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# Table of Contents

## KEYNOTE ADDRESS

|                                                                                                                                 |    |
|---------------------------------------------------------------------------------------------------------------------------------|----|
| Combination of High-throughput Genomic Technologies and Bioinformatics for Molecular Characterization of Cancer .....           | 1  |
| <i>Eric Y. Chuang</i>                                                                                                           |    |
| A Brief Review on Existing Cyber-Physical Systems for Healthcare Applications and Their Prospective National Developments ..... | 2  |
| <i>Soegijardjo Soegijoko</i>                                                                                                    |    |
| Precision Dynamic Force Measurements using the Levitation Mass Method (LMM) .....                                               | 3  |
| <i>Yusaku Fujii</i>                                                                                                             |    |
| eHealth – Layers to Achieve Safe, Efficient and Cost Effective Solutions to Information Exchange .....                          | 4  |
| <i>Heather Grain</i>                                                                                                            |    |
| Microbial Landscape in Space Exploration.....                                                                                   | 8  |
| <i>Kazuhito Shimada</i>                                                                                                         |    |
| Developing Radio Astronomy at Bosscha Observatory.....                                                                          | 10 |
| <i>Taufiq Hidayat</i>                                                                                                           |    |

## PAPERS

|                                                                                                                            |    |
|----------------------------------------------------------------------------------------------------------------------------|----|
| How Health Information System Could Help The Leprosy Control Program in Indonesia?.....                                    | 16 |
| <i>Enny Rachmani, Chien Yeh Hsu, and Arif Kurniadi</i>                                                                     |    |
| Prototype Of 3D Reconstruction System For Ultrasound Imaging Modalities : Case Study Handmade Bone Phantom.....            | 21 |
| <i>Muhammad Qurhanul Rizqie, Widyawardana Adiprawita, and Tati R. Mengko</i>                                               |    |
| Simulation of a Smart Home Environment ..                                                                                  | 27 |
| <i>Arni Ariani, Stephen J. Redmond, David Chang, and Nigel H. Lovell</i>                                                   |    |
| Fabrication of Microfluidic Chips by Sandwiching Patterned Plastic Sheet by Microscope Slides ..                           | 33 |
| <i>Hendra Salim, Henri P. Uranus, and Endrowednes Kuantama</i>                                                             |    |
| Design of Rectangular Stacked Patch Antenna with Four L-Shaped Slots and CPW-Fed for WiMAX Application .....               | 39 |
| <i>H. Nornikman, F. Malek, N. Saudin, M. Md. Shukor, N. A. Zainuddin, M. Z. A. Abd Aziz, B. H. Ahmad, and M. A. Othman</i> |    |

