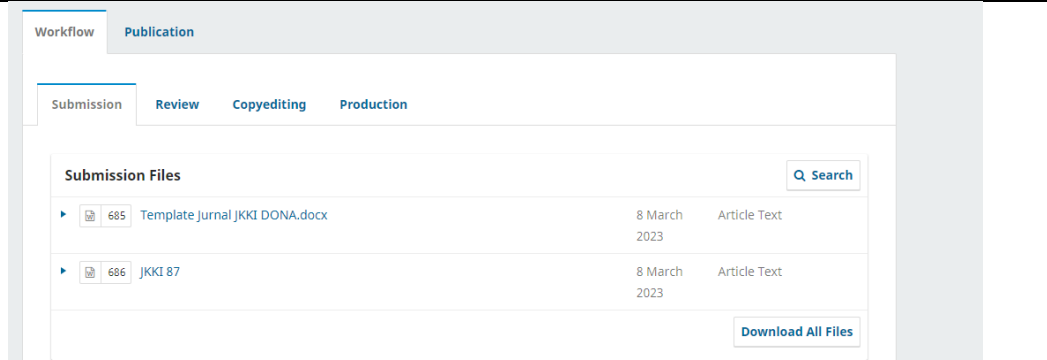


Korespondensi Artikel pada jurnal Nasional terindeks Copernicus: JOURNAL OF APPLIED NURSING AND HEALTH

Dengan judul: Self-Care of Mental Health Generation Z Ethnic Arek East Java

DOI: <https://doi.org/10.58545/jkki.v3i1.87>

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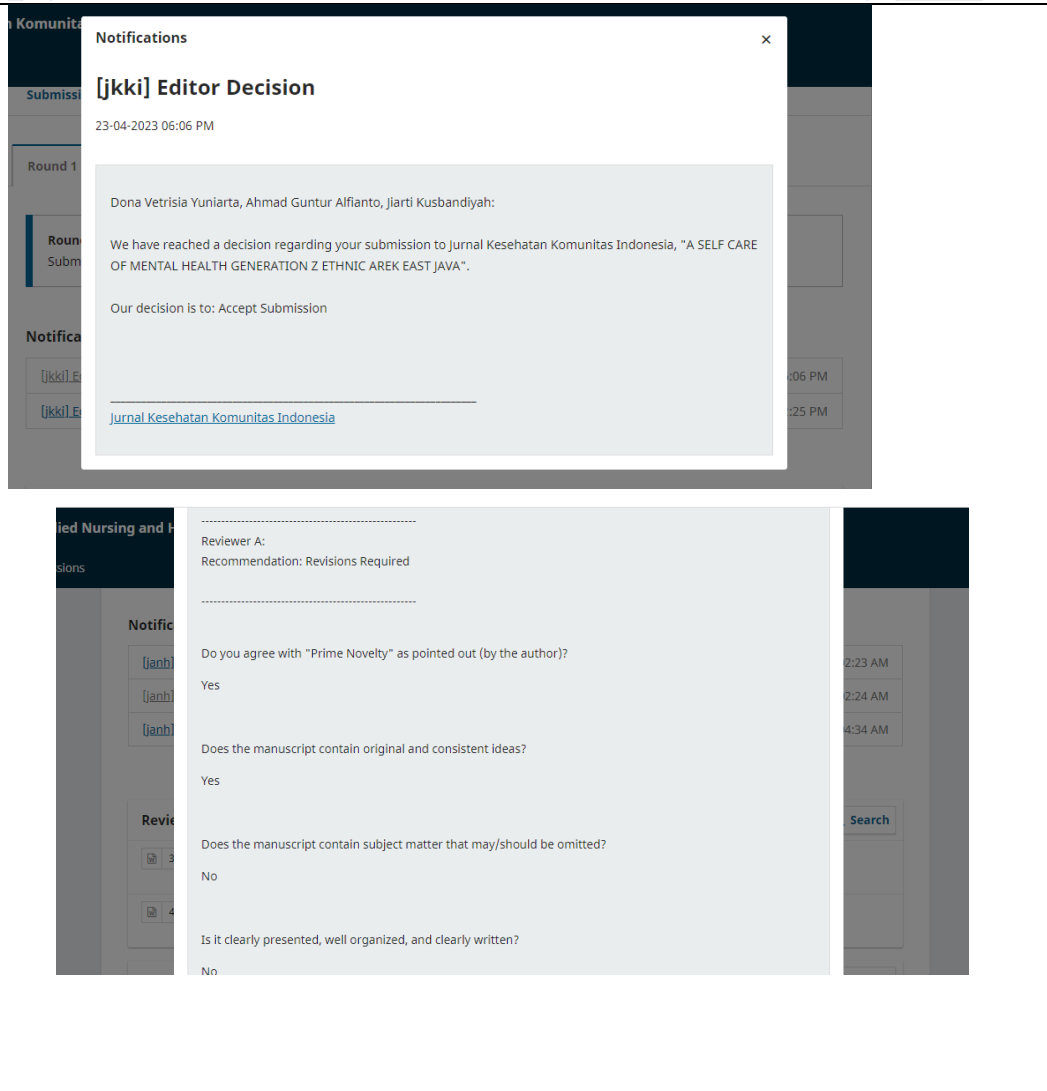
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**Review**



**Notifications**

**[jkki] Editor Decision**

23-04-2023 06:06 PM

Dona Vetrisia Yuniarta, Ahmad Guntur Alfianto, Jiarti Kusbandiyah:

We have reached a decision regarding your submission to Jurnal Kesehatan Komunitas Indonesia, "A SELF CARE OF MENTAL HEALTH GENERATION Z ETHNIC AREK EAST JAVA".

