

# newsletter

Tanhana Dharmma Mangrva • 146<sup>th</sup> edition, September 2021



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## The Closing of the Regular Education Program Batch 62 (PPRA 62)

# Dissemination of Archive Retention Schedule

Thu, August 19<sup>th</sup> 2021



Lemhannas RI held a Socialization of Legal Awareness Development and Legislation with the theme "Retention Schedule (JRA)", on Thursday (19/8) online.

Presented as speaker were Associate Expert Archivist of the The National Archives of the Republic of Indonesia (ANRI) Dra. Dwi Mudalsih, M. Hum. as a speaker and aims to increase insight and knowledge about archives (Retention Schedule) in general.

Lemhannas RI in 2009 has compiled and issued Regulation of the Governor of Lemhannas RI Number 13 of 2009 concerning the Retention Schedule (JRA) of Lemhannas RI. This regulation is a follow-up to the above regulations, namely Law Number 43 of 2009 concerning Archives and as an effort to realize administrative order within Lemhannas RI especially those relating to archives.

Middle-Level Legal Drafter of Lemhannas RI Sulis Marwiyani Fatkhan, S.H., M.Sc. representing the Chief of Cooperation and Law Bureau when opening the socialization said that the record is a unifying knot of the nation, the spirit of an organization, and authentic evidence of an unbreakable record of events.

Furthermore, Sulis Marwiyani stated that through a record. details information related to an event can be known, which then after knowing the process and journey, that event can be understood and interpreted. He also explained that Law Number 43 of 2009 concerning Archives has mandated that the national administration of archives is the responsibility of the National Archives of the Republic of Indonesia (ANRI).

Dwi Mudalsih as a speaker said that in the context of implementing the

Retention Schedule, there are several things that need to be a guide in determining whether a type of record is destroyed, reassessed, or permanently used as a guideline for shrinking and saving records.

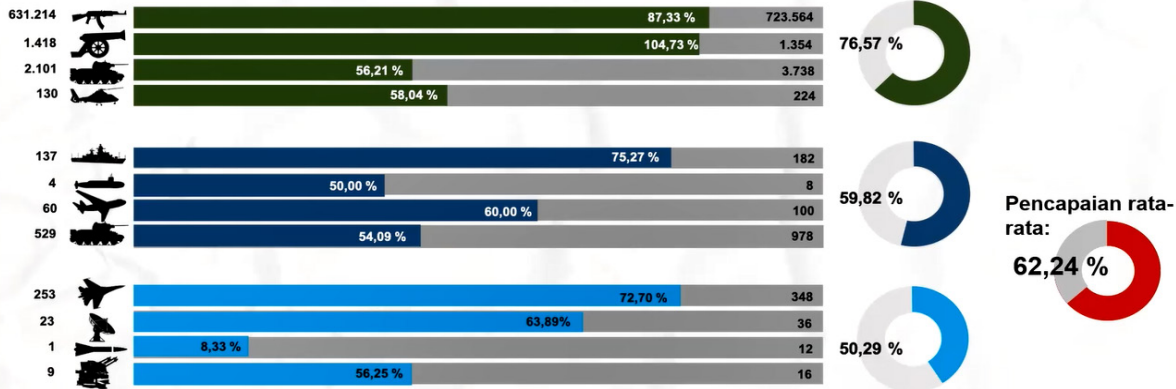
On that occasion, Dwi Mudalsih also explained dynamic record, which is record that are used directly for the activities of archive creators and stored for a certain period of time. Dynamic records management is the process of controlling dynamic records efficiently, effectively, and systematically which includes the creation, use and maintenance, and depreciation of records. Dynamic records management includes vital records, active records, and inactive records. "The law mandates that these (vital records, active records, and inactive records) must be carried out by the archive creator," he concluded.

Thu, August 19<sup>th</sup> 2021

**"Minimum Essential Force (MEF)"**  
– Permenhan No. 39 Tahun 2015



s.d. 28 Mei 2021



**Catatan:**

- Pencapaian rata-rata MEF pada Renstra II (2015-2019): 62,24%
- Pengadaan Alutsista pada Renstra III (2020-2024) masih dalam proses kontrak

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# Chief of The Indonesian Military General Staff Gives Lecture to PPSA 23 Participants

Chief of General Staff of The Indonesian Military (TNI) Lieut. Gen. Eko Margiyono, MA representing the TNI Commander gave a lecture with the theme "Strategic Policy for the Use of TNI Force in the Era of New Civilization Order" to Short Education Program Batch 23 (PPSA 23) on Thursday (19/8) via online.

