

## **Editorial**

**Dental Caries and Habit of Eating Sweet Foods, Drinking Sweet Drinks, and Brushing Teeth Correctly in the Community Aged 15-64 Years**

**The Implications of the Covid-19 Pandemic on the Utilization and Catastrophic Costs of National Health Insurance**

**The Effect of Transcendental Meditation on Immune System and Psychological Profile in Bali Mandara Students**

**Body Mass Index and Working Period Associated with Low Back Pain in Pedicab Drivers**

**Intake of Macromolecular Nutrition Status in Pulmonary Tuberculosis Subjects at the Seputih Raman Health Center, Central Lampung**



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## Editorial Note

The article “Dental Caries and Habit of Eating Sweet Foods, Drinking Sweet Drinks, and Brushing Teeth Properly in the Community Aged 15-64 Years in Indonesia” by Made Ayu Lely Suratri, et al explained about dental caries was caused by many factors, including consuming sweet foods and brushing teeth properly. This study aimed to analyze the relationship between the incidence of dental caries with the habit of eating sweet foods and sweet drinks and the habit of brushing teeth properly in the community aged 15-64 years in Indonesia. The result of study showed that the respondent’s characteristics, that is age, gender, education, and residence had a significant relationship with the incidence of dental caries, with  $p\text{-value} < 0.05$  ( $p = 0.0001$ ). The habit of eating sweet foods and drinking sweet drinks and brushing teeth had a significant relationship with the incidence of dental caries, with  $p\text{-value} < 0.005$  ( $p = 0.0001$ ). The number of respondents with dental caries was caused by eating sweet foods 45.70%, drinking sweet drinks 45.70%, and brushing teeth properly 45.90%. Then, the multivariate test showed that almost all factors affect the incidence of dental caries, except for the occupational factor with  $p\text{-value} > 0.05$  ( $p = 0.260$ ). Therefore, the habit of eating sweet foods, drinking sweet drinks and brushing teeth properly is significant related to the incidence of dental caries in the community aged 15-64 years.

The Covid-19 has significantly impacted to the global economy, including Indonesia. After being declared pandemic, several sectors worldwide were affected by economic problems such as the transportation, tourism, trade, and health sectors. Social distancing policies have implemented in various countries, also hampered the improvement of the health economy in Indonesia. Indonesia, the optimization of the health system has become less than optimal after the Covid-19 pandemic. The Effect of Covid-19 Pandemic on Utilization and Catastrophic Costs of National Health Insurance by Wahyu Pudji Nugraheni, et al explained the COVID-19 pandemic has significantly impacted the health care system and insurance schemes in Indonesia. Social distancing policies during the pandemic have led to changes to the utilization of health facilities, especially those related to catastrophic diseases that cost a lot of money. In 2020 the pandemic has impacted decreasing the utilization of National Health Insurance participants to health facilities and significantly affected the financing of catastrophic diseases. There was also a change in the ranking diseases pattern before and during pandemic. But, before the outbreaks, the disease with the highest claim fee was ischemic heart disease and after the pandemic the highest claim fee was chronic kidney disease. Thus, the referral program strengthens efforts to control JKN financing costs with conditions that increased during the Covid-19 pandemic. In the future, National Health Insurance financing needs to expand the scope of the advantage of control and promotion services.

Meditation can increase immune cells that play role in self-protection. The study “Effect of Transcendental Meditation on the Immune Response of Bali Mandara High School Students” by Kartika Sari, et al provided information that transcendental meditation has health benefits, especially for boosting the immune system. Meditation has become an increasingly popular form of alternative medicine. Many studies have been conducted to assess the health benefits of meditation. In particular, Transcendental Meditation (TM) was effective for treating psychological disorders, hypertension, cardiovascular disease, and high cholesterol. It was assumed that TM can enhance the individual immune system. The results showed that high rates immune cell among the control group compared to the TM 1 and TM 2 groups. The number of immune response cells showed that the TM 2 group differed significantly from the control group and the TM 1 group for eosinophils, neutrophil, and monocyte ( $P < 0.05$ ). And for leukocytes, neutrophils, and lymphocytes showed a decrease not significantly different in the TM 2 group ( $P > 0.05$ ). The correlation value showed strong correlation between immune response cells (leukocytes, lymphocytes, eosinophils, monocyte, and hematocrit) with an increase in meditation duration.

Low back pain (LBP) commonly referred to radiating low back pain or sciatica is the discomfort between the ribcage and the gluteal folds. A risk factor for LBP is being overweight because weak abdominal muscles lead the center of gravity to shift forward, increasing lumbar lordosis and promoting exhaustion in the paravertebral muscles. A working period is an accumulation of one work activities over a long period. In case the activity was carried out continuously over the years, it can be cause health problems. The “Body Mass Index and Working Period Associated with Low Back Pain for Pedicab Drivers” by Amardeep Kaur Kaur Singh, et al provided that fifty-seven pedicab drivers met the requirements for participation. Bivariate analysis using the Chi-Square Test yielded a  $p\text{-value}$  of 0.038 indicated a significant association between BMI and low back pain, and a  $p\text{-value}$  of 0.025 indicated a significant association between length of employment and lower back pain. Thus, BMI and working period had a significant relationship with lower back pain.

The study “Intake of macromolecular nutrition status in pulmonary tuberculosis subjects at the Seputih Raman Health Center, Central Lampung” by I Putu Priamaji Girinaja, et al explained that based on nutrition survey data, it was found that 60% of patients were underweight, with the highest carbohydrate intake deficit (80%) compared to protein (46.67%) and fat (53.33%) intakes. The condition of pulmonary tuberculosis patients was affected by low nutritional status and this slowed recovery time. The problem of this research is the need to describe the calorie intake of pulmonary tuberculosis patients after receiving education on nutritional patterns high in protein and fat in pulmonary tuberculosis patients at the start of their treatment. In the initial conditions, TB patients generally experience protein and energy deficits then during the course of treatment for approximately six months, it is necessary to evaluate the nutritional intake profile of TB patients. Therefore the expected goal of this research is to obtain profile data on the intake of energy, protein, fat, and carbohydrates as well as micronutrient. This showed through study result, the need to emphasize the balance of nutritional intake in the nutrition education of Pulmonary Tuberculosis subjects not only protein and fat intake. Thus, tuberculosis patients also need to pay attention to a balanced intake of carbohydrates.

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Made Ayu Lely Suratni, Rudi Hendro Putranto, Noerendah Pracoyo, Lelly Andayasari, Vebby Amelia Edwin, and Tati Suryati

## **Dental Caries and Habit of Eating Sweet Foods, Drinking Sweet Drinks, and Brushing Teeth Properly in the Community Aged 15-64 Years in Indonesia**

Health Science Journal of Indonesia 2022; 13;1-8

**Latar belakang:** Karies gigi atau dental caries adalah salah satu masalah kesehatan gigi dan mulut yang banyak dikeluhkan masyarakat Indonesia. Karies gigi banyak disebabkan oleh kebiasaan yang tidak baik, diantaranya mengkonsumsi makanan yang manis manis dan menggosok gigi yang tidak teratur. Tujuan dari analisis ini untuk mengetahui hubungan kejadian karies gigi dengan kebiasaan makan makanan dan minuman yang manis dan kebiasaan menggosok gigi pada masyarakat umur 15-64 tahun di Indonesia.

**Metode:** Penelitian merupakan analisis lanjut data Riskesdas 2018 dengan disain potong lintang (cross-sectional) dan non intervensi. Sampel penelitian adalah seluruh anggota rumah tangga (ART) dalam rumah tangga terpilih. Sampel yang dianalisis adalah anggota rumah tangga berumur 15-64 tahun. Pelaksanaan pengumpulan data dilakukan melalui wawancara dengan menggunakan kuesioner. Analisis lanjut data ini dilakukan secara univariat, bivariat dan multivariat.

**Hasil:** Hasil penelitian menunjukkan bahwa karakteristik responden yaitu umur, jenis kelamin, pendidikan, dan tempat tinggal terdapat hubungan yang signifikan dengan kejadian karies gigi, dengan p value <0,05 (p=0,0001). Kebiasaan makan makanan dan minuman yang manis dan kebiasaan menggosok gigi terdapat hubungan yang signifikan dengan kejadian karies gigi, dengan p value < 0,005 (p=0,0001). Hasil uji multivariat, hampir semua

faktor berpengaruh terhadap kejadian karies gigi, kecuali faktor pekerjaan dengan p-value > 0,05 (p=0,260).

**Kesimpulan:** Kebiasaan makan makanan manis, minum minuman manis dan kebiasaan menggosok gigi dengan benar berhubungan secara signifikan dengan kejadian karies gigi pada masyarakat umur 15-64 tahun.

**Kata kunci:** Karies gigi, makan makanan manis, minum minuman manis, menggosok gigi yang baik, Riskesdas, Indonesia.

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Wahyu Pudji Nugraheni, Syarifah Nuraini, Risky Kusuma Hartono

## **The Effect of the Covid-19 Pandemic on the Utilization and Catastrophic Costs of National Health Insurance**

Health Science Journal of Indonesia 2022; 13; 9-16

**Latar belakang:** Pandemi COVID-19 di Indonesia berdampak signifikan terhadap sistem pelayanan kesehatan dan skema asuransi. Kebijakan social distancing selama pandemi telah menyebabkan perubahan penggunaan fasilitas kesehatan, terutama yang terkait dengan penyakit katastrofik yang memakan biaya besar. Penelitian ini bertujuan untuk menganalisis dampak pandemi Covid-19 terhadap pemanfaatan dan pembiayaan penyakit katastrofik dalam program Jaminan Kesehatan Nasional.

**Metode:** Desain penelitian ini adalah kuantitatif dan kualitatif. Studi kuantitatif menganalisis data sekunder yang diperoleh dari Badan Penyelenggara Jaminan Sosial Kesehatan dan Dewan Jaminan Sosial Nasional. Penelitian ini juga memiliki data kualitatif dari wawancara mendalam dengan informan rumah sakit pemerintah dan swasta, ekonom kesehatan, dan pakar asuransi kesehatan sosial.

**Hasil:** Pandemi COVID-19 tahun 2020 berdampak pada penurunan utilisasi peserta Jaminan Kesehatan Nasional ke fasilitas kesehatan dan berpengaruh signifikan terhadap pembiayaan penyakit katastropik. Sebelum pandemi, penyakit dengan biaya klaim tertinggi adalah penyakit jantung iskemik, dan setelah pandemi, penyakit dengan biaya klaim tertinggi adalah penyakit ginjal kronis. Perubahan pola peringkat penyakit juga terjadi sebelum dan selama pandemi Covid-19.

**Kesimpulan:** Pandemi Covid-19 berdampak pada pemanfaatan dan pembiayaan program Jaminan Kesehatan Nasional. Program rujukan memperkuat upaya pengendalian biaya pembiayaan Jaminan Kesehatan Nasional dengan kondisi yang semakin meningkat di masa pandemi Covid-19. Pembiayaan Jaminan Kesehatan Nasional ke depan perlu memperluas cakupan manfaat pelayanan preventif dan promotive.

**Kata kunci:** Pandemi Covid-19, Jaminan Kesehatan Nasional, Utilisasi, Biaya

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Kartika Sari, Novitasari, Irawan Sukma, Putu Asih Primatanti, Saktivi Harkitasari, I Gusti Ngurah Dwija Putra

### **The Effect of Transcendental Meditation on the Immune Response of Bali Mandara High School Students**

Health Science Journal of Indonesia 2022; 13; 17-25

**Latar belakang:** Meditasi telah menjadi bentuk pengobatan alternatif yang semakin populer. Banyak penelitian telah dilakukan untuk menilai manfaat meditasi pada kesehatan. Secara khusus, Meditasi Transendental (TM) telah terbukti efektif dalam mengobati gangguan psikologis, hipertensi, penyakit kardiovaskular, dan kolesterol tinggi. Hal ini diasumsikan bahwa TM dapat meningkatkan sistem imun individu. Penelitian ini bertujuan untuk mengetahui jumlah sel respon imun pada siswa SMA yang melakukan meditasi transedental pada periode waktu tertentu.

**Metode:** Penelitian ini memiliki total sampel 150 siswa. Kelompok studi terdiri dari 3 kelompok, yaitu kelompok kontrol, kelompok TM 1 (berlatih

TM selama 1 tahun), dan kelompok TM 2 (berlatih TM selama 2 tahun). Tiap grup terdiri dari 50 siswa. Kelompok kontrol terdiri dari 50 siswa yang tidak menggunakan teknik relaksasi apa pun. Total eosinofil, neutrofil, limfosit, monosit dan hematokrit dihitung dengan hematologi kuantitatif otomatis.

**Hasil:** Hasil menunjukkan terdapat perbedaan bermakna di antara kelompok kontrol dibandingkan dengan kelompok TM 1 dan kelompok TM 2. Jumlah sel respon imun menunjukkan bahwa kelompok TM 2 berbeda secara signifikan dibandingkan kelompok kontrol dan kelompok TM 1 pada eosinofil, netrofil dan monosit (  $P < 0,05$ ). Hal berbeda ditunjukkan oleh leukosit, neutrofil, dan limfosit yang menurun walaupun tidak berbeda bermakna pada kelompok TM 2 ( $P > 0,05$ ). Nilai korelasi menunjukkan adanya korelasi kuat antara sel-sel respon imun (leukosit, limfosit, eosinofil, monosit, leukosit, dan hematokrit) dengan peningkatan durasi meditasi ( $p > 0.4$ ).

**Kesimpulan:** Meditasi dapat meningkatkan sel imun yang berperan dalam perlindungan diri. Studi ini memberikan informasi bahwa meditasi transendental mempunyai manfaat bagi kesehatan khususnya meningkatkan sistem kekebalan tubuh.

**Kata kunci:** Meditasi Transdesental (TM), respon imun

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Amardeep Kaur Kaur Singh, Indri Seta Septadina, Eka Febri Zulissetiana

### **Body Mass Index and Working Period Associated with Low Back Pain in Pedicab Drivers**

Health Science Journal of Indonesia 2022; 13; 26-31

**Pendahuluan:** Nyeri Punggung Bawah (NPB) adalah nyeri di daerah punggung di antara tulang rusuk dan lipatan gluteal, termasuk juga nyeri ekstremitas yang menjalar karena gangguan punggung. Berat badan yang berlebih menyebabkan tonus otot abdomen lemah, sehingga pusat gravitasi seseorang akan terdorong ke depan dan menyebabkan lordosis lumbalis akan bertambah yang kemudian menimbulkan kelelahan pada otot paravertebra, hal ini merupakan risiko terjadinya LBP. Lama kerja merupakan akumulasi aktivitas kerja seseorang yang dilakukan dalam jangka waktu panjang yang apabila



aktivitas tersebut dilakukan terus-menerus dalam jangka waktu bertahun-tahun dapat mengakibatkan gangguan kesehatan.

**Metode:** Penelitian ini adalah penelitian analitik observasional dengan menggunakan rancangan potong lintang (cross-sectional study). Populasi penelitian pengayuh becak di Kec.Kemuning, Kota Palembang. Data klasifikasi meliputi usia, jenis kelamin, indeks massa tubuh. Ditemukan 57 pengayuh becak yang memenuhi kriteria inklusi.

**Hasil:** Hasil analisis bivariat yang diperoleh dengan Uji Chi Square diperoleh nilai p sebesar 0.038, artinya terdapat hubungan yang signifikan antara IMT dengan nyeri punggung bawah dan nilai p sebesar 0.025 artinya terdapat hubungan yang signifikan antara lama kerja dengan nyeri punggung bawah.

**Kesimpulan:** IMT dan lama kerja mempunyai hubungan yang signifikan dengan nyeri punggung bawah.

**Kata kunci:** nyeri punggung bawah, usia, IMT

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I Putu Priamaji Girinaja, Rahayu Yekti, Pratiwi Dyah Kusumo

### **Intake of Macromolecular Nutrition Status in Pulmonary Tuberculosis Subjects at the Seputih Raman Health Center, Central Lampung**

Health Science Journal of Indonesia 2022; 13; 32-37

**Pendahuluan :** Kondisi pasien tuberkulosis paru dipengaruhi status gizi yang rendah dan hal ini akan memperlambat waktu pemulihan. Permasalahan penelitian ini perlunya gambaran asupan kalori penderita tuberkulosis paru setelah mendapat edukasi pola gizi tinggi protein dan lemak pada pasien tuberkolusis paru pada awal pengobatan mereka. Dalam kondisi awal, pada umumnya pasien Tuberkulosis mengalami defisit protein dan energi kemudian dalam perjalanan pengobatan selama kurang lebih enam bulan, perlu dilakukan evaluasi melihat profil asupan nutrisi pasien Tuberkulosis. Oleh karenanya tujuan yang diharapkan dalam penelitian ini adalah didapatkan profil data asupan energi, protein, lemak dan karbohidrat juga mikronutrien.

**Metode:** Penelitian pendekatan deskriptif wawancara dengan alat ukur kuesioner *food recall* 24 jam dan analisa [www.nutrisurvey.com](http://www.nutrisurvey.com) di daerah kerja puskesmas Seputih Raman, Lampung Tengah Tahun 2021.

**Hasil:** Berdasarkan data analisa nutrisurvey, didapatkan 60% pasien status gizi kurus, dengan angka defisit asupan karbohidrat paling tinggi (80%) dibandingkan asupan protein (46,67%) dan lemak (53,33%).