|                                                                                                                                                                                                                   |     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Dual Layer Rectangular Microstrip Patch Antenna with H-Slot for 2.4 GHz Range Applications ..                                                                                                                     | 44  |
| <i>H. Nornikman, F. Malek, N. Saudin, N. A. Zainuddin, M. Md. Shukor, M. Z. A. Abd Aziz, B. H. Ahmad, and M. A. Othman</i>                                                                                        |     |
| Impedance of the Unit Cell of the Frequency Selective Surface At 2.4 GHz .....                                                                                                                                    | 49  |
| <i>M.Z.A. Abd. Aziz, M. Md. Shukor, M.K. Suaidi, B. H. Ahmad, M. F. Johar, S.N.Salleh, F.A. Azmin, and M. F. Abd. Malek</i>                                                                                       |     |
| Facial Feature Extraction on Pre and Post-operative Infant With NFCS and nCRF ..                                                                                                                                  | 54  |
| <i>Mira C. Kirana, I Ketut E. Purnama, Yoyon K. Suprpto, Mochamad Hariadi, and Mauridhi H. Purnomo</i>                                                                                                            |     |
| Facial Motion Capture with 3D Active Appearance Models ..                                                                                                                                                         | 59  |
| <i>Cahyo Darujati and Mochammad Hariadi</i>                                                                                                                                                                       |     |
| Thoracic X-ray Features Extraction using thresholding-based ROI template and PCA-based Features Selection for Lung TB Classification Purposes .....                                                               | 65  |
| <i>Ratnasari N. R, Adhi Susanto, Indah Soesanti, and Maesadji</i>                                                                                                                                                 |     |
| Comparison on IV Characteristics Analysis between Silicon and InGaAs PIN Photodiode ..                                                                                                                            | 70  |
| <i>T. S. M. Arshad, M. A. Othman, N. Y. M. Yasin, S. N. Taib, M. M. Ismail, Z. A. F. M. Napihah, H. A. Sulaiman, M. N. Hussain, M. A. Meor Said, M. H. Misran, and R. A. Ramlee</i>                               |     |
| Variable Junction Temperature Analysis in Silicon IMPATT Diode ..                                                                                                                                                 | 76  |
| <i>T. S. M. Arshad, M. A. Othman, N. Y. M. Yasin, S. N. Taib, Z. A. F. M. Napihah, M. N. Hussain, Y. Abd. Rahim, A. N. Che Pee, M. M. Ismail, M. H. Misran, M. A. Meor Said, H. A. Sulaiman, and R. A. Ramlee</i> |     |
| An Analysis of Dielectric Constant of Pharmaceutical Medicines using Microwave Radiation Exposure ..                                                                                                              | 80  |
| <i>M. A. Othman, P.N.M.M.M Noor, T. S. M. Arshad, N. Y. M. Yasin, S. N. Taib, M. M. Ismail, M. H. Misran, M. A. Meor Said, H. A. Sulaiman, and R. A. Ramlee</i>                                                   |     |
| An Analysis of Low Pass Filter Using Bowtie Defected Ground Structure (DGS) at 10 GHz for Radar Application .....                                                                                                 | 85  |
| <i>S. N. Taib, M. A. Othman, W.N.A. Makhzan, T. S. M. Arshad, N. Y. M. Yasin, M. M. Ismail, M. H. Misran, M. A. Meor Said, H. A. Sulaiman, and R. A. Ramlee</i>                                                   |     |
| Radio Frequency Identification (RFID) Controller using Zigbee Technology for Reducing Machine Connection Failure ..                                                                                               | 90  |
| <i>T. S. M. Arshad, M. A. Othman, M. Esro, H. Mohd Fauzi, M. F. Johar, M. Z. A. Abd Aziz, N. Y. M. Yasin, and S. N. Taib</i>                                                                                      |     |
| X Band Parallel Coupled-Line With Dumbbell DGS Filter For Radar Applications .....                                                                                                                                | 94  |
| <i>S. N. Taib, M. A. Othman, M. A. Mior Hamdan, N. Y. M. Yasin, T. S. M. Arshad, M. Z. A. Abd Aziz, N. Hassan, and A. Salleh</i>                                                                                  |     |
| Miniaturized Paper Based Substrate Microstrip Antenna with Slot Configurations for Automotive Systems ..                                                                                                          | 100 |
| <i>W. N. Z. W. Salleh, M. Y. Ismail, and N. Misran</i>                                                                                                                                                            |     |

|                                                                                                                                                                                               |     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Distance Approximation using Pivot Point in Narrow Phase Collision Detection .....                                                                                                            | 106 |
| <i>Hamzah Asyrani Sulaiman, Mohd Azlishah Othman, Lizawati Salahuddin, Muhammad Noorazlan Shah Zainudin, Sani Irwan Md Salim, Mohd Muzafar Ismail, Abdullah Bade, and Mohd Harun Abdullah</i> |     |
| Hardware Design of Spatial Mapper for 1.73Gbps Multi-User MIMO System of IEEE802.11ac .....                                                                                                   | 111 |
| <i>Hendra Setiawan, Leonardo Lanante Jr, Masayuki Kurosaki, and Hiroshi Ochi</i>                                                                                                              |     |
| Design and Construction of Early Flood Warning System Through SMS based on SIM300C GSM Modem .....                                                                                            | 115 |
| <i>Endrowednes Kuantama, Pono Mardjoko, and Made Anggrezia Saraswati</i>                                                                                                                      |     |
| InGaAs/InP Avalanche Photodiode Performance Effect using Variation Guard Ring Structures .....                                                                                                | 120 |
| <i>S. N. Taib, M. A. Othman, Z. A. F. M. Napiah, M. N. Hussain, N. Y. M. Yasin, and T. S. M. Arshad</i>                                                                                       |     |
| Design and Implementation of Hardware-In-The-Loop-Simulation for UAV Using PID Control Method ... ..                                                                                          | 124 |
| <i>Sufendi, Bambang Riyanto Trilaksono, Syahron Hasbi Nasution, and Eko Budi Purwanto</i>                                                                                                     |     |
| The Effect of Sound Levels on Attention Deficit .. ..                                                                                                                                         | 131 |
| <i>MMM Aminuddin and I Mustaffa</i>                                                                                                                                                           |     |
| Development of Real-Time Precipitable Water Vapor Monitoring System .. ..                                                                                                                     | 135 |
| <i>Wayan Suparta and Kemal Maulana Alhasa</i>                                                                                                                                                 |     |
| Interval Type-2 Fuzzy Logic Controller of Heat Exchanger Systems .....                                                                                                                        | 141 |
| <i>Dwi Ana Ratna Wati and Putri Nurul Jayanti</i>                                                                                                                                             |     |
| A Bandpass Filter Based on Square Open Loop Resonators at 2.45 GHz .. ..                                                                                                                      | 147 |
| <i>Dian Widi Astuti, Juwanto, and Mudrik Alaydrus</i>                                                                                                                                         |     |
| Comparing Edge Detection Methods to Localize Uterus Area on Ultrasound Image .. ..                                                                                                            | 152 |
| <i>Retno Supriyanti, Dhea Adisti Putri, Eko Murdyantoro, and Haris B Widodo</i>                                                                                                               |     |
| Detection and Estimation of Weak Sine Waves with Random Offset and Additive Noise .. ..                                                                                                       | 156 |
| <i>Diego Bellan</i>                                                                                                                                                                           |     |
| Design of Wideband Antenna for RF Energy Harvesting System .. ..                                                                                                                              | 162 |
| <i>N. A. Zainuddin, Z. Zakaria, M. N. Husain, B. Mohd Derus, M. Z. A. Abidin Aziz, M. A. Mutalib, and M. A. Othman</i>                                                                        |     |
| Parallelization of Star Alignment .....                                                                                                                                                       | 167 |
| <i>Asril Adi S, Wisnu Ananta Kusuma, and Heru Sukoco</i>                                                                                                                                      |     |
| Application of ANFIS Model for Prediction of Zenith Tropospheric Delay over Antarctica .....                                                                                                  | 172 |
| <i>Wayan Suparta and Kemal Maulana Alhasa</i>                                                                                                                                                 |     |

