PROCEEDING

2016 International Conference on Education and Social Science (UK-ICESS) “Educational and Social Issues in the Changing Asia”

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PREFACE

The 2016 International Conference on Education and Social Science (UK-ICESS) is the first international conference hosted by Universitas Kanjuruhan Malang as a part of its XLI Dies Natalis commemoration. This international conference invites all educators and researchers in the field of education and social sciences to share latest issues, research, and information in these areas. Thus, as an important part of this academic forum, the organizing committee is pleased to present the Proceeding of 2016 International Conference on Education and Social Sciences which brings up the main theme of Educational and Social Issues in the Changing Asia.

There are 65 papers in this compilation, covering various topics around the theme of educational and social issues in the changing Asia which were studied from vast research areas; such as economics, health, education, language, arts, technology, geography, civics, and entrepreneurship. It is expected that all papers in this proceeding will enrich our knowledge and broaden our insights of current issues, trends, research, and information in the areas of education and social sciences.

Lastly, the organizing committee would like to deliver great appreciation to writers, presenters, and all parties who have been contributing to the publication of this proceeding.

Malang, November 2016

The Committee
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Effect of Betel Leaves Decocotion to Speeding Perineum Healing for Postpartum Women in BPM Endang Sutikno Kediri

Candra Wahyuni
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STIKes Surya Mitra Husada Kediri

Abstract: Delays in wound healing of the perineum caused of infections and complications. Betel leaves contains an antiseptic that can kill bacteria that was widely used as an antibacterial and anti-fungal. The purpose of this study was to determine effect of betel leaf decoction in speeding perineum healing for postpartum women in BPM Endang Sutikno. The purpose of the study was to determine the effect of betel leaf decoction to speed wound healing of the perineum in postpartum mothers. This study used an experimental design. The entire population to 6-7 days post partum mothers in BPM Endang Sutikno as many as 16 people. The research instrument using observation sheet wound healing process. Most respondents 75% (6) perineum wound healing without piper betel decoction is given relatively normal. most respondents 75% (6) wound healing perineum with betel leaf decoction is given relatively quickly. Statistical test result p-value = 0.013 < 0.05 means Ho rejected in conclusion there betel leaf decoction effect on wound healing of the perineum. Perineum injuries the treatment is maintained sterility and hygiene of the wound will be healed by itself. Expected puerperal women use betel leaves decoction as an anti-septic useful to speed wound healing process.

Keywords: Betel Leaves Decocotion, Perineum Wound, Postpartum Mothers

INTRODUCTION
Postpartum or puerperal is a period which began an hour after the birth of the placenta until 6 weeks or 42 days afterlabor (Bari, 2008). One of the postpartum period treatment is puerperal treatment, which is a mother who has a postpartum period need a special treatment to restore the body health including the wound perineum treatment. perineum wound is a wound on perineum, either because of the birth canal laceration episiotomy and delivery of a fetus (Hanifa, 2005).

Based on data from the World Health Organization (WHO) in 2009 there was 2.7 million cases of rupture of the perineum in postpartum mothers. Postpartum mothers who ruptured perineum in Indonesia at the age group of 25-30 years is 24% , levels of maternal postpartum 32-39 years by 62%. Based on health data in East Java, its incidence of perineum wound in 2012 as many as 93 cases.

Perineum wound care for postpartum mothers focused on reducing discomfort, keep clean, prevent infection and promote wound healing of the perineum (Vani, 2015). All aspects
of postnatal care is implemented by efforts to maintain personal hygiene and comfort of clients, prevent infection and alleviate disorders mild case.

The impact of delays in wound healing of the perineum the first is the occurrence of infections it is perineum condition with a wet wound, red, smelly and damp that condition will support the proliferation of bacteria that can cause infection of the perineum. The second occurrence of complications is the emergence infections of the perineum that can be propagate the gallbladder or in the birth canal that can emergence of infectious complications of gallbladder infection too and the third is the occurrence of postpartum mother death, the slow process management of complications can caused the death of post-partum mother, which is the physical condition is still weak (Ambarwati, 2008).

Betel leaves are known since 600 BC It contains an antiseptic substance that can kill the bacteria that is widely used as an antibacterial and antifungal. It is caused by a phenol derivative that is kavikol in it is antibiotic nature five times more effective than ordinary phenol. Besides phenol, betel leaves also contain vulnerary which can be used as an antiseptic. With antibiotic and antiseptic nature, betel leaves are often used to heal wounds (Jamilah, 2009). Midwife's is expected help to provide information to mothers postpartum about the correct perineum wound care.

Based on preliminary studies at BPM Endang Sutikno on the 6th of June 2015 there were 5 postpartum mothers at day 7 were injured perineum. from the 5 people there are 3 people at postpartum (60%) experienced delays in perineum wound healing and an infection and 2 postpartum mothers or 40% had perineum wound healing process. the data in August there was 14 people who has a labor

One effort that health worker can do is to disseminate the use of betel leaf as an alternative option for the provision of medical drugs for the faster healing wound, the postpartum mother can washed perineum using boiled water betel leaves,its can speed up the process perineal wound healing whitout any side effects so it is safe to use and cheaper.

