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“Science for mankind: Translating research results into policy and practices”

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Nakhon Pathom, 23rd - 24th July 2019



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No. 04, 2019

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ICASH

Research for Better Society

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



ICASH

Research for Better Society

PREFACE

Hi Fellas, Swadikrub and Selamat Datang,

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-B072

**THE CORRELATION BETWEEN MENSTRUAL CHARACTERISTICS
AND ANEMIA PREVALENCE IN MIDWIFERY STUDENTS OF
YOGYAKARTA**

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ABSTRACT

Background: *The SDG's set the nutritional improvements as the focus number two for all countries in the world. In Indonesia, anemia is still a problem for teenagers, especially women. Anemia in young women can increase the risk of bleeding during labor. Some factors that have the possibility of anemia incident are menstruation and nutritional status. This study aims to obtain relationship between menstrual characteristics and nutritional status with the prevalence of anemia in midwifery students at Midwifery Department Health Polytechnic Yogyakarta. **Methods:** This study used a cross sectional research design with interview method. There were 51 midwifery students selected from Midwifery Dormitory of Health Polytechnic of Yogyakarta. A set of questionnaires was employed to note the menstrual cycle, menstrual duration, blood loss during menstruation, and the mid-upper arm circumference. A digital hemoglobin measurement was used to define the anemia status. A Chi-Square test was used to define the correlation between the two observed parameters.*

Results: *The study shows there is no correlation between menstrual duration and anemia (p value = 0.487), menstrual cycle and anemia (p value = 0.651), blood loss during menstruation and anemia (p value = 0.273), and between the mid-upper arm circumference and anemia (p value = 0.611).*

Conclusion: *In this study, no correlation was found between the anemia prevalence and menstruation characteristics and the size of the mid-upper arm circumference.*

Keywords: *Anemia, Menstruation, Mid-upper arm circumference.*