



STIKep PPNI Jawa Barat, Bandung - INDONESIA
National Cheng Kung University Hospital - TAIWAN
Bandung, 16th – 17th July, 2018

Conference Book
International Conference on Health Care
and Management

“Evidence to inform action on supporting and implementation of
SDGs”

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This book published by:

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Welcome Message



Assalamualaikum Warahmatullahi Wabarakatuh

Dear honorable guests,
Sustainable Development Goals (SDGs) as an agreement of sustainable development objectives agreed by all countries at the 2015 UN sessions. Each country including Indonesia has an obligation to implement this joint development plan by applying universal, integration and inclusive principles by ensuring that no one missed or “No-one Left Behind” Indonesia has Nawa Cita or 9 priority agenda which should synergize with SDGs and can be used as health program application in Indonesia to also achieve SDGs.

On behalf of the organizing committee and the Nursing Society of Indonesia, I am glad to invite you to join ICHM 2018 (International Conference on Health Care and Management) in Bandung, Indonesia on July 16-17, 2018.

The conference is expected to reveal some solutions for evidence-based health care and scientific facts to be discussed by various viewpoints from diverse speakers from around the world with the title “Evidence to inform action on supporting and implementation of SDGs. Through the International Conference is expected to improve health services, especially in the field of nursing in Indonesia to improve the human development index.

We hope all participant could benefit from the exciting program and will surpass your expectation and that will be an inspiring event.

Warm regards,



Dhika Dharmansyah
Conference chair



Assalamu'alaykum Wr.Wrb
Good morning and best wishes for all of us.

Ladies and gentlemen, in such a great and happy day, let's praise and thank to Allah Swt who has given us grace and mercy to all of us to gather in this International Conference on Health Care Management event today.

First of all, we would like to gratitude and appreciate highly to national Cheng Kung University Hospital has given the opportunity and confidence to our institution STIKep PPNI Jabar for the second time in collaboration to organize International Conference on Health Care Management with theme: "Evidence to inform action on supporting and implementation of SDGs". This event is one of follow up The memorandum of Understanding between NCKUH with STIKep PPNI Jabar.

STIKep PPNI Jabar is as a nursing education institution carry out the mandate to create professional nurse, we must implement all TRIDHARMA University activities in academic atmosphere that aims to broaden and improve nursing and existence of nurse profession capacity in nation developing continually.

As we know the university academic quality is determined by its researches and graduates result quality. The research work results may be either a right against managing intellectual wealth equity as well as scientific work which is able to be publicized through scientific journals and scientific gathering forums of the same scientist background both in national and international level.

Nevertheless, the publishing of journal researches is published by its university. Nowadays, it is irregular because there are both financial and scientific manuscript availability drawbacks. Scientific regular manuscripts are very limited because manuscript contributor is only from its university as well.

The high education Research and technology ministry data in 2017, it stated that there were an increase of research work publishing done by practitioners, academicians and researchers of Indonesian. The amount of Indonesian research publishing on international journal certifiable indexed Scopus tended to increase. The high education Research and technology ministry data on December 1st 2017 noted that Indonesia scientific research publishing reached 14.100 journals. Meanwhile, on October 1st 2017 there were as many as 12.098 journals.

However, internally nurse profession scientific research journals are still less of publishing. It is alleged to the low of quantity and quality publishing about nursing. One of the drawbacks is rarely the interaction between nursing scientists and experts in scientific conferences. Some efforts are carried out by STIKep PPNI to encourage and to accelerate sharing knowledge amongst the nursing experts. Accordance to the goals, National Cheng Kung University Hospital Taiwan and STIKep PPNI have made MoU and held as this International conferences organizer. Hopefully, it is able to bridge all stakeholders, practitioners, and academicians in supporting the quality of the human resources especially, nurses and health workers as well.

The honourable ladies and gentlemen,
Nowadays, in the global era, the transformation runs rapidly and consequently it makes the knowledge based society. Information and communication technology development are very important in on its role in manifesting society development based on the knowledge. The higher education of society will be higher of health service quality demands specially nurse.

Accordance to the effort, this International conference aims to,

1. Facilitate the knowledge sharing between health experts and nurses to encourage the goal of health human resource quality.
2. Produce health scientific and nursing articles deserve to be published on international scopus indexed journal.
3. Make communication networking amongst Universities, research institution, nurse practitioners, and other stakeholders.

I truly believe that all participants through the 2 days in international conference, our goals above are able to be manifested well.

