

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

Judul Jurnal Ilmiah (Artikel) : *Forgiveness Meditation as an Effort in Improving Mental Health among College Students*

Penulis Jurnal Ilmiah : Amalia Rahmandani, Yohanis Franz La Kahija, **Salma**

Jumlah Penulis : 3 orang

Status Pengusul : Penulis pendamping

Identitas Jurnal Ilmiah : a. Nama Jurnal : *Indian Journal of Public Health Research & Development*
 b. Nomor ISSN : 0976-0245 (Print), 0976-5506 (Online)
 c. Vol, No., Bln Thn : Vol. 10, No. 3, 2019
 d. Penerbit : *Institute of Medico-Legal Publications*
 e. DOI artikel (jika ada) : 10.5958/0976-5506.2019.00599.0
 f. Alamat web jurnal : http://medicopublication.com/index.php/ijp_hrd/issue/view/35

Alamat artikel : http://medicopublication.com/index.php/ijp_hrd/article/view/7448/6930

g. Terindeks : Scopus (coverage discontinued)

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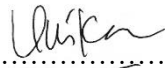
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Komponen Yang Dinilai	Nilai		Nilai Rata-rata
	Reviewer 1	Reviewer 2	
a. Kelengkapan unsur isi artikel (10%)	3	3	3
b. Ruang lingkup dan kedalaman pembahasan (30%)	8	8	8
c. Kecukupan dan kemutakhiran data/informasi dan metodologi (30%)	8	8	8
d. Kelengkapan unsur dan kualitas terbitan/jurnal (30%)	8	8	8
Total (100%)	27	27	27
Nilai Pengusul (40% x Nilai total / 2) =	5,4	5,4	5,4

Semarang, 30 Mei 2021

Reviewer 1 : Dr. Unika Prihatsanti, S.Psi., M.A.
NIP. 197806022006042001


.....

Reviewer 2 : Anggun Resdasari Prasetyo, S.Psi., M.Psi.
NIP. 198305252009122006


.....

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a. Kelengkapan unsur isi artikel (10%)	$10\% \times 30 = 3$			3
b. Ruang lingkup dan kedalaman pembahasan (30%)	$30\% \times 30 = 9$			8
c. Kecukupan dan kemutakhiran data/informasi dan metodologi (30%)	$30\% \times 30 = 9$			8
d. Kelengkapan unsur dan kualitas terbitan/jurnal (30%)	$30\% \times 30 = 9$			8
Total = (100%)	30			27
Nilai Pengusul= (40%\times27/2)= 5,4				

Catatan Penilaian Artikel oleh Reviewer:

1. Tentang kelengkapan dan kesesuaian unsur:

Unsur dalam jurnal meliputi title, abstract, introduction, method, result and discussion, conclusion, acknowledgement, reference adalah unsur yang biasa terdapat dalam jurnal dan telah ditulis sesuai dengan judul tiap subbab-nya.

2. Tentang ruang lingkup dan kedalaman pembahasan:

Penelitian ini bertujuan untuk menguji efektifitas pengaruh meditasi memaafkan terhadap peningkatan kesehatan mental mahasiswa menggunakan desain eksperimen one-group pre-test dan post test. Telah dijelaskan pada pendahuluan tentang urgensi penelitian ini dilaksanakan dan hasilnya diuraikan dalam pembahasan. Demikian pula keterbatasan penelitian dan saran untuk peneliti berikutnya.

3. Kecukupan dan kemutakhiran data/informasi dan metodologi:

Referensi mayoritas menggunakan terbitan 10 tahun terakhir. prosedur intervensi telah dijelaskan dalam metode demikian pula desain penelitian eksperimen yang dipilih. namun demikian perlu diberikan contoh aitem pada pengukuran skala agar lebih jelas.

4. **Kelengkapan unsur kualitas penerbit:**

Termasuk dalam jurnal bereputasi, meskipun masa berlaku scopus telah habis namun pada saat jurnal ini terbit masih terindeks.

