

THE PROCEEDING
OF THE 10th INTERNATIONAL NURSING CONFERENCE



INTERNATIONAL NURSING CONFERENCE

“Tropical Health and Coastal Region Development”

*Mercure Hotel Surabaya
East Java, Indonesia*

April 6th - 7th 2019



Faculty of Nursing
UNIVERSITAS AIRLANGGA
Excellence with Morality

In Collaboration with:



UNIVERSITY
OF MALAYA

The Proceeding of 10th International Nursing Conference
Theme : Tropical Health Coastal Region Development.

Fakultas Keperawatan Universitas Airlangga



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The 10th International Nursing Conferenc 2019
"Tropical Health Coastal Region Development"

PREFACE

Praise the presence of Allah SWT, for his mercy so that Faculty of Nursing Universitas Airlangga can produced the proceedings of the 10th International Nursing Conference with the theme "Tropical Health Coastal Region Development". This conference was held on 6-7 April 2019 in Surabaya

This proceeding book contains a number of research articles and literature reviews in the fields of nursing and health. The article is the work of health workers and practitioners outside of health who have an interest in health. The article in this proceeding was presented at the 10th International Nursing Conference event at the Grand Mercure Hotel Surabaya

Hopefully this proceeding book can provide benefits for the development of science, policy, methods of intervention and technology, especially in the field of nursing. In addition, this proceeding is expected to also be a reference for the development of Indonesia's health sector. Finally, we thank all those who have played a role and participated in this international conference. We apologize for the things that are not pleasing. We will wait for constructive suggestions and criticism for the sake of the perfection of this proceeding books.

Surabaya, Desember 2019

Chairman of 10th INC

GREETING FROM THE CHAIR PERSON OF THE 10th INC 2019

Assalamu'alaikum Warahmatullahi Wabarakatuh

The honorable Rector of Universitas Airlangga
The honorable Dean of Faculty of Nursing, Universitas Airlangga
The honorable Head of Co-Host Institutions
Distinguished Speakers and all Participants

Praise the presence of Allah SWT, for his mercy so that Faculty of Nursing Universitas Airlangga can organized The The 10th International Nursing Conference 2019 “Tropical Health Coastal Region Development”. Welcome to Surabaya, The City of Heroes Indonesia. On behalf of the Organizing Committee. I would like to extend our warmest welcome to you at The 10th INC 2019. This annual conference is the tenth event after the ninth has been successfully conducted in 2018.

This conference is organized by Faculty of Nursing Universitas Airlangga with cooperation of three nursing institutions throughout the nation. These institutions including, Universitas Islam Sultan Agung Semarang, STIKES Pemkab Jombang, and Universitas Muhammadiyah Surabaya. Once more aims to elaborate with the aforementioned institutions and international universities through holding an international nursing conference. The international universities include: La Trobe University (Australia), University of Malaya (Malaysia), National Cheng Kung University (Taiwan) and Edinburgh University (Scotland).

The conference aims to provide a forum for researchers, lecturers, nurses, students both from clinical and educational setting, regional and overseas area. We have accepted 333 abstracts for oral and poster presentation coming from different universities from many countries. Moreover, I would like to announce that Proceeding of this International Nursing Conference will be submitted to SCOPUS. The selected papers will be submit at Journal Ners and online ISSN proceeding.

The committee extent very kind thank to all participants for the success of the conference. Finally the success of this conference lies not only in the quality of papers but also on the dedicated team work of the organizing and scientific committee. Finally, I would like to thanks to all speakers, participants, and sponsors from Jaya Kelana Abadi CV so that this conference can be held successfully. Please enjoy the international conference, I hope we all have a wonderful time at the conference. Thank you.

Wassalamu 'alaikum Warahmatullohi Wabarokatuh

Dr. Abu Bakar, M.Kep., Ns., Sp.Kep.MB
The 10th INC 2019 Chair Person

OPENING REMARK FROM THE DEAN OF FACULTY OF NURSING

Assalamu'alaikum Warahmatullahi Wabarakatuh

The Honorable Rector of Universitas Airlangga, The Honorable Head of Co-Host Institutions, The Honorable Chief of Indonesian National Nurses Association (INNA), The Honorable Chief of Association of Indonesian Nurse Education Center (AINEC), Distinguished Speakers, and All Participants.