Finally, I would like to thank to all of participants diligently and with spirit of attending this international conference on health care management.

Wish the conference is able to be knowledge sharing event and delightful and successful as well, the conference will be enlightened and interchange will do great help for us after attending this conference, especially STIKep PPNI Jabar and generally for all profession nurses to provide health services to communities, aamiin ya robbal alamin.

Wassalamu'alaykum Wr.wb.

Kindest regards,



The Dean of STIKep PPNI Jabar



Excellencies, Distinguished Delegates, Ladies and Gentlemen,
Selamat Siang,

I'm ChyunYu Yang, the superintendent of National Cheng Kung University Hospital in Tainan, Taiwan.

On behalf of our hospital, it is my pleasure and privilege to welcome all of you to participate in the international conference on health care and management 2018.

To our eminent speakers and delegates who have come from UK, Netherland, Korea, Japan, Thailand, Singapore, Taiwan, and Indonesia, I bid you a very warm welcome to Bandung. We are indeed honoured to have you here with us. We have about 1.000 participants from different place in Indonesia and countries gathered here today, making our conference a truly meaningful one.

This is our second time collaborate with STIKEP PPNI Jawa Barat to hold an international conference. Last year, we have very successful conference with the theme focus on infection control and disaster management. And this year, our conference theme is "evidence to inform action on supporting and implementation of SDGs".

The Sustainable Development Goals (SDGs) known as the global goals, are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity. Goal 3 addresses all major health priorities and calls for improving reproductive, maternal and child health; ending communicable diseases; reducing non-communicable diseases and other health hazards; and ensuring universal access to safe, effective, quality and affordable medicines and vaccines as well as health coverage.

However, the world seems still far from ending maternal mortality, with more than 303,000 deaths in pregnancy or childbirth occurring annually. NCDs are also a growing problem, causing 40 million deaths in 2015.

But, All in all, we can take comfort in the fact that SGD indicators are moving in the right direction. Yet we still have plenty of work to do.

I wish in the next two day and a half, we have the opportunity - and indeed the responsibility - to prepare and add knowledge related the current situation and progress reflection of SDGs.

In closing, I encourage delegates to participate actively in the interesting discussions over the next two days. I wish everyone a successful and fruitful conference.

Thank you.

Conference Committee

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THE EFFECT OF FAMILY EDUCATION TO DECREASE OF ANXIETY LEVEL INPATIENT Post CATARAK SURGERY IN BKMM NTB

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ABSTRACT

Introduction : Data which obtained from the World Health Organization (WHO) stated that 314 million people around the world have visual problems and 45 million suffered from blindness, most of them are cataracts, more than 90% of the cases located in developing countries including Indonesia. **Methods** :This research aims to determine the effect of family education on the decrease of anxiety level of the patient on post cataract surgery at Eye Health of West Nusa Tenggara Province. The design used in this research is Quasy Experiments with samples in this research are 44 people. This research conducted at Eye Health Center of West Nusa Tenggara Province on 19th of February to 19th of March 2018. The data collection tool in this research is a checklist. Data analysis using Wilcoxon signed rank test. **Results** : The result of the research, it can be concluded that H1 is accepted (the effect of family education on decreasing anxiety level of the patient in post-cataract surgery at Eye Health Center of West Nusa Tenggara Province 2018) with significance value $p = 0,001$. The recommendations that can be given are family education to decrease anxiety levels in other post-surgery.

Keywords: Cataract, Education, Family, Anxiety.

INTRODUCTION

According to data obtained by the World Health Organization (WHO), 314 million people worldwide experience visual impairment, and 45 million suffer from blindness, with more than 90% of cases in developing countries including Indonesia. Based on the results of the Indra Health Survey in Indonesia 1993-1996 of 1.5% of Indonesia's population experienced blindness (JOI, 2010). Based on research conducted by Fred Hollows Foundation Australia Nusa Tenggara Barat is the province with the largest number of cataract patients in the world, from research in 2014 it found 27 thousand catharacs (Kompas, 2016).

Symptoms of cataract sight impairment depend on the location of eye lens\ opacity. When cataracts are on the edge of the lens, then the patient will feel the existence of vision disorders. If the turbidity is located in the center of the lens, then the sight tajampih will be disturbed. Early symptoms are usually characterized by double vision, sensitivity or glare to light so that the eyes only feel comfortable when looking at the night. If not handled immediately will cause other complications such as Glaucoma that is increasing the pressure of the eyeball (Ilyas, 2010).

