

**LEMBAR
HASIL PENILAIAN SEJAWAT SEBIDANG ATAU PEER REVIEW
KARYA ILMIAH: JURNAL ILMIAH**

Judul Artikel Ilmiah : **The prevalence of blood borne diseases in the community (A cross sectional study in the district of semarang)**
 Nama semua penulis : lintang Dian saraswati, **Henry S. susanto**, Ari udiyono, Praba Ginandjar, Teguh Winarno
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Semarang, 2 November 2021

Reviewer 1



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c	Kecukupan dan kemutahiran data/informasi dan metodologi	Penelitian ini adalah penelitian deskriptif. Jumlah sampel yang digunakan 1421 sampel yang sudah bersedia mengisi informed consent.. Uji yang digunakan untuk HIV, Hepatitis B dan hepatitis C sudah sesuai, Metode pengambilan sampel sudah.
d	Kelengkapan unsur dan kualitas jurnal	Artikel diterbitkan di jurnal Indian Journal of Public Health Research & Development yang sudah discontinued dari scopus.

Semarang,
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The prevalence of blood borne diseases in the community (A cross sectional study in the district of semarang)

Saraswati L.D.^a [✉](#), [Susanto H.](#)^b, Udiyono A.^b, Ginandjar P.^a, Winarno T.^c[📌 Save all to author list](#)^a Department Epidemiology and Tropical Diseases, Faculty of Public Health, Diponegoro University, Semarang, Indonesia^b School of Postgraduate Studies, Diponegoro University, Semarang, Indonesia^c Blood Transfusion Unit, Indonesia Red Cross District of Semarang, Ungaran, Indonesia

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Blood borne disease is a disease that spreads through blood contamination. Pathogenic blood-borne pathogens are pathogenic microorganisms found in human blood (such as viruses, bacteria or parasites) and are capable of causing disease in humans. Blood-borne pathogens in general are hepatitis B virus, hepatitis C virus and Human Immunodeficiency Virus (HIV). However, it is rarely known data about them in community. This study aims to determine the prevalence of some diseases that are transmitted through the blood in the community that lived at the district of Semarang. This research was descriptive observational using a cross sectional approach. HIV are tested by using the

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The Awareness of the Effect of Black Seeds on Blood Glucose in Private University

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ABSTRACT

It has been known that *Nigella sativa* has various pharmacological activities and one of it are as an anti-diabetic effect. This study aimed to assess the level of awareness in different genders regarding *Nigella sativa* on blood glucose among the university students. This study designed as a cross-sectional study. The self-administered questionnaire was given to respondents which asked about sociodemographic factors, health concerns and awareness regarding *Nigella sativa* and blood glucose. Majority of the respondents were aware about *Nigella sativa* (63%) and also received diabetes education before this (67.8%). There was a significant difference between genders regarding the awareness of *Nigella sativa* (p-value<0.05). Meanwhile, there was no significant association between genders and the awareness of *diabetes mellitus* (p-value>0.05). Most of the respondents believed that *Nigella sativa* is a home remedy (60.3%) and can reduce the mortality and morbidity of chronic disease (73.8%). Moreover, only (30.5%) of the respondents knew that *Nigella sativa* works as an anti-diabetic. However, rate of understanding about *diabetes mellitus* is fair (51.1%) and they unable to record their blood sugar level for safe keeping (16.2%). In addition, most respondents believed that diabetes is a serious illness (84.7%) and majority thought that by controlling food intake would overcome diabetes (65.1%) rather than medication (18.2%) or exercise (16.7%). In conclusion, there is a need to increase the awareness regarding *Nigella sativa* through campaigns and mass media. This would help them to have better knowledge and benefits about *Nigella sativa* especially as an anti-diabetic supplement.

Keywords: *Nigella sativa*, blood glucose, *diabetes mellitus*, awareness

INTRODUCTION

Nigella sativa is an annual herb that belongs to the family Ranunculaceae and they are commonly known as black seed and the usage of this *Nigella sativa* have been used for almost thousands of years regardless as a spice, food preservative and medicinal herbs to protect several

disorders¹. They are widely found in the Mediterranean area and some other regions in the world which are known by many names such as in Arabic countries called as habit-ulsauda or commonly known as black cumin or black seed².

For the last two decades, many studies have been conducted on the effect of *Nigella sativa* towards various body systems³. It has been revealed that *Nigella sativa* has various pharmacological activities including anti-diabetic, anti-hypertensive, anti-inflammatory and antimicrobial activities. A lot of these activities have

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Knowledge of Antenatal Mothers Admitted in King Abdul-Aziz Medical City (KAMC), Riyadh Regarding Therapeutic Benefits of Post-Natal Exercises