First of all, I would like to praise and thank Allah SWT for the blessing and giving us the grace to be here in a good health and can hold this conference together.

Secondly, it is a great privilege and honor for us to welcome every one and thank you for your participation and support for The 10th International Nursing Conference 2019 “Tropical Health Coastal Region Development”. The INC topics presented in this conference cover Public Health and Policy, Epidemiology, Food Nutrition and Health, Medical Microbiology, Molecular Biology, Pharmacological Aspect and Treatment, Tropical Diseases, Health Law and Policy.

The Industrial Revolution 4.0 is a new challenge not only in technology but also in the field of tropical health coastal region development. Industrial Revolution in Indonesia starting with improving the competence of human resources through the link and program match between industrial education. Faculty of Nursing Universitas Airlangga got accreditation A (Excellent) for Bachelor and Master Degree. We already got accreditation of AUN (ASEAN University Network). Today, we are preparing for next Accreditation Agency for Degree Programs in Engineering, Informatics/Computer Science, the Natural Sciences and Mathematics (ASIIN)'s international accreditation. Most of our lecturers already have Scopus ID and we have many of doctoral degree lecturers. We will launch Double Degree Joint Program with University of Malaya for Master Degree and with La Trobe University for Doctoral Degree soon. We have our own journal that is Jurnal Ners which has been accredited as a 2nd Grade Scientific Journal by the Ministry of Science, Research, Technology and Higher Education of Indonesia since 2010. Jurnal Ners indexed in major databases, such as Directory of Open Access Journal (DOAJ), Index Copernicus International (ICI), ASEAN Citation Index (ACI), PKP Index, Science and Technology Index (SINTA), WorldCat, Indonesian Publication Index (IPI), Google Scholar, Bielefeld Academic Search Engine (BASE), and will be indexed by SCOPUS soon.

Along with Universitas Airlangga vision to become a world class university and enter top World University Ranking, Faculty of Nursing, participates actively in reaching the vision. To achieve World Class University ranking, faculty needs to meet the standards of World's top Universities such as Academic reputation, employer reputation, publication, faculty standard ratio, international students and exchange. International Nursing Conference is one of the few strategies that have been implemented by the faculty to increase publication standard.

Finally, I would like to thank to all speakers, participants, and sponsors that helped the success of this event. I hope that this conference having good contribution in increasing the quality of research. Many thanks to the organizing and scientific committee of INC 2019 who have worked very hard to run the conference. We thank our participants to present their research papers, to share extensively and exchange of ideas thoughts and discussions so that this conference facilitates the formation of networks among participants. Please enjoy the international conference. I hope, we all have a wonderful time at the conference and your presence in Surabaya would be a memorable one. Thank you.

Wassalamualaikum Warahmatullahi Wabarakatuh

Prof. Dr. Nursalam, M.Nurs (Hons)

Dean, Faculty of Nursing Universitas Airlangga

WELCOME SPEECH FOR PROCEEDING BOOK OF THE 10 INTERNATIONAL NURSING CONFERENCE 2019 BY RECTOR OF UNIVERSITAS AIRLANGGA

Universitas Airlangga is strongly committed to significantly contribute to the development of health science globally by providing quality academic engagements. This includes improving our teaching-learning processes, academic mobility, research activities as well as community development. Aligned with this aim, it is a great honour for Universitas Airlangga to host The 10th International Nursing Conference 2019 “Tropical Health Coastal Region Development”

We are now in the Industrial Revolution 4.0 at which we must be prepared for a disruption era of technology. Referring to the medical and health problems and the disruptions, we all have to be ready to combine physical domains, digital, and biology. This combination leads to Artificial intelligence, new materials, big data, robotics, nanotech and biotech, augmented reality and genetic editing. We will face constant changes, uncertain and unpredictable future where there will be a deep shift from physical to virtual, human to automation and robotic, and intermediacy to disintermediacy. I believe at this moment we are facing these shifts in the medicine and health sciences. Thus, the conference focuses on Tropical Health Coastal Region Development.