General purpose : Knowing the influence of betel leaf decoction to speed wound healing of the perineum in postpartum mothers. Special purpose : Identify the speed of wound healing of the perineum without giving betel leaf decoction, Identify the speed of wound healing of the perineum with betel leaf decoction is given and analysis the effect of betel leaf decoction on perineum wound healing.

METHOD

The study design used was an experimental. This design is used to examine the one group which was given one treatment and it measure once (Handoko, 2013). The independent variable is the betel leaf decoction. The dependent variable is the Wound penerium Healing

Research conducted in the BPM Endang Sutikno, on March 1 to 30, 2016 with the number of respondents is 16 people. By using the technique of accidental sampling. Mann-Whitney Test conducted with a level of significance or $\alpha = 0.05$ using a computer program. If the value $\text{sig} (\rho) > 0.05$ then $\text{Ho}$ is accepted meaning no Betel leaf decoction Effect Against Speed Wound Healing Mother's Perineum On Ruling. If the value $\text{sig} (\rho) \leq 0.05$, then $\text{Ho}$ is rejected it means there Betel leaf decoction Effect Against postpartum mother Speed Wound perineum Healing.
FINDINGS AND DISCUSSION

Table 1. Characteristic variable healing speed of the perineum wound were not given a betel leaf decoction

<table>
<thead>
<tr>
<th>No</th>
<th>Wound healing without betel leaves</th>
<th>totaly</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>slow</td>
<td>1</td>
<td>12.5</td>
</tr>
<tr>
<td>2</td>
<td>Normaly</td>
<td>6</td>
<td>75</td>
</tr>
<tr>
<td>3</td>
<td>fast</td>
<td>1</td>
<td>12.5</td>
</tr>
<tr>
<td>Totaly</td>
<td></td>
<td>8</td>
<td>100%</td>
</tr>
</tbody>
</table>

Most of the respondent 6 person (75%) experience normally wound perineum healing without betel leaf decoction.

Table 2. The perineum wound healing speed with betel leaf decoction

<table>
<thead>
<tr>
<th>No</th>
<th>Wound healing with betel leaves</th>
<th>totaly</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>slow</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Normaly</td>
<td>2</td>
<td>25</td>
</tr>
<tr>
<td>3</td>
<td>fast</td>
<td>6</td>
<td>75</td>
</tr>
<tr>
<td>totaly</td>
<td></td>
<td>8</td>
<td>100%</td>
</tr>
</tbody>
</table>

Most of the respondent 6 person (75%) experience fast wound perineum healing with betel lefes decoction.

Table 3. Results of statistical test Mann-Whitney betel leaf decoction Effect on wound healing of the perineum in BPM EndangSutikno 2015, dated March 1 to 30, 2016.

<table>
<thead>
<tr>
<th>Wound condition</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mann-Whitney U</td>
<td>11,000</td>
</tr>
<tr>
<td>Wilcoxon W</td>
<td>47,000</td>
</tr>
<tr>
<td>Z</td>
<td>-2.475</td>
</tr>
<tr>
<td>Asymp. Sig. (2-tailed)</td>
<td>.013</td>
</tr>
<tr>
<td>Exact Sig. [2*(1-tailed Sig.)]</td>
<td>.028b</td>
</tr>
</tbody>
</table>

a. Grouping Variable: care
b. Not corrected for ties.

From the test of statistical result that p-value was 0.013 which is smaller than the value of \( \alpha = 0.05 \) (\( p = 0.013 < \alpha = 0.05 \)), reject Ho the conclusion means that there is any influence of betel leaf decoction on wound perineum healing.
Perineal wound healing speed without betel. most respondents 75% (6) perineal wound healing without betel leaf decoction is given classified as normal, 12.5% (1) fast wound healing process and 12.5% (1) the wound healing process is slow.

Wounds can be healed through the primary process (primary intention) that occurred when the wound edges together (approximated) with stitched. If the wound is stitched, closures of tissue together and there is no empty space. Therefore, it takes a minimum of granulation tissue and little contraction. A second wound healing through secondary processes (secondary intention) there is a deficit tissue that requires a longer time (Mouren, 2008).

There are two factors that affecting wound healing process, the first is nutritional status, environment, traditions, education, social, economic, handling personnel, and the second is an internal factors are age, handling tissue, hypovolemia, personal hygiene, medications, activity overloading and comorbidities (Hartininingtyaswati, 2010).

Most of the respondents, 7 (88%) aged 20-35 years. It shows that almost all respondents are of productive age, and half of the respondents, 50% (4) working as self-employed. This is consistent with the theory that the employment effect on wound healing. The effect of maternal employment with long healing of the perineum is the physical and mental state of the mother in performing daily activities after having labor. If the mother has a high workload, it could be longer perineal wound healing due to the emergence of a sense of lazy in taking care of themselves (Siti, 2009).

