FACTORS INFLUENCING THE MOTIVATION OF POST-FRACTURE PATIENTS TO PERFORM EARLY MOBILIZATION IN THE DAPARTAMENT OF SURGERY HOSPITAL NACIONAL GUIDO VALADARES (HNGV) DILI IN 2023

Manuel da Costa Fernandes, Cooautor Lidia Gomes, Herminio Noronha, Isabel de Jesus Amaral, Acacio de Jesus, Leticia Freitas Babo
National University of Timor Lorosa'e. Department of Nurse
Email: fernandes.mf303@gmail.com,   lidia.gomes@untl.edu,   ntherminio@gmail.com, isabeldejesusamaral22@gmail.com, aqaino@gmail.com, leticiafbabo98@gmail.com.

Abstract

In today's era of modern globalization, there are many traffic accidents involving trauma and injuries/fractures. According to the World Health Organization, by 2022 traffic accidents will be the eighth cause of death for people aged 15 to 29 in the world. And according to the WHO in 2020 states that the incidence of fractures is increasing, disability is about 13 million people with a prevalence of 2.7%, fractures in 2019 are about 15 million with a prevalence of 3.2%, a prevalence of 3.8% due to traffic accidents. Based on WHO (2020) mortality because of accident traffic in Timor Leste reach 154 or 2.18% of all deaths. In 2023 from January until June about 119 patients with fracture which is 90 male and 29 female that have been treated in department of surgery HNGV Dili. To know the factors that influence the motivation of post-fracture patients to perform early mobilization in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023. This study used a quantitative analytic method with a cross-sectional approach using non-probability sampling techniques and Total sampling techniques with a total of 40 respondents. researcher identifies 40 fracture patients which are treated in department of surgery 60% with good family support, 52.5% with moderate pain process and another variable shows 67.5% with sufficient knowledge that influence the motivation of post-fracture patients to perform early mobilization. When analyze test with statistic *Spearman Rank Correlation* to X1 and Y have p value = 0,000 < 0,05 and have correlation 0.606 it's mean have a strong influence, X2 and Y have p value = 0,001 < 0,05 and have correlation 0.488 it's mean have a sufficient influence, X3 and Y have p value = 0,000 < 0,05 and have correlation 0.623 it's mean have a strong influence**.** This research shows that the results have a strong influence between family support factor, sufficient influence between pain factor and strong influence between knowledge factor that influence the motivation of post-fracture patients to perform early mobilization in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023.

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INTRODUCTION

In today's era of modern globalization, there are many traffic accidents involving trauma and injuries/fractures. Fractures are a common problem in all health care facilities around the world and have become the highest morbidity rate in both developed and developing countries (Guilis, 2013). Fracture is a break in the continuity of bone or bone that is no longer connected due to either trauma, pressure and pathological conditions or disease (Pelawi & Purba, 2019).

According to the World Health Organization, by 2022 traffic accidents will be the eighth / eighth cause of death for people aged 15 to 29 in the world. And according to the WHO in 2020 states that the incidence of fractures is increasing, disability is about 13 million people with a prevalence of 2.7%, fractures in 2019 are about 15 million with a prevalence of 3.2%, a prevalence of 3.8% due to traffic accidents (Mardiono et all, 2018).

Indonesia is the country in Southeast Asia with the most fracture cases of more than 1.3 million each year of the existing population, fracture cases in Indonesia with a prevalence of 5.5%.

Indonesia is also one of the countries in Association of Southeast Asia Nations (ASEAN), with the highest number of traffic accidents, and in the ASEAN Traffic Police forum in 2017 stated that there are six countries with high traffic accident rates, namely countries Thailand, Vietnam, Indonesia, Malasya, Filipina and Laos, Indonesia is in the third category with the highest traffic accident cases (Karnavian, 2017).

Based on WHO (2020) mortality because of accident traffic in Timor Leste reach 154 or 2.18% of all deaths. The age-adjusted rate is 14.12 out of 1000,000 population, which puts Timor Leste rank 102 in the world (WHO in Timor Leste).