On that occasion, Eko explained about the dynamics of the development of the strategic environment in the global, regional, and national order. According to Eko, the dynamics of the development of the strategic environment will directly or indirectly have an impact on Indonesia's defense and security. The development of the strategic environment in Indonesia has several dynamics of its own, including intolerance and radicalism, dynamic domestic political situation, handling of Covid-19, state budget

deficit, and separatist movements.

In his presentation, Eko also conveyed the main tasks of TNI according to the Law Number 34 of 2004 concerning the Indonesian National Army, namely guaranteeing state ownership, maintaining the territorial integrity of the Unitary State of the Republic of Indonesia based on Pancasila and the 1945 Constitution, as well as proving the nation and the spilled blood of Indonesia from threats and disturbances that threaten the integrity of the nation and state. The main tasks of the TNI are carried out by means of War Military Operations (OMP) or Military Operations Other Than War (OMSP). "TNI is a state tool in the field of defense that carries out their tasks based on state policies and political decisions," he said.

Eko also explained about the Minimum Essential Force (MEF) based

on the Minister of Defense Regulation (Permenhan) Number 39 of 2015. The Minister of Defense stated that the MEF was formulated into two Strategic Plans (Renstra), namely 2015-2019 and 2020-2024. MEF achievement until the end of Strategic Plan II of 2015-2019 was 62.24% while in Strategic Plan III of 2020-2024 is still in process.

There are several efforts to fulfill the TNI's MEF, namely increasing the budget for the procurement and maintenance and care (harwat) of defense equipment, meeting the need for defense equipment spare parts, increasing the capacity and professionalism of human resources, as well as increasing the infrastructure supporting the defense equipment system, cutting lines in the procurement of defense equipment, and increasing the number of procurement of TNI defense equipment.

# Online Lecture for PPRA 62 participants' wife and husband

Mon, August 23<sup>rd</sup> 2021

Lemhannas RI held an online Lecture for PPRA 62 Participants' wife and husband in 2021 via online. The training was held for six days starting Monday, August 23, 2021 until Monday, August 30, 2021 and was attended by 76 PPRA 62 Participants' wives/husbands, consisting of 71 wives and 5 husbands.

The lecture aims to equip and strengthen the wives/husbands in their role as companions to national-level leader cadres, increase insight and ethics for wives/husbands who can serve as role models for in their spouses work unit and the community, and strengthen the togetherness among the wives/husbands of PPRA 62 Participants and Lemhannas RI.

"The success of the Lemhannas RI education participants in pursuing careers and carrying out state duties, is impossible without the role of their wife/husband as a companion," the Governor

of Lemhannas RI Lieut. Gen. (Ret.) Agus Widjojo in the opening ceremony of the online lecture. Therefore, Agus Widjojo said that the relationship between husband and wife should be maintained through the strengthening of insight, morals and ethics.

Furthermore, Agus Widjojo said that the spirit of nationalism and togetherness that is full of tolerance with the foundation of Bhinneka Tunggal Ika could be eroded due to globalization and the dynamics of the developing political situation. The understanding of national insight by prioritizing national unity and integrity based on populist roots needs to be further strengthened.

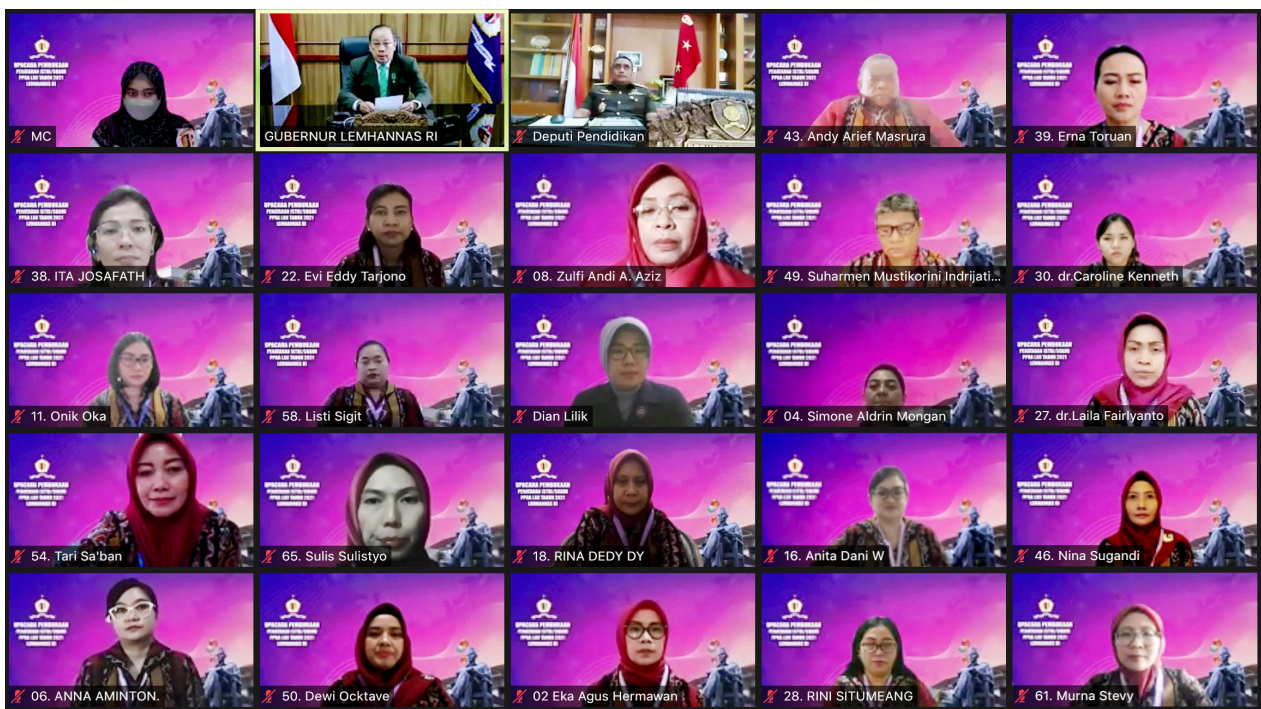
Agus Widjojo hopes that through this online lecture, participants should be able to understand the meaning of national morals and ethics which can then be implemented in their mindsets, attitudes, and behaviour in daily life. "The essence of this upgrading is to prepare

wives/husbands, to further strengthen their roles in helping and assisting PPRA 62 participants, both in official relationships as well as in family and community life," he concluded.



**The success of the Lemhannas RI education participants in pursuing careers and carrying out state duties, is impossible without the role of their wife/husband as a companion."**

Lieut. Gen. (Ret.) Agus Widjojo  
Governor of Lemhannas RI





Mon, August 23<sup>rd</sup> 2021

## Governor of Lemhannas RI Gives Lecture to Training for Trainers Participants

The Governor of Lemhannas RI Lieut. Gen. (Ret.) Agus Widjojo gave lecture to Training for Trainers (ToT) participants as well as the Guidance and Implementation of Strengthening of National Values Program for Lecturers, Teachers, and Trainers Batch II of 2021 on Monday (23/8) via online.

On that occasion, Agus Widjojo said that the main task of trainers is to implement the formation of agents of change from the implementation of national values. "The ultimate goal of what to be achieved after participating in this training is about the participants' attitudes and behaviors after they complete this training," Agus said while opening his presentation.

Agus Widjojo explained about the meaning of National Resilience, which is the ability of an entity to anticipate, prepare and respond to reactions and adapt to gradual changes or disruptions in order to maintain survival at the level of welfare. "National resilience automatically means resistance to the foundation of the state ideology, Pancasila," he explained.

According to Agus Widjojo, the core of Lemhannas is not only resilience but the basic consensus of the nation including Pancasila, Bhinneka Tunggal Ika, the Unitary State of the Republic of Indonesia, and the 1945 Constitution of the Republic of Indonesia with implementation based on the national paradigm covering archipelago insight, national resilience, and national vigilance.

National resilience can be built through a Pancagatra approach, namely ideological, economic, political, social and cultural, as well as defense and security. The condition of each approach will affect the condition of national resilience. If all approach are in good condition, then national resilience can be said to be in good condition. On the other hand, if approach's resilience is weak, it will affect overall national resilience. Agus Widjojo explained that in building each of these approaches, the disciplines of each approach were needed.

