number of senior citizens are predicted to grow up to 27.1 millions of people in 2020, then become 33.7 millions in 2025 and keep growing up to 48.2 millions in 2035.

This situation needs an attention from the goverment. The goverment of Indonesia has take several action to ensure the good health and welfare of senior citizens. It is all began at 1996 where the goverment determine that May 29th is the day for seniors. Furthermore, in 1998 the goverment issued the 13th Legislation which known as Senior's Welfare Act as a legal basic where the seniors were aknowledge. At 2009 the goverment issued the 36th Legislation about The Act of Health which stated that the efforts to improve and maintain public health carried out based on the principle of non discriminatory, participatory and sustainable. The efforts to maintain health care for elderly are intended to ensure that the elderly remain healthy, independent, active and productiver socially and economically. To achieve this goal the goverment is obliged to ensure the availability of health care facilities and facilitating the development of senior's community.

As the senior citizens grow older, the more likely they are facing problems such as physical, mental, spiritual, economic and social one. The fundamental problems faced by the seniors are health problem caused by degenerative proccess which is indicated by disease data pattern of elderly. Based on basic medical research (Riskesdas) in 2018 the most prevalent diseases in elderly are non communicable disease such as hypertension, osteoarthritis, dental – mouth problems, Chronic Obstructive Pulmonary Disease (COPD) and Diabetes Mellitus (DM).

In the other hand, aging process experienced by seniors lead to a condition called geriatric syndromes. Geriatric syndromes include a number of condition typical of, if not spesific to, aging such as dementia, depression, delirium, incontinence, vertigo, falls, spontaneous bone fractures, failure to thrive, and neglect and abuse. Geriatric syndromes are associated with poor quality of life and reduced life expectancy.

The main problem for the elderly is the fulfillment of health care needs. Therefore it is necessary to develop health services that prioritize the improvement, prevention, and health care maintenance in addition to healing and recovery efforts. Long term purpose of this efforts are to gain better quality of life of the seniors.

Therefore as an efforts to support the success of the National Medium Term Development Plan (RPJMN) in 2019, the nurse as a part of health worker are play important roles. The nurse should be aware of this issue. Based on the above mentioned background, Faculty of Health Science University of Muhammadiyah Jember would conduct an International Seminar and



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Workshop of Gerontology Nursing with the theme "Resolving Geriatric Syndromes Through Elderly Health Services".

Jember, September 2019

Comitte of The 4th International Nursing Conference and Workshop  
Faculty of Health Science, University of Muhammadiyah Jember



## TABLE OF CONTENT

Cover .....	i
Title Page .....	ii
Editorial Board .....	iii
Foreword .....	v
Table of Content .....	vii
Endar Timiyatun .....	1
Yeni Suryaningsih.....	10
Nur Rohmat .....	16
Elizabeth Yosephina Gunawan.....	22
Susi Wahyuning Asih .....	31
Ariani Sulistyorini .....	36
Andri Setyorini .....	45
Niken Setyaningrum .....	55
Dian Nur Adkhana .....	60
Diana Rachmania .....	67
Diyan Indriyani.....	74
Moch. Maftuchul Huda.....	81
Eita Muslima Isnanda Putri .....	88
Hanim Mufarokhah .....	93
Suryati .....	102
Resti Utami .....	110
Sasmiyanto .....	117
Zakiah Yasin .....	125
Nunung Ernawati .....	131
Sofia Rhosma Dewi.....	138
Fika Indah Prasetya.....	145
Widyasih Sunaringtyas .....	149
Awatiful Azza .....	155
Eka Suraningtyas .....	160
Hendrik Probo Sasongko.....	165
Zuhrotul Eka Yulis .....	173
Yuana Dwi Agustin .....	178
CahyaTri Bagus Hidayat .....	185
GINANJAR SASMITO ADI .....	190
Firdawzy Nuzula .....	196
Sri Wahyuni .....	202
Luh Titi Handayani.....	211