The conference is addressed to answer global challenges on how universities, institutions, organizations in higher education can give their contributions to the global medical, health, and policy issues that have been emerging for years. This conference invites more than one hundred scholars including academics, researchers, and professionals from all over the world, to share their ideas, thoughts and current research. Thank you for the warm support given by our partners and our faculty of nursing for the purpose of strengthening academic and research collaboration through this conference. Universitas Airlangga is hoping that this collaboration will continue to be fruitful for many years ahead, and bring success to you and Universitas Airlangga.

This conference brings all scholars to work together, coming up with excellent ideas presented in plenary and parallel sessions. In addition, they can expand their networking for future collaborations that support the development of medical and health sciences. All in all, I hope that this conference will not only give insights to all of the parties, but it will also provide us more enlightenment to answer the challenges on the medical and health issues.

Thank you very much for your kind attention.

Prof. Dr. Mohammad Nasih, SE., MT., Ak., CMA.,
Rector of Universitas Airlangga

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Eka Mishbahatul Mar'ah Has., S.Kep., Ns., M.Kep.

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TIME SCHEDULE
10TH INTERNATIONAL NURSING CONFERENCE
Surabaya, 6-7 April 2019

DAY 1, SATURDAY 6th April 2019

TIME	ACTIVITY	PIC
07.00 - 07.40	Open Registration	Committee
07.40 – 07.45	Safety Breafing	
07.45 – 08.00	Opening Remarks <ul style="list-style-type: none"> • Indonesia Raya: National Anthem 	MC: Hidayat + Lingga NEVO
08.00 – 09.00	<ul style="list-style-type: none"> - Welcoming Show (Traditional Dance: Tari Saman): - Speech from Dean of The Faculty of Nursing, Universitas Airlangga - Speech from Rector Universitas Airlangga - Opening ceremony: Hit the Gong - Pray 	UK Tari MC Dr Ah Yusuf
09.00 – 09.50	Keynote Speaker Rector Universitas Airlangga	
09.50 – 10.00	- Certificate Conferment & Giving Souvenir	Dean FoN Unair
10.00 – 10.10	Coffee Break and Opening Poster Presentation	MC
Plenary Session I		
10.10 - 10.30 (20 minutes)	Speaker 1 Prof. Graeme D.Smith (University Of Edinburgh, Scotland) (Resilience in Nursing)	Moderator: Dr Ninuk DK Notulen: Ika Nur P Operator: M.Anwari
10.30–10.50 (20 minutes)	Speaker 2 Prof. Miaofen, PhD, RN, FAAN (National Cheng Kung University, Taiwan) (Care of Patients with Chronic Kidney Disease: a Research Trajectory)	
10.50 – 11.05 (15 minutes)	Speaker 3 Harif Fadhillah, S.Kp.,SH, M.HKes Head of Indonesian National Nurses Association (INNA) (The role of INNA in preparing members to enter the industrial revolution era 4.0)	
11.05 -11.20 (15 minutes)	Speaker 4 Dr. Muhammad Hadi, M.Kep Head of Association Indonesian Nurse Education Center (AINEC) (The New Paradigm of Nursing Education towards the digital era)	
11.20 – 11.35 (15 minutes)	Plenary Discussion	Vice Dean 1 FoN Unair
	Conferment of certificates	

