

JCSH
JOURNAL OF COMMUNITY SERVICE
FOR HEALTH
<http://ojs.phb.ac.id/index.php/jcsh>

e-ISSN: 2746-5195

Journal of Community Services for Health (JCSH) is published by STIKes Patria Husada Blitar. JCSH only receive original manuscripts related to community service and have not been published in domestic or foreign journals. The content of the manuscripts is the results of community service conducted by lecturers or public servants based on their competence. The manuscript is written in English in the form of narrative with an effective and academic language style. The manuscript should be arranged systematically.

Executive Editor

Prof. Dr. Suprajitno, S.Kp., M.Kep., M.Kes

Editor in Chief

Wahyu Wibisono, SS, M.Pd

Secretary

Ns. RR. Dewi Rahmawati A.P, S.Kep., MNS

Editor

Maria Ulfa, S.ST., M.Kes
Yeni Kartika Sari, S.Kep., M.Kep

Section Editor

Thatit Nurmawati, S.Si.,M.Kes
Ning Arti Wulandari, M.Kep
Levi Tina Sari, SKM., M.Kes

Technical Support

Dina Yusvitasari, S.Kom
Frisco Talisti, S.M

Editorial Address

STIKes Patria Husada Blitar
Jl. Sudanco Supriyadi No 168 Blitar – East Java, Indonesia
Phone/Fax: (031) 814086
Institution URL: www.phb.ac.id
Website: <http://ojs.phb.ac.id/index.php/jcsh>
Institution Email: stikesphblitar@gmail.com
E-mail: jnkphb@gmail.com

PEER REVIEWER

The Editors gratefully acknowledge the assistance of the following people, who reviewed manuscripts for Journal of Community Service for Health, Volume 6 Issue 2, November 2025

1. Ferry Efendi Universitas Airlangga Surabaya	16. Fidyah Aminin Poltekkes Kemenkes Tanjungpinang
2. Prof. Dr. Ah Yusuf Universitas Airlangga Surabaya	17. Nonik Ayu Wantini Universitas Respati Yogyakarta
3. Ryan Michael Flores Oducado West Visayas State University	18. Farida Yuliani STIKes Majapahit Mojokerto
4. Joel Rey Ugsang Acob West Visayas State University	19. Juhrotun Nisa Politeknik Harapan Bersama Tegal
5. Wiwin Martiningsih Poltekkes Kemenkes Malang	20. Titik Juwariyah STIKes Ganesha Husada Kediri
6. Yunita Armiyanti Universitas Jember	21. Susi Wahyuning Asih Universitas Muhammadiyah Jember
7. Sri Mugianti Poltekkes Kemenkes Malang	22. