

E-ISSN : 2827-9603
P-ISSN : 2827-959X



Transformasi Membangun Kolaborasi & Menciptakan Inovasi



International Journal
of
Health Science

VOLUME 1 NOMOR 3 NOVEMBER 2021

Di Terbitkan Oleh :
PUSAT RISET DAN INOVASI NASIONAL
LEMBAGA PENGEMBANGAN KINERJA DOSEN

Office: Perum. Bumi Pucanggading Jln. Watunganten 1 No 1-6, Kelurahan Batursari, Mrangen Kabupaten Demak, 59567

IJHS
INTERNATIONAL JOURNAL OF HEALTH SCIENCE
VOLUME 1 NO. 3 NOVEMBER 2021

FOCUS AND SCOPE OF THE JOURNAL

International Journal of Health Science (IJHS): P-ISSN :: 2827-959X, E-ISSN :: 2827-9603: is a peer-reviewed international journal that publishes practices, ideas, and research in all health and nursing science or practice fields from a global viewpoint. The International Journal of Health Science (IJHS) aims at highlighting evidence on Surgical Medical Practice, Pharmacy, Maternity, Child Health, Mental Health, Dental, Medical Education, Midwifery, Medicine and Nursing, Health Policy and Management, Community Nutrition, Environmental Health, Epidemiology, Reproductive Health, Health Promotion, Occupational Safety & Health, Other Health Professions to a global audience. The International Journal of Health Science (IJHS) publishes three times a year (**in March, July, November**).

International Journal of Health Science (IJHS). Articles published in the Scientific Journal of Electrical Engineering, Science and Informatics include the results of original scientific research (priority), new scientific review articles (not priority), or comments or criticisms of articles in the International Journal of Health Science (IJHS). The International Journal of Health Science (IJHS) accepts manuscripts or articles in the field/technique from various academics and researchers both nationally and internationally.

Articles published in the journal are articles that have gone through a review process by Mitra Bebestari (*peer-review*). **The International Journal of Health Science (IJHS)** only accepts articles derived from the results of original research (priority priority), and new scientific review articles (non-priority). The decision to accept or not to accept scientific articles in this journal is the right of the Editorial Board based on the recommendation of the Reviewer Partner.

JOURNAL INDEXATION INFORMATION

International Journal of Health Science (IJHS); P-ISSN :: 2827-959X, E-ISSN :: 2827-9603: <Https://Ejurnal.Politeknikpratama.Ac.Id/Index.Php/Ijhs> are peer-reviewed journals that have been indexed by several reputable indexers, including: *Google Scholar; Digital Reference Guard (GARUDA); Copernicus; Dimensions; Connecting Research and Researchers (ORCID); DOI Crossref.*



IJHS
INTERNATIONAL JOURNAL OF HEALTH SCIENCE
VOLUME 1 NO. 3 NOVEMBER 2021

TEAM EDITOR

Editor in chief/ Ketua Dewan Editor

Aufa Rizka Azzumi, S.E.,M.A. ; STIKes Ibnu Sina Ajibarang

Editorial Board/ Anggota Dewan Editor

dr. Tuti Suparyati, M.Kes., Akademi Analis Kesehatan Pekalongan

Elizabeth Ari Setyarini, S.Kep., M.Kes.AIFO, Sekolah Tinggi Ilmu Kesehatan Santo
Borromeus

Dr. apt. Oeke Yunita, S.Si, M.Si., Politeknik Katolik Mangunwijaya Semarang

Sri Wahyuni. S.Kep., M.Kes., Universitas Muhammadiyah Manado

Nur Afni Wulandari Arifin, S.Kep., M.Kep, STIKes Kesetiakawanan Sosial Indonesia,
Indonesia

Ni Made Wina Krisnayani, S.Kep., M.Fis, STIKes Kesdam IX / Udayana Bali

Novita Wulan Sari, M.Kep., STIKes Kesdam IV Diponegoro Semarang

Mudather Elnoor Younis, El-Daein University, Sudan

Mahendra Dwivedi, B. Pharm, M. Pharm, Dr. A. P. J. Abdul Kalam Technical University,
Lucknow, Uttar Pradesh, India

Dr. Afzaal Afzal, Housing Urban Development and Public Health Engineering Department,
Pakistan

Reviewer / Mitra Bestari

Ellyzabeth Sukmawati, S.ST., M.Keb, STIKes Serulingmas Cilacap

Fransiskus Xaverius Widiantoro. S.Kep., MSc., PhD., Sekolah Tinggi Ilmu Kesehatan Santo
Borromeus

Syafiq Naqsyabandi, M. Si., Akademi Analis Kesehatan Pekalongan

Amalia Mega Hapsari, A.Md.Farm, Politeknik Katolik Mangunwijaya Semarang

Basuki Rachmad, S.K.M., S.ST., M.Si., M.Biomed., STIKes Kesetiakawanan Sosial
Indonesia, Indonesia

Erni Suprapti, M.Kep., STIKes Kesdam IV Diponegoro Semarang

Dahlia Arief Rantauni. S.Si.T., M.Keb., STIKes Serulingmas Cilacap

Dr. Sympsohn Yajoh, Cambridge University, UK

Dr. Muhammad Saleem Iqbal MBBS, FCPS, FACS, FICS, CMT, CBSI, Faisalabad Medical
University Faisalabad Pakistan

Dr. Dheeraj Mandloi, Institute of Engineering and Technology, India

Publisher:

LEMBAGA PENGEMBANGAN KINERJA DOSEN

Address: Perum. Bumi Pucang Gading, Jl. Watu Nganten 1 No. 1-6 Desa Batursari Kec.

Mranggen, Jawa Tengah Email : info@lpkd.or.id

IJHS
INTERNATIONAL JOURNAL OF HEALTH SCIENCE
VOLUME 1 NO. 3 NOVEMBER 2021

FOREWORD

International Journal of Health Science (IJHS): P-ISSN :: 2827-959X, E-ISSN :: 2827-9603: is a peer-reviewed international journal that publishes practices, ideas, and research in all health and nursing science or practice fields from a global viewpoint. The International Journal of Health Science (IJHS) aims at highlighting evidence on Surgical Medical Practice, Pharmacy, Maternity, Child Health, Mental Health, Dental, Medical Education, Midwifery, Medicine and Nursing, Health Policy and Management, Community Nutrition, Environmental Health, Epidemiology, Reproductive Health, Health Promotion, Occupational Safety & Health, Other Health Professions to a global audience. The International Journal of Health Science (IJHS) publishes three times a year (**in March, July, November**).

Reviewers provide assessments about originality, clarity of presentation, contribution to the field/science. This journal publishes *research articles*, review articles/*literature reviews*, case reports and *concept/policy articles*, in all fields of the International Journal of Health Science (IJHS). The articles to be published are original works and have never been published. Entry articles will be reviewed by internal and external review teams. The International Journal of Health Science (IJHS) accepts articles in English.

The Editorial Board will strive to continue to improve the quality of the journal so that it can become one of the most important references in the development of science. A big thank you to the Reviewers along with the members of the Editorial Board and all parties involved in the publication of this journal.

Greeting

Editor-in-Chief

IJHS
INTERNATIONAL JOURNAL OF HEALTH SCIENCE
VOLUME 1 NO. 3 NOVEMBER 2021

TABLE OF CONTENTS

Focus and Scope of the Journal	I
Team Editor	II
Foreword	III
Table of Contents	IV
Implementation Of Diabetes Diet Education And Foot Exercise To Increase Knowledge Level And Reduce Blood Sugar Levels In Diabetes Mellitus Patients In The Tlogosari Puskesmas Area, Kulon Semarang Ns. Novita Wulan Sari, Nur Sholiha Rositayani	Page 01-13
Application Of Hardware Capital Therapy To Improve The Quality Of Life With Hypertension In The Area Of Puskesmas Rowosari Semarang Ns. Diana Dayaningsih, Siswanto	Page 14-26
Application Of Hardware Capital Therapy To Improve The Quality Of Life With Hypertension In The Area Of Puskesmas Rowosari Semarang Ns. Margiyati Margiyati, Awaliyah Luthfiyah	Page 27-36
Application Of Therapy Brisk Walking Exercise Elderly Blood Pressure With Hypertension In The Puskesmas Ambarawa Samsuri Samsuri, Ns. Diana Dayaningsih	Page 37-48
Applicationof Blue Color Therapy To Reducing Stress Levels In The Elderly In The Area Puskesmas Rowosari Semarang Muhammad Wisnu Prayoga, Ns. Margiyati Margiyati	Page 49-56
Data Mining K-Means: Clustering Health And Complaints Resident In Indonesia Sri Wulandari, Husna Sarirah Husin, Wahyu Ratri Sukmaningsih	Page 57-63