11.35 – 12.35 (60 minutes)	Poster Presentation 1	Committee
	Pray Time & Lunch Break	Committee
Plenary Session II		
12.35 – 12.55 (20 minutes)	Speaker 5 Prof. Lisa McKenna (La Trobe University, Australia) (Interprofessional education and collaboration for tropical and regional health)	Moderator: Eka M Notulen: Yuanita W (UMS)
12.55 – 13.15 (20 minutes)	Speaker 6 Prof. Khatijah Lim Abdullah, PhD (University of Malaya, Malaysia) (Building population health in the 21 st century nurses roles)	Operator: M.Anwari
13.15 - 13.25 (10 minutes)	Speaker 7 Dr. Mira Triharini, S.Kp, M.Kep (Faculty of Nursing Universitas Airlangga) (Anemia prevention behavior with self determination in pregnant women)	
13.25-13.35 (10 minutes)	Speaker 8 Dr. Rizki Fitryasari, S.Kep.,Ns.,M.Kep (Faculty of Nursing Universitas Airlangga) (Family resiliency model : the way to manage stress and escalate family function while treating schizophrenia patient)	
13.35-13.50 (15 minutes)	Plenary Discussion Conferment of certificates	Moderator Vice Dean 2 FoN Unair
Plenary Session III		
13.50 – 14.10 (20 minutes)	Speaker 9 Chong Mei Chan PhD (University of Malaya, Malaysia) (The prospect of industrial Revolution 4.0 and care of older person)	Moderator: Ferry E, PhD Notulen:RR Dian Operator: M.Anwari
14.10 – 14.30 (20 minutes)	Speaker 10 Dr. Sonia Reisenhofer (La Trobe University, Australia) (Increasing Globalisation in Nursing – are there benefits for the profession and our patients)	
14.30 – 14.40 (10 minutes)	Speaker 11 Dr. Andri SetiyaWahyudi, S.Kep.,Ns.,M.Kep (Faculty of Nursing Universitas Airlangga) (Self care and eccentric exercise in type 2 diabetes mellitus)	

14.40 – 14.50 (10 minutes)	Speaker 12 Dr. IkaYuni Widyawati, M.Kep,Ns,Sp.Kep.MB (Faculty of Nursing UniversitasAirlangga) (Dialysis Patients Empowerment Model Centered on Nurse-Patient Interaction-Transaction on Biologic and Biochemical Markers (A Pilot Project)	
14.50-15.05 (15 minutes)	Plenary Discussion	Moderator
	Conferment of certificates	Vice Dean 3 FoN Unair
15.05-15.35 (30 minutes)	Pray Time & Cofee Break	Committee
Plenary Session IV		
15.35-15.55 (20 minutes)	Speaker 13 Assist Prof. Esther Ching Lin Lan (National Cheng Kung University, Taiwan) (Stigma Related Issues in Chronic Mental Illness)	Moderator : Dr. Yuni Sufyanti
15.55-16.05 (10 minutes)	Speaker 14 Pepin Nahariani, S.Kep, Ns., M.Kep : Stikes Pembabak Jombang (Nursing Student Interest to Work Overseas: mix method study)	Notulen : Rista F
16.05-16.15 (10 minutes)	Speaker 15 Ns. Sri Wahyuni, M.Kep.,Sp.Kep.Mat : Universitas Islam Sultan Agung Semarang (Unisulla) (Nurses Program as an Efforts to Increase Competence Test Graduation)	Operator : M Anwari
16.15-16.25 (10 minutes)	Speaker 16 Yuanita Wulandari, S.Kep, Ns, MS : Universitas Muhammadiyah Surabaya (UMS) (QoL Women Living with HIV/AIDS in Surabaya)	
16.25-16.40 (15 minutes)	Plenary Discussion	
16.40-16.50 (10 minutes)	Conferment of certificates	Moderator
	Closing Day 1	Vice Dean 3 FoN Unair
		Dean of The Faculty of Nursing

DAY 2, SUNDAY 7th April 2019

TIME	ACTIVITY	PIC	VENUE
07.30–08.00	Open Registration	Committee Room 8: Surabaya	Hotel Mercure Grand Mirama 2nd floor Room 1: Paris Room 2: Sidney Room 3: Bangkok Room 4: Sanghai Room 5: Tokyo 3rd floor Room 6: Hongkong 5th floor Room 7: Jakarta

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MENTAL HEALTH STATUS OF COASTAL POPULATION IN THE REGION OF CENTRAL JAVA’S CAPITAL

