

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

Judul Jurnal Ilmiah (Artikel) : Tera Gymnastic to Decrease Anxiety in Elderly

Jumlah Penulis : 4 orang

Nama Penulis : Pandeiro M Nancye, Taufan Citra Darmawan, Amin Husni, dan Dian Ratna Sawitri

Status Pengusul : Penulis anggota/ penulis ke-4

Identitas Jurnal Ilmiah :

- a Nama Jurnal : PSYCHIATRY NURSING JOURNAL (Jurnal Keperawatan Jiwa)
- b Nomor ISSN : Online ISSN: 2656-4637
- c Vol, No., Bln Thn : Vol. 4, No. 1, Maret 2022
- d Penerbit : Faculty of Nursing, Universitas Airlangga
- e DOI artikel (jika ada) : [http://dx.doi.org/ 10.20473/pnj.v4i1.33985](http://dx.doi.org/10.20473/pnj.v4i1.33985)
- f Alamat web jurnal : <https://e-journal.unair.ac.id/PNJ/article/view/33985>
- g Alamat Artikel : <https://e-journal.unair.ac.id/PNJ/article/view/33985/21069>
- h Terindex : Sinta 3

Kategori Publikasi Jurnal Ilmiah :

☐
☐
☒
☐

(beri ✓ pada kategori yang tepat)

Jurnal Ilmiah Internasional Bereputasi

Jurnal Ilmiah Internasional

Jurnal Ilmiah Nasional Terakreditasi Sinta 3

Jurnal Ilmiah Nasional Tidak Terakreditasi

Hasil Penilaian *Peer Review* :

Komponen Yang Dinilai	Nilai Maksimal Jurnal Ilmiah		Nilai Rata-rata
	Reviewer I	Reviewer II	
a. Kelengkapan unsur isi jurnal (10%)	1	1	1
b. Ruang lingkup dan kedalaman pembahasan (30%)	4	4	4
c. Kecukupan dan kemutakhiran data/informasi dan metodologi (30%)	3	4	3,5
d. Kelengkapan unsur dan kualitas penerbit (30%)	4	4	4
Total = (100%)	12	13	12,5
Nilai Pengusul = $40\% \times 12,5 : 3 = 2$			

1 Mei 2023

Reviewer 2,



Prof. Dr. Drs. Cholichul Hadi, M.Si., Psikolog
 NIP.196403231989031002
 Unit kerja: Fakultas Psikologi Universitas Airlangga
 Bidang Ilmu: Psikologi

Reviewer 1,



Prof. Dr. Hamdi Muluk, M.Si
 NIP. 196603311999031001
 Unit kerja : Fakultas Psikologi Universitas Indonesia
 Bidang Ilmu: Psikologi

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

Judul Jurnal Ilmiah (Artikel) : Tera Gymnastic to Decrease Anxiety in Elderly

Jumlah Penulis : 4 orang

Nama Penulis : Pandeiro M Nancye, Taufan Citra Darmawan, Amin Husni, dan Dian Ratna Sawitri

Status Pengusul : Penulis anggota/ penulis ke-4

Identitas Jurnal Ilmiah :

- a Nama Jurnal : PSYCHIATRY NURSING JOURNAL (Jurnal Keperawatan Jiwa)
- b Nomor ISSN : Online ISSN: 2656-4637
- c Vol, No., Bln Thn : Vol. 4, No. 1, Maret 2022
- d Penerbit : Faculty of Nursing, Universitas Airlangga
- e DOI artikel (jika ada) : [http://dx.doi.org/ 10.20473/pnj.v4i1.33985](http://dx.doi.org/10.20473/pnj.v4i1.33985)
- f Alamat web jurnal : <https://e-journal.unair.ac.id/PNJ/article/view/33985>
- g Alamat Artikel : <https://e-journal.unair.ac.id/PNJ/article/view/33985/21069>
- Terindex : Sinta 3

Kategori Publikasi Jurnal Ilmiah :

