

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

Judul Jurnal Ilmiah (Artikel) : Positive Emotion, Engagement and Meaning of Life of the Elderly in Pesantren (Islamic Boarding School)

Jumlah Penulis : 3 orang (**Dinie Ratri Desiningrum**, Yeniar Indriana, Suparno)

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Semarang, 2 Juni 2022

Reviewer 1



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Bidang Ilmu: Psikologi

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Semarang, 04 Juli 2022

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Bidang Ilmu: Psikologi

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Successful aging has been the focus of researcher on elderly since it has been believed that the terminal objective of every human is being a happy and healthy elderly. The aim of the study was to obtain an overview of positive emotion, engagement and meaning of life in the elderly who live as student/santri in Islamic Boarding School. The research was a qualitative method. Techniques to collect data were observation and interview. Variables in the research are positive emotion, engagement and meaning of life. Population of subject was ...

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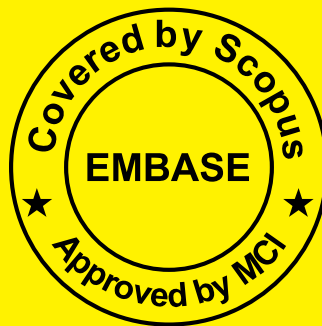
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Effectiveness of Hand Muscle Strengthening Exercises on Dominant Hand Pinch Strength in Smartphone Addicted Collegiate

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ABSTRACT

Background: Smartphone Addiction is a dependence syndrome seen in certain mobile phone users. Smartphone gives us ability to connect with our friends and family, to news and entertainment, websites with just a tap of a touch screen. They have become a crucial part of everyday. The aim of the study was to find out the effectiveness of hand muscle strengthening exercises on dominant hand pinch strength in smartphone addicted collegiate.

Methodology: Study design was quasi experimental, pre test and post test type. 30 subjects of age 18-25 years with smartphone addiction score more than 40 in Smartphone Addiction Scale – Short version and using smartphone for more than one year were selected from SRM College of Physiotherapy, SRM Institute Of Science and Technology, Kattankulathur. Subjects with fracture or dislocation, soft tissue injuries, entrapment neuropathy, tumor or infections of upper limb were excluded. Dominant hand pinch strength was measured and hand muscle strengthening exercises were given to them for 4 weeks. Outcome measures were done by pinch meter.

Results: Smartphone addicted collegiate group has shown significant change in mean value from pre test to post test of pad to pad type of pinch (4.44 to 5.477), tip to tip type of pinch (3.59 to 4.52) and pad to side type of pinch (5.16 to 6.45) in dominant hand at $p < 0.01$.

Conclusion: The study concluded that hand muscle strengthening exercises have significant effect on dominant hand pinch strength in smartphone addicted collegiate.

Keywords: Smartphone addiction, hand muscle strengthening exercise, pinch strength, pinch meter.

INTRODUCTION

Smartphone Addiction is a dependence syndrome seen in certain mobile phone users. The term addiction has replaced by the term dependence syndrome by word health organization.¹ Emanuel, Richard stated that, we are addicted to information, enjoyment and connections that smartphone delivers but not to the smartphone itself.² Smartphone provide us access to connect with our friends and family and to news and entertainment, websites with just a tap of a touch screen. In short smartphones have become a crucial part of our day to day activity.

For college students mobile phones are important integral part of themselves, nowadays mobile phones are important in maintaining social relationship. Most of the younger people cannot think of being without mobile phone and they never realize their level of addiction. Poor behavior control is a consequence of any addiction.³

Smartphone addiction begins as a simple behavior and gradually produces negative consequences. First the user uses the mobile for their need, such as texting, browsing and gradually the user involve in using mobile phone in dangerous situations like driving, crossing road. Smartphone user switch from liking the phone to wanting the phone.³

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Approximately 72% of people reported that they are rarely more than five feet away from their smartphone at any time. This is known as nomophobia, the fear that

The Association between Short Nap and Memory Performance Using Concise Learning Method and Logical Learning Method among Private University Students in Selangor, Malaysia

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ABSTRACT

In the present high-tech environment, achieving academic goals become competitive among university students. Students are afraid of failing in exams. They are awake for 16 hours or more a day without a nap. Students have programmed their mindset or believe that staying awake for long hours in a day can achieve their goals. This study analyzed the association between short nap and memory performance among private university students in Selangor, Malaysia. Five hundred respondents in two different equal groups were selected randomly to be involved in this study. Concise and logical learning methods were used to achieve the objectives. A short briefing was given to the participants before subjects start the memorizing task that consists of concise and logical learning for one hour. Then, two hundred fifty respondents (sleep group) were sent to the skill lab for nap session, and the other two hundred fifty respondents (awake group) remained in the classroom. After one hour, both groups tested on memory recall for 30 minutes. Data were analysed using one-way MANOVA which revealed a significant multivariate main effect for independent variables group Wilk's lambda = 0.61, $F(12,39.00)=12.0$, $p<0.001$, partial Given the significance of the overall test, the univariate main effects for independent variables were obtained for percentage of concise learning method: $F(11,33)=11.39$, $p<0.001$, and for the logical learning method, $F(23,67)=23.62$, $p<0.001$, and for total scores $(22,19)=22.24$, $p<0.001$. Significant independent group pairwise differences were obtained in the number of 500 respondents between sleep group and awake group. Mean score number awake group were 3.95 and mean of sleep group 8.23. In conclusion, there is a significant association of memory recall test scores between student intervening short nap and student without intervening short nap using concise and logical learning method.

Keywords: Nap, Memory Performance, Concise, Logical Learning, University Students

INTRODUCTION

Achieving academic goals become competitive among university students and they are awake for long hours without a nap because they have programmed their mindset. Shorter sleep duration led the students to feel sleepy during the day, tired, drowsy, moody and had a

difficult time in getting up in the morning⁽¹⁾. Napping has the potential to enhance people's lives⁽²⁾. Napping helps clear out the brain's inbox and integrates information into our brain memory⁽³⁾.

Short-term or working memory doesn't need to store everything we perceive. Most information is only required for a short time and can then be discarded⁽⁴⁾. Short-term memory holds information for few seconds to a few minutes, and this kind of memory is often referred to as working memory; it allows us to understand information as we were encountering it and then discard it. This system is constantly updating, focused on data we need at that particular moment in time⁽⁵⁾.

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