Agus Widjojo also conveyed that the condition of national resilience can also be built through a geographical spatial approach, such as the condition of resilience of each province. The condition

of national resilience can be said to be good if the condition of all provinces is in good condition. However, it cannot be denied that when building provincial resilience, approach is needed.



**National resilience can be built through a Pancagatra approach, namely ideological, economic, political, social and cultural, as well as defense and security. The condition of each approach will affect the condition of national resilience.**

Lieut. Gen. (Ret.) Agus Widjojo  
Governor of Lemhannas RI

# Agus Widjojo: Defense Technology Must Be Part of National Technology

Thu, August 12<sup>nd</sup> 2021

The Governor of Lemhannas RI Lieut. Gen. (Ret.) Agus Widjojo was one of the speakers at the Forum Dialog Nusantara (Nusantara/Archipelago Dialogue Forum) organized by the Habibie - Ainun Library with National Defense Industry and Technology Development as its theme, on Thursday (12/8) online.

According to Agus, Defense Technology must be part of the derivative details of National Technology. National Technology has to meet the needs in all functions of the national dimension and everything related to Defense Technology starts from the national field. "However, the National Defense Technology does not fully cover the scope of National Technology," Agus Widjojo stated.

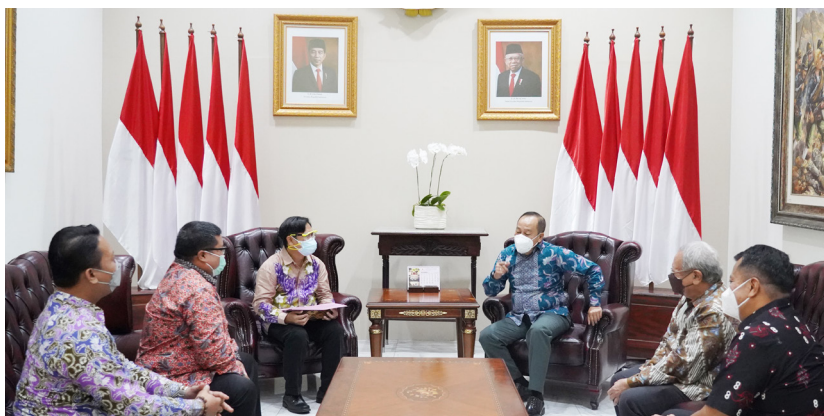
Then, according to Agus, the National Defense Industry is one of the pillars and one of the main buildings for



the competitiveness of national economy. This national-level aspect covers times of peace and war, while defense only focuses on times of war.

Therefore, before the war broke out, Agus Widjojo said that industry and technology should be competitive and productive in times of peace.

The Forum Dialog Nusantara was opened by the Chairman of the Advisory Board of Forum Dialog Nusantara, Dr. Ing. Ilham Habibie, MBA. Also attended the event were the Deputy Chairman of Commission I of the Indonesian House of Representatives, Drs. Utut Adianto, and Defense Observer Edy Prasetyono Ph.D. As a resource person.



The Governor of Lemhannas RI, Lieut. Gen. (Ret.) Agus Widjojo, accompanied by the Prime Secretary of Lemhannas RI, Police Commissioner General Drs. Purwadi Arianto, M.Si., and Professional Expert for SKA and National Resilience of Lemhannas RI Prof. Dr. Ir. Dadan Umar Daihani, D.E.A. received a courtesy call of three Doctoral Program Students of the Faculty of Law, University of 17 Agustus 1945, Semarang on Friday, 3 September 2021.

The three students were the committee for the International Webinar of the University of 17 Agustus 1945, Semarang, consisting of the Chairman of the Webinar Committee, dr. Laurensius Lungan, MH, the Webinar Secretary David Maharya Ardyantara, ST, MH., and the Webinar Treasurer Ontran Sumantri Riyanto, SH, MH.