5. **Indikasi plagiasi:**

Turnitin similarity index 14% menunjukkan tidak terdapat indikasi plagiasi.

6. **Kesesuaian bidang ilmu:**

Sesuai dengan bidang ilmu psikologi klinis.

Semarang, 30 Mei 2021

Reviewer 1



Dr. Unika Prihatsanti, S.Psi., M.A.

NIP. 197806022006042001

Jabatan (Gol): Lektor (IIIc)

Unit kerja: Fakultas Psikologi UNDIP

Bidang ilmu: Psikologi

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b. Ruang lingkup dan kedalaman pembahasan (30%)	30% x 30 = 9			8
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d. Kelengkapan unsur dan kualitas terbitan/jurnal (30%)	30% x 30 = 9			8
Total = (100%)	30			27
Nilai Pengusul= (40% x 27/2)= 5,4				

Catatan Penilaian Artikel oleh Reviewer:

1. Tentang kelengkapan dan kesesuaian unsur:

Artikel ini sudah memiliki kelengkapan dan kesesuaian dengan panduan jurnal yang berlaku tersebut. Panduan yang ada di jurnal ini sudah sesuai juga dengan aturan penulisan artikel ilmiah. Sehingga bisa dinilai bahwa artikel ini sudah memenuhi unsur dan kelengkapan sesuai panduan PAK (10 persen).

2. Tentang ruang lingkup dan kedalaman pembahasan:

Artikel ini sudah sesuai dengan ruang lingkup penelitian dan juga telah membahas secara mendalam tentang penggunaan meditasi *forgiveness* untuk meningkatkan kesehatan mental di mahasiswa. berdasarkan pembahasan, dapat diketahui bahwa hasil penelitian ini menunjukkan signifikansi penurunan tekanan psikologis setelah pengobatan meditasi forgiveness, yang menunjukkan peningkatan kesehatan mental. Sehingga hasil ini bisa digunakan sebagai salah satu metode untuk meningkatkan kapasitas psikologis pada mahasiswa.

3. Kecukupan dan kemutakhiran data/informasi dan metodologi:

Artikel ini sudah didukung oleh referensi dan alur atau tahap penelitian yang jelas. Mengenai dukungan referensi, artikel ini sudah didukung oleh data referensi yang bagus dan mendukung isi artikel secara keseluruhan. Artikel ini bisa terlihat daftar pustaka yang digunakan adalah 10 tahun terakhir dari artikel tersebut terbit, yaitu dengan jumlah sekitar dari 80 persen dari daftar pustaka menggunakan sumber sitasi pada rentang tahun 10 terakhir. Metodologi yang digunakan dalam penelitian ini yaitu menggunakan one group pretest and posttest desain kuasi-eksperimental. Pengukuran tindak lanjut juga dilakukan untuk melihat pengaruh intervensi sampai dua minggu setelah akhir intervensi. Pemilihan partisipan dalam penelitian ini adalah dilakukan dengan menggunakan teknik purposive sampling dengan mempertimbangkan beberapa karakteristik dan pengukuran hasil awal.

4. Kelengkapan unsur kualitas penerbit:

Jurnal sudah memiliki kualitas yang baik yaitu diterbitkan pada Indian Journal of Public Health Research & Development. Jurnal ini sudah terindeks Scopus pada waktu artikel tersebut terbit, yaitu berada dalam kategori Q4 dengan impact factor 0,12. Article ini ditulis dengan bahasa Inggris baku, telah memiliki ISSN serta telah memiliki alamat url yang valid untuk publikasi artikel tersebut. Tim editor juga telah melibatkan berbagai berbagai Negara seperti USA, India, Malaysia, dan juga Negara-negara lain, yang tentu saja telah memiliki kapasitas yang baik dalam hal publikasi ilmiah.