**Kesimpulan:** Melalui hasil penelitian kami, hal ini menunjukkan perlunya menekankan keseimbangan asupan gizi pada edukasi gizi pasien Tuberkulosis Paru bukan hanya pada asupan protein dan lemak, dengan demikian pasien Tuberkulosis juga perlu memperhatikan asupan karbohidrat yang seimbang.

**Kata kunci:** Tuberkulosis paru, asupan nutrisi, Seputih Raman.



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Made Ayu Lely Suratri, Rudi Hendro Putranto, Noerendah Pracoyo, Lelly Andayasari, Vebby Amelia Edwin, and Tati Suryati

## **Dental Caries and Habit of Eating Sweet Foods, Drinking Sweet Drinks, and Brushing Teeth Properly in the Community Aged 15-64 Years in Indonesia**

Health Science Journal of Indonesia 2022; 13;1-8

**Background:** Dental caries is one of the most common dental and oral health problems in Indonesians. Dental caries were caused by many factors, including consuming sweet foods and brushing teeth properly. This study aimed to analyze the relationship between the incidence of dental caries with the habit of eating sweet foods and sweet drinks and the habit of brushing teeth properly in the community aged 15-64 years in Indonesia.

**Methods:** The research method is a further analysis of the data from the National Basic Health Research (Riskesdas 2018) with a cross-sectional and non-interventional design. The study population included Indonesians from 34 provinces, 514 districts/cities. The research sample was all household members in the selected households. The samples analyzed were household members aged 15-64 years. Implementation of data collection was done through interviews using a questionnaire.

**Results:** The results showed that the respondent's characteristics, that is age, gender, education, and residence had a significant relationship with the incidence of dental caries, with p-value <0.05 (p=0.0001). The habit of eating sweet foods and drinking sweet drinks and brushing teeth properly had a significant relationship with the incidence of dental caries, with p-value < 0.005 (p= 0.0001). The number of respondents with dental caries caused by eating sweet foods 45.70%, drinking sweet drinks 45.70%, and brushing teeth properly 45.90%. The

results of the multivariate test, almost all factors affect the incidence of dental caries, except for the occupational factor with p-value > 0.05 (p=0.260).

**Conclusion:** The habit of eating sweet foods, drinking sweet drinks and brushing teeth properly is significantly related to the incidence of dental caries in the community aged 15-64 years.

**Keywords:** Dental caries, eating sweet foods, drinking sweet drinks, brushing teeth properly, basic health research, Indonesia

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Wahyu Pudji Nugraheni, Syarifah Nuraini, Risky Kusuma Hartono

## **The Effect of the Covid-19 Pandemic on the Utilization and Catastrophic Costs of National Health Insurance**

Health Science Journal of Indonesia 2022; 13; 9-16

**Background:** The COVID-19 pandemic in Indonesia has significantly impacted the health care system and insurance schemes. Social distancing policies during the pandemic have led to changes in the utilization of health facilities, especially those related to catastrophic diseases that cost a lot of money. This study aims to analyze the impact of the Covid-19 pandemic on the utilization and financing of catastrophic diseases in the National Health Insurance (NHI) program.

**Methods:** The research design is quantitative and qualitative. The quantitative study analyzed secondary data obtained from the Social Security Administrator for Health and the nat. This study also has qualitative data from in-depth interviews with government and private hospital informants, health economists, and social health insurance experts.

**Results:** 2020 COVID-19 pandemic has impacted decreasing the utilization of National Health Insurance participants to health facilities and significantly

affected the financing of catastrophic diseases. There was also a change in the ranking diseases pattern before and during the covid-19 pandemic. Before pandemic, the disease with the highest claim fee was ischemic heart disease, and after the pandemic, the disease with the highest claim fee was chronic kidney disease.

**Conclusion:** Covid-19 pandemic has impacted the catastrophic utilization and financing of the National Health Insurance program. The referral program has strengthened National Health Insurance financing cost containment efforts with conditions increasing during the Covid-19 pandemic. In the future, National Health Insurance financing needs to expand the scope of the benefits of preventive and promotive services.

**Keywords:** Covid-19 Pandemic, National Health Insurance, Utilization, Cost

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Kartika Sari, Novitasari, Irawan Sukma, Putu Asih Primatanti, Saktivi Harkitasari, I Gusti Ngurah Dwija Putra

### **The Effect of Transcendental Meditation on the Immune Response of Bali Mandara High School Students**

Health Science Journal of Indonesia 2022; 13; 17-25

**Background:** Meditation has become an increasingly popular form of alternative medicine. Many studies have been conducted to assess the health benefits of meditation. In particular, Transcendental Meditation (TM) is effective in treating psychological disorders, hypertension, cardiovascular disease, and high cholesterol. It is assumed that TM can enhance the individual immune system. This study aims to determine the number of immune response cells in high school students who do transcendental meditation for a certain period of time.