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ABSTRACT

The physiological changes that happen during pregnancy and after delivery may affect every mother's quality of life. They may face chronic back pain and incontinence issues due to negligence of postnatal exercises. Though a large volume of scientific evidence suggests that post natal exercises are beneficial for preventing disorders and dysfunctions, we were interested in investigating the present level of knowledge regarding the therapeutic benefits of postnatal exercises among antenatal mothers. A quantitative descriptive cross-sectional prospective hospital-based study was carried out among 62 antenatal mothers by handing out a structured postnatal exercise knowledge assessment questionnaire. The result showed that majority of mothers who were admitted at King Abdul-Aziz Medical City in their third trimester had knowledge regarding postnatal exercises representing (70.53%) of the total participants, whereas only (29.47 %) of mothers were unaware of the benefits of postnatal exercises. However the mothers who had knowledge about the benefits of postnatal exercises were not all at the same level of awareness, which means that there were variations among their responses in each item of the questionnaire. It is evident from this study that higher number of antenatal mothers, who were admitted in King Abdul-Aziz Medical City in their third trimester, had knowledge regarding benefits of postnatal exercises.

Keywords: antenatal mothers, postnatal exercises, King Abdul-Aziz Medical City.

INTRODUCTION AND BACKGROUND

Motherhood would help a woman achieve physical and mental self-realization. No other achievement in her life would have such a profound effect on the body, mind and societal aspects of her life¹. The physiological changes along with the musculoskeletal alterations that happen during pregnancy and throughout postpartum leads to joint laxity in the anterior and longitudinal ligaments of the lumbar spine, widening and increased mobility of the sacroiliac joints, pubic syphilis and pelvic bones results in back pain which may affect the mother's quality of life². Hence the choice of rest with no activities may again cause the mothers to face chronic back pain and

incontinence issues. Postnatal exercises are important to improve women's health after delivery and help to prevent problems such as pelvic floor dysfunction, shoulder pain, back pain, and muscular disorders³. Previous research overwhelmingly suggests the benefits of postnatal exercises, which include improved fitness, decreased body fat, decreased risk of colon cancer, and minimizing the possibility of hypertension⁴. Women, who did postnatal exercises showed improvement in mental health, were less depressed, and anxiety was less common among them⁵. Exercises are important in the postnatal period to lose weight and return to ideal body weight as long-term weight gain can lead to many lifestyle disorders such as obesity, heart diseases, and diabetes⁴.

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Earlier studies indicate that ignorance of postnatal exercises deprived women of its benefits and found

Factors Influencing Health Conservation of Middle-aged Men in Korea

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ABSTRACT

Purpose: The purpose of this study was to examine the relationship among perceived health status, stress, lifestyle habits, self-esteem, self-efficacy, wisdom and health conservation, and to analyze the effects of them on health conservation. **Methods:** Subjects of this research are 134 middle-aged men. Data were collected by using questionnaires which included demographic characteristics, correlated factors and health conservation. Data were analyzed using descriptive statistics, t-test, ANOVA, Pearson's correlation coefficients, and stepwise multiple regression. **Results:** There were significant relationship between health conservation and the following independent variables: stress ($r=-.343$, $p<.001$), lifestyle habits ($r=.295$, $p=.001$), self-esteem ($r=.398$, $p<.001$), self-efficacy ($r=.471$, $p<.001$), and wisdom ($r=.714$, $p<.001$). The variable affecting the health conservation of subjects was wisdom and explanatory power was 50.7%. **Conclusion:** It is important for middle-aged men to live a wise life in everyday life to preserve their health. Especially, being wise subjects is possible through experiences that have overcome difficulties in their own lives by raising empathy and self-reflection for others, so experts need help them to live a life that can expand and develop these factors.

Keywords: Middle-aged men, Health conservation, Stress, Lifestyle habits, Self-efficacy, Wisdom

INTRODUCTION

According to the Population and Housing Census in 2015, the population was 51,107,000, and due to the persistence of low fertility and aging, the youth population declined and the number of middle-aged and elderly population increased sharply, reaching 482,000, and the median age rose to 41.2.¹ Middle-age is the age group below 40-64 years. This period is the golden age of life with economic stability and mental relaxation unlike early adults where there are freedom and wisdom to reflect on oneself, and physically, through the symptoms of climacterium, changes due to the aging process become prominent, and the limits of human existence are experienced throughout the body. Socially and psychologically, impulse of the new self, the role change in the family, and conflicts and imbalances caused by external environment occur, and people experience the

challenge of reflection on their lives and the identity of their self as they worry about depression and death.^{2,3}

In particular, middle-aged men in Korea are more likely to experience sudden death in their daily lives than in other age groups, and they may be said to be in a state of health risk, through persistent lifestyle habits such as high fat dietary intake, drinking and smoking, excessive stress in home and society, excessive stress on work, and lack of rest and exercise. Therefore, nurses need to provide middle-aged men with nursing care that can improve their health, prevent disease and preserve their health.⁴

Health conservation is the maintenance of physical, mental and social well-being and a balance of physical, mental and social psychological integrity⁵ and when conservation is achieved, people are harmonious and adaptable.

Among previous studies, there are studies on depression, stress, health promoting behaviors, and life satisfaction among middle-aged men, but there is a lack

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Development of Organizational Effectiveness Indicators for Delivery Departments at the Secondary Level Hospitals affiliated to the Thai Ministry of Public Health

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ABSTRACT

Background: The indicators for organizational effectiveness are significantly for organization development in competition situation which rapidly change.

