

**BUKTI KORESPONDENSI ARTIKEL**  
 **$\beta$ -endorphin response to aerobic and anaerobic exercises in Wistar male rats**  
Medical Journal of Indonesia Vol : 29 No: 3, 2020

This screenshot shows a Gmail inbox with several emails. The most relevant ones are:

- [MJJ] Copyediting Request (ID: 3569)** - Received 7/18/20. Subject: " $\beta$ -endorphin response to aerobic and anaerobic exercises: an animal study" for ...
- B endorphin** - Received 3/6/20. From: Ihsan Tarmizi.
- Mohon perbaikan** - Received 3/6/20. From: Mohon perbaikan - Regards M. Ihsan Tarmizi. Content: "Mohon perbaikan - Regards M. Ihsan Tarmizi On Tuesday, March 3, 2020, 11:40:48 AM GMT+7, Rostika Flora wrote: Yth. P..."
- [MJJ] Editor Decision: Revision Required (ID:3569)** - Received 12/15/19. From: Med, Siti, me 12. Content: "Dear MJJ, Saya sudah melakukan revisi ke-3 dan sudah saya kirimkan ..."
- [MJJ] Editor Decision (ID:3569) - Beta-endorphin response to aerobic and anaerobic exercises** - Received 8/7/19. From: Agus, me 2. Content: "> Your manuscript needs..."
- [MJJ] Request for Completeness of Manuscript (ID:3569) - BETA-ENDORPHIN RESPONSE TO AEROBIC AND ANAEROBIC EXERCISES** - Received 2/21/19. From: Med, me 2.

This screenshot shows an email from Med J Indones to Rostika Flora, dr. Mohammad Z, dr. Sukirno. The email is dated Thursday, February 14, 2019, at 3:22 PM. The subject is "[MJJ] Request for Completeness of Manuscript (ID:3569)".

The email content includes:

- Greeting: "Dear dr. Rostika Flora, dr. Mohammad Z, dr. Sukirno"
- Thank you: "Thank you for sending us an interesting manuscript entitled 'BETA-ENDORPHIN RESPONSE TO AEROBIC AND ANAEROBIC EXERCISES'."
- Request: "Hereby we inform you that before your manuscript can be processed further, please complete the following data on your manuscript. Besides, please complete the completeness of manuscript, i.e.:"
- List of requirements:
  1. Fill the reviewer recommendation form. The expert should be out of your affiliations and has no conflict of interest with one of the author. Enclosed.
  2. The conflict of interest form, should be filled by all authors. Enclosed
  3. The Final checklist form, should be assigned by all authors. Enclosed
  4. Please revise your manuscript. Enclosed
  5. Ethical Clearance
- Deadline: "Please complete within 2 weeks (Feb 28, 2019), otherwise we will automatically delete it from our system. Thank you for your attention and collaboration."
- Closing: "Best regards, Maylla Putri"
- Contact information: "Medical Journal of Indonesia c/o Faculty of Medicine Universitas Indonesia Jalan Salemba Raya No. 6, Jakarta Pusat 10430, Indonesia <http://mji.ui.ac.id/> Phone: +62-81-11400115"
- Attachments: "4 Attachments" (Reviewer recommendation form, Conflict of interest form, Final checklist form, and Manuscript revision form).

This screenshot shows a thread of two emails from Med J Indones to Rostika Flora. The subject is "[MJJ] Editor Decision: Revision Required (ID:3569)".

The first email is dated Thursday, June 27, 2019, at 11:30 AM. The content is: "Dear rostika flora: Just a gentle reminder that your manuscript needs to be revised according to the prior email from the system. Please upload your revision fr".

The second email is dated Thursday, June 27, 2019, at 11:33 AM. The content is: "Dear rostika flora: Just a gentle reminder that your manuscript needs to be revised according to the prior email from the system. Please upload your revision fr".

The third email is from Rostika Flora to Med JIJ, dated Sunday, June 30, 2019, at 8:40 PM. The content is: "Dear MJJ, Mohon bantuannya untuk upload hasil revisi yang sudah kami buat, karena kami tidak bisa upload di web, dikarenakan halaman untuk upload tidak bisa kami buka. Berikut kami lampirkan hasil revisi kami. Terimakasih. Salam, Rostika Flora".

mail.google.com/mail/u/0/#search/β-endorphin+response+to+aerobic+and+anaerobic+exercises+in+Wistar+male+rats/FMfcgxBVgnxFDfBcdTJRptwdhV...

β-endorphin response to aerobic and anaerobic exercises in Wistar male rats

Compose

Inbox 8,407

Starred

Snoozed

Important

Sent

Drafts 291

Spam 162

Categories

Social 1,754

Meet

New meeting

Join a meeting

Hangouts

Rostika +

Ahmad Ghiffari

Keysa Syakira Queensha

Magdalena Sihotang

Rostika Flora <rostikaflora@gmail.com>  
to Maylia

Thu, Feb 21, 2019, 11:35 PM

Dear Maylia Putri,

With this email, we attached our revised article as well. Thank you.