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ABSTRACT

The development of coastal populations has not shown progress compared to other community groups. Indonesian statistics show that 25% of the poor are coastal communities. This condition has an impact on mental health which affects their quality of life. Therefore, this study aims to identify the mental health conditions of coastal communities in general, especially the symptoms of psychological stress. This research is an observational descriptive study with a survey approach on coastal communities in Kemijen as a population. The number of samples is 224 male population aged 20-55 years randomly selected. This study used Kesstler-10 to measure the level of psychological stress. It is known that 7% have moderate mental disorders and 18.7% tend to have mild mental disorders. The biggest symptoms detected are depression, anxiety, and restless. Another important finding from observations is that people tend to have violent behaviour both individually and in groups as coping with problems. This result illustrates that the community needs mental health education. It is necessary to conduct in-depth research on the findings of this study and also increase Government efforts for the welfare of the community by realizing mental health services for coastal communities.

Keywords: mental health, coastal populations, psychological distress

1. Introduction

Fishing groups in Indonesia need special attention in terms of health development efforts. Data from the Central Bureau of Statistics (BPS)[1] in 2018 showed that Indonesia has around 15.32 percent of its administrative areas at the village level in coastal areas. For development needs and policy making at the macro level, the residents living in areas on the seafront are often analogous to coastal communities. Coastal and marine areas have an important role as they form space structures in the Indonesian archipelago, as well as having economic and politic importance. They need to be harmonized and synergized so as not to cause conflicts of interest, environmental degradation and the inefficient and effective use of resources[2].

Some studies say that the problems of various fields - whether they be environmental, social, economic, inequality, climate and health - have plagued coastal communities [3,4,5] . Several studies [6],[7] state that physical environments such as the existence of healthy houses, the standards of the latrines and irregular waste disposal are a big problem and also sometimes the sea itself is considered to be a trash can. All of these factors will have an impact on both physical and mental health.

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Economic problems and poverty which eventually have an effect on the emergence of criminality are increasingly high, which is also a part of the problem in coastal areas. Therefore, it can be concluded that crime, bad habits, the emergence of thuggery and other behavior deviations are responses to existing problems then make the fishermen's adaptability decrease and their resilience decline ^[4].

The study conducted by Erik et al.^[8] shows that coastal communities have a high level of anxiety and depression with problems of domestic violence due to economic factors. A low economy is often a broken circle of society where mental health is an important part of it.

The things mentioned above are the factors that can threaten and endanger individual welfare and trigger the emergence of psychological distress^[9]. Psychological distress, according to Fawcett ^[10], is psychological and physical and it arises because of the inability to manage stress continuously. This stress, according to Lazarus and Folkman, is part of the relationship between the individual and the environment in which the individuals feel a pressure that is heavy or beyond the ability that is owned by them, so it threatens his well-being^[11]. Therefore, stress arises as a psychological response to every situation that threatens him. If what emerges is a response that is a negative tendency, then this is called distress. This will result in decreased self-capacity ^[12]. This condition will greatly affect the community's welfare. Therefore, it is important to identify the psychological distress of coastal communities so then early prevention can be implemented. In addition, this is done to prevent the emergence of more severe consequences.

As an area located in the Coastal City of Semarang, Kemijen is often faced with the presence of tidal water (rob) inundating the surrounding settlements. Every five and ten years, the villagers have to pay for the raising of their houses because of the land subsidence process. The economy of the residents is in the lower middle level and on the poverty line. These conditions make them not really care about their environment properly. The absence of waste management facilities also contributes to disaster. The accumulation of plastic waste in the irrigation canals clogs the sewage water flow, causing flooding when it rains. In addition, the condition of the home environment is poorly organized and unsanitary, making it difficult for people to get clean water and other public facilities.