5. Indikasi plagiasi:

Hasil similarity dengan Turnitin dengan skor dibawah 15 persen menunjukkan bahwa artikel ini tidak ada unsur plagiasi. Sehingga bisa dikatakan memiliki kualitas artikel yang baik.

6. Kesesuaian bidang ilmu:

Artikel ini sudah sesuai dengan kajian psikologi klinis. Berdasarkan artikel ini, dapat diketahui bahwa mahasiswa yang beranjak dewasa mungkin mengalami masalah kesehatan mental dan fisik karena penyesuaian maladaptif. Baik masalah kesehatan mental maupun fisik saling memperkuat penyebab itu kerusakan yang ditandai dalam fungsi kehidupan sehari-hari. Upaya untuk mengatasi masalah kesehatan mental sangat diharapkan untuk meningkatkan kesehatan umum.

Semarang, 30 Mei 2021

Reviewer 2



Anggun Resdasari, S.Psi., M.Psi.

NIP. 198305252009122006

Jabatan (Gol): Lektor (IIIc)

Unit kerja: Fakultas Psikologi UNDIP

Bidang ilmu: Psikologi



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Indian Journal of Public Health Research and Development
Volume 10, Issue 3, March 2019, Pages 795-803

Forgiveness meditation as an effort in improving mental health among college students (Article)

Rahmandani, A. , Kahija, Y.F.L., **Salma** 

Faculty of Psychology, Diponegoro University, Semarang, Indonesia


Abstract

[View references \(52\)](#)

College students as emerging adulthood may experience both mental and physical health problems due to maladaptive adjustments. Both mental and physical health problems are mutually reinforcing that cause marked impairment in everyday life functioning. Efforts to deal with mental health problem are expected to promote general health. Either forgiveness or meditation is separately proven effective in improving mental and physical health, but the efficacy of forgiveness meditation has not been adequately researched. This study aims to examine the effect of forgiveness meditation toward mental health improvement among college students, as indicated by the declined of distress. This study used one-group pretest-and-posttest quasi-experimental design with follow-up measurements two weeks after treatment ended. Measurements were conducted using the short version of General Health Questionnaire (GHQ-12). Samples were obtained using purposive sampling techniques, as many as 9 college students from The Faculty of Public Health, Diponegoro University, Semarang, Indonesia. The analysis using statistical test of Wilcoxon T-test between pre-test and post-test, and pre-test and follow-up, showed significant decrease (respectively were $Z=-2.670$, $p=.008$; $Z=-2.675$, $p=.007$), while between post-test and follow-up did not ($Z=-.256$, $p=.798$). The result showed a significant decrease in distress after treatment ended. This result remained significant up to follow-up measurements, though the difference between post-test and follow-up was not significant. Forgiveness meditation may have sustainable and increasing effect if it is regularly practiced. A sustained decrease in distress, which indicates the improvement of mental health, is further expected to support the improvement of physical health, adaptive adjustment, and optimal functioning. © 2019, Indian Journal of Public Health Research and Development. All rights reserved.

SciVal Topic Prominence

Topic: Forgiveness | Apology | Retaliation

Prominence percentile: 93.694 

Author keywords

[Distress](#) [Emerging adulthood](#) [Forgiveness meditation](#) [Mental health](#)

Indexed keywords

EMTREE medical terms:



[adult](#) [anxiety](#) [Article](#) [brain function](#) [clinical psychology](#) [college student](#) [depression](#)
[distress syndrome](#) [emotion](#) [female](#) [follow up](#) [forgiveness](#) [General Health Questionnaire](#)
[human](#) [maladjustment](#) [male](#) [meditation](#) [mental health](#) [morbidity](#)
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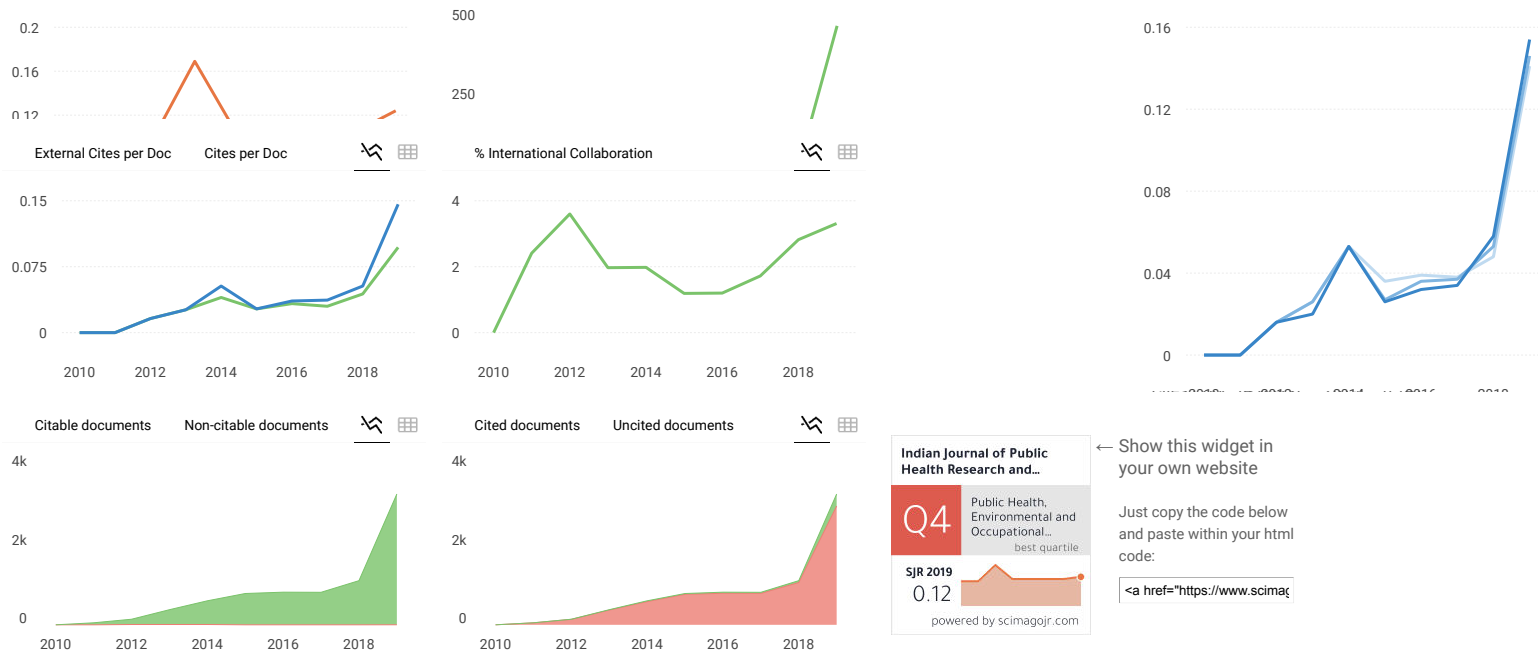
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Post Marital Depression among Women

Vidyadhari Pedaprolu¹, Priya. M²

¹Research Scholar, ²Assistant Professor, Department of Human Development, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu

ABSTRACT

Marriage, for women in a patriarchal society is an enormous transitional process. Being the centre of attention in her house is not valued much after her marriage and that is what all women can relate to. She juggles with new responsibilities and expectations which is quite overwhelming for her. But with the feelings of worthlessness and feeling trapped and bound in loveless and thankless bond, sets in depression. Depression is a state of mind producing serious, long term lowering of enjoyment of life or inability to visualize a happy future. Therefore, this study aims to find out the level of depression among women in relation to various factors of life which can examine their experience of well-being in their marriage life so far. A self-prepared questionnaire was developed to assess the level of post marital depression among women, the samples were selected randomly from Coimbatore city and the total number of participants were 66 married women. Self-prepared questionnaire on post marital depression was constructed to assess their level of depression. Results revealed that young aged women experienced higher post marital depression due to new family life, high expectations from in law's and husbands and managing home and work and managing children. But the study did not observe any significant difference among working and non-working women's post marital depression.