In the period of 2021, the Timor Leste National Police through the Nacional Road Traffic Police unit registered a total of 779 traffic accidents, of which 23 deaths, 77 serious injuries and 379 minor injuries occurred in the city of Dili and 1,345 traffic accidents were registered, resulting in 63 deaths throughout the region (The Dili weekly news, 2022)

In 2023 from January until June about 119 patients with fracture which is 90 male and 29 female that have been treated in department of surgery HNGV.

In people's lives, physical activities that can cause fractures are mostly sports activities or physical exercises and traffic accidents. Post-fracture recovery efforts are mobilization, because the treatment is the general physical condition, most people who lack knowledge about mobilization due to lack of information available, finally decide to use traditional medicine because they think it's just a sprain (Muztofa D. Z, 2012)

Patient motivation to perform early mobilization is influenced by several factors such as age, history of previous surgery, disease / pain process, knowledge and lack of information from medical personnel. Factors that influence motivation are divided into intrinsic factors where there are needs, knowledge and extrinsic factors there are family support, environment and media (Fahra, 2017)

Fractures can cause physical disability if not treated properly and get good care, to avoid that all post-fracture patients must perform early mobilization quickly and according to the existing stages. The way to treat the disease is up to the patient's own motivation, knowledge of the patient including family support in addition to doctors, nurses the task of the patient and his family is very important for the recovery of the disease.

METHOD

This study used a quantitative analytic method with a cross-sectional approach using non-probability sampling techniques and Total sampling techniques with a total of 40 respondents.

RESULTS

1. Data analysis Characteristic

Table 1.1. Frequency Distribuition based on Gender of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023

No	GENDER	FREQUENSY	PERCENTAGE (%)
1.	F	6	15%
2.	M	34	85%
	TOTAL	40	100%

Based on table 1.1 Frequency distribuition according to gender of the respondents in department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023 showed that the majority were Male with 34 respondents and a percentage of 85% and minority were female with 6 respondents and a percentage of 15%.

Table 1.2 Frequency Distribuition based on aged of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023

No	AGED	FREQUENCY	PERCENTAGE (%)
1.	<20	11	27.5%
2.	20-35	15	37.5%
3.	>35	14	35.%
	TOTAL	40	100%

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Based on frequency Distribuition according to aged of the respondents in department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023 showed that the majority were aged 20-35 with 15 respondents and a percentage of 37.5% and minority were aged <20 with 11 respondents and a percentage of 27.5%.

Table 1.3. Frequency Distribuition based on education level of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023

No	EDUCATION LEVEL	FREQUENCY	PERCENTAGE (%)
1.	Illiteracy	4	10%
2.	Primary	4	10%
3.	Junior High School	9	22.5%
4.	Senior High School	17	42.5%
5.	University	6	15%
	TOTAL	40	100%

Based on table 1.3 Frequency distribution according to education level of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023 showed that the majority were Senior High School with 17 respondents and a percentage of 42.5% and minority were Illiteracy and Primary with the same 4 respondents and a same percentage of 10%.

Table 1.4. Frecuency Distribuition based on profession level of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023

NO	PROFESSION LEVEL	FREQUENCY	PERCENTAGE (%)
1.	Student	18	45%
2.	Agriculture	10	25%
3.	Seller	5	12.5%
4.	Public Agent	2	5%
5.	Private Agent	1	2.5%
6.	Unemployment	4	10%
	TOTAL	40	100%

Based on table 1.4 Frecuency Distribuition according to profession level of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023 showed that the majority were Student with 18 respondents and a percentage of 45% and minority were private agent with 1 respondent and a percentage of 2.5%.

Table 1.5. Frequency Distribuition based on treatment duration of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023

	Family Support Factor	Frequency	Percentage %
1.	Good	24	60%
2.	Sufficient	12	30%
3.	Less	4	10%
	Total	40	100%

NU.	TREATMENT DURATION	FREQUENCY	PERCENTAGE (%)
1	< 5 Days	12	30%
2	> 5 Days	28	70%
	TOTAL	40	100%

Based on table 1.5 Frequency Distribuition according to treatment duration of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023 showed that the majority were > 5 Days with 28 respondents and a percentage of 70% and minority were < 5 Days with 12 respondents and a percentage of 30%.