☐	Jurnal Ilmiah Internasional Bereputasi
☐	Jurnal Ilmiah Internasional
☒	Jurnal Ilmiah Nasional Terakreditasi Sinta 3
☐	Jurnal Ilmiah Nasional Tidak Terakreditasi

(beri ✓ pada kategori yang tepat)

Hasil Penilaian *Peer Review*:

Komponen Yang Dinilai	Nilai Maksimal Jurnal Ilmiah				Nilai Akhir Yang Diperoleh
	Internasional Bereputasi ☐	Internasional ☐	Nasional Terakreditasi 15	Nasional Tidak Terakreditasi ☐	
a. Kelengkapan unsur isi jurnal (10%)			1,5		1
b. Ruang lingkup dan kedalaman pembahasan (30%)			4,5		4
c. Kecukupan dan kemutakhiran data/informasi dan metodologi (30%)			4,5		3
d. Kelengkapan unsur dan kualitas penerbit (30%)			4,5		4
Total = (100%)			15		12
Nilai Pengusul = 40% x 12: 3 = 1,6					

22

Catatan penilaian artikel oleh reviewer:

1. Kesesuaian dan kelengkapan unsur isi jurnal:

Artikel jurnal ini memiliki unsur-unsur yang lengkap, yaitu Title, Abstract, Introduction, Methods, Results, Discussions, Conclusion, dan References. Title disajikan dengan singkat dan jelas, Abstract juga dipaparkan secara lugas. Methods disajikan secara sistematis dengan mencakup karakteristik partisipan, desain penelitian, dan prosedur intervensi, serta instrument psikologis yang digunakan untuk mengukur variabel dependen. Results memuat hasil penelitian dengan menyajikan tabel yang memudahkan pembaca memahaminya, dan Discussions memberikan paparan mengenai teori dan hasil penelitian sebelumnya yang mendukung hasil penelitian ini. Conclusion memberikan ringkasan akan hasil penelitian yang diperoleh, dan References menyajikan daftar pustaka yang digunakan dalam artikel ini.

2. Ruang lingkup dan kedalaman pembahasan:

Penelitian ini menguji pengaruh senam Tera untuk mengurangi kecemasan pada lansia. Diskusi dilakukan dengan membahas karakteristik lansia, fenomena kecemasan pada lansia, dan aspek-aspek pada senam Tera yang berpotensi mengurangi kecemasan pada lansia. Hasil penelitian ini dibahas dengan teori yang relevan dan disandingkan pula dengan hasil penelitian sebelumnya yang telah dilakukan oleh para ahli.

3. Kecukupan dan kemutakhiran data/informasi dan metodologi:

Artikel jurnal ini didukung dengan 26 referensi yang 85% diantaranya merupakan terbitan 10 tahun terakhir. Hal ini memberikan justifikasi bahwa informasi yang disajikan dalam artikel tergolong mutakhir. Penelitian ini melibatkan 40 partisipan yang seluruhnya merupakan lansia. Untuk sebuah penelitian eksperimental, jumlah ini dirasa cukup, meskipun desain penelitiannya hanya melibatkan satu grup intervensi saja tanpa ada grup control sebagai pembandingan.

4. Kelengkapan unsur dan kualitas penerbit:

Jurnal Keperawatan Jiwa ini diterbitkan oleh Faculty of Nursing, Universitas Airlangga, dengan ISSN 2656-3894 (print) dan 2656-4637 (elektronik). Unsur-unsur yang dimiliki jurnal ini termasuk lengkap. Kualitas cetak dan layout jurnal tergolong cukup baik.

5. Indikasi plagiasi:

Cek plagiasi dilakukan dengan uji Turnitin, yang menghasilkan Turnitin similarity indeks sebesar 10%. Hal ini memberikan gambaran bahwa di dalam artikel jurnal ini tidak adanya indikasi plagiasi dan tingkat orisinalitas artikel jurnal ini tergolong baik.

