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Artikel Jurnal – Mindfulness untuk Produktivitas Kerja (2023) Sinantia dkk.

The screenshot shows the journal submission page for 'UBAT HATEE' (Journal of Community Service). The page features a colorful header with the journal title and a large group of diverse people. Below the header, there is a navigation menu and a submission summary for article #12215. The submission details include the authors' names, the title of the article, the submission date, and the current status.

Journal of Community Service
JURNAL PENGABDIAN MASYARAKAT
UBAT HATEE
Enhancing Psychological Well-being through Multidisciplinary Treatments
PSIKOLOGI - UNIVERSITAS MALIKUSSALEH

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#12215 Summary

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Submission

Authors: Vemita Sinantia, Dianita Purnamaswi, Sakinah Azzahra Saiputri, Syahrul Dwitama Putra Prasetya
Title: MINDFULNESS UNTUK PRODUKTIVITAS KERJA SEBAGAI INTERVENSI KESIAPAN MENGHADAPI BEBAN KERJA PADA TENAGA KEPENDIDIKAN DI PERGURUAN TINGGI (Mindfulness for Work Productivity as an Intervention to Enhance Workload Preparedness among Educators in Higher Education)

Original file: 12215-51022-1-9M.DOCX, 2023-07-24
Supp. files: None
Submitter: Mrs Vemita Sinantia
Date submitted: July 24, 2023 - 12:44 PM
Section: Articles
Editor: Nunul Hastuti
Abstract Views: 210

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The screenshot shows the submission status and metadata for article #12215. The status is 'Published' in 'Vol 1, No 2 (2023): Agustus'. The submission was initiated and last modified on '2023-08-14'. The authors' information is listed, including their names, affiliations, and countries.

Status

Status: Published Vol 1, No 2 (2023): Agustus
Initiated: 2023-08-14
Last modified: 2023-08-14

Submission Metadata

Authors

Name: Vemita Sinantia
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Bio Statement: —

Name: Syahrul Dwitama Putra Prasetya
Affiliation: Universitas Diponegoro
Country: Indonesia
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Title and Abstract

Title: MINDFULNESS UNTUK PRODUKTIVITAS KERJA SEBAGAI INTERVENSI KESIAPAN MENGHADAPI BEBAN KERJA PADA TENAGA KEPENDIDIKAN DI PERGURUAN TINGGI (Mindfulness for Work Productivity as an Intervention to Enhance Workload Preparedness among Educators in Higher Education)

Abstract: *The objective of this community engagement program is to provide psychological support in the form of psychoeducation and simple psychotherapeutic practices to academic staff members in higher education institutions, aiming to enhance their readiness in coping with work-related burdens. The program targets 60 academic staff members whose workload profiles have been assessed using the NASA-TLX method. As a result, the academic staff members gain an understanding of the situations that can trigger work-related burdens, along with strategies to manage them. They also experience a heightened sense of relaxation and tranquility when confronting work challenges. Similar support activities are recommended for implementation among workers facing high workloads.*

Indexing

Keywords: workload, psychoeducation, mindfulness, education staff, beban kerja, mindfulness, psikoedukasi, tenaga kependidikan
Language: en

Supporting Agencies

Agencies: —

References

References: Aliyyah, N., Prasetyo, I., Rusdiyanto, R., Endarti, E. W., Mardiana, F., Winarko, R., Chamariyah, C., Mulyani, S., Grahani, F. O., Rochman, A. S., Kalbuana, N., Hidayat, W., & Tjaraka, H. (2021). What affects employee performance through work motivation? Journal of Management Information and Decision Sciences, 24(1), 1-14. <https://doi.org/10.31014/aior.1992.24.1.05>
Anees, R. T., Heidler, P., Cavaliere, L. P. L., & Nordin, N. A. (2021). Brain drain in higher education: The impact of job stress and workload on turnover intention and the mediating role of job satisfaction at universities. European Journal of Business and Management Research, 6(3), 1-8. <https://doi.org/10.21818/ejbm.2021.6.3.1>

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#12215 Review

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Submission

Authors: Vemita Sinantia, Dianita Purnamasawi, Sakinah Azzahra Saiputri, Syahrul Dwitama Putra Prasetya
 Title: MINDFULNESS UNTUK PRODUKTIVITAS KERJA SEBAGAI INTERVENSI KESIAPAN MENGHADAPI BEBAN KERJA PADA TENAGA KEPENDIDIKAN DI PERGURUAN TINGGI (Mindfulness for Work Productivity as an Intervention to Enhance Workload Preparedness among Educators in Higher Education)
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Peer Review

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Editor Decision

Decision: Accept Submission 2023-08-12
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Submission

Authors: Vemita Sinantia, Dianita Purnamasawi, Sakinah Azzahra Saiputri, Syahrul Dwitama Putra Prasetya
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Hafnidar, S.Psi., M.Sc., Ph.D <publikasi-ilmiah@unimal.ac.id>
to me

Mon, Jul 24, 2023, 12:45 PM

Mrs Vemita Sinantia:

Thank you for submitting the manuscript, "MINDFULNESS UNTUK PRODUKTIVITAS KERJA SEBAGAI INTERVENSI KESIAPAN MENGHADAPI BEBAN KERJA PADA TENAGA KEPENDIDIKAN DI PERGURUAN TINGGI" to UBAT HATEE: Jurnal Pengabdian Masyarakat. With the online journal management system that we are using, you will be able to track its progress through the editorial process by logging in to the journal web site:

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If you have any questions, please contact me. Thank you for considering this journal as a venue for your work.

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Hafnidar S.Psi., M.Sc., Ph.D <publikasi-ilmiah@unimal.ac.id>
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Sat, Aug 12, 2023, 3:51PM

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Mrs Vemita Sinantia:

We have reached a decision regarding your submission to UBAT HATEE: Jurnal Pengabdian Masyarakat, "MINDFULNESS UNTUK PRODUKTIVITAS KERJA SEBAGAI INTERVENSI KESIAPAN MENGHADAPI BEBAN KERJA PADA TENAGA KEPENDIDIKAN DI PERGURUAN TINGGI".

Our decision is to: Accept Submission

Hafnidar S.Psi., M.Sc., Ph.D
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Mon, Aug 14, 2023, 11:48 AM

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UBAT HATEE: Jurnal Pengabdian Masyarakat has just published its latest issue at <https://ojs.unimal.ac.id/ubathatee>. We invite you to review the Table of Contents here and then visit our web site to review articles and items of interest.

Thanks for the continuing interest in our work,
Hafnidar S.Psi., M.Sc., Ph.D
Universitas Malikussaleh
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UBAT HATEE: Jurnal Pengabdian Masyarakat
Vol 1, No 2 (2023): Agustus
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Agustus

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No	Nama, NIP, Pangkat, dan Golongan	Jabatan
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Untuk penulisan dan penerbitan publikasi ilmiah dengan identitas:

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Judul Artikel : *Mindfulness* untuk Produktivitas Kerja sebagai Intervensi Kesiapan Menghadapi Beban Kerja pada Tenaga Kependidikan di Perguruan Tinggi
Tahun : 2023
Penerbit : UBAT HATEE: Jurnal Pengabdian Masyarakat
Volume (No), Hl. : 1(2), 50-57
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Surat Tugas ini dibuat untuk dilaksanakan dengan penuh tanggung jawab.

Dekan,



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