Table 1.6. Frequency Distribuition based on treatment quantity of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023

NO	TREATMENT QUANTITY	FREQUENCY	PERCENTAGE (%)
1	1st Time	34	85%
2	2nd Time	6	15%
	TOTAL	40	100%

Based on table 1.6 Frequency Distribuition according to treatment quantity of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023 showed that the majority were 1st Time with 34 respondents and a percentage of 85% and minority were 2nd Time with 6 respondents and a percentage of 15%.

UNIVARIABLE DATA ANALYSIS
Table 2.1 Family Support factor of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023

Based on to table 2.1 Frequency Distribuition according to Family Support factor of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023 showed that the majority were in a Good category with 24 respondents and a

percentage of 60% and minority were in less category with 4 respondents and a percentage of 10%.

Table 2.2 Pain Process Factor of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023

	Pain Process Factor	Frequency	Percentage %
1	Very Painful	15	37.5%
2	Moderately painful	21	52.5%
3	Mildly painful	4	10%
	Total	40	100%

Based on table 2.2 Frequency Distribuition according to Pain Process Factor of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023 showed that the majority were Moderately painful category with 21 respondents and a percentage of 52.5% and minority were Mildly painful category with 4 respondents and a percentage of 10%.

Table 2.3 Knowledge Factor of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023.

	Knowledge Factor	Frequency	Percentage %
1	Good	7	17.5%
2	Sufficient	27	67.5%
3	Less	6	15%
	Total	40	100%

Based on table 2.3 Frequency Distribuition accordnig to knowledge Factor of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023 showed that the majority were sufficient category with 27 respondents and a percentage of 67.5% and minority is less with 6 respondents and a percentage of 15%.

2.4 Post Fracture patient Motivation to perform early mobilization Factor of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023.

Table 2.4) Frequency Distribuition based Post Fracture patient Motivation to perform early mobilization

Motivation	Frequency	Percentage %

1	Good	28	70%
2	Sufficient	8	20%
3	Less	4	10%
	Total	40	100%

Based on table 2.4 Frequency Distribuition according to Post Fracture patient Motivation to perform early mobilization Factor of the respondents in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023 showed that the majority were Good category with 28 respondents and a percentage of 70% and minority were less category with 4 respondents and a percentage of 10%.

BIVARIATE DATA ANALYSIS

Table 3.1. Family Suport factor that influencing the motivation of post fracture patient to perform early mobilization in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023.

Table 3.1 Family Suport factor that influencing the motivation of post fracture patient to perform early mobilization

			Family Support	Motivation for mobilization
Spearman's rho	Family Support	Correlation Coefficient	1.000	.606[**]
		Sig. (2-tailed)	.	.000
		N	40	40
	Motivation for mobilization	Correlation Coefficient	.606[**]	1.000
		Sig. (2-tailed)	.000	.
		N	40	40

**. Correlation is significant at the 0.01 level (2-tailed).

Based on the results of the spearman rank correlation statistical test analysis in the table above with a P *value* **0.000 < 0.05** indicates that there is a significant influence and a correlation coefficient value is **0.606** it's mean there is strong influence between Family Suport factor and the motivation of post fracture patient to perform early mobilization in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023n surgical departament at HNGV Dili year 2023.

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Table 3.2 Pain process factor that influencing the motivation of post fracture patient to perform early mobilization in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023.

			Pain Process	Motivation for mobilization
Spearman's rho	Pain Process	Correlation Coefficient	1.000	.488[**]
		Sig. (2-tailed)	.	.001
		N	40	40
	Motivation for mobilization	Correlation Coefficient	.488[**]	1.000
		Sig. (2-tailed)	.001	.
		N	40	40
**. Correlation is significant at the 0.01 level (2-tailed).				

Based on the results of the spearman rank correlation statistical test analysis in the table above with a P *value* **0.001 < 0.05** indicates that there is a significant influence and a correlation coefficient value is **0.488** it's mean there is sufficient influence between pain process factor and the motivation of post fracture patient to perform early mobilization in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023n surgical departament at HNGV Dili year 2023.

Table 3.3 Knowledge factor that influencing the motivation of post fracture patient to perform early mobilization in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023.