6. Kesesuaian bidang ilmu:

Kontribusi pengusul dalam penulisan artikel ini relevan dengan bidang keilmuan yang ditekuni pengusul, yaitu Psikologi.

Depok, 1 Mei 2023

Reviewer



Prof. Dr. Hamdi Muluk, M.Si

NIP. 196603311999031001

Unit kerja: Fakultas Psikologi Universitas Indonesia

Bidang Ilmu: Psikologi

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

Judul Jurnal Ilmiah : Tera Gymnastic to Decrease Anxiety in Elderly
 (Artikel)

Jumlah Penulis : 4 orang

Nama Penulis : Pandeiro M Nancye, Taufan Citra Darmawan, Amin Husni, dan Dian Ratna Sawitri

Status Pengusul : Penulis anggota/ penulis ke-4

Identitas Jurnal Ilmiah :

- a Nama Jurnal : PSYCHIATRY NURSING JOURNAL
(Jurnal Keperawatan Jiwa)
- b Nomor ISSN : Online ISSN: 2656-4637
- c Vol, No., Bln Thn : Vol. 4, No. 1, Maret 2022
- d Penerbit : Faculty of Nursing, Universitas Airlangga
- e DOI artikel (jika ada) : [http://dx.doi.org/ 10.20473/pnj.v4i1.33985](http://dx.doi.org/10.20473/pnj.v4i1.33985)
- f Alamat web jurnal : <https://e-journal.unair.ac.id/PNJ/article/view/33985>
 Alamat Artikel : <https://e-journal.unair.ac.id/PNJ/article/view/33985/21069>
- g Terindex : Sinta 3

Kategori Publikasi Jurnal Ilmiah :

☐
☐
☒
☐

(beri ✓ pada kategori yang tepat)

Jurnal Ilmiah Internasional Bereputasi

Jurnal Ilmiah Internasional

Jurnal Ilmiah Nasional Terakreditasi Sinta 3

Jurnal Ilmiah Nasional Tidak Terakreditasi

Hasil Penilaian *Peer Review*:

Komponen Yang Dinilai	Nilai Maksimal Jurnal Ilmiah				Nilai Akhir Yang Diperoleh
	Internasional Bereputasi ☐	Internasional ☐	Nasional Terakreditasi ☐	Nasional Tidak Terakreditasi ☐	
a. Kelengkapan unsur isi jurnal (10%)			15		1
b. Ruang lingkup dan kedalaman pembahasan (30%)			4,5		4
c. Kecukupan dan kemutakhiran data/informasi dan metodologi (30%)			4,5		4
d. Kelengkapan unsur dan kualitas penerbit (30%)			4,5		4
Total = (100%)			15		13
Nilai Pengusul = 40% x 13: 3 = 1,73					



Catatan penilaian artikel oleh reviewer:

1. Kesesuaian dan kelengkapan unsur isi jurnal:

Artikel jurnal ini memiliki bagian-bagian yang lengkap, meliputi Title, Abstract, Introduction, Methods, Results, Discussions, Conclusion, dan References. Title disajikan dengan singkat dan jelas, Abstract juga dipaparkan secara lugas. Methods disajikan secara sistematis dengan mencakup karakteristik partisipan, desain dan prosedur penelitian, dan instrumen psikologis yang digunakan untuk mengukur variabel dependen. Results memuat hasil penelitian, dan Discussions memberikan ulasan pembahasan mengenai hasil penelitian yang didukung dengan paparan mengenai teori dan hasil penelitian sebelumnya. Conclusion memberikan ringkasan akan hasil penelitian yang diperoleh, dan References menyajikan daftar pustaka yang digunakan dalam artikel ini.

2. Ruang lingkup dan kedalaman pembahasan:

Penelitian ini memiliki tujuan untuk menguji pengaruh senam Tera untuk mengurangi kecemasan pada lansia. Pendahuluan diawali dengan menyajikan karakteristik lansia, fenomena kecemasan pada lansia, dan aspek-aspek pada senam Tera yang berpotensi mengurangi kecemasan pada lansia. Hal ini kemudian diambil datanya, diuji, dan dianalisis, untuk kemudian dibahas dengan teori yang relevan dan disandingkan pula dengan hasil penelitian sebelumnya yang telah dilakukan oleh para ahli.