Vision health is an essential condition to achieve the quality of human resources to improve the quality of community life in the framework of realizing a smart, productive, progressive, independent, and inner-born Indonesian man. Smaller or bigger vision may disturb the daily activities. The disorder

can be caused by the first two things: refractive disorders include myope, hypermetropia, astigmat, both organic abnormalities that can be glaucoma, conjunctivitis, cataracts and others.

Based on data obtained from Balai Kesehatan Mata Masyarakat (BKMM) of West Nusa Tenggara Province The number of patients who performed cataract surgery last three years about 5000 patients. The author's interview with some post-cataract patients on average say that they are afraid, anxious about the condition in which the patient feels worried about the condition after surgery, both the patient and the family always ask how to care for post surgery of the patient's eyes when at home, what actions are allowed and should not be done at home after surgery, how long the healing process of the patient.

Indonesia conducted a blindness survey using the new Rapid Assessment of Avoidable Blindness (RAAB) method in 3 provinces (West Nusa Tenggara, West Java, and South Sulawesi) from 2013 to 2014. The prevalence of blindness in people aged > 50 years on average in 3 provinces is 3, 2% with the main cause is cataract (71%) (DepKes, 2016).

The only way to cure cataracts is by way of cataract surgery and the installation of the lens if not found complications in the eyes of patients; the government has prepared facilities and infrastructure of health services in both the Puskesmas and Hospital. This is also reinforced by the implementation of the National Health Insurance for the poor including for cataract surgery. Eye Health services are organized starting from primary health care at Puskesmas and referral services in hospitals. Also, we also have a Community Eye Health Center (BKMM) in 10 provinces that can also serve cataract surgery (DepKes, 2016)

Anxiety is one of the most stressful emotions that many people feel. Sometimes anxiety is also called with fear or feeling nervous. Everyone must have experienced anxiety at certain times, and with varying degrees (Agita, 2012). It may happen because the individual feels no ability to deal with what might happen to him in the future.

Social support is believed to overcome the anxiety that can be divided into physical, emotional and information support (Suryami, 2014). Educating the family is expected to increase family knowledge related to the disease to provide more optimal support, which eventually the patient is expected to achieve the better outcome (Amor TA et al. 2005). Patients who feel they have family support or have a positive outlook on the family support given the family have better adherence. The importance of family support in the management of postoperative measures or cataract surgery. The mechanism of family participation in influencing the outcome of the management of action and therapy in two ways, the first is by directly affecting physiologically through the emotional climate formed between family members. The second way is known that family responses to illness and management will have an impact on patient self-management (Choy, 2012). While research conducted by Suryami (2014) that education affects decreased levels of anxiety and improve self-efficacy of mother care for infants LBW. The result showed that 86.4% of respondents had decreased anxiety and 18.2% of respondents had self-efficacy improvement. Level of anxiety and self-efficacy in the intervention group there were significant differences in the control group there was no significant difference. Anxiety is associated with income and experience ($p < 0.05$), whereas self-efficacy is associated with income, experience, and number of children ($p < 0.05$).

Role of Nurse as Educator. This role is done by assisting clients in improving the level of health knowledge, symptoms of illness and even the actions given, resulting in changes in the behavior of clients after health education conducted on individuals, families, and groups.

METHODS

Types of research

The method used in this research is a Quasy experiment with Pre and post-test without control design. This study only intervened in one group without comparison, the effectiveness of the intervention in the value by comparing the value of pre-test with post-test (Kelana, 2011).

Place and time of research

This research was conducted in the Action Room of BKMM of NTB Province. The study period is from 19 February to 19 March 2018.

Population and Sample Research

The population in this study is the number of post cataract surgery patients for one month, ie 100 patients post cataract surgery at Eye Health Center Society (BKMM) NTB Province.

The sample is representative of a large portion of the population representing a population to be meticulously (Notoatmodjo, 2010). So the sample used by researchers is 44 patients post cataract surgery at Eye Health Center Society (BKMM) NTB Province.

RESULTS AND DISCUSSION

Research result

5.3 Univariate Analysis

1. Characteristics of Respondents by Age

Table 5.1 Indicates the frequency of respondent age in Eye Health Center of NTB Province 2018

No.	Age	Amount Respondents	Percentage
1.	<50 Years	24 person	55%
2.	51-60 Years	12 person	27%
3.	> 60 Years	8 person	18%
Total		44 person	100%

Based on table 5.1 it can be seen that from 44 respondents who were given family education as much as 8 patients postoperative cataracts were in the age group over 60 years, 12 postoperative cataract patients were in the age group 51-60 years and as many as 24 postoperative patients cataracts are in the <50 years age group.