			Knowledge	Motivation for mobilization
Spearman's rho	Knowledge	Correlation Coefficient	1.000	.623[**]
		Sig. (2-tailed)	.	.001
		N	40	40
	Motivation for mobilization	Correlation Coefficient	.623[**]	1.000
		Sig. (2-tailed)	.001	.
		N	40	40
**. Correlation is significant at the 0.01 level (2-tailed).				

Based on the results of the spearman rank correlation statistical test analysis in the table above with a P *value* **0.001 < 0.05** indicates that there is a significant influence and a correlation coefficient value is **0.623** it's mean there is strong influence between knowledge factor and the motivation of post fracture patient to perform early mobilization in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023n surgical departament at HNGV Dili year 2023.

DISCUSSION OF RESEARCH RESULTS

Factors influencing the motivation of post-fracture patients to perform early mobilization in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023 in surgical departament at HNGV Dili year 2023:

1) **Family Supoort Factor**

Based on research conducted on tuesday June 11-25, with a total of 40 respondents shows that there are 24 respondents with a percentage of 60% in good category, 12 respondents with a percentage of 30% in sufficient category and 4 respondents with a percentage of 10% in less category of family support factor.

This result showed that post fracture patient had a motivation to perform early mobilization because of influencing from family support, they need family to support them in their process of recuperation especially motivated them to perform a mobilization

Compared with the research result earlier done by Cecilia "factors influencing the motivation and mobilization post fracture patient in surgical room at HNGV, year 2017" showed that 50 respondents had 11 respondents with a percentage 22% were in good category, 37 respondents with a percentage 74% were in sufficient category and 2 respondents with a percentage 4% in less category of family support factor.

Family support is the behavior, and action accepting an individual in the family especailly emotional support, informational, evaluation and instrumental support (Friedman, 2013).

Family support is very important and influences the patient's recuperation process, patients mobilize not only because of their own will but can be influenced by family support such as husband, wife, siblings, parents , friends and even health workers (Taufik, 2017)

2) **Pain Process/injury**

Based on research conducted on tuesday June 11-25, with a total of 40 respondents shows that there are 15 respondents and a percentage of 37.5% in a very painful category, 21 respondents and a percentage of 52.5% in moderately painful category and 4 respondents and a percentage of 10% in mildly painful category.

This result showed that post fracture patient had a moderate pain and it doesn't really affect their motivation to perform early mobilization because most of them have been treated in the Hospital for more than one month, therefore they have started to encourage themselves to perform light mobilization such as sitting on the bed, etc.

Compared with the research result earlier done by Cecilia "factors influencing the motivation and mobilization post fracture patient in surgical room at HNGV, year 2017" showed that 50 respondents had 39 respondents with a percentage of 78% were in moderate painful category, 7 respondents with a percentage of 14% were in very painful category and 4 respondents with a percentage of 8% in midly painful o pain process/injury factor.

Pain process/injury will affecting patient strength to mobilize because it impacts their body system (Hidayat A. et all, 2014)

3. Knowledge Factor

Based on research conducted on tuesday June 11-25, with a total of 40 respondents shows that there are 7 respondents with a percentage of 17.5% in good category, 27 respondents with a percentage of 67.5% in sufficient category and 6 respondents with a percentage of 15% in less category of Knowledge factor.

Knowledge factor also influence post fracture patient in their process of recuperation, they had to know and understand what is mobilization until they try to doing it. Patient who with a lack of knowledge will be difficult to doing mobilization.

Compared with the research result earlier done by Raudhatul Ilham "factors associated with post-surgical patient compliance extremity fractures in ROM exercise in space Solok District Hospital in Patient Surgery 2014" showed that 32 respondents had 18 respondents with a percentage 56.3% were in good category and 14 respondents with a percentage 43.7% were in less category of knowledge factor.

Knowledge is a capacity from an individual to rethink or know the names, words, inspiration, formula, etc (Widyawati, 2020). Knowledge is the result of knowing and it occurs when a person has senses to an object. Senses occur through the five human sensory organ such as seeing, hearing, smelling, feeling and touching. Most of human knowledge is found through the eyes and ears (Notoatmodjo, 2018).

Lack of knowledge about mobilization will make patients afraid to mobilize and complications will arise (Waspadji, 2017)

4. Post Fracture patients motivation to perform early mobiliztion

Based on research conducted on tuesday June 11-25, with a total of 40 respondents shows that there are 28 respondents with a percentage of 70% in good category, 8 respondents with a percentage of 20% in sufficient category and 4 respondents with a percebtage of 10% in less category.