**Methods:** This study has a total sample of 150 students. The study group consisted of 3 groups, namely the control group, TM group 1 (students who regularly practiced TM for 1 year), TM group 2 (students who regularly practiced TM for 2 years). Each group consists of 50 students. The control group consisted of 50 students who did not use any relaxation techniques. Total eosinophils, neutrophils, lymphocytes, monocyte, and hematocrit are counted by an automated quantitative hematology analyzer.

**Results:** The results showed high rates immune cell among the control group compared to the TM 1 and TM 2 groups. The number of immune response cells showed that the TM 2 group differed significantly from the control group and the TM 1 group in eosinophils, neutrophil, and monocyte ( $P < 0.05$ ). Even though, leukocytes, neutrophils, and lymphocytes showed an decrease although not significantly different in the TM 2 group ( $P > 0.05$ ). The correlation value shows a strong correlation between immune response cells (leukocytes, lymphocytes, eosinophils, monocyte, and hematocrit) with an increase in meditation duration.

**Conclusion:** Meditation can increase immune cells that play a role in self-protection. This study provides information that transcendental meditation has health benefits, especially in boosting the immune system.

**Keywords:** Transcendental Meditation (TM), immune respond

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Amardeep Kaur Kaur Singh, Indri Seta Septadina, Eka Febri Zulissetiana

### **Body Mass Index and Working Period Associated with Low Back Pain in Pedicab Drivers**

Health Science Journal of Indonesia 2022; 13; 26-31

**Background:** Low back pain (LBP), commonly referred to radiating low back pain or sciatica, is the discomfort between the ribcage and the gluteal folds. A risk factor for LBP is being overweight because weak abdominal muscles lead the center of gravity to shift forward, increasing lumbar lordosis and promoting exhaustion in the paravertebral muscles. A working period is an accumulation of one's work activities over a long period. If the activity is carried out continuously over the years can cause health problems.

**Methods:** This study was an observational analytic study using a cross-sectional study—a research population of pedicab drivers in Kemuning District, Palembang City. Classification data include age, gender, and body mass index

**Results:** Fifty-seven pedicab drivers met the requirements for participation. Bivariate analysis using the Chi-Square Test yielded a p-value of 0.038,

indicating a significant association between BMI and low back pain, and a p-value of 0.025, indicating a significant association between length of employment and lower back pain.

**Conclusion:** BMI and working period had a significant relationship with lower back pain.

**Keywords:** low back pain, working period, body mass index

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I Putu Priamaji Girinaja, Rahayu Yekti, Pratiwi Dyah Kusumo

### **Intake of Macromolecular Nutrition Status in Pulmonary Tuberculosis Subjects at the Seputih Raman Health Center, Central Lampung**

Health Science Journal of Indonesia 2022; 13; 32-37

**Background:** The condition of pulmonary tuberculosis patients is affected by low nutritional status and this will slow recovery time. The problem of this research is the need to describe the calorie intake of pulmonary tuberculosis patients after receiving education on nutritional patterns high in protein and fat in pulmonary tuberculosis patients at the start of their treatment. In the initial conditions, TB patients generally experience protein and energy deficits, then during the course of treatment for approximately six months, it is necessary to evaluate the nutritional intake profile of TB patients. Therefore the expected goal of this research is to obtain profile data on the intake of energy, protein, fat, and carbohydrates as well as micronutrients.

**Methods:** Research using a descriptive interview approach using a 24-hour food recall questionnaire and [www.nutrisurvey.com](http://www.nutrisurvey.com) analysis in the work area of the Seputih Raman Public Health Center, Central Lampung in 2021.

**Results:** Based on nutrisurvey data, subjects were found to be underweight (60%), with the highest carbohydrate intake deficit (80%) compared to intake of protein (46.67%) and fat (53.33%).

**Conclusion:** This shows through our result, the need to emphasize the balance of nutritional intake in the nutrition education of Pulmonary Tuberculosis subjects not only protein and fat intake. Thus tuberculosis patients also need to pay attention to a balanced intake of carbohydrates

**Keywords:** Pulmonary tuberculosis, nutrition intake. Seputih Raman