1. Characteristics of respondents by sex

Table 5.2 shows the frequency of sex of sex respondents in Eye Health Center of NTB Province, 2018

No.	Gender	Amount Respondents	Percentage
1.	Man	22 person	50%
2.	Women	22 person	50%
Total		44 person	100%

Based on table 5.2 it can be seen that from 44 respondents who were given family education as much as 22 patients post cataract surgery male and 22 female.

1. Characteristics of Respondents by Education

Table 5.3 Indicates the frequency of sex education respondents at Eye Health Center of NTB Province, 2018 (n = 44)

No.	Education	Amount Respondents	Persentase
1.	No school	15 person	34%
2.	SD	2 person	5%
3.	SMP	Four person	9%
4.	SMA	11 person	25%
5.	Bachelor	12 person	27%
Total		44 person	100%

Based on table 5.3 it can be seen that from 44 respondents who were given family education as much as 2 patients post cataract surgery are in elementary school, 4 post cataract surgery patients are in junior high school, 11 postoperative cataract patients are in high school education group, 12 postoperative cataract patients were in the Sarjana education group and 15 postoperative cataract patients were in the non-school group.

5.4 Bivariate Analysis

1. Level of Anxiety Before Intervention

Table 5.4 Distribution of post cataract surgery respondents before family education intervention in Eye Health Center of NTB Province, 2018 (n = 44).

No.	Level Worry	Amount Respondents	Percentage
1.	Light	1 person	2%
2.	Medium	10 person	23%
3.	Weight	28 person	64%
4.	Very Heavy	5 person	11%
Total		44 person	100%

Based on Table 5.4 it can be seen that from 44 respondents before being given family education intervention 1 patient postoperative cataract reported mild anxiety with score value 1, 5 post operation cataract patient experiencing very severe anxiety with score value 4, 10 patient post operation cataracts experienced moderate anxiety with a score of 2 and 28 postoperative cataract patients experienced severe anxiety with a score of 3.

1. Level of Anxiety After Intervention

Table 5.5 Distribution of postoperative post-cataract respondents after family education intervention in Eye Health Center of NTB Province, 2018 (n = 44).

No.	Anxiety Level	Amount Respondents	Percentage
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1.	No worries	15 person	34%
2.	Light	15 person	34%
3.	Medium	14 person	32%
Total		44 person	100%

Based on table 5.5 it can be seen that from 44 respondents after given family education intervention 14 patients postoperative cataract reported no moderate anxiety with a score of 2, 15 patients postoperative cataract patients did not experience anxiety with a score of 0, and 15 patients post cataract surgery experienced mild anxiety with a score of 1.

1. Effect of family education on decreasing anxiety levels in postoperative cataract patients
2. Table 5.6 Average distribution of respondents score post cataract surgery before and after family education intervention in Eye Health Center of NTB Province, 2018 (n = 44).

Number of Respondents	Anxiety Level	
	Family Education	
	Before	After
1	2 (score 21-27)	1 (score 14-20)
2	3 (score 28-41)	1 (Score 14-20)
3	3 (score 28-41)	2 (Score 21-27)
4	3 (score 28-41)	1 (Score 14-20)
5	3 (Score 28-41)	2 (Score 21-27)
6	3 (Score 28-41)	2 (Score 21-27)
7	2 (Score 21-27)	1 (Score 14-20)
8	3 (Score 28-41)	0 (Score <14)
9	3 (Score 28-41)	2 (Score 21-27)
10	3 (Score 28-41)	0 (Score <14)
11	4 (Score 42-56)	2 (Score 21-27)
12	3 (Score 28-41)	2 (Score 21-27)
13	2 (Score 21-27)	0 (Score <14)
14	3 (Score 28-41)	1 (Score 14-20)
15	3 (Score 28-41)	1 (Score 14-20)
16	3 (Score 28-41)	2 (Score 21-27)
17	2 (Score 21-27)	0 (Score <14)
18	3 (Score 28-41)	1 (Score 14-20)
19	2 (Score 21-27)	0 (Score <14)
20	3 (Score 28-41)	1 (Score 14-20)
21	3 (Score 28-41)	2 (Score 21-27)
22	3 (Score 28-41)	1 (Score 14-20)