|                                                                                                                                                                     |     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Magnetic Field Distribution Simulation on Two Permanent Magnet Rotor Discs<br>with Twelve Pole Pairs .....                                                          | 178 |
| <i>Prih Sumardjati Mulyaseputra, F. Danang Wijaya, Sasongko Pramono Hadi, and Suharyanto</i>                                                                        |     |
| Wiener Filter Based Channel Predictor Performance Improvement Using<br>Polinomial Extrapolation .....                                                               | 184 |
| <i>Rifan Budi Resmana, Rina Pudji Astuti, and Adit Kurniawan</i>                                                                                                    |     |
| The Quaternion-based Attitude Control System with an Augmented Dynamic .....                                                                                        | 190 |
| <i>Harry Septanto, Bambang Riyanto Trilaksono, Arief Syaichu-Rohman, Ridanto Eko Poetro, and<br/>Adrianto Ravi Ibrahim</i>                                          |     |
| Malaria Parasite Identification on Thick Blood Films Using Genetic Programming .....                                                                                | 194 |
| <i>I Ketut Eddy Purnama, Farah Zakiyah Rahmanti, and Mauridhi Hery Purnomo</i>                                                                                      |     |
| Design of Contactless Hand Biometric System With Relative Geometric<br>Parameters .....                                                                             | 199 |
| <i>A. Siswanto, P. Tarigan, and F. Fahmi</i>                                                                                                                        |     |
| Progress on Ligands effects in Porphyrin-based molecules in benzene solvent for<br>Photodynamic Therapy Applications .....                                          | 204 |
| <i>Vera Khoirunisa, Viny V. Tanuwijaya, Febdian Rusydi, Nugraha, and Hermawan K. Dipojono</i>                                                                       |     |
| Lie Detection in Interrogations Using Digital Signal Processing of Brain Waves .....                                                                                | 209 |
| <i>Samreen Amir, Nimrah Ahmed, and Bhawani Shankar Chowdhry</i>                                                                                                     |     |
| Decision Support System For Information Resources Quality As A Tool For Quality<br>Evaluation In Hospital .....                                                     | 215 |
| <i>Boy Subirosa Sabarguna, Anwar Soefi Ibrahim, Prasandya Astagiri Jusuf, and Ajeng<br/>Pramastuty</i>                                                              |     |
| Ozone Production by Dielectric Barrier Discharge Plasma for Microbial Inactivation<br>in Rice .....                                                                 | 221 |
| <i>Muhammad Nur, Aribat Solichin, Endang Kusdiyantini, Tri A. Winarni, Susilo, Dian Arif<br/>Rahman, Resti Maryam, Sosiowati Teke, Wuryanti, and Harjum Muharam</i> |     |
| Electrical Power Measurement Using Arduino Uno Microcontroller and LabVIEW .....                                                                                    | 226 |
| <i>Fransiska R.W., Septia E.M.P., Vessabhu W.K., Frans W., Abednego W., and Hendro</i>                                                                              |     |
| Modelling and Simulation of RKX200 Rocket Flight Dynamics ..                                                                                                        | 230 |
| <i>Alfi Nurhafid, Bambang Riyanto Trilaksono, Rianto Adhy Sasongko, Ahmad Riyadl, and<br/>Herma Yudhi Irwanto</i>                                                   |     |
| Modelling the Speed Control of Brushless DC Motor Base on Identification<br>System ..                                                                               | 237 |
| <i>Hidayat, Sasongko Pramono Hadi, Sarjiya, and Suharyanto</i>                                                                                                      |     |
| Image Processing as the Validation Method of Droplet Dispersion Modeling<br>Process .....                                                                           | 242 |
| <i>Narendra Kurnia Putra, Robert J. Dickinson, Jennifer H. Siggers</i>                                                                                              |     |