In addition to the factors already menitoned, the motivation of the individuals also greatly affects their recuperation process. Patients have good motivation to mobilize because they want to do their activities as usual.

Compared with the research result earlier done by Raudhatul Ilham "factors associated with post-surgical patient compliance extremity fractures in ROM exercise in space Solok District Hospital in Patient Surgery 2014" showed that 32 respondents had 18 respondents with a percentage 56.3% were in good motivation category and 14 respondents with a percentage 43.7% were in less motivation category of knowledge factor.

Motivation is the desire and need of an individual to motivate themselves to get or achieve something (Sunaryo, 2014).

5. **Relationship between influenced factor and motivation of post fracture patient to perform early mobilization in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023.**

a) **Relationship between family support factor and motivation of post fracture patient to perform early mobilization**

Based on research conducted on tuesday June 11-25, with a total of 40 respondents shows that the results of the spearman rank correlation statistical test analysis with a P *value* **0.000 < 0.05** indicates that there is a significant influence and a correlation coefficient value is **0.606** it's mean there is strong influence between Family Suport factor and the motivation of post fracture patient to perform early mobilization in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023n surgical departament at HNGV Dili year 2023.

This result showed that post fracture patient had a motivation to perform early mobilization because of influencing from family support, they need family to support them in their process of recuperation especially motivated them to perform a mobilization

In addition to doctors, nurses including medical personnel, the role of the family is very important for the healing process, family has a role to plan, direct, advise and assist the needs of patients to overcome existing problmes (Ambarwati, 2019).

b) **Relationship between pain process/injury factor and motivation of post fracture patient to perform early mobilization**

Based on research conducted on tuesday June 11-25, with a total of 40 respondents shows that the results of the spearman rank correlation statistical test analysis with P *value* 0.001 < 0.05 indicates that there is a significant influence and a

correlation coefficient value is 0.488 it's mean there is sufficient influence between pain process factor and the motivation of post fracture patient to perform early mobilization in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023 in surgical departament at HNGV Dili year 2023.

This result showed that post fracture patient had a moderate pain and it doesn't really affect their motivation to perform early mobilization because most of them have been treated in the Hospital for more than one month, therefore they have started to encourage themselves to perform light mobilization such as sitting on the bed, etc.

Pain process/injury will affecting patient strength to mobilize because it impacts their body system (Hidayat A. et all, 2014)

c) Relationship between knowledge factor and motivation of post fracture patient to perform early mobilization

Based on research conducted on tuesday June 11-25, with a total of 40 respondents shows that the results of the spearman rank correlation statistical test analysis with P *value* 0.001 < 0.05 indicates that there is a significant influence and a correlation coefficient value is 0.623 it's mean there is strong influence between knowledge factor and the motivation of post fracture patient to perform early mobilization in the department of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023n surgical departament at HNGV Dili year 2023.

Knowledge factor also influence post fracture patient in their process of recuperation, they had to know and understand what is mobilization until they try to doing it. Patient who with a lack of knowledge will be difficult to doing mobilization.

Lack of knowledge about mobilization will make patients afraid to mobilize and complications will arise (Waspadji, 2017)

CONCLUSION

Based on research result about factors influencing the motivation of post-fracture patients to perform early mobilization in the dapartament of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023 result from 40 respondents, the researher concludes that :

Have a good family support factor with 24 respondents and a persentage of 60%, a moderate pain process factor with 21 respondents and a persentage of 52.5%, and a sufficient knowledge factor with 27 respondetns and a persentage of 67.5% for post fracture patient motivation to perform early mobilization in the dapartament of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023.

Have a strong influence with a correlation coefficient 0.606 between family support factor and post fracture patient motivation to perform early mobilization, a sufficient influence with a correlation coefficient 0.488 between pain process factor and post fracture

patient motivation to perform early mobilization, and a strong influence with a correlation coefficient 0.623 between knowledge factor and post-fracture patients to perform early mobilization in the dapartament of surgery Hospital Nacional Guido Valadares (HNGV) Dili in 2023

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