23	3 (Score 28-41)	0 (Score<14)
24	2 (Score 21-27)	0 (Score<14)
25	4 (Score42-56)	2 (Score 21-27)
26	3 (Score 28-41)	0 (Score<14)
27	3 (Score 28-41)	1 (Score 14-20)
28	3 (Score 28-41)	0 (Score<14)
29	2 (Score 21-27)	0 (Score<14)
30	3 (Score 28-41)	1 (Score 14-20)
31	3 (Score 28-41)	0 (Score<14)
32	3 (Score 28-41)	0 (Score<14)
33	4 (Score42-56)	2 (Score 21-27)
34	1 (Score14-20)	0 (Score<14)
35	2 (Score 21-27)	0 (Score<14)
36	3 (Score 28-41)	2 (Score 21-27)
37	2 (Score 21-27)	1 (Score 14-20)
38	4 (Score 42-56)	2 (Score 21-27)
39	3 (Score 28-41)	0 (Score<14)
40	4 (Score 42-56)	1 (Score 14-20)
42	3 (Score 28-41)	2 (Score 21-27)
43	2 (Score 21-27)	1 (Score 14-20)
44	3 (Score 28-41)	1 (Score 14-20)
Wilcoxon	p = 0,001	

From the data analysis, it can be concluded that the respondents were 44 patients post cataract surgery before given the education of family experiencing very severe anxiety with value 4, weight with value 3, medium with value 2 and light with value 1 and after given family education intervention to 44 people postoperative patient of cataract experiencing moderate anxiety level with value 2, mild with value 1 and no anxiety with value 0. Statistical test result using Wilcoxon Signed Rank Test, sign value (2-tailed) in family education intervention is $p = 0,001$ mean $p < 0.005$ then H_1 accepted means family education interventions affect the decrease in anxiety levels in patients post cataract surgery.

5.3 Discussion

5.5.1 Characteristics of Respondents

1. Age

The results of the study of 44 respondents who gave family education as much as 24 patients postoperative cataract (55%) were in the age group more than 60 years, 12 postoperative cataract patients (27%) were in the age group 51-60 year and as many as 8 post-operative cataract patients were in the age group less than 50 years. Most of the causes of cataracts due to age or a person degenerative process. In general, this disease occurs in elderly, statistical data also shows about 90% of people with katarak age above 60 years. Approximately 50% of people aged 75 to 85 years of vision are reduced due to cataracts. In general, cataracts are a problem for the elderly but degenerative diseases such as diabetes and trauma impact on the head can trigger the occurrence of cataracts under the age of 60 years (Ilyas, 2010). Research conducted by Salmawati (2010) about the factors that

affect the level of anxiety one of them age with statistical test results Fisher's exact test p value = 0.204 ($p > 0.05$) means no significant effect of age with anxiety level. This is in line with Kaplan and Sadock (1997) theory which states that anxiety disorders can occur at any age,

2. Sex

The results of research conducted by researchers from 44 respondents who were given family education as much as 22 patients postoperative cataract (50%) male sex and 22 patients postoperative cataract for female sex. For the gender of own acts affect the incidence of cataracts anyone can exposed to cataracts only the influence of the occurrence of cataracts is the daily activities of individuals such as smoking or drinking liquor (Ilyas, 2010). Research conducted by Salmawati (2010) about the factors that affect the level of anxiety one of the sex with the results of statistical tests Fisher's exact test p value = 0.555 ($p > 0.05$) means there is no significant effect of gender with anxiety level. Myers (1983) in Trismiati (2006) who says that women are more anxious about disability than men, men are more active, explorative while women are more sensitive.

3. Education

The results of the study were 44 respondents who were given family education as many as 15 post-operative cataract patients (34%) were in the non-school education group, 2 persons post cataract surgery (5%) were in SD education group, 4 patients post cataract surgery (9%) were in the junior secondary education group, 11 post-operative cataract patients (25%) were in the high school education group and 12 post-operative cataract patients (27%) were in the undergraduate education group. Patient education affects the patient's level of knowledge on the actions of cataracts, so the higher the level of patient education the easier it is to overcome the anxiety about pre and post operation (Puri, 2012). Research conducted by Nyi Dewi Kuraesin (2009) about the factors that influence the anxiety level of patients who will face the operation with bivariate analysis result there is a significant correlation between education level with patient anxiety with $p = 0,043$ ($p < 0,05$). The results of research by Stuarth and Sundden (1991) show that highly educated respondents are better able to use their understanding of responding fractures adaptively than respondents with low education. This condition indicates the response of severe anxiety tends to be found in respondents who have low education because rendanhnya their understanding of the actions that will be done.