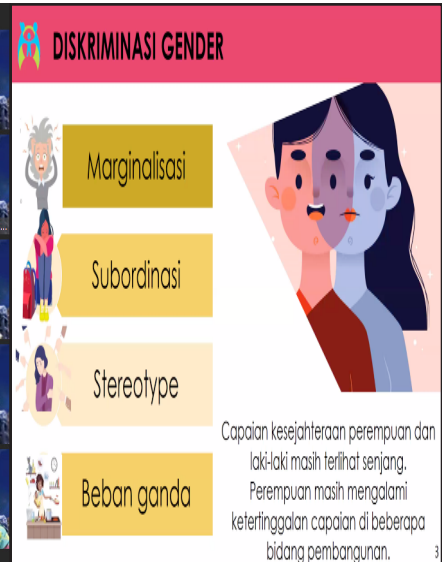
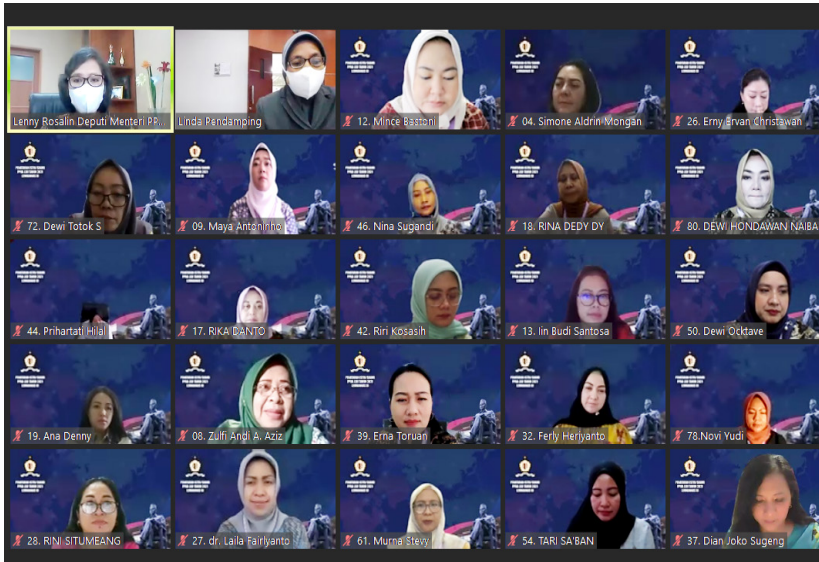
During the courtesy call, the committee explained the planned International Webinar and invited the Governor of Lemhannas RI to be present as one of the speakers. The webinar has

## Untag Semarang Students' Courtesy Call to Lemhannas RI

Fri, September 3<sup>rd</sup> 2021

the theme "Towards A New Era in The Legal Order" and is held virtually.

The theme was selected in line with the issue that in order to prepare a new legal order after the pandemic, it is necessary to develop the young generation full of academic people with a future perspective, namely creating a quality, advanced, independent, and modern Indonesian society, as well as increasing the dignity of the nation in facing a new era. In this context, the committee of the International Webinar considers that the development of the young generation covers exceptionally extensive dimensions, including the legal dimension.



Wed, August 25<sup>nd</sup> 2021

## Deputy for Gender Equality at the Ministry of PPPA Gives Lecture in Online lecture for PPRA 62 Participants' Wife/Husband

**D**eputy for Gender Equality at the Ministry of Women's Empowerment and Child Protection (PPPA) Lenny N. Rosalin, S.E., M.Sc., M.Fin. representing the Minister of PPPA gave a lecture with the theme "The Role of Women in National Development", to the participants of Online lecture for PPRA 62 Participants' Wife/Husband on Wednesday (25/8) via online.

Starting her presentation, Lenny said that 54% of the 131 million female population in Indonesia are at their productive age and must be considered in order to become a positive nation's potential and can contribute to the nation and state. She also explained that the role of women must be increased due to the fact that there is still a lot of gender discrimination. Gender discrimination often occurs to individuals, families, and public.

There are four categories that often occur, namely marginalization, subordination, stereotypes, and double burdens. "The words of gender



**All parties can motivate themselves to be role models and agents of change for themselves, their families, and the environment."**

**Lenny N. Rosalin, S.E., M.Sc., M.Fin.**

Deputy for Gender Equality at the Ministry of Women's Empowerment and Child Protection (PPPA)

discrimination here are never revealed and never explained publicly but we can feel it," Lenny said.

Furthermore, Lenny also said that the Human Development Index (HDI) can be measured from three main forming variables. These variables include a long and healthy life, knowledge, and a decent

life. These three variables have a very broad understanding because they are related to many factors. To measure the health variable, life expectancy at birth is used. Furthermore, to measure the knowledge dimension, a combination of literacy rate indicators and average years of schooling are used. Meanwhile, to measure the decent living variable, the Gross National Income (GNI) per capita indicator is used.