Age effect on immunity. Wound healing occurs in older people are often not as good as the people who are young. This is due to poor blood supply, poor nutrition status or presence of concomitant diseases. So that faster wound healing occurs at a younger age than in older people (Hartininingtyaswati, 2010). Mothers who work as self-employed or civil servants or private will be less attention to his wound perineum than mother at home, because working mothers would be busy with his work. From the above theory can be concluded that the wound can heal naturally without any help from the outside, but this natural way takes a long time and leave scars badly, especially if the wound is wide. It required the perineal wound care to make the process faster

The speed of wound healing of the perineum with the given decoction of betel leaf

Most of the respondents 75% (6) perineal wound healing with betel leaf decoction is quite fast, and 25% (2) relatively normal wound healing.

According to Drs. Diman Sudirman, betel efficacious for cleansing femininity and perineum wound care. The way, five pieces of betel leaves boiled until the water color turns yellow, then cooled. The water used to clean the feminine area and used 2-3 times a day. Other use of betel leaf is such as cough syrups and lozenges stomach, such as queasy stomach, nausea, bloating, and vomiting. Betel leaves are also useful to overcome thrush, wobbly teeth, sore eyes, nose bleeding, ulcers, sore throat and bad breath (Kadarusman, 2007).

Many women feel too worried about injuries her perineum so afraid of doing activities like walking, urinating and bathing on the first day after birth. Actually this is redundant because episiotomy can recover quickly should not wait until 4-6 weeks. Perineum care wound the key is to restore general health, and hygiene episiotomy. Perform routine maintenance as suggested by your doctor, for example, wash the wound with antiseptic solution (betadin) (can also use boiled water betel leaves), replace the pads regularly, keeping the perineum to avoid damp because if moisture will contain a fungus (Jamilah, 2009).

The results showed that by treating wounds using betel leaves with usual care, normally wound healing process in the inflammatory phase occurs 1-4 days, using the betel leaf inflammatory phase occurs only on day two and all three, while for the proliferative phase
which generally occurs on day 5 to day 14 using the betel leaf passing day 5 patients pass proliferative phase by the formation of new cells, and epithelial wound edges apart.

Betel leaves to be also resist bleeding, heal wounds on the skin, and gastrointestinal disorders. It also to be wrinkled, remove phlegm, saliva shedding, hemostatic, and stop the bleeding. Usually for abloody nose medication, used two fresh leaves of betel leaves, washed, rolled and then inserted into the nostril. In addition, the active ingredient *phenol* and *kavikol* betel leaf forests can also be used as vegetable pesticides for control of sucking insects.

From the description above researchers found that perineal wound care use betel leaves faster than treating wounds without betel leaf or using an ordinary disinfectants.

**Effect of betel leaf decoction on wound healing of the perineum**

Statistical test results obtained p-value for education and behavior is $p = 0.013$ which is smaller than the value of $\alpha = 0.05$ ($p = 0.013 < \alpha = 0.05$), reject Ho conclusion means that there is the influence of betel leaf decoction on wound healing of the perineum.

Essential of betel leaf contains fly (betel phenol), seskuiperen, starch, diastase, sugar and tannic substances and *kavikol* that have deadly germs, antioxidants and fungicides, anti-fungal. Betel nutritious eliminate body odor that caused by bacteria and fungi. (Herman, 2007).

Perineal wound treatment if the sterility and cleanliness is maintained, then the wound will be healed by itself. and speed the healing of wounds depends on many factors such as those mentioned above. Infection can occur because the mother is less painstaking care after labor. Mother was afraid to touch the wound in the perineum so choose not to clean it, while the wound in the perineum attended susceptible infected by germs and bacteria.

From the description above researchers found that betel leaves can accelerate wound healing as long as the wound taken care of properly. Infection may arise any time if the mother is less able to maintain personal hygiene, nutrition can also affect the wound healing, by eating nutritious foods then the healing process will be quick.

**CONCLUSIONS AND SUGGESTIONS**

Most of the respondents 75% (6) perineal wound healing without betel leaf decoction is given relatively normal Most of the respondents 75% (6) perineal wound healing with betel leaf decoction is given quite fast.

Statistical test results obtained p-value for education and behavior is $p = 0.013$ which is smaller than the value of $\alpha = 0.05$ ($p = 0.013 < \alpha = 0.05$), reject Ho conclusion means that there is the influence of betel leaf decoction on wound healing of the perineum.

**SUGGESTION**

**For Respondents**

Mother is expected to be more patient in the treatment after labor. Do not be afraid to touch the wound in the perineum because if you are afraid and prefer not to clean the wound in the perineum attended susceptible germs and bacteria so that will be infected easily.

**For Midwifery Profession**

Expected for the midwifery profession to pay more attention to the culture about health that exist in the public, in particular the treatment of wounds perineum. because a lot of the methods available in the community that make the wounds heal faster, and the midwifery profession serves to filter out which methods are allowed to do and not to do.

**For Research Sites**
Provide more facilities for instance a comfortable service to provide music therapy in order that mothers who are or want to hospitalization more relaxed and calm by listening to music and a comfortable environment for family members who drove.

**For the next research**

Next researchers expected to be able to develop this research wider with more samples and comparing the perineum wound treatment with another method.

**REFERENCES**