|                                                                                                                                                                    |     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Polyvinyl Alcohol – Calcite Hydroxyapatite Composite Reinforced with Catgut<br>Fibers for Biodegradable Bone Plates ..                                             | 246 |
| <i>Taha Ma'ruf, Widowati Siswomihardjo, Marsetyawan HNE Soesatyo, and Alva Edy Tontowi</i>                                                                         |     |
| Guided Rocket Navigation Design and Implementation on Hardware in Loop<br>Simulation ..                                                                            | 249 |
| <i>Ammar Novel, Bambang Riyanto Trilaksono, and Rianto Adhy Sasongko</i>                                                                                           |     |
| Design Technology in Wireless Mesh Network System for Eruption Disaster<br>Mitigation of Merapi Volcano ..                                                         | 255 |
| <i>Firdaus, Syarif Hidayat, Alvin Sahroni, Hendra Setiawan, and Rois Akbar</i>                                                                                     |     |
| A Validation Study on Muscle Activity Prediction of A Lower Limb Musculoskeletal<br>Model Using EMG During Normal Walking ..                                       | 260 |
| <i>A.D Wibawa, N. Verdonshot, J.G.M. Burgerhof, I.K.E Purnama, M.S Andersen, J.P.K Halbertsma, R.L.Diercks, G.J.Verkerke</i>                                       |     |
| Modeling of Tunneling Currents on Al/SiO <sub>2</sub> /p-Si MOS Capacitors with Nanometer-<br>Thick Oxides ..                                                      | 265 |
| <i>Budi Mulyanti, Lilik Hasanah, Arjuni B. Pantjawati, Hideki Murakami, and Khairurrijal</i>                                                                       |     |
| Simulation of Charge-Trapping Effect on Floating Gate Si/Ge/Si Quantum Dots<br>MOSFET Memory with High- $\kappa$ Tunnel Oxide ..                                   | 269 |
| <i>Adha Sukma Aji and Yudi Darma</i>                                                                                                                               |     |
| Retransmission Issue of SIP Session over UDP Transport Protocol in IP Multimedia<br>Subsystem – IMS ..                                                             | 273 |
| <i>Heru Pranoto and Ardian Ulvan</i>                                                                                                                               |     |
| Design and Implementation of 12 Lead ECG Signals Interpretation System ..                                                                                          | 278 |
| <i>Richard Mengko and Fredrick Sutjiady</i>                                                                                                                        |     |
| RTL Design of 4x4 MIMO Wireless LAN ..                                                                                                                             | 283 |
| <i>Andjas W. Ardiansyah</i>                                                                                                                                        |     |
| Three-loop Autopilot for Attitude Control System on Hardware In Loop<br>Simulation ..                                                                              | 286 |
| <i>Angga Irawan, Bambang Riyanto Trilaksono, Rianto Adhy Sasongko, and Herma Yudhi Irwanto</i>                                                                     |     |
| Temperature and Humidity Characteristic of Cassava Fermentation Process: A<br>Preliminary Study for Air Controlled Treatment for Cassava Fermentation Process..... | 292 |
| <i>Ely Aprilia, Deny Arief, Irvan Budiawan, Sasfan A. W., Estiyanti Ekawati, and Suprijadi</i>                                                                     |     |
| 2.5-D Visual Servoing Experiment using Adept Viper s850 ..                                                                                                         | 296 |
| <i>Akif Rahmatillah, Bambang R. Trilaksono, and Hilwadi Hindersah</i>                                                                                              |     |
| Brain Tumor Consistency Assessment using Digital Penetrometer and Diffusion<br>Weighted MRI ..                                                                     | 302 |
| <i>Dita Puspita Sari, Sigit Adi Kristanto, Rohmad Eko Wahyudi, Yanurita Dwihapsari, and Darminto</i>                                                               |     |