Lenny also explained about the Gender Empowerment Index which is used to measure the equality of roles between women and men in economic, politics, and decision making. Currently, there are many women who occupy strategic positions that allow women to play their role as decision makers, but according to her from the quality aspect, there are still many things that need to be improved related to the competencies possessed. "All parties can motivate themselves to be role models and agents of change for themselves, their families, and the environment," Lenny hoped.

# Lecture by Deputy for Rehabilitation of BNN to PPRA 62



**D**eputy for the Rehabilitation of the National Narcotics Agency (BNN) Dra. Riza Sarasvita, M.Si, MHS, P.hD. representing the Head of the National Narcotics Agency gave a lecture to the Online Lecture for PPRA 62 Participants; wife /husband, Thursday (26/8).

At the beginning of his presentation with the theme "Drug Countermeasures in a Pandemic towards a Drug-Free



**We need to fight against one of the extraordinary crimes that is also a challenge for other states in the world, including Indonesia."**

**Dra. Riza Sarasvita, M.Si, MHS, P.hD.**  
Deputy for the Rehabilitation of the National Narcotics Agency (BNN)

Indonesia (Shine)", Riza explained about narcotics crime which is one type of extraordinary crime and transnational/ international organized crime so that it can become a serious threat because it can damage the life of a nation. "We need to fight against one of the extraordinary crimes that is also a challenge for other states in the world, including Indonesia," he said.

Riza also said that the threat from narcotics in Indonesia includes several things, one of which is destructive power. The destructive power of narcotics is more serious than corruption and terrorism because it can damage the brain and there is no guarantee of recovery. Furthermore, he said that so far, 83 new types of narcotics have been found, one of which is New Psychoactive Substances (NPS).

Geographical conditions in Indonesia, which is located between two continents with ± 17,499 islands and a coastline of 108,000 km, result in weak supervision in the sea, air and border areas. Narcotics smuggling usually uses a disguised mode in food

packaging, through package delivery services, and even through small ports by ship.

Riza also explained that BNN has made policies and strategies in order to handle drug crime, one of which is the Prevention and Eradication of Drug Abuse and Illicit Trafficking (P4GN) which consists of Prevention, Eradication, and Rehabilitation. First, prevention by building a prevention system and building the community's capacity to guard and protect each individual from the crime of drug abuse and illicit trafficking.

Second, eradication, namely strengthening cooperative relations both at the national and international levels to prevent the entry of drugs from abroad into Indonesia so that they do not circulate in the community. Third, Rehabilitation, namely building a comprehensive rehabilitation system for drug abusers and addicts and increasing the accessibility and quality of rehabilitation services as an effort to recover drug abusers and addicts.



# The Closing of the Regular Education Program Batch 62 (PPRA 62)



Tue, August 31<sup>st</sup> 2021

The Regular Education Program batch 62 (PPRA 62) officially closed on Tuesday (31/8) in the Dwi Warna Purwa Room, Lemhannas RI. Eighty PPRA 62 participants passed. During the seven-month period of education, all stages went smoothly, although there were limitations due to the Covid-19 pandemic.

The Deputy for National-Level Leader Education of Lemhannas RI Major General Sugeng Santoso, SIP in his report to the Governor of Lemhannas RI said that several main activities had to adjust to current conditions, such as the implementation of outbound being replaced with assessment and leadership, and the replacement of Overseas Strategic Studies (SSLN) become a National Strategic Issues Field Study (SLISN). The pandemic also has an impact on teaching and learning activities that should be face-to-face, carried out via virtual. "Nevertheless, the teaching and learning process continues and it can meet the predetermined graduation criteria," Sugeng said.

The Governor of Lemhannas RI Lieut. Gen. (Ret.) Agus Widjojo expressed

his appreciation to the PPRA 62 Alumni who have shown dedication, patience, sincerity, perseverance, and commitment during the education program until the end of the education program.

Furthermore, Agus Widjojo said that with the knowledge that had been given for seven months, Lemhannas RI had high hopes for all PPRA 62 Alumni to be able to implement all the knowledge, and

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**Lemhannas RI had high hopes for all PPRA 62 Alumni to be able to implement all the knowledge, and insights gained during education**

Lieut. Gen. (Ret.) Agus Widjojo  
Governor of Lemhannas RI

insights gained during education through comprehensive, integral, holistic and systemic way of thinking. "The knowledge gain will be a guideline in the preparation of various policies in accordance with assignments in their respective work unit," he said.