Keywords: Married women, Post Marital Depression

INTRODUCTION

Nations have perished, and people have lived without going to schools, churches, but rarely without marriage and family. In the complex and fast-moving world of today, where the unexpected has become a part of everyday life, it is a relief for everyone to realise that the family lives provides our needs and comfort as it has been providing for centuries. It is the place where we all get the satisfaction of basic human needs and rights. Hence, even with all the possible shortcomings, we prefer to be in close connection with our family members. And even those people whose home life has had more sadness than happiness often look forward to a happier marriage and family life for themselves and as well as for their children. ^[1]

Marriage is a known as a social system through which a man and a woman come closer to and start to live together and bond with each other. Intact and harmonious marital relationships are vital not only for the psychological health of the individual, but also for offspring and thus, for the society in the broader perspective. But unsatisfying and stressful marital relations leads to an increased emotional turbulences and marital disruption. ^[1]

Marriage is simply a promise which involves a lot of affection and obligations for maintaining and balancing peace, harmony, happiness and strong family bonds. The most vital relationship that a man and a woman could share is nothing but marriage. It comprises of emotional and most importantly a legal commitment. Moreover, to choose a partner and to enter into a committed contract is considered to be both matured milestone and also personal success. People get married for various reasons, such as; to love and receive love, to live in peace, to have a company, and the desire to have their own children." ^[2]

Marriage is a socially genuine union between the 2 sexes, that begins with a public announcement and with some ideas of permanence; it is assumed that rights and responsibilities between the spouses and children originates with a strong bond of marriage contract. Marriage is the key to adjust, involve and satisfy one and other in a positive way. Marriage is our most common routine in one's lifetime. ^[3]

Women with nearly over half of the population around the globe, especially in developing countries like India, should pay attention to their mental health and join mental health programs. Women's significant

Effects of Empowerment and Work Environment on Job Satisfaction of Nurse-midwives working in Hospitals

Sun Ok Lee¹, Hee Kyung Kim², Jung Suk Park³

¹Associate Professor, Department of Nursing, Silla University, Busan, South Korea; ²Professor, Department of Nursing, Kongju National University, Gongju, South Korea; ³Professor, College of Nursing, Kosin University, Busan, South Korea

ABSTRACT

Purpose: The purpose of this study was to provide basic data needed to develop programs to improve job satisfaction for nurse-midwives by analyzing factors affecting job satisfaction.

Method: The study was a descriptive study where the data were collected using questionnaires from 136 nurse-midwives and analyzed by frequency, percentage, mean, standard deviation, t-test, ANOVA, Pearson's correlational coefficients and stepwise multiple regression.

Results: Job satisfaction according to general characteristics and job characteristics of nurse-midwives showed a significant difference according to age, hospital type, career of nurse, monthly income, and reason for going to the current hospital. Job satisfaction of nurse-midwives was positively correlated with empowerment ($r=.59$, $p<.001$) and work environment ($r=.60$, $p<.001$). The factors affecting job satisfaction of nurse-midwives were work environment ($\beta=.54$, $p<.001$) and empowerment ($\beta=.41$, $p<.001$), and the total explanatory power was 59.4%.

Conclusion: As the factors affecting job satisfaction of nurse-midwives have been identified as work environment and empowerment, hospital leaders should support the nurse-midwives that are registered according to medical law to create a work environment suitable for job performance and fulfill their duties faithfully.