5. Research Results Anxiety Level Before Family Education Intervention

Prior to family education intervention in 44 respondents (100%) 5 postoperative cataract patients (11%) experienced very severe anxiety or panic with a value of 4, 28 postoperative cataract patients (64%) experienced severe anxiety with a value of 3, 10 post-operative cataract patients (23%) experienced moderate anxiety with a value of 2 and 1 postoperative cataract patients (2%) experienced mild anxiety with value 1. Research conducted by Dewi Ertha et al (2017) on the effect of education on anxiety levels in facing menopause with a result of $p = 0.000$ ($p < 0.005$) explains that before getting educated the anxiety of the severe and moderate patients is due to lack of patient knowledge about menopause.

6. Research Results Anxiety Level After Family Education Intervention

After family education intervention in 44 respondents (100%) 14 patients postoperative cataract (32%) had moderate anxiety with grade 2, and 15 postoperative cataract patients (34%) had mild anxiety with 1 and 15 post-patients cataract surgery (34%) reported not experiencing anxiety demgan value 0. Research conducted by Suryami (2014) that education affects decreased levels of anxiety and improve self-efficacy of mother care for infants LBW. The result showed that 86.4% of respondents had decreased anxiety and 18.2% of respondents had self efficacy improvement. Level of anxiety and self efficacy in the intervention group there was a significant difference and in the control group there

was no significant difference. Anxiety is related to income and experience ($p < 0.05$). Where after the education of respondents are more understanding and ready to care for babies LBW.

Effect of Family Education on Reduction of Anxiety Levels in Post Cataract Patient Operations

Cataract is a major cause of visual impairment and blindness in Indonesia and in the world especially in West Nusa Tenggara is one of the provinces with the second most cataract patients in Indonesia, if not treated promptly will lead to complications. Effective efforts made in the handling of cataracts is by the operation.

Anxiety is one of the most stressful emotions that many people feel. Sometimes anxiety is also called with fear or nervous feeling. Everyone must have experienced anxiety at certain times, and with varying degrees (Agita, 2012). Social support is believed to overcome anxiety that can be divided into physical, emotional and information support (Suryami, 2014). Provision of education to families is expected to increase family knowledge related to disease so as to provide more optimal support, which eventually the patient is expected to achieve better outcome (Amor TA et al 2005).

Research conducted by Suryami (2014) that education affects decreased levels of anxiety and improve self-efficacy of mother care for infants LBW. The result showed that 86.4% of respondents had decreased anxiety and 18.2% of respondents had self efficacy improvement. Level of anxiety and self efficacy in the intervention group there were significant differences in the control group there was no significant difference. Anxiety is associated with income and experience ($p < 0.05$), whereas self efficacy is associated with income, experience, and number of children ($p < 0.05$).

Education is a conscious and well-planned effort to create an atmosphere of learning and learning process so that learners actively develop their potential to have spiritual strength, self-control, personality, intelligence, noble character, as well as the skills needed of him and society. Health education in health services to clients or masyarakat, should know about education and education (education) health. The above definition shows that education is a process of planned behavior change in individual, group, or community to be more independent in achieving healthy life goals. Education is a learning process from not knowing about the value of health to know and from not being able to overcome their own health to be independent (Suliha, 2002).

After analyzing and testing the results of research quantitatively with statistical test using Wilcoxon Signed Test concluded that there is a decrease in anxiety levels in postoperative cataract patients before and after family education intervention conducted 44 postoperative cataract patients before getting family education intervention experienced anxiety level as the following before the family education intervention in 44 respondents (100%) 5 postoperative cataract patients (11%) experienced a very severe anxiety or panic with a value of 4, 28 postoperative cataract patients (64%) experienced severe anxiety with a value of 3, 10 post-operative cataract patients (23%) had moderate anxiety with grade 2 and 1 postoperative cataract patients (2%) experienced mild anxiety with value 1. After family education intervention in 44 respondents (100%) 14 postoperative patients cataract (32%) had moderate anxiety with values of 2, and 15 postoperative cataract patients (34%) experienced mild anxiety with a value of 1 and 15 postoperative cataract patients (34%) reported no anxiety with value 0 with significance value $p = 0.001$. Differences in decreased levels of anxiety may be influenced by the level of education.

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