With a total population of 13413 habitants and an area of 120.90 km², this area is a fairly dense urban village. Kemijen is divided into two by Banger and the number of ponds / fish ponds along the edge of the railroad tracks leading to Semarang Tawang station. Overall, the profession of the people in this community is not only fishermen but it also includes entrepreneurs, drivers, freelancers, temporary employees, civil servants, laborers, scavengers, vagabonds, and pedicab drivers. This area has had a bad label attached to it, namely as being a village of pickpockets, thieves and bad boys.

2. Methods

This research was an observational descriptive study with a survey approach. The purpose of this study was to identify the mental health status of the coastal community of Kemijen, Semarang, Central Java, in 2018. The sample of this study consisted of randomly selected men aged 18-55 years. The research sample totaled 224. This study used the Psychological distress scale (K10) made by Kessler and Mroczek (1994). This measurement tool was used to see psychological distress in the

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population. K10 consists of 10 items containing distress symptoms over the past month. The scores will range from 10 to 50. The higher the score, the worse the respondent's mental health. There are 4 categories including well mental disorder, mild mental disorder, moderate mental disorder and severe mental disorder. The analysis method of the data used was univariate^[13,14].

3. Results

Table 1. Frequency and percentage of the mental health categories.

Category	Well	Mild	Moderate	Severe	Total
Frequency	164	42	15	3	224
Percentage (%)	73	18.7	7	1.3	100

Table 2. Kesstler-10 by respondent

K-10 Questions	Tired ^a	Anxiety	Calm ^b	Hopeless	Restless	Sit Still ^c	Depressed	Effort ^d	Cheer ^e	Worthless
None of the time	153	17	140	134	38	198	19	143	185	197
A little of the time	56	30	48	68	33	16	26	44	32	21
Some of the time	13	29	19	19	37	10	33	15	7	4
Most of the time	2	124	15	3	106	0	130	21	0	2
All of the time	0	24	2	0	10	0	16	1	0	0
Total	224	224	224	224	224	224	224	224	224	224

^aFeeling Tired Out For No Good Reason

^bCan't Calm Down..

^c Can't Sit Still Because Of Restless

^dFeeling That Everything Takes Effort

^eFeeling So Depressed That Nothing Could Cheer You Up

A total of 224 residents completed the K-10 questionnaire. Table 1 provides the grouping of the K10 scores based on the four mental status categories as well as the percentages. A total of 3 participants (1.3%) had a severe mental disorder but vice versa, most people (73%) are in a well condition regarding mental disorders; this is good news.

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The responses from each of the K10 questions have been illustrated in Table 2. The responses to anxiety that received the most response (at all times) and that functioned as the highest negative screen in the area represents 10.7% of all participant responses (n = 24/224). Conversely, many participants reported that they never felt any symptoms. More than 68% reported never feeling tired for an unclear reason, 59% reported never feeling discouraged, 62.5% reported feeling calm, 82.5% reported never having felt so depressed that no one could comfort them, 63.8% reported never feeling that everything needed to involve effort and 87.9% reported never feeling worthless.

4. Discussion

Overall, this study found that 73% of people were in a well state regarding mental disorders, and those experiencing mild disorders was around 18.7%. However, the emotional mental disorders with the symptoms of depression, anxiety and restlessness were high in this region. Depression is far higher than the national average of 6.1 per 1000 population ^[15], while this region found that 6 out of 225 experience it. Anxiety was the most common symptom detected. This finding is reasonable due to the complexity of the problems in the area. The results of the interview stated that the thought of the topography of the region, the weather and the future of their family, especially their children, were the main reasons that gave them grave anxiety.

Anxiety was the most dominant symptom of psychological distress. This is in line with the study conducted by Asugeni et al., where almost all of the respondents (90%) reported that sea level rise affected them and their families and that it caused fear and concern both personally and within the community ^[16]. Four themes emerged from the qualitative analysis: experience about the physical impact of climate change, worry about the future, adaptation to climate change and the responses from the government to help them.

However, there are interesting things that can be seen from other symptom data such as hopelessness and worthlessness, which are not significant enough to be seen of as psychological distress. The interview results indicated that most said that they believe that God always guarantees sustenance, so they did not stop trying and still felt useful within their family. The finding of Alexandra's study was that the fishing community realize that their work depends on nature and the weather, so they feel powerless and unable to change the circumstances of their daily life^[4]. On the other hand, there are many inhabitants who depend on the help of institutions and on the government. The residents think that waiting for and seeking help is one form of gaining money.