Best regards,

Rostika Flora

7 Attachments

manuscript 3569 ta...  
Form 01. Conflict o...  
Form 01. Conflict o...  
Form 01. Conflict o...  
Form 03. Rekomen...  
lembar etlk.docx

final check list.pdf

Reply Forward

mail.google.com/mail/u/0/#search/β-endorphin+response+to+aerobic+and+anaerobic+exercises+in+Wistar+male+rats/FMfcgxBVgnxFDfBcdTJRptwdhV...

β-endorphin response to aerobic and anaerobic exercises in Wistar male rats

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Ahmad Ghiffari

Keysa Syakira Queensha

Rostika Flora <rostikaflora@gmail.com>  
to Siti

Jun 30, 2019, 9:12 PM

Maaf, salah mengirimkan file. Berikut yang sudah kami revisi. Terimakasih.

3569-Article Text...

Siti Aliyah Said Utiriyani  
Yth. dr. Rostika Flora, Dokumen revisi penulis telah diterima, progres manuskrip akan diupdate melalui website. Terima kasih. Jul 2, 2019, 9:52 AM

Rostika Flora  
Baik, terimakasih Jul 2, 2019, 11:58 AM

Rostika Flora <rostikaflora@gmail.com>  
to Siti

Sep 1, 2019, 11:19 PM

Dear MJI,

Saya sudah melakukan revisi ke-3 dan sudah saya kirimkan tanggal 07 Agustus yang lalu melalui web MJI. Apakah ada yang harus saya perbaiki kembali? Berikut saya lampirkan hasil revisi saya tanggal 7 Agustus. Mohon Informasinya. Terimakasih

mail.google.com/mail/u/0/#search/ $\beta$ -endorphin+response+to+aerobic+and+anaerobic+exercises+in+Wistar+male+rats/FMfcgwxjWrckrThtXqfvPPnDhcRkznH

Gmail  $\beta$ -endorphin response to aerobic and anaerobic exercises in Wistar male rats

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[MJ] Copyediting Request (ID: 3569)

Medical Journal of Indonesia <mji@ui.ac.id> to me

Sat, Jul 18, 2020, 10:48 AM

Dear dr. Rostika Flora,

We have now copyedited your submission " **$\beta$ -endorphin response to aerobic and anaerobic exercises: an animal study**" for Medical Journal of Indonesia. To review the proposed changes and respond to Author Queries, please follow these steps:

1. Click on the Submission URL below.
2. Log into the journal and click on the File that appears in Step 1.
3. Consult Copyediting Instructions posted on the webpage.
4. Open the downloaded file and review the copyediting, making changes using Track Changes in Word, and answer queries while adding Author Queries as needed.
5. Save the copyedited file, and upload it to Step 1 of Copyediting.
6. Send the COMPLETE email to the editor.

This is the last opportunity that you have to make substantial changes. You will be asked at a later stage to proofread the galleys, but at that point, only minor typographical and layout errors can be corrected. Please do complete the copyedit in **one week (Due: July 25, 2020)**.

Medical Journal of Indonesia URL: <https://mji.ui.ac.id/journal/index.php/mji>  
 Submission URL: <https://mji.ui.ac.id/journal/index.php/mji/workflow/access/3569>  
 Username: rostikaflora

If you are unable to undertake this work at this time or have any questions, please contact me. Thank you for your contribution to this journal.

Warm regards,  
 Dania Clarisa (Editorial Assistant)  
 Medical Journal of Indonesia

mail.google.com/mail/u/0/#search/ $\beta$ -endorphin+response+to+aerobic+and+anaerobic+exercises+in+Wistar+male+rats/FMfcgwxChsJKMwJqdxrsJDBZgnQ...

Gmail  $\beta$ -endorphin response to aerobic and anaerobic exercises in Wistar male rats

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- Magdalena Sihotang

Rostika Flora <rostikaflora@gmail.com> to Siti

Sep 1, 2019, 11:19 PM

Dear MJJ,

Saya sudah melakukan revisi ke-3 dan sudah saya kirimkan tanggal 07 Agustus yang lalu melalui web MJJ. Apakah ada yang harus saya perbaiki kembali? Berikut saya lampirkan hasil revisi saya tanggal 7 Agustus. Mohon informasinya. Terimakasih

Revisi 7 Agustus 2...

Siti Aliyah Said Utriyani

Dear author, Saat ini naskah masih direview oleh editor-in-chief dan menunggu keputusan beliau. Keputusan akan dikabarkan kepada penulis melalui email maupun si

Rostika Flora

Dear MJJ, Kami sudah mengirimkan kembali manuskrip kami yang sudah direvisi melalui web.. Mohon untuk dapat dikoreksi. Terimakasih

Rostika Flora <rostikaflora@gmail.com> to Siti

Dec 15, 2019, 10:30 PM

Dear MJJ,

Mohon informasinya apakah revisi manuskrip yang kami kirimkan tanggal 4 November lalu masih ada yang harus kami perbaiki? Terimakasih.

Salam,