

Nurse Media

JOURNAL OF NURSING



Volume 10, Number 2 Year 2020, August 2020

Articles

- Factors Affecting Sleep Problems in Preschoolers
- Effects of Mindfulness on Stimulating Hope and Recovery among People with Schizophrenia
- Students' Views of Classroom Debates as a Strategy to Enhance Critical Thinking and Oral Communication Skills
- Self-Efficacy Affects Cancer Patients in Solving Problems, Seeking Support and Avoiding Problems as Coping Mechanisms
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Accredited by the Ministry of Research, Technology and Higher Education,
Republic of Indonesia, No. 30/E/KPT/2018

Published by

Department of Nursing
Faculty of Medicine Diponegoro University
Semarang, Indonesia

Available online at <http://ejournal.undip.ac.id/index.php/medianers>

| NURSE MEDIA JOURNAL OF NURSING | VOLUME 10 | NUMBER 2 | YEAR 2020 | PAGES 107 - 221 | ISSN 2087-7811 |
|-----------------------------------|--------------|-------------|--------------|--------------------|-------------------|
|-----------------------------------|--------------|-------------|--------------|--------------------|-------------------|

e-ISSN: 2406-8799
p-ISSN: 2087-7811

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Journal of Nursing

Volume 10 Number 2 Year 2020

Accredited by

Indonesian Ministry of Research, Technology and Higher Education
(Decree No: 30/E/KPT/2018)

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AIMS AND SCOPE

The Nurse Media Journal of Nursing (NMJN) is an international nursing journal which publishes scientific works for nurses, academics and practitioners. NMJN welcomes and invites original and relevant research articles in nursing as well as literature reviews and case reports particularly in nursing.

This journal encompasses original research articles, review articles, and case studies, including:

- Adult nursing
- Emergency nursing
- Gerontological nursing
- Community nursing
- Mental health nursing
- Pediatric nursing
- Maternity nursing
- Nursing leadership and management
- Complementary and Alternative Medicine (CAM) in nursing
- Education in nursing

PUBLICATION INFORMATION

The Nurse Media Journal of Nursing (NMJN) is published three times a year, every April, August and December.

For year 2020, 3 issues (Volume 10, Number 1 (April), Number 2 (August), and Number 3 (December)) are scheduled for publication.

The NMJN is published by the Department of Nursing, Faculty of Medicine, Diponegoro University and available at <http://ejournal.undip.ac.id/index.php/medianers>.

JOURNAL CITATION

Articles of the Nurse Media Journal of Nursing have so far been cited in:

| | |
|--|----------------------|
| Google Scholar h-index / i10-index | : 15/21 |
| Total articles published in Google Scholar | : 124 (since 2012) |
| Total citations in Google Scholar | : 698 (since 2012) |
| Total articles indexed in GARUDA | : 162 (since 2011) |
| Total articles indexed in DOAJ | : 152 (since 2015) |
| SINTA h-index / i10-index | : 15/13 (since 2017) |
| Total Citations in SINTA | : 693 (since 2017) |

INDEXING AND ABSTRACTING

The Nurse Media Journal of Nursing has been covered (indexed and abstracted) by the following indexing services:

- Scopus (submission accepted on 20 April 2020);
(<https://www.scopus.com>)
- Google Scholar;
(<https://scholar.google.co.id/citations?user=G6nEgkAAAAJ&hl=en>)
- Portal Garuda/Indonesian Publication Index (IPI);
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- Indonesian Scientific Journal Database (ISJD)
(<http://isjd.pdii.lipi.go.id/index.php/Direktori-Jurnal.html>)
- Directory of Open Access Journal (DOAJ).
(<https://doaj.org/toc/2406-8799?>)
- Science and Technology Index (SINTA Score=S2)
(<http://sinta2.ristekdikti.go.id/journals/detail?id=914>)
- ASEAN Citation Index
(<https://www.asean-cites.org/index.php?r=contents%2Findex&id=9>)
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(<http://garuda.ristekdikti.go.id/journal/view/1284>)
- SHERPA/ROMEO
(<http://sherpa.ac.uk/romeo/search.php?issn=2087-7811>)
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PREFACE

The Nurse Media Journal of Nursing (e-ISSN: 2406-8799, p-ISSN: 2087-7811) is an open access international journal that publishes the scientific works for nurse practitioners and researchers. The journal is published by the Department of Nursing, Faculty of Medicine, Diponegoro University, and strives to provide the most current and best research in the field of nursing. The journal has been indexed in some indexing databases such as Google Scholar, Portal Garuda, Directory of Open Access Journal (DOAJ), EBSCO, Science and Technology Index (Sinta), ASEAN Citation Index (ACI), and many more. Recently, the journal has been accepted for indexation by Scopus on April 2020. All articles published since 2020 will be indexed in Scopus database. Upon this achievement, the NMJN would like to thank all editorial team, reviewers, authors, and readers for their enormous support and contribution to achieving this success.

This issue (NMJN, Vol 10(2), 2020) has published ten articles; all are original research articles. This issue was authored and co-authored by the researchers and professionals from diverse countries, including Indonesia, Japan and the Netherland. All papers have been doubled-blindly reviewed by the editors and reviewers of this journal.

Wahyuningrum, Yulianti, and Gayatina (2020) conducted a study to investigate factors affecting sleep problems among preschoolers. As many as 297 preschoolers participated in the study. The results of the bivariate analysis showed family income, education level of the mother, and bed-sharing were factors affecting sleep problems in preschoolers. Meanwhile, the multivariate analysis found that bed-sharing, gadget use in two hours before sleep, and the education level of the mother were also factors related to sleep problems. The study recommends modifications of environmental and family factors to minimize sleep problems among preschoolers.