|                                                                                                                         |     |
|-------------------------------------------------------------------------------------------------------------------------|-----|
| Design Control Systems of the Out Diameter Finish Machine Based on Programmable Logic Controller ..                     | 307 |
| <i>Syahril Ardi, Agus Ponco, and Adli Fadli Kurnia</i>                                                                  |     |
| Development and Optimization of Instant Drink Formulation from Pineapple (Ananas cosmosus) Juice ..                     | 313 |
| <i>Steffi, Maruli Pandjaitan, and Hery Sutanto</i>                                                                      |     |
| Evaluation Of Acute Oral Toxicity Of Butterfly Pea Root Extract On Experimental Mice ..                                 | 317 |
| <i>Jessica Karta, Maruli Pandjaitan, and Min Rahminiwati</i>                                                            |     |
| Design of Shoe-Integrated Running Gait Analysis Device For Normal People Case Study ..                                  | 324 |
| <i>Megantara Pura, Barman Tambunan, and Aulia Arif Iskandar</i>                                                         |     |
| The Effect of Spray Dried Butterfly Pea (Clitoria ternatea L.) Leaf Extract on Alloxan-Induced Diabetic Mice ..         | 329 |
| <i>Henny Surya, Maruli Pandjaitan, and Abdullah Muzi Marpaung</i>                                                       |     |
| Performance Evaluation of VoIP and Video Streaming Over Wimax IEEE 802.15d and 802.15e ...                              | 334 |
| <i>Firdaus, Etika Nuraini, and Hendra Setiawan</i>                                                                      |     |
| A Review of Blackhole Attack in Mobile Adhoc Network ..                                                                 | 339 |
| <i>Satria Mandala, Abdul Hanan Abdullah, Abdul Samad Ismail, Habibollah Haron, Md. Asri Ngadi, and Yahaya Coulibaly</i> |     |
| Development of Biosignal Processing Algorithm For Pulse Wave Calculation ..                                             | 345 |
| <i>Astri Maria, Hasballah Zakaria, Tati R. Mengko, Richard K. Mengko</i>                                                |     |
| Radiation Dose Measurement on Computed Tomography Scanner Using Thermoluminescent Dosimeter ..                          | 349 |
| <i>Dwenda Dexiana and Muhammad Fathony</i>                                                                              |     |
| Integrating Line Tracking and 2D Haar Wavelet Response for Palmprint Identification ..                                  | 354 |
| <i>Novanto Yudistira, Imam Cholissodin, and Ahmad Afif Supianto</i>                                                     |     |
| Image Analysis for Correlation between Dental Panoramic and MicroCT to Measure Bone Density ..                          | 359 |
| <i>Hanifan Prafiadi, Azhari, Narendra Kurnia Putra, Suprijanto, and Fourier</i>                                         |     |
| Quantitative Image Analysis of Periapical Dental Radiography for Dental Condition Diagnosis.....                        | 363 |
| <i>Anita Ayuningtiyas, Narendra Kurnia Putra, Suprijanto, Endang Juliastuti, and Lusi Epsilawati</i>                    |     |
| Modeling and Simulation of Electroporation System with Measured Bioimpedance: Determining Parameters ..                 | 367 |
| <i>Warindi, Hamzah Berahim, Suharyanto, and Sasongko Pramono Hadi</i>                                                   |     |