3. Kecukupan dan kemutakhiran data/informasi dan metodologi:

Artikel jurnal ini menggunakan referensi pendukung sejumlah 26 referensi, yang sebagian besar diantara referensi yang digunakan tersebut merupakan terbitan 10 tahun terakhir. Hal ini memberikan justifikasi bahwa informasi yang disajikan dalam artikel tergolong mutakhir. Penelitian ini melibatkan 40 partisipan yang seluruhnya merupakan lansia. Untuk sebuah penelitian eksperimental, jumlah ini dirasa cukup, meskipun desain penelitiannya hanya melibatkan satu grup intervensi saja tanpa ada grup control sebagai pembandingan.

4. Kelengkapan unsur dan kualitas penerbit:

Artikel ini dipublikasikan dalam Psychiatry Nursing Journal atau Jurnal Keperawatan Jiwa yang diterbitkan oleh Faculty of Nursing, Universitas Airlangga, dengan ISSN 2656-3894 (print) dan 2656-4637 (elektronik). Unsur-unsur yang dimiliki jurnal ini tergolong lengkap. Kualitas cetak dan layout jurnal tergolong cukup memadai.

5. Indikasi plagiasi:

Cek plagiasi dilakukan dengan uji Turnitin, yang menghasilkan Turnitin similarity indeks sebesar 10%. Hasil uji Turnitin ini menunjukkan bahwa di dalam artikel jurnal ini tidak adanya indikasi plagiasi dan tingkat orisinalitas artikel jurnal ini tergolong baik.

6. Kesesuaian bidang ilmu:

Keterlibatan pengusul dalam artikel jurnal ini memberikan kontribusi yang relevan dengan bidang keilmuan yang ditekuni pengusul, yaitu Psikologi.

Surabaya, 30 April 2023

Reviewer



Prof. Dr. Drs. Cholichul Hadi, M.Si., Psikolog

NIP. 196403231989031002

Unit kerja: Fakultas Psikologi Universitas Airlangga

Bidang Ilmu: Psikologi



PSYCHIATRY NURSING JOURNAL

UNIVERSITAS AIRLANGGA

P-ISSN : 26563894 <> E-ISSN : 26564637

0
Impact Factor96
Google CitationsSinta 3
Current Accreditation[Google Scholar](#) [Garuda](#) [Website](#) [Editor URL](#)

History Accreditation

2019 2020 2021 2022 2023

Garuda Google Scholar

Increasing Assertive Behavior in Adolescents in Islamic Boarding Schools Through Assertive Training

Universitas Airlangga Psychiatry Nursing Journal (Jurnal Keperawatan Jiwa) Vol. 4 No. 1 (2022): March, 2022 1-5

2022 DOI: 10.20473/pnj.v4i1.33162 Accred: Sinta 3

Mental Health and Quality of Life for Health Workers During the COVID-19 Pandemic: A Systematic Review

Universitas Airlangga Psychiatry Nursing Journal (Jurnal Keperawatan Jiwa) Vol. 4 No. 1 (2022): March, 2022 11-28

2022 DOI: 10.20473/pnj.v4i1.33569 Accred: Sinta 3

Tera Gymnastic to Decrease Anxiety of Elderly

Universitas Airlangga Psychiatry Nursing Journal (Jurnal Keperawatan Jiwa) Vol. 4 No. 1 (2022): March, 2022 6-10

2022 DOI: 10.20473/pnj.v4i1.33985 Accred: Sinta 3

Prevention Of Bullying Among Adolescents In The Lens Of Indonesian Policy And Law: Should Nurses Know?