The residents of Kemijen Village also have varied jobs such as entrepreneurs, fishermen, drivers, freelancers, temporary employees and civil servants. The varied work conditions have a positive effect on their social condition. They can provide broad insights by allowing for the exchanging of ideas when gathering at the Ronda Post or in other non-formal activities. Therefore the symptoms of psychical distress are not very obvious.

The complexity of the problem does not create the tendency of the community to be depressive, but rather, it has an impact on violent behavior. Even though it cannot be generalized, it is noted that there are many juvenile delinquents in this village and that they are quite disturbing to the residents.

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One of the ways that they manifest this trouble is by brawling. There are also quite a number of thugs and they are usually motivated by unemployed people and teenagers who are raised in broken homes. This group has a poor pattern of community relations because it usually carries out forms of violence against other citizens, both young and old. This is in addition to groups of thugs who cause unrest.

Research conducted by Hasanah found that the level of aggressiveness of coastal communities was higher than further inland^[17]One of the trigger factors is an external factor in the form of the geographical environment ^[18]. Every individual has the potential to be aggressive but at different levels. Bus and Perry divided aggressiveness into four parts; physical aggression, verbal aggression, anger and hostility ^[19]. This is the same condition as occurred in this research area.

The economy factor and the low level of education triggers an increase in the crime rate. This situation is quite difficult to change because of the paradigm of the people who tend to be practical and pragmatic. The economic condition of the people of Kemijen, which has an average middle to lower education level, makes it difficult for every citizen to think of other things besides the economic condition of their families. Many teenagers drop out of school and end up consuming drugs and "ngelem" (breathing in glue vapor or other similar substances to get a hangover sensation), which is common among school-age children. Among the parents (fathers), they like to drink, all of which has an effect on theft and fighting.

The above condition is called mass distress. This is because the response shown to the stressor produces negative consequences that are unhealthy and destructive ^[20]. Another negative thing is that the bad condition belongs to the community. Social relations disorders affiliated with unemployment contribute to the appearance of distress. Distress can reflect the individual's narrative about the problems faced and their interpersonal interactions in the socio-cultural context.

The study found that health problems in coastal communities are influenced by environmental, social and behavioral factors. This study found that the environment in coastal areas tended to be poor from almost all sides^[21]. This is the reason why the bad factors will affect the mental health of the individuals there. Taylor explained that when individuals successfully deal with stressors, they will feel challenged and experience little stress, but when his ability is not enough to deal with the stress and when it requires a lot of effort to solve it, then he will feel a lot of stress^[22].

Individual assessments related to things that have the potential to be sources of stress may vary. Individuals can consider the physical environment of their home as a source of stress, while other individuals consider it to be normal. Lazarus and Folkman mentioned that this is called secondary appraisal, which is the assessment of the individual's coping ability in the face of challenging situations which in the end means that the stress experienced by a person is a balance between primary appraisal and secondary appraisal^[11]. Primary appraisal is the determination of meaning when the individual is first exposed to environmental changes.

An interesting finding from this study is that the symptoms of distress were found more than the same characteristics in the same region, namely other coastal areas, according to a study conducted by Erik et al. in North Sulawesi^[8]. This is reasonable, because the researchers considered that the area of

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research at this time had a variety of problems that could affect the population's mental conditions, inclining them both toward depressive or violent behavior.

This study found that the mental health conditions of coastal communities in general were that 7% had moderate mental disorders and that 18.7% had mild mental disorders.. The biggest symptoms detected were depression, anxiety and restlessness. From this finding, it is necessary to conduct in-depth research on the findings of this study. There are community depressive conditions and violent behavior arising from the problems in coastal communities and also increasing the government efforts for the betterment of community welfare is important by realizing the importance of mental health services in health centers and their networks for fishing communities.

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