|                                                                                                                                           |     |
|-------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Dynamic Pressure Modeling of Damper System for Fluctuation Flow .....                                                                     | 373 |
| <i>Putu Agus Aditya Pramana, Deddy Kurniadi, and Parsaulian I. Siregar</i>                                                                |     |
| Improved Target Detection in Phase-Coded Radar By Constrained Matching Pursuit Algorithm ..                                               | 377 |
| <i>Andriyan Bayu Suksmono</i>                                                                                                             |     |
| Measuring Acoustic Backscattering Strength of Underwater Target using High Frequency Sonar ..                                             | 381 |
| <i>Henry M. Manik</i>                                                                                                                     |     |
| The Development of A Simple Tool to Reduce the Sitting Time using Seeduino Stalker and LabVIEW ..                                         | 385 |
| <i>Dian Artanto</i>                                                                                                                       |     |
| Brain Signal Reference Concept Using Cross Correlation Based for Brain Computer Interface .....                                           | 388 |
| <i>Beni Rio Hermanto, Tati R. Mengko, Adi Indrayanto, and Ary S. Prihatmanto</i>                                                          |     |
| Basic Theory of Artificial Circular Resonator Encapsulated in a Circular Waveguide and Its Theoretical Analysis .....                     | 392 |
| <i>Hepi Ludyati, Andriyan Bayu Suksmono, and Ahmad Munir</i>                                                                              |     |
| Application Protocol Data Unit Implementation in E-Health Smart Card for Health and Medical Data Record .....                             | 396 |
| <i>Beni Rio Hermanto, Tati R. Mengko, Adi Indrayanto, and Taufiqur Rahman</i>                                                             |     |
| Smart Card Mobile Data Collection System Concept For Health and Medical Data Collecting Activities in Rural Area ..                       | 399 |
| <i>Beni Rio Hermanto, Adi Indrayanto, and Arif Sasongko</i>                                                                               |     |
| Extracting Blood Flow Parameters from Photoplethysmograph Signals: A Review .....                                                         | 403 |
| <i>Nedya Utami, Agung W. Setiawan, Hasballah Zakaria, Tati R. Mengko, Richard Mengko</i>                                                  |     |
| Preparation of PVDF Film Using Deep Coating Method for Biosensor Transducer Applied ..                                                    | 408 |
| <i>Ambran Hartono, Mitra Djamal, Suparno Satira, Herman, and Ramli</i>                                                                    |     |
| Indonesian Text-To-Speech Using Syllable Concatenation Approach: Speech Optimization ..                                                   | 412 |
| <i>Richard Mengko and Aulia Ayuningtyas</i>                                                                                               |     |
| Method for Frequency Estimation by Constant Gate Time ..                                                                                  | 416 |
| <i>Ryosuke Araki, Akihiro Takita, and Yusaku Fujii</i>                                                                                    |     |
| Feasibility Study on Image Reconstruction of Continuous Wave Domain Diffuse Optical Tomography for Quality Control on Seed Potatoes ..... | 421 |
| <i>Vebi Nadhira, Deddy Kurniadi, and E. Juliastuti</i>                                                                                    |     |
| Review of Digital Heart Sound Classification Methods via Artificial Neural Networks .....                                                 | 425 |
| <i>A.H. Salman, T.R. Mengko, R.K.W. Mengko, A.Z.R. Langi</i>                                                                              |     |

|                                                                                                        |     |
|--------------------------------------------------------------------------------------------------------|-----|
| Analysis of SQL Injection Attack in Web Service (A Case Study of Website in Aceh Province) ..          | 431 |
| <i>Rizal Munadi, T. Surya Fajri, Ernita Dewi Meutia, and Elizar</i>                                    |     |
| Mapping of Coronary Stent Demand of Several Hospitals in Indonesia and Its Forecasting ..              | 436 |
| <i>Alva Edy Tontowi, Putri Ikra, and Widowati Siswomihardjo</i>                                        |     |
| Scaffolds of Hydroxyapatite and Alginate Composite for Tissue Engineering: Microstructure Analysis ..  | 440 |
| <i>DJ. Indrani, E.Budianto, and BS. Purwasasmita</i>                                                   |     |
| Developing LED Light Curing Unitprototype by Combined Pulse Width Modulation: Ouput Beam Irradiance .. | 443 |
| <i>A. Sodri, T. Handoyo, and DJ. Indrani</i>                                                           |     |

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# The development of a simple tool to reduce the sitting time using Seeeduino Stalker and LabVIEW

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# The Development of A Simple Tool to Reduce the Sitting Time using Seeeduino Stalker and LabVIEW

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**Abstract** - This paper describes the development of a simple tool to record the sitting time of a user, and give a warning if his/her sitting time exceeds the specified time limit. The tool was mounted on a chair to make the user free from the hassle of carrying it. The tool was made using a Seeeduino Stalker, which is a microcontroller board for wireless sensor network, with data logger functionality. The tool was equipped with a pressure sensor, FSR, to determine whether the chair is occupied, and a Buzzer to provide a warning sign. LabVIEW software is used here to create a user-friendly display. By using the tool, it is expected that the user can reduce his/her sitting time.

**Keyword:** *reduce sitting time, Seeeduino Stalker, FSR, Buzzer, LabVIEW.*

## I. INTRODUCTION

In the article entitled "Sitting Time and All-Cause Mortality Risk in 222,497 Australian Adults", by Hidde et al, has founded that prolonged sitting is a risk factor for all cause mortality, independent of physical activity.

The same thing is also found in the article entitled "Sitting Time and Mortality from All Causes, Cardiovascular Disease, and Cancer". The author of this article, Peter et al, have provided evidence that daily time spent sitting was associated with an elevated risk of all-cause and cardiovascular disease mortality.

Similarly, a study titled "Role of Low Energy Expenditure and Sitting in Obesity, Metabolic Syndrome, Type 2 Diabetes, and Cardiovascular Disease" by Mark et al, reinforced the fact that prolonged sitting affects the health risks. The longer a person sits, the greater the risk to health.

As well as on a research titled "Deleterious Associations of Sitting Time and Television Viewing Time with Cardio metabolic Risk Biomarkers" by Alicia et al, has shown that sitting time and TV viewing time were deleteriously associated with cardio-metabolic risk biomarkers.