Universitas Airlangga Psychiatry Nursing Journal (Jurnal Keperawatan Jiwa) Vol. 4 No. 1 (2022): March, 2022 33-43

2022 DOI: 10.20473/pnj.v4i1.36091 Accred: Sinta 3

Relationship of Family Support with Self-Treatment Ability of Schizophrenia Patients at Tamiang Layang Health Center

Universitas Airlangga Psychiatry Nursing Journal (Jurnal Keperawatan Jiwa) Vol. 4 No. 1 (2022): March, 2022 29-32

2022 DOI: 10.20473/pnj.v4i1.36130 Accred: Sinta 3

Relationship of Sleep Quality with Quality of Life in Chronic Kidney Failure Patients Undergoing Hemodialization During the Covid-19 Pandemic

Universitas Airlangga Psychiatry Nursing Journal (Jurnal Keperawatan Jiwa) Vol. 4 No. 2 (2022): September 2022 44-50

2022 DOI: 10.20473/pnj.v4i2.35940 Accred: Sinta 3

Determinants Of Mental Health Disorders During The COVID-19 Pandemic

Universitas Airlangga Psychiatry Nursing Journal (Jurnal Keperawatan Jiwa) Vol. 4 No. 2 (2022): September 2022 57-74

2022 DOI: 10.20473/pnj.v4i2.36177 Accred: Sinta 3

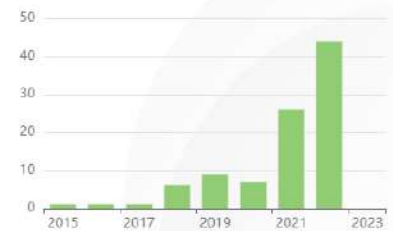
Stress Adaptation Model For Uncertain Process Of Diabetes Mellitus Disease

Universitas Airlangga Psychiatry Nursing Journal (Jurnal Keperawatan Jiwa) Vol. 4 No. 2 (2022): September 2022 75-82

2022 DOI: 10.20473/pnj.v4i2.36574 Accred: Sinta 3

The Relationship between Intelligence Level and Social Interaction Ability in Mentally Retarded Children at SLB (Special School) of Idayu 2 Pakis Malang

Citation Per Year By Google Scholar



Journal By Google Scholar

	All	Since 2018
Citation	96	93
h-index	7	7
i10-index	5	5

ABOUT THE JOURNAL

ANNOUNCEMENTS

Psychiatry Nursing Journal (Jurnal Keperawatan Jiwa) (P-ISSN 2656-3894; e-ISSN 2656-4637) was established at 2019 based on the Open Journal System (OJS), twice published in one year (March and September), under the Department of Mental Health and Community Nursing, Faculty of Nursing Universitas Airlangga.

Current Issue

Vol. 4 No. 2 (2022): September 2022

Published: 2022-10-20

Articles

Relationship of Sleep Quality with Quality of Life in Chronic Kidney Failure Patients Undergoing Hemodialization During the Covid-19 Pandemic

LuLu' Luthfiatun Ulinnuha , Sirli Mardianna Trishinta , Yanti Rosdiana

44-50

Abstract : 357

PDF : 173

PDF

DOI : 10.20473/pnj.v4i2.35940

The Relationship between Intelligence Level and Social Interaction Ability in Mentally Retarded Children at SLB (Special School) of Idayu 2 Pakis Malang

Putri Ida Rahayu , Foriana Ira Handian

51-56

Abstract : 208

PDF : 80

PDF

DOI : 10.20473/pnj.v4i2.37017

Determinants Of Mental Health Disorders During The COVID-19 Pandemic

Ni Luh Gede Ari Kresna Dewi , Ah Yusuf , Roro Dian Tristiana

57-74

Abstract : 174

pdf : 95

pdf

DOI : 10.20473/pnj.v4i2.36177

Original Article

Stress Adaptation Model For Uncertain Process Of Diabetes Mellitus Disease

M. Elyas Arif Budiman , Ah Yusuf , Av Sri Suhardiningsih , Hanik Endang Nihayati

75-82

Abstract : 145

PDF : 111

PDF

DOI : 10.20473/pnj.v4i2.36574

Guided Imagery Intervention to Reduce Anxiety in Nursing Home Elderly Resident

Safra Rio Kurniati , Mawar Eka Putri

83-87

Abstract : 154

PDF : 77

PDF

DOI : 10.20473/pnj.v4i2.39731

[VIEW ALL ISSUES >](#)

