

26th INDONESIAN PHYSIOLOGICAL SOCIETY (IAIFI) ANNUAL MEETING

PROGRAM and ABSTRACT BOOK

SURABAYA INTERNATIONAL PHYSIOLOGY SEMINAR

SIPS

Surabaya, 12th - 14th October 2017



DAFTAR ISI

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| Dean of Faculty of Medicine Universitas Airlangga | 2 |
| Chairman of Committee / Head of Physiology Department | 3 |
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THEMATIC ORAL PRESENTATION SCHEDULE

SATURDAY, 14th OCTOBER 2017 (08.00 – 11.30)

Room : Semeru
 Judge : Hayati, dr., M.Ked
 Moderator : Dr. Gadis Meinar Sari, dr., M.Kes

| No | Name | Abstract Title | Code |
|----|--|---|-------|
| 1 | Rika Haryono | Comparison The Effects of Walking and Bench-Step Exercise on Osteocalcin and CTX-1 in Post-Menopausal Women With Osteopenia | O-C1 |
| 2 | dr. Nia Kumianingsih, M.Biomed | Factors Associated With Internet Gaming Disorder Among Fourth Year Medical Student in Malang, Indonesia | O-C2 |
| 3 | Dr. dr. Endang Sriwahyuni, MS. | Differences of Calcium Intake Among Normal Weight Obesity and Obesity Group In Malang, Indonesia | O-C3 |
| 4 | Dwi Setiani Suwardiko | Osteocytes Signaling on The Osteocytes Apoptosis | O-C4 |
| 5 | dr. Robitah Asfur, M.Biomed | The Effect of Giving Honey on The Liver Function of Male White Rats (<i>Rattus Norvegicus L</i>) Induced By Tuak | O-C5 |
| 6 | Dhoni Akbar Ghozali, dr., M.Kes | Circadian Rhythm Effect on Hematopoietic Stem Cell Mobilization in Peripheral Blood as A Result of Submaximal Physical Exercise | O-C6 |
| 7 | Aziiz Mardanarian Rosdianto, S.Kep., Ns., MSi., MH.Kes | The Effect of Prolonged Hanging Training Approach to Handgrip Strength, Muscle Fiber Diameter Area, and Immunoexpression IGF-1r of Bicep Muscle of Mice (Swiss Webster) | O-C7 |
| 8 | Hanna Goenawan, dr., M.Kes., AIFO., PhD | Physical Activity Reduced Expression PGC1 Alpha in Cardiac Muscle of Chronic Treadmill Rats | O-C8 |
| 9 | Ronny Lesmana, dr., M.Kes., AIFO., PhD | Effect of Formulated Herbals (Pimpinella Alipna, Eurycoma Longifolia, and Curcuma Zanthorrhiza) to Improve The Quality of Sperm in Male Rat | O-C9 |
| 10 | Dr. Vita M. Tarawan, dr., SpOG., M.Kes., SH | Aerobic Exercise Regulation on Immunoexpression of RBP4 in Skeletal Muscle of Rats | O-C10 |
| 11 | dr. Fifi Veronica, M.Kes | Peroxisome Proliferator Activated Receptor- γ Agonist Induce Expression Dopamine D1 Receptor And Neurotrophin BDNF on Forebrain Rat | O-C11 |

| No | Name | Abstract Title | Code |
|----|------------------------------------|---|-------|
| 12 | Titing Nurhayati, dr., M. Kes | The Difference of Heart Rate and Blood Pressure in Aerobic Predominant and Anaerobic Predominant Athlete Koni West Java 2016 | O-C12 |
| 13 | dr. Akmarawita Kadir | Pathophysiology of The Type of Hypertension Caused By Smoking Behavior | O-C13 |
| 14 | Okky Sinta Dewanti | The Effect of Acute Exercise Basic Motion Breathing on The Retention of Breathing Skills on The Swim Sport | O-C14 |
| 15 | Utami Sasmita Lestari | Purple Sweet Potato (<i>Ipomea Batatas Poiret</i>) to Decrease Levels of MDA and Recover Muscle Damage after Resistance Exercise | O-C15 |
| 16 | Dr. Ambar Sulianti, dr., M.Kes. | Body Movement and Acupressure to Improve The Future-Orientation of People With HIV | O-C16 |
| 17 | Dr. Reni Farenia, dr., MKes., AIFO | Aggressive Behaviour on Rats Induced By High Testosterone Meal | O-C17 |
| 18 | Henny Tanton | Correlation of Fat Free Mass and Skeletal Muscle Mass With Left Ventricular Mass in Indonesian Elite Wrestlers and Dragon Boat Rowers | O-C18 |
| 19 | Dr.med. Setiawan, dr., AIFM | Profile of Physical Activity and Physical Fitness Among Academic Staffs From Different Faculty in Universitas Padjadjaran | O-C19 |
| 20 | dr. Leonardo Lubis | Biomolecular Analysis of BDNF on Wistar Rat's Spatial Memory Due to Exercise Intensity | O-C20 |
| 21 | Gusbakti R | Compare Exercise Intensity Light and Moderate on Changes Plasma Glucose, Fatigue Time for Aceh Football | O-C21 |
| 22 | Wahyu Kahiwikarta | The Degree of Stress, Level of Happiness, and Spirituality Among Professors of Universitas Padjadjaran | O-C22 |

Code : O-C16

Body Movement and Acupressure to Improve The Future-Orientation of People With HIV

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Background: Concerns about their illness caused many people with HIV have a poor future-orientation. A self-employed method for HIV-positive individuals is needed to improve future orientation. **Objective:** This study was aimed to analyze effect of integration body movement and acupressure in improving future-orientation people with HIV. **Methods:** The method used in this research was quasi experimental study using the single subject randomized time series design in three people with HIV. Trained body movements were the basic cornerstones of the boxing movement. Self-administration Emotional Freedom Techniques (SEFT) are integrated together with the motion, performed by each respondent with training and supervision first. Brief observations of 2 times a week for 4 weeks were done to see the development of future orientation of research subjects. **Results:** The results of this study showed that there was an improvement in future orientation especially in terms of motivation. Increased future orientation of the field of work looks higher than the field of education. **Conclusion:** Integration body movement and acupressur improving the future-orientation of the research subjects

Keywords: *Body movement, acupressure, SEFT, future-orientation, HIV.*