Aim: To develop organizational effectiveness indicators for delivery departments at the secondary level hospitals using quantitative method.

Method: The samples of this study were 226 head nurses of delivery units in the 113 secondary level hospitals affiliated to the Ministry of Public Health in Thailand. The scale development process of organizational effectiveness indicators was using eight steps of scale development by DeVillis. The content validity testing by seven experts with content validity index (CVI) was 0.96 and item-objective congruence Index (IOC) was a range of 0.80-1.00. The reliability of the questionnaire in the form of Cronbach's Alpha Coefficient was 0.94. The data were analyzed using confirmatory factor analysis.

Results: The components of organizational effectiveness indicators in delivery departments at the secondary level hospitals affiliated to the Ministry of Public Health consisted of four components with 24 indicators with the value of factor loading of each component between 0.69-0.93 at P-value <05. The sequence of components according to value by factor loading from highest to lowest value were as follows: (1) internal process (factor loading=0.93; \bar{X} =4.20, SD=0.42), (2) strategic constituencies satisfaction (factor loading=0.77; \bar{X} =4.18, SD=0.43), (3) goal accomplishment (factor loading=0.75; \bar{X} =4.11, SD=0.47), and (4) resource acquisition (factor loading=0.69; \bar{X} =4.07, SD=0.49). The confirmatory factor analysis model of organizational effectiveness of delivery departments was congruent with the empirical data (CMIN/df=1.46, GFI=1.00, AGFI=0.97, RMSEA=0.04). This model accounted for 58.70 % of the variance in the organizational effectiveness in delivery departments at the secondary level hospitals affiliated to the Ministry of Public Health.

Conclusion: This study demonstrated the development of organizational effectiveness indicators for delivery departments which will be an enable the organizational effectiveness training for division head nurses of delivery departments, and can be used to measure organizational effectiveness of delivery departments affiliated to the Ministry of Public Health.

Keywords : *Organizational Effectiveness ; Delivery Departments ; Secondary level hospitals.*

INTRODUCTION

According to the national strategic plan policy of

Ministry of Public Health of Thailand identified that it will be public health 4.0 which supports the future of urban society, including trade and investment enhancement, technological advancement, especially reducing access to health systems. Health organization should be adapt strategic planning of excellence (1) promotion and

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Personal Fableness and Perception of Risk Behaviors among Adolescents

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ABSTRACT

Adolescence is a crucial period where one tends to identify who they are as an individual. However, as a teenager is struggling to find his/her place in this world, it is also a time where they are prone to engaging in risk behaviors, which tend to have an extreme psychological impact. The objective was to explore the experiences of an adolescent who engages in risk behaviors and to understand their level of personal fables. The study was a qualitative design with content analysis with semi-structured interviews of ten male adolescents aged 16-18 years. The major findings of the study indicated that adolescent's pattern of thinking revolves around the fact that they are invincible and invulnerable. Furthermore, adolescents are aware of the risks they are putting themselves through and how in the process they are hurting others. The implications of the study are to conduct more life skill programs in schools; greater awareness has to be created on the impact and harmful effects of such behaviors.

Keywords: Adolescents, risk behaviors, perceptions.

INTRODUCTION

“This will never happen to me” is perhaps the most prevalent response from the majority of adolescent's when cautioned about consequences of risky behaviors. Adolescence is a period in one's life where they are recalcitrant to accepting criticism and advice from adults outside their peer group. Most adolescents widely ignore the risks and engage in unsafe behaviors. Empirical findings suggest adolescents' affiliation with friends who engage in risky behavior is a strong predictor of adolescents' health-risk behavior, at least for substance use and violent behaviors^{17, 14}.

Adolescence is a time of great change for young people when physical changes are happening at an accelerated rate¹⁹. Physical changes do not just mark adolescence; young people also experience cognitive, social/emotional and interpersonal changes as well.

External factors, such as environment, culture, religion, school and the media influence the youth. Statistics relating to adolescent engagement in risky behaviors indicate adolescents drive faster than adults¹³, have the highest rates of sexually transmitted diseases¹², the highest rates of self-reported drug use, and commit the vast majority of crimes^{2, 3}. Risk factors adolescents engage in include individual factors such as low self-esteem, negative peer groups, low school engagement or pursuit of higher educational aspirations⁴. The familial risk factors include poor child-parent communication, low parental monitoring, lack of family support and parents themselves engaging in risk behaviors¹⁴.

Adolescents perceive themselves as invincible/invulnerable to their actions that might have negative consequences. This thinking to what Elkind rightly defined as Personal fableness is “an adolescent's intense focus on himself or herself as the center of attention is what ultimately gives rise to the belief that one is unique, and in turn, this may give rise to feelings of invulnerability.” Research evidence shows that personal fable levels are high during adolescence and with the association to engaging in risk behaviors^{1, 7}. Adolescents

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