Then Agus Widjojo reminded that the alumni are now at the beginning of their service. In line with this, education, knowledge, and competence do not exist for oneself. All of these elements are present to serve as an instrument of dedication for education participants who have now become alumni.

"It is important for the alumni to take the essence of all the material received and look for operational forms as a bridge that connects the provision in education with service in the field," Agus said.

On that occasion, Agus also congratulated Commodore Andi Abdul Aziz, S.H., M.M. for the Best Academic Predicate and Colonel Ujang Darwis, M.D.A. for the Best Individual Work Paper Predicate in PPRA 62 of Lemhannas RI in 2021.

# RTD on “Optimizing the Role of Social Media to Develop National Outlook”



Lemhannas RI held a Round Table Discussion (RTD) on “Optimizing the Role of Social Media to Develop National Outlook” on Wednesday (1/9) using a hybrid method (online and offline). The RTD is a follow up to a series of discussions, namely two Focus Group Discussions (FGDs) at Lemhannas RI and FGD at the Locus of Riau Islands Province and the Special Region of Yogyakarta.

“Social media has changed the world. The characteristics of social media that are fast and have broad reach, greatly affect our capability to communicate, build relationships, access and disseminate information, even to arrive at the best decisions,” Governor of Lemhannas RI Lieut. Gen. (Ret.) Agus Widjojo said. Social media provides almost boundless possibilities for communicating and accessing information.

The development of national outlook is expected to be extra rapid when it can take advantage of all available facilities and resources, including social media which is currently popular with the public. Agus Widjojo stated that the values of national outlook can be widely spread to the public by using social media, so that it can encourage people to anticipate values that are detrimental to the nation and to adopt a mental attitude that supports the realization of national unity and integrity. However, according to him, the current condition of social media has not been widely utilized to disseminate the materials on national outlook.

“Social media has a strategic role to convey information on various issues. Therefore, the use of social media to disseminate knowledge about national outlook needs to be implemented more optimally,” Agus Widjojo said.

On this occasion, the Coordinating Minister for Human and Culture Development Prof. Dr. Muhadjir Effendy, M.A.P. stated that one of the threats faced today is cyber war, drug abuse, intolerance behavior, terrorism, radicalism, and the potential for separatism practices. The government must also block negative narratives, especially those that threaten the unity and ideology of the Indonesian nation.

To deal with the negative potential that comes from social media, such as hoaxes, hate speech, intolerance, and pornography, the government has widely encouraged the existence of an educational literacy movement and public civility in social media. “It is important for the public to know that their behavior on social media and cyberspace will be stored forever as digital footprints,” Muhadjir said.



Thu, September 2<sup>nd</sup> 2021

## RDP of Lemhannas RI with Commission I DPR RI

The Governor of Lemhannas RI, Lieut. Gen. (Ret.) Agus Widjojo, accompanied by his staff attended a Hearing Meeting (RDP) with Commission I of the Indonesian House of Representative (DPR RI) discussing the Financial Statements of Lemhannas RI of 2020 fiscal year, RKA of Lemhannas RI of 2022 fiscal year, and the National Priority Program and the Lemhannas RI Priority of 2022 fiscal year on Thursday (2/9) at the DPR RI Building Complex.

In the RDP, Agus Widjojo stated that Lemhannas RI had performed the Budget Refocusing of 2020 fiscal year and from the Lemhannas RI' final ceiling, the budget realization of the Lemhannas RI of 2020 fiscal year was 93.05%. The remaining unabsorbed budget for Lemhannas RI of 2020 fiscal year was that of the management support program and the implementation of technical works consisting of personnel expenditures for performance allowances and the 13th salary due to government policies, overseas official travel costs, and operational power subscription fees due to the Covid-19 pandemic, internal control programs due to the effectiveness of the budget utilization in the implementation of activities, and national resilience

development programs because several activities cannot be carried out due to the Covid-19 pandemic.

Agus Widjojo also explained the implementation of the National Resilience Development program of Lemhannas RI in 2020 in three deputy offices, namely the Deputy Office for National Level Leadership Education, the Deputy Office for Strengthening of National Values, and the Deputy Office for Strategic Studies. He also stated that the Financial Statements of Lemhannas RI by 31 December 2020 has been formulated and presented in accordance with the Government Regulation Number 71 of 2010 concerning Government Accounting Standards (SAP) based on sound financial management principles within the government. "The financial statements of Lemhannas RI for 2020 fiscal year received the Unqualified Opinion (WTP), making it six times in a row that Lemhannas RI has received the WTP title," Agus said.

In line with this, Agus Widjojo also stated that the Assessment of the Performance Accountability System and the implementation of the Lemhannas RI Bureaucratic Reform by Kemenpan RB received the "B" (Good) rating. Meanwhile, the Budget Implementation

Performance Assessment by the Ministry of Finance year 2020 scored 96.49 with the Very Good category.

Agus Widjojo stated that the Work and Budget Plan of Lemhannas RI for 2022 fiscal year and the Work Plan of Lemhannas RI for 2022 fiscal year had been stated in two programs, namely the national resilience development program and the management support program. The national resilience development program is structured in programs of three deputy offices and one laboratory center. The Deputy Office for National Level Leadership Education will carry out PPRA in two batches, namely batch 63 and batch 64 for 200 participants and P3DA 11 for 50 participants.

The member of Commission I DPR RI Dr. H. Al Muzzammil Yusuf, M.Si. expressed appreciation for the WTP predicate obtained by Lemhannas RI six times in a row. "I think this shows extraordinary financial transparency and accountability," Zammil said. Furthermore, Zammil also appreciated the education program of Lemhannas RI, witnessing that the graduates of Lemhannas RI had exceptional characteristics in analyzing. "I hope Lemhannas RI can achieve the plan to be the World Class Institution," Zammil said.

# Regular Meeting of **Perista Lemhannas RI**



**Thu, September 7<sup>th</sup> 2021**

Lemhannas RI held a routine meeting of Members of the Lemhannas RI Officials' Wives Association (Perista Lemhannas RI) and Female Personnel of Lemhannas RI on Tuesday (7/9) using a hybrid method (online and offline) with the theme "Mental Health in the Era of Change".

Doctor Santi Yuliani, Sp.KJ., M.Sc., in her presentation, stated that regarding mental health, there are three areas of topics, namely mood, cognitive, and behavior. Mood refers to an atmosphere of feelings and emotions. Emotions in this regard is not only anger but the mood that exists within oneself. Cognitive is the way of thinking and thoughts inside the brain. Behavior refers to attitude and actions.

Doctor Santi emphasized that a person cannot be considered to be mentally healthy if he/she experiences a disorder in one of those areas. "This means that people can be called mentally healthy if their mood, emotions, way of thinking, thoughts, attitudes, and behavior are in good condition. So, mental

health includes these three things, mood, cognitive, and behavior," she said.

On this occasion, Doctor Santi also stated that feelings of sadness, anxiety, unease, stress, and fear are not wrong. These feelings are normal and natural when faced with a perceived changing condition. However, prolonged sadness, anxiety, unease, stress, and fear will have other consequences such as physical disturbances like more bulging eyes, drier lips, faster breathing, heart palpitations, tense muscles, disturbed digestion, and frequent sweating.

The condition of the physical disorder might be the brain's response to fear which then leads to a temporary physical disorder. It is not permanent and will fade when stress is successfully treated. However, if stress is not handled properly, it will cause unceasing disease. Doctor Santi emphasized that when a person is mentally disturbed and cannot be treated, physical conditions can be very disturbed. "When we are mentally disturbed, it is impossible for us not to be physically disturbed," she said.

Doctor Santi also shared several methods for relaxation. First, it is recommended to take a sitting position when learning terrifying news that make us feeling uncomfortable, and panicked. Because changing from a standing position to a sitting position will give the logical forebrain an opportunity to take over the amygdala fuss. This is then followed by controlling the breath and make it slower, because our brain needs oxygen to be able to think better.

Second, it is recommended to make a checklist by making notes about what to do, who can help the conditions, and how the course must be taken. Third, think about the present and don't think too much further than you should. Remember that no one can predict what will happen next, but we can control what is happening at the present.

Fourth, it is recommended to read references fairly. Don't only read negative references, but it is important to also read positive references. Moreover, it is not recommended to read news with unclear sources.

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