Keywords: Nurse-midwives, Empowerment, Work environment, Job satisfaction, Hospital

INTRODUCTION

In Korea, according to the Article 6 of the Medical Law, after having passed a national examination through training such as education and practice at a medical institution for prenatal care for one year with the license of a nurse, the nurse-midwives are licensed. According to Article 2 of the Medical Law, nurse-midwife's duty is to provide health and well-being guidance for preterm delivery, pregnancy, marital division, postpartum and newborn infants.¹ Therefore it can be said that nurse-

midwife is experts who can cooperate with other medical professionals and perform health care of pregnant women and babies efficiently and competently at all places.

On the other hand, today, pregnant women tend to want to have babies in hospitals rather than maternity centers, and with the sudden drop in birth rates due to low birthrates, and most nurse-midwives want to work as nurse-midwives or nurses in maternity wards, newborn units, etc. It is therefore necessary to analyze how satisfied nurse-midwives are in performing their jobs in the hospital.

Job satisfaction refers to how satisfied an individual is with a job² and this is not only an important indicator in predicting organizational performance.³ In particular, it was reported that higher job compensation, which is directly related to job performance, is associated with higher job satisfaction.⁴ In a previous study of hospital

Corresponding Author:

Hee Kyung Kim
Professor, Department of Nursing,
Kongju National University, Gongju, South Korea
Email: hkkim@kongju.ac.kr

An Exploratory Study of Personality Traits and Psychological Coping Skills on Archery Performance

Rabiu Muazu Musa², Mohamad Razali Abdullah^{1,2}, Hafizan Juahir¹, Vijayamurugan Eswaramoorthi³, Norzulaika Alias³, Muhammad Rabani Hashim², Amr Salem Falah Alnamat²

¹Lecturer, East Coast Environmental Research Institute, Universiti Sultan Zainal Abidin, Gong Badak Campus, 21300 Kuala Terengganu, Terengganu, Malaysia; ²Lecturer, Faculty of Applied Social Sciences, Universiti Sultan Zainal Abidin, Gong Badak Campus, 21300 Kuala Terengganu, Terengganu, Malaysia;

³Lecturer, Faculty of Health Sciences, Universiti Sultan Zainal Abidin, Gong Badak Campus, 21300 Kuala Terengganu, Terengganu, Malaysia

ABSTRACT

It is essential for coaches to understand the uniqueness of psychological elements and personality traits factors amongst athletes' in order to optimise transmission of messages for efficient performance. The present study intends to explore the personality traits and psychological coping skills with their association to archery performance. A total of 32 archers drawn from different archery programmes participated in the study. The revised version of Eysenck personality, as well as psychological coping skills inventory, were used to determine the extroversion, neuroticism traits and psychological coping skills of the archers prior to their archery shooting tests. Discriminants analysis discriminate three variables from the eight with an acceptable Canonical correlation of 0.70 and excellent accuracy of 77.42%, 80.65%, and 83.87% respectively. Moreover, a follow up test from independent t-test reveals no statistically significant difference between the personality traits and archers' ability of coping with adversity, coachability, concentration, confidence & achievement motivation, goal setting and mental preparation, peaking under pressure, freedom from worry, as well as their archery shooting scores $p > 0.05$. The findings from the present study indicated that both personality traits of extroversion and neuroticism possessed considerable psychological coping skills, therefore both could be suitable for performing sport of archery.

Keywords: Personality traits, Psychological coping skills, Archery performance.

INTRODUCTION

Personality is understood to be related to the specific traits a person displays. A trait is a characteristic, which can be associated with a person, for instance 'confidence, fear and laziness'. Thus, the combination of these traits results in personality¹. Similar to any construct in psychology there are many theories of personality. The most commonly used theories are; the Five Factor Model

of Personality (FFM), Eysenck Personality inventory (EPQR-Short)²⁻⁵. Different traits could interact, which highlighted that no individual trait is independent of another and it is the interaction of the said traits that result in the person's personality^{4,6}.