Our decision is to: Accept Submission

[Jurnal Kesehatan Komunitas Indonesia](#)

Reviewer A:  
Recommendation: Revisions Required

Do you agree with "Prime Novelty" as pointed out (by the author)?

Yes

Does the manuscript contain original and consistent Ideas?

Yes

Does the manuscript contain subject matter that may/should be omitted?

No

Is it clearly presented, well organized, and clearly written?

No

g and H

Are the descriptions of figures and tables complete and accurate?

Yes

2:23

2:24

4:34

Notific

(janh)

(janh)

(janh)

Additional comments for the author, (Include reviewers about the background, methods, results, discussion, conclusions, and references)?

The manuscript is in accordance with the guidelines, it is necessary to add some substance, including the use of a reference manager and other improvements

Revis

3

4

Comments for the editor

Conclusion of the whole assessment?

Article accepted with minor revision

Sea

Applied Nursing and H

Revisions

Notific

(janh)

(janh)

(janh)

Revis

3

4

Reviewer B:

Recommendation: Revisions Required

Do you agree with "Prime Novelty" as pointed out (by the author)?

Yes

2:23 AM

2:24 AM

4:34 AM

Does the manuscript contain original and consistent ideas?

Yes

Does the manuscript contain subject matter that may/should be omitted?

Yes

Is it clearly presented, well organized, and clearly written?

No

Search

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Revisions

Notific

(janh)

(janh)

(janh)

Revis

3

4

Additional comments for the author, (Include reviewers about the background, methods, results, discussion, conclusions, and references)?

Needs improvement in several parts, including introduction, method, discussion and use of reference managers such as Mendeley

2:23 AM

2:24 AM

4:34 AM

Comments for the editor

Conclusion of the whole assessment?

Article accepted with minor revision

Search

Journal of Applied Nursing and Health

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**Article History**  
 Submitted: 8-3-2023  
 Revised: 18-4-2023  
 Accepted: 23-4-2023

doi.org/10.58545/jkk.v3i1.87

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 Ahmad Guntur Alfianto

**ABSTRACT**

The lifestyle experienced by Generation Z of the East Java Arek ethnicity causes mental health problems. One of the efforts that can be made to prevent mental health problems is mental health self-care. This study aims to describe the mental health self-care behavior of the Z generation of the East Java Arek ethnicity. The method used is descriptive quantitative research with a survey approach. The population of this research is all Generation Z of East Java Generation ethnicity. The sampling technique used was purposive sampling with 402 respondents Z, ethnic Arek, East Java. The research was conducted in Malang, Sidoarjo, and Surabaya. The measuring tool used is The Mindful Self-Care Scale questionnaire. The data collection technique uses Google Forms, distributed via WhatsApp, WhatsApp groups, Telegram, and social media. Of the results of mental health self-care for generation Z of the Arek ethnicity, 19% carry out self-care, and an average of 82.61 positive behavior the generation Z of the Arek ethnicity in carrying out mental health self-care. Conclusion of mental health self-care Z generation of East Java Arek ethnicity prefers self-care behavior and positive behavior in carrying out mental health self-care.

**Keywords:** arek ethnicity, generation Z, mental health, self-care  
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others (Hoare et al., 2022). The current phenomenon that we often encounter is the problem of dressing. Some research also mentions that the current style of children's clothing prioritizes simple and elegant appearance but can pay attention to those who see it (Egan & Mantzios, 2018). So that these things are an effort in mental health self-care, but many Generation Z consider this to be included in the style of dress they can.

Self-care efforts that they often carry out do not impact mental health problems. They consider many factors that cause these problems in everyday life, not in the

**5. CONCLUSION**

The description of mental health self-care behavior carried out by generation Z of the Arek ethnicity of East Java prefers to care for themselves (19%). Meanwhile, the average mental health self-care behavior is 82.61, which is more favorable (24-120). Therefore, efforts must improve mental health self-care through a digital approach to current conditions in the global era so that these efforts can overcome mental health problems that currently occur in adolescents.

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**Notifications**

<a href="#">[jkk] Editor Decision</a>	23-04-2023 06:06 PM
<a href="#">[jkk] Editor Decision</a>	27-04-2023 12:25 PM

**Reviewer's Attachments**

No Files

**Revisions**

1046	Revisi jkkj 83	23 April 2023	Article Text
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**Review Discussions**

Name	From	Last Reply	Replies
<a href="#">DISCUSSION 1 (Revision)</a>	sasaung_ebsina	-	0

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87	<b>Yuniarta et al.</b> Self-Care of Mental Health Generation Z Ethnic Arek East Java	1 Published View