Astuti, Agustin, Sari, Wijayanti, Sarjana, and Locsin (2020) examined the effects of mindfulness on hope and recovery in people with schizophrenia. A total of 54 participants that were equally divided into the intervention group receiving mindfulness intervention, and the control group receiving standard care participated in the study. The results showed significant differences in the mean scores of hope and recovery between the intervention group and the control group. Mindfulness was evident to be an effective strategy that can be used to stimulate hope and recovery among people with schizophrenia.

Considering the importance of effective communication and critical thinking for nurses, Nurakhir, Palupi, Langeveld, and Nurmalia (2020) conducted a study to explore how nursing students viewed classroom debates as a strategy to enhance critical thinking and oral communication skills. Twelve nursing students who met the study criteria were purposively recruited for semi-structured interviews. The results of the inductive content analysis showed five emerging themes, i.e., the acquisition of new knowledge, awareness, and responsiveness to diverse viewpoints and arguments, learning structuring ideas and appropriate ways of presentation, development of other necessary skills, and challenges of classroom debates in nursing education. Classroom debates were evident to promote critical thinking and oral communication skills and offer nursing students an opportunity to develop other necessary skills.

Furthermore, Silab and Werdani (2020) investigated the effects of self-efficacy on solving problems, seeking support, and avoiding problems as coping mechanisms in cancer patients. Forty-five patients selected using a total sampling technique from two public health centers in Surabaya, Indonesia participated in the study. The results showed a significant effect of self-efficacy on solving problems, seeking support, and avoiding problems as coping mechanisms. Patients with high self-efficacy would choose solving problems and seeking support as the coping mechanisms, but those with low self-efficacy preferred to avoid the problems.

Suryani, Sriati, and Septiani (2020) also conducted a qualitative study to explore the lived experiences of adolescents with internet addiction. Seven adolescents with Internet addiction were purposively recruited for in-depth interview. The results identified six emerging themes, i.e., the feeling that playing with the internet is more important than the school; become “too lazy to move” and unable to manage time; physical health disorders due to internet addiction; the feeling that it is difficult to be away from the internet, and social interaction difficulties in the real world, which then leads to hostile attitude due to the lack of ability to control emotions. The lived experience of adolescents with internet addiction was shown to be complicated and impacted on all aspects of teenagers’ lives.

In another study, Husain, Kusuma, and Johan (2020) investigated the effects of peer support programs on improving self-management in patients with ESRD undergoing hemodialysis. Using consecutive sampling, 65 patients who met the inclusion and exclusion criteria were recruited to participate in the study. The results showed significant differences in the mean scores of self-management between the intervention and control groups. Peer support programs affected increasing self-management in patients with ESRD undergoing hemodialysis, and therefore, should be introduced early to patients so that they can learn about self-management from other patients.

Husna, Kamil, Yahya, Tahlil, and Darmawati (2020) conducted a study to evaluate the effects of Tabletop Exercise (TTE) on enhancing nursing students’ knowledge and attitude in disaster drills. A total of 80 nursing students undertaking a disaster nursing course were recruited to participate in the study. The results showed that TTE had a positive effect in enhancing the knowledge and the attitude of nursing students in disaster drills. TTE was evident to be an effective direct learning method to improve students’ competencies in disaster response.

Another study is presented by Mahathir, Vitamaharani, and Hermalinda (2020) that examined the correlation between peer conformity and smoking behavior among male adolescents. A descriptive-analytical research design with a cross-sectional approach was employed on a total of 154 male adolescents. The results showed a significant correlation between peer conformity and smoking behavior among male adolescents. Peer conformity contributed to the development of smoking behavior in adolescents in this study. The study recommends that increasing assertiveness and life skill ability is necessary to adapt to negative behavior among adolescents.

Pangestika, Trisyani, and Nuraeni (2020) examined effects of Dhikr therapy on decreasing cardiac chest pain in patients with acute coronary syndrome in emergency departments.

This pretest-posttest quasi-experimental study with a control group design was conducted on 52 patients recruited using a consecutive sampling technique. The intervention of both pharmacological and Dhikr therapy was administered to patients in the intervention group, while the control group only received a pharmacological therapy based on the hospital standard. The results showed that the decrease of cardiac chest pain in the intervention group was higher than that in the control group; the pain reduction was significantly different between groups. This study recommends the combination of pharmacological and Dhikr therapy for patients with ACS.

The last, Astilia, Bandiara, Kosasih, and Ibrahim (2020) carried out a quasi-experimental study to examine the effects of 30-40 mmHg compression stockings (CSs) on the risk of obstructive sleep apnea in hemodialysis patients. A total of 68 patients participated in this study. High-pressure CSs were given for one week to the intervention group with two measurements on the 4th and 7th days. The results showed that a significant difference in the risk score for OSA before and after the use of 30-40 mmHg CSs between the intervention group and the control group. High-pressure CSs were evident to decrease the risk of OSA in hemodialysis patients, and thus, could be recommended as an alternative intervention to prevent the risk of OSA in hemodialysis patients.

Finally, the NJMN would like to thank the respectful authors, reviewers, and editors for their contribution and collaboration in publishing this current issue. Furthermore, the editors would like to appreciate and call for academic papers from the nurse-practitioners, academicians, professionals, graduates and undergraduate students, fellows, and associates pursuing research throughout the world to contribute to this international journal.

Semarang, August 2020

Sri Padma Sari
Editor-in-Chief
Nurse Media Journal of Nursing