Therefore, the purpose of this paper is to develop a tool that can reduce the amount of the sitting time.

## II. SYSTEM HARDWARE

The tool developed in this study should have the following features:

- Able to detect the presence of someone who sits.
- Able to give a warning if his/her sitting time exceeds the specified limits.
- Able to record the sitting time data.

- The tool mounted on a wheeled chair. To make the chair can move freely, the equipment must be free from the power cable to the power cord and communication cable to the computer.

To achieve all the above features, the tool is developed with the following design:

- Using a pressure sensor, FSR (Force Sensing Resistor), which is placed on top of the seat cushion to detect whether someone is sitting. When a person sits, the value of pressure on the seat cushion will increase.
- Adding a Buzzer to give warning signals.
- Using a Seeeduino Stalker board to get data logger functionality with real time clock.
- A Seeeduino Stalker comes with Solar LiPolymer Ion Battery Charger, that could recharge itself by solar energy.
- By adding a Xbee, Seeeduino Stalker can communicate wirelessly with a computer.

Here is the implementation of the above design:



Fig. 1. The tool will be mounted on this chair



Fig. 2. A FSR sensor is placed on top of the seat cushion

Here is a schematic diagram of circuit that connects a FSR sensor and a Buzzer to ATmega328 microcontroller in a Seeeduino Stalker board:

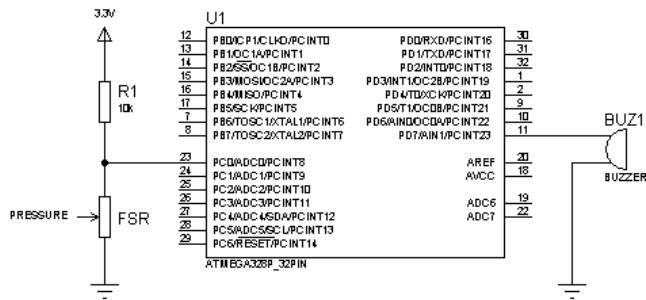


Fig. 3. A circuit shows connection between a FSR sensor, a Buzzer and ATmega328 microcontroller in Seeeduino Stalker board.

Here is a schematic diagram of the Seeeduino Stalker circuit board along with the component inside.

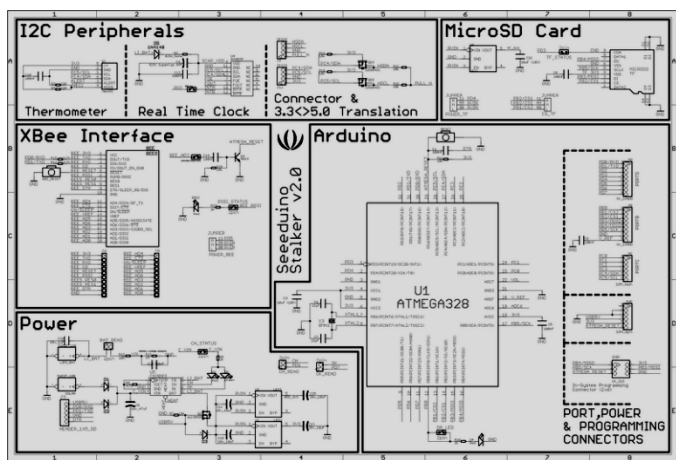


Fig. 4. Schematic diagram of the Seeeduino Stalker circuit board

Here is the entire component of the tool and each connection to the Seeeduino Stalker, including a Solar Cell, a Lippo Battery, a RTC (real time clock), a SDcard, a XBee, a Buzzer and a FSR.

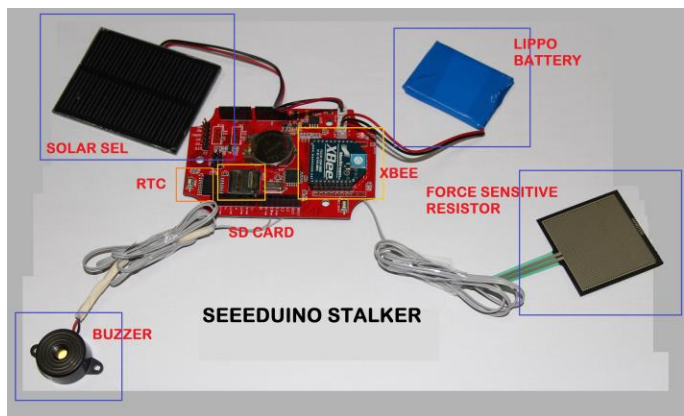


Fig. 5. Seeeduino Stalker connected with all components.

Here the circuit was placed in the back seat, unless the FSR sensor was placed on the seat cushion.



