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Faculty of Graduate Studies Mahidol University
Nakhon Pathom, 23rd - 24th July 2019



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PREFACE

Health and well-being is a fundamental right of every human being. Governments of every nation are responsible to provide facilities and supporting policies to enable people accessing health-related information and healthcare services. As students, we, Yayasan Aliansi Cendekiawan Indonesia Thailand or internationally known as Indonesian Scholars' Alliance (InSchool), together with Indonesian Students Association in Thailand (Permitha Salaya) responses by providing the medium to deliver the updated sciences in health as we organize the 4th International Conference on Applied Science and Health. We invite experts, practitioners, professionals and students in Asia and other regions to share their expertises, experiences, and views in the field of applied science and health.

We received more than 300 papers that have undergone rigorous peer review before finally accepted and published in our conference. About 150 papers from at least five participating countries (Indonesia, Thailand, Myanmar, Iran, and Malaysia) will be presented in oral session, while 90 papers will be presented as poster.

The 4th ICASH would not be possible without the supports of the following organizations and individuals: 1) Faculty of Graduate Studies Mahidol University for providing the venue and full supports for the past four years; 2) Faculty of Medicine Universitas Swadaya Gunung Jati Cirebon Indonesia; 3) Politeknik Kesehatan Kemenkes Semarang; 4) Politeknik Kesehatan Kemenkes Palangkaraya; and 5) Politeknik Kesehatan Kemenkes Yogyakarta as our co-host. The Keynote Speakers, for their willingness to share the valuable knowledge and extensive experiences in the field of health and applied science, of which will be of great benefits for all participants. To all International Scientific Committees for assisting the Organizing Committee to review papers submitted to the conference; and last but not least, to the authors who have shared their valuable works to all of us.

We wish you a joyful and fruitful conference, but above all, we wish you the greatest benefit of this 2-days conference.

Dyah Anantalia Widyastari
Conference Chair

PREFACE

Hi Fellas, Swadikrub and Selamat Datang,

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The 4th International International Conference on Applied Science and Health (ICASH 2019) is the masterpiece from Indonesian Students who are accompanied by the Indonesian Scholars' Alliance (INSCHOOL), and this year is the 3rd year participation of Indonesian Students' Association of Mahidol in Thailand (known as Permitha/PPI Salaya Mahidol-Thailand) as the co-organizer of ICASH; today conference, follows with the previous three editions (February 2017, September 2017 and August 2018).

As the organization, PERMITHA Salaya-Mahidol is one of the biggest community of Indonesian student in Thailand and as a part of PERMITHA Thailand. Besides, this organization has creative members who dedicate toward their responsibility in PERMITHA Salaya-Mahidol. It has been proved since the earlier phase of ICASH. PERMITHA Salaya-Mahidol always supports the event because we know that this event is the unusual activity that could impact for Indonesian Student in Mahidol University. As the Chief of PERMITHA Salaya-Mahidol, I really believe that PERMITHA's members are people who could give a positive impact on their contribution to this event. Then, ICASH gives the outstanding experience for PERMITHA's members to organize the international program. This chance would drill the soft-skill in leadership, academic, and respond professionally. The skills are beneficial for the members while they work after study.

On this occasion, I would like to say thanks for the ICASH team who has already cooperated with PERMITHA Salaya-Mahidol to produce the educational event. This conference would be a valuable experience for PERMITHA due to the positive impact that could be attained by members. Besides, I also appreciate highly for all members who have total dedication for supporting this event. We hope the experience would teach more than achieved on occasion.

Taufik Eko Susilo

Chief of Indonesian Students' Association Alliance of Mahidol
(PPI/PERMITHA Salaya-Mahidol)



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ICASH-C016

ASSOCIATION OF HEALTH WORKER ROLES AND FAMILY SUPPORT TO ANXIETY AND BREASTMILK SUFFICIENCY IN MOTHERS WITH LOW BIRTH WEIGHT INFANTS

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ABSTRACT

Background: Low Birth Weight (LBW) is the largest contributor to infant mortality during perinatal period. Yogyakarta is a province in Indonesia with the second highest LBW incidence, reached to 12.1%. One effort of LBW is to maintain exclusive breastfeeding. Stress experienced by the mother affects the smooth breastfeeding process and breast milk sufficiency. This research is aimed to identify the relation of support of health officer and family with the anxiety and sufficiency of breast milk to mothers who have LBW.

Methods: This research is a cross-sectional study. The respondents of the study were mothers who had LBW infants treated in the hospital's perinatal chamber. The data was obtained using a set of questionnaires and observation sheets.

Results: The results shows that the majority of mothers were in healthy reproductive age (20-35 years), upper secondary education, unemployment, low socioeconomic classes and sufficient breastfeeding. Most mothers received family support from husbands and other family members and do not experience physical or psychological anxiety.

Conclusion: From this study, it is noted that there is no relationship between family support with maternal physical and psychological anxiety. However, the study found there is a relationship between support of health workers and families with breastfeeding adequacy. It is suggested that the Standard Operating Procedures (SOP) and leaflet assistance for mothers who have LBW in hospital perinatal room may play important roles in handling mothers' anxiety and breastmilk sufficiency.

Keywords: Support, Maternal anxiety, Breastmilk sufficiency.

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