Preceding researchers documented that personality types could play a role in sporting performance⁷. Evidence has also indicated that non-athletes usually tend to be more introverted while athletes seem to be more extroverted who also display lower levels of depression, fatigue, confusion and anger⁸. Although, it was reported that there is no direct relationship between personality types and being successful in sporting performance⁹. An investigation of the effect of psychoticism personality trait on shooting accuracy in rifle shooter presented some variations¹⁰⁻¹¹. Other researchers examined the influence of personality and anxiety with a number of requests when learning to putt in golf¹².

Corresponding Author:

Hafizan Juahir
Lecturer, East Coast Environmental Research Institute,
Universiti Sultan Zainal Abidin,
Gong Badak Campus, 21300
Kuala Terengganu, Terengganu, Malaysia
Email: hafizanj@gmail.com

Is the *Maternal and Child Health Handbook* a Source of Information for Maternal and Child Health Continuum of Care?

Keiko Osaki¹, Martha Irene Kartasurya²

¹Senior Advisor on Health, Japan International Cooperation Agency, Tokyo; ²Department of Public Health Nutrition, Faculty of Public Health, Diponegoro University, Semarang, Indonesia

ABSTRACT

To ensure continuum care for maternal, newborn, and child health (MNCH), home-based records (HBRs) are expected to promote communication between healthcare providers, pregnant women and children's caregivers. WHO guidelines (2018) recommend HBRs use for MNCH, and request their effective implementation. However, information on HBRs global implementation is inadequate. This study aimed to identify implementation regarding Maternal and Child Health (MCH) handbook, an integrated HBR for ensuring continuum care. This study included literature review to explore components of MCH handbook usage, to identify researchers' acknowledgment of the handbook as a feasible source of information, and to examine existing national/subnational level implementation information. Components of the handbook usage in this study focuses on *distribute*, *explain*, and *record/multi-record* by health personnel, and *receive*, *retain*, *bring/multi-bring*, and *read* by women/mothers. While existing nationally representative data of many countries allows us to measure *distribution/receipt* and *retention* of HBRs regarding child immunization, some countries have used MCH handbook in surveys to obtain more information (e.g., antenatal/birth records) for their health policies. The researches that have used the handbook for information on different stages of MNCH may have indicated its implementation maturity in their countries.

Keywords: *continuum of care; maternal, newborn, and child health; home-based record; Maternal and Child Health Handbook; Indonesia*

INTRODUCTION

A continuum care must be implemented for every woman and child, especially for the first 1000 days after conception, the most important period for their well-being.^{1,2} To ensure that maternal, newborn, and child health-care is provided continuously, platforms for connecting caregiving sites, including households, communities, and clinical-care settings to the life-course (pregnancy, childbirth, postnatal, childhood, and adolescent period) are necessary. Home-based records (HBRs) offer mobility, accompanying subjects from their homes to different levels of health facilities.^{3,4} HBRs are potential tools for sharing information with relevant health

personnel and caregivers, and tracking individuals' health trajectories,³ as long as they are used conscientiously.^{4,5}

According to World Health Organization (WHO), "A home-based record is a record of an individual's health status and their history of health services received (primarily maternal, newborn, and child health: MNCH). The record is kept in the household by the client or by the caregiver. For MNCH, HBRs can take different forms, such as antenatal care records, immunization cards, child health booklets, or an integrated maternal and child health (MCH) handbook. Besides being important for data collection and surveillance tools, HBRs can facilitate behavioral change, communication, and patient-centered care."³ WHO recommends the use of HBRs along with facility-based records for the care of pregnant women, mothers, newborns, and children, to improve: care-seeking behaviors; male involvement and support in the household; maternal and child home care practices; infant and child feeding, and communication between health personnel and women/caregivers.³

Corresponding Author:

Keiko Osaki
Senior Advisor on Health,
Japan International Cooperation Agency, Tokyo
Email: osaki.keiko@jica.go.jp