Fig. 6. The circuit was placed in the back seat.

### III. SYSTEM SOFTWARE

The system software for the tool using Arduino and LabVIEW software: Arduino software for programming of ATmega328 microcontroller, and LabVIEW software for displaying the graphs of data on the computer.

Because the tool uses battery power, it is necessary to make savings in power consumption on Seeeduino Stalker board. This saving power consumption is done by making a Seeeduino Stalker sleep when not doing anything.

Further, the Seeeduino Stalker was programmed only to wake up briefly once every 6 minutes. When awake, the FSR sensor Stalker should read, save data into the SD card, send the data to the computer via the XBee and then sleep again.

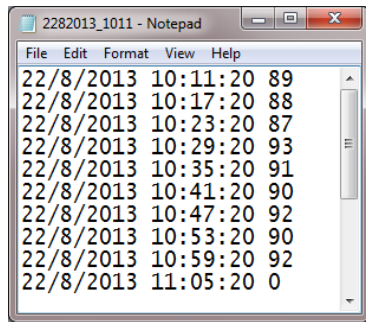
In this application, the RTC on Seeeduino Stalker is necessary to provide the proper timing in real time.

For the application of warning, it is done by adding code that asks whether the sitting time have exceeded the time limit. If yes, then the Buzzer will sound. Buzzer will not stop sounding if the sensor still detects the person sitting. Buzzer will be silent if the sensor no longer detects the person sitting for 2 minutes. In this application, the time limit is set for 30 minutes, as recommended (see article "Sitting less for adults"). This time limit can be changed if desired.

For programming with LabVIEW software, the software used to be able to display the data of FSR pressure sensor in the bar charts forms, and process it so that it can be seen how much the sitting time per day and per month, along with notes about when the longest sitting time happen and when the shortest sitting time happen in one day. With the user friendly display, the user is expected to be more motivated and used to reduce her/his sitting time.

#### IV. RESULTS AND DISCUSSION

Here is the file result of data storage on the SD card, which opened with Notepad.



| Date      | Time     | Value |
|-----------|----------|-------|
| 22/8/2013 | 10:11:20 | 89    |
| 22/8/2013 | 10:17:20 | 88    |
| 22/8/2013 | 10:23:20 | 87    |
| 22/8/2013 | 10:29:20 | 93    |
| 22/8/2013 | 10:35:20 | 91    |
| 22/8/2013 | 10:41:20 | 90    |
| 22/8/2013 | 10:47:20 | 92    |
| 22/8/2013 | 10:53:20 | 90    |
| 22/8/2013 | 10:59:20 | 92    |
| 22/8/2013 | 11:05:20 | 0     |

Fig. 7. Data of FSR sensor along with the time record.

Here is the graphic display of the sitting time data using LabVIEW software:

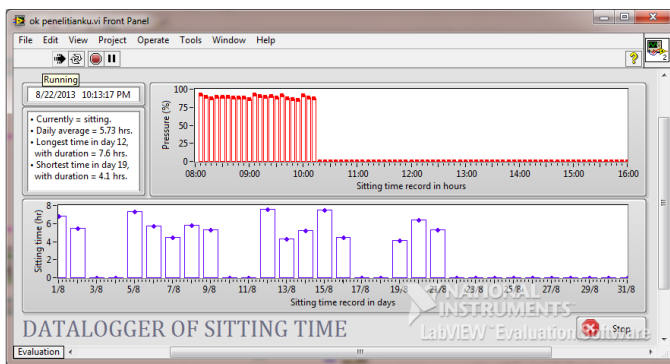


Fig. 8. Display data with graphic using LabVIEW software

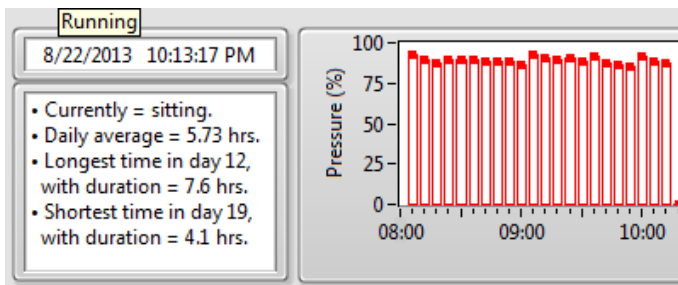


Fig. 9. Zooming image on the note of the display

#### IV. CONCLUSION

In this paper, a simple tool to reduce the sitting time has been described. From the results of the monitoring data on LabVIEW, after the tool is applied for a few days, the tool has been successful in reducing sitting time of user effectively. For further research, this tool will be equipped with a measurement of weight and blood sugar.

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