National Accreditation



MoU



Submission

[Authors Guideline](#)

[Online submissions](#)

[Copyright Notice](#)

[Privacy Statement](#)

Downloads this



Journal Policy

[Focus and Scope](#)

[Publication Ethics](#)

[Section Policies](#)

[Peer Review Process](#)

[Publication Frequency](#)

[Open Access policy](#)

[Archiving](#)

[Article Processing Charge](#)



Editorial Team



Rifky Octavia Pradipta, S. Kep., Ns., M. Kep.

Editor In Chief

Faculty of Nursing, Universitas Airlangga, Surabaya, Indonesia

ID 0000-0002-8729-7665

Jappi00AAAAJ

57216705839



-



Nurhalimah S.KM.,S.Kep.,M.Kep.Sp.Kep.J

Editors

Politeknik Kesehatan Kementerian Kesehatan Jakarta III, Jakarta, Indonesia.

ID -

rU2wzdEAAAAJ

-



5990161



Dr. Ns. Retno Lestari, S.Kep., M.Nurs

Editors

Departemen Keperawatan, Fakultas Ilmu Kesehatan, Universitas Brawijaya, Indonesia

ID 0000-0003-4568-9596

WkAAAAJ

57193983109



5983228



Hidayat Arifin, S. Kep., Ns., M. Kep.

Editors

Faculty of Nursing, Universitas Padjadjaran, Bandung, Indonesia

ID 0000-0002-5647-5721

fXEAAAAJ

57211333166



6709385



Ni Putu Wulan Purnama Sari, S.Kep., Ns., M.Kep

Editors

Faculty of Nursing, Widya Mandala Catholic University Surabaya, Indonesia

 0000-0002-8869-9607

CWKGTAAAAJ

57203529996

 5978693



Masunatul Ubudiyah, S.kep., Ns., M.Kep

Editors

Faculty of Nursing, Universitas Muhammadiyah Lamongan, Indonesia

 0000-0002-5647-5721

8hOZhcAAAAJ&hl

57222509436

 5978693



Dluha Maf'ula, S.Kep., Ns., M.Kep

Managing Editor

Faculty of Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

 0000-0002-5647-5721

bSiOdsoAAAAJ

57218822499

 -

National Accreditation



MoU



Vol. 4 No. 1 (2022): March, 2022

Current Issue

Vol. 4 No. 1 (2022): March, 2022

Published: 2022-03-05

Articles

Increasing Assertive Behavior in Adolescents in Islamic Boarding Schools Through Assertive Training

 DOI : 10.20473/pnj.v4i1.33162

 Zidni Nuris Yuhbaba , M.Elyas Arif Budiman , Wahyi Sholihah Erdah Suswati , Guruh Wirasakti

 1-5

 Abstract : 487

 PDF : 185

 PDF

Tera Gymnastic to Decrease Anxiety of Elderly

 DOI : 10.20473/pnj.v4i1.33985

 Pandeirot M Nancye , Taufan Citra Darmawan , Amin Husni , Dian Ratna Sawitri

 6-10

 Abstract : 343

 PDF : 197

 PDF

Mental Health and Quality of Life for Health Workers During the COVID-19 Pandemic: A Systematic Review

 DOI : 10.20473/pnj.v4i1.33569

 Siti Kotijah , Lutfi Wahyuni

 11-28

 Abstract : 418

 pdf : 206

 pdf

Relationship of Family Support with Self-Treatment Ability of Schizophrenia Patients at Tamia Layang Health Center

 DOI : 10.20473/pnj.v4i1.36130

 Nor Afni Oktavia , Haspariadi Haspariadi

 29-32

 Abstract : 418

 pdf : 181



Prevention Of Bullying Among Adolescents In The Lens Of Indonesian Policy And Law: Should Nurses Know?

 DOI : 10.20473/pnj.v4i1.36091

 Emi Wuri Wuryaningsih , Budi Wahyuni , Lely Lusmilasari , Fitri Haryanti

 33-43

 Abstract : 416

 pdf : 200



National Accreditation



MoU



Vol. 4 No. 1 (2022): March, 2022

Current Issue

Vol. 4 No. 1 (2022): March, 2022

Published: 2022-03-05

Articles

Increasing Assertive Behavior in Adolescents in Islamic Boarding Schools Through Assertive Training

 DOI : 10.20473/pnj.v4i1.33162

 Zidni Nuris Yuhbaba , M.Elyas Arif Budiman , Wahyi Sholihah Erdah Suswati , Guruh Wirasakti

 1-5

 Abstract : 487

 PDF : 185

 [PDF](#)

Tera Gymnastic to Decrease Anxiety of Elderly

 DOI : 10.20473/pnj.v4i1.33985

 Pandeirot M Nancye , Taufan Citra Darmawan , Amin Husni , Dian Ratna Sawitri

 6-10

 Abstract : 343

 PDF : 197

 [PDF](#)

Mental Health and Quality of Life for Health Workers During the COVID-19 Pandemic: A Systematic Review

 DOI : 10.20473/pnj.v4i1.33569

 Siti Kotijah , Lutfi Wahyuni

 11-28

 Abstract : 418

 pdf : 206

 [pdf](#)

Relationship of Family Support with Self-Treatment Ability of Schizophrenia Patients at Tamia Layang Health Center



Increasing Assertive Behavior in Adolescents in Islamic Boarding Schools Through Assertive Training

<https://doi.org/10.20473/pnj.v4i1.33162>

Zidni Nuris Yuhbaba

Faculty of Health, Universitas dr. Soebandi, Jember, East Java, Indonesia

M.Elyas Arif Budiman

elyas@stikesdrsoebandi.ac.id

Faculty of Health, Universitas dr. Soebandi, Jember, East Java, Indonesia

<https://orcid.org/0000-0002-0736-7513>

Wahyi Sholihah Erdah Suswati

Faculty of Health, Universitas dr. Soebandi, Jember, East Java, Indonesia

Guruh Wirasakti

Faculty of Health, Universitas dr. Soebandi, Jember, East Java, Indonesia

SHARE



ABSTRACT	HOW TO CITE	AUTHOR BIOGRAPHY	METRICS	REFERENCES	LICENSE
Introduction: Assertive behavior is the ability to communicate the individual's want, feel, and think to others honestly and openly while respecting personal and other people's rights. One way to increase assertiveness in adolescents is through assertive training activities where this activity presents systematic activities that can develop and train individuals' abilities to express their thoughts, feelings, desires, and needs confidently. The purpose of this study was to analyze the change in assertive behavior of adolescents living in Islamic boarding schools through assertive training. Method: This was pre-experimental research with pre-post design. The sample was 80 respondents which were obtained by the purposive sampling technique. The measuring instrument uses assertive behavior questionnaires and data analysis using the Wilcoxon Paired test Results: The results of the analysis of assertive behavior in adolescents before the intervention were in a low category (42.5%) and after the intervention, adolescent assertive behavior was in a good category (46.3%). The results showed a p-value of 000 which is result indicated that there was an increase in the assertive behavior of adolescents living in Islamic boarding schools through assertive training. Conclusions: Adolescents with high assertiveness are able to control their emotions, mental health and have good coping with solving personal and social problems, and are able to express their wishes firmly to others					

Dimension Badge



0 Total citations

0 Recent citations

n/a Field Citation Ratio

n/a Relative Citation Ratio

Tera Gymnastic to Decrease Anxiety of Elderly

 <https://doi.org/10.20473/pnj.v4i1.33985>

-  **Pandeiro M Nancye**
 Nursing Department, STIKes William Booth, Surabaya, East Java, Indonesia
-  **Taufan Citra Darmawan**
 taufandarmawan9090@gmail.com
 Nursing Department, STIKes William Booth, Surabaya, East Java, Indonesia
 <https://orcid.org/0000-0001-8912-9481>
-  **Amin Husni**
 Faculty of Medicine, Diponegoro University, Semarang, East Java, Indonesia
-  **Dian Ratna Sawitri**
 Faculty of Psychology, Diponegoro University, Semarang, East Java, Indonesia

SHARE



ABSTRACT	HOW TO CITE	METRICS	REFERENCES	LICENSE
Introduction: The most common mental problem in the elderly is anxiety. The elderly is anxious due to lack of activity and rest. Elderly need activities that diverse, interesting, and easy to practice. Tera gymnastics therapy is type of exercise, easy to apply and does not require a lot of time. Tera gymnastics can be applied to the elderly as an interesting and easy alternative to exercise. The purpose of this study was to explain the effect of tera exercise on reducing anxiety in the elderly. Method: This study uses pre-experimental design with one group pre-post-test model. The study population was 43 elderly people who were in Boladangko Village, Central Sulawesi. The sample was 40 respondents with purposive sampling technique. The inclusions are 1) the elderly do not experience physical limitations 2) aged more than 60 years. Data collection using Depression Anxiety Stress Scale (DASS). The data analyzed by Wilcoxon test. Result: The results showed that most of the 37(92.5%) respondents stated that their anxiety was reduced. The results showed that 29(78.37%) respondents decreased 1 level of anxiety level, while the rest decreased 2 levels of anxiety level. The results of Wilcoxon test obtained Pvalue=0.009 indicating significant effect of giving tera exercise to the anxiety of the elderly. Conclusion: There is an influence between tera gymnastics and elderly anxiety, indicating that tera gymnastics can be applied to elderly as alternative to increasing elderly activities. Future research is expected to increase duration and combined with other methods to support better training.				

Dimension Badge



0

Total citations

0

Recent citations

n/a

Field Citation Ratio

n/a

Relative Citation Ratio

Mental Health and Quality of Life for Health Workers During the COVID-19 Pandemic: A Systematic Review

 <https://doi.org/10.20473/pnj.v4i1.33569>

 **Siti Kotijah**
 khodijah@stikes-ppni.ac.id
 STIKES BINA SEHAT PPNI MOJOKERTO
 <https://orcid.org/0000-0002-9652-5607>

 **Lutfi Wahyuni**
 STIKES BINA SEHAT PPNI MOJOKERTO

SHARE



ABSTRACT	HOW TO CITE	METRICS	REFERENCES	LICENSE
Background: COVID-19, a strain of the coronavirus that causes acute respiratory syndrome, first appeared in the Chinese city of Wuhan and quickly spread throughout the world in early 2020. The COVID-19 pandemic has changed health care systems around the world and affected the mental health of healthcare workers and their quality of life.Aim: to review the existing scientific evidence regarding mental health and quality of life of health workers during the COVID-19 pandemic. Methods: This study was taken from the pubmed, ScienceDirect, and Ebsco databases identified between December 2019 to July 2021 and was limited to peer-reviewed research written in English, quantitative research on mental health and quality of life with a cross sectional approach. Articles that fit the criteria are then analyzed using the critical appraisal tool that is appropriate for results of the research. Results: The results showed an increase in mental disorders, including stress, anxiety, depression, and PTSD in health workers. This is caused by several factors, namely 1) stressors that contribute to the work environment 2) work pressure components, 3) epidemic components, 4) family-related components. This condition can affect the quality of life of health workers. Conclusion: Research evaluating the direct and indirect association of mental disorders on the mental health of healthcare professionals is urgently needed to improve treatment, mental health care planning and for preventive measures during a potential next pandemic.				

Dimension Badge



0

Total citations

0

Recent citations

n/a

Field Citation Ratio

n/a

Relative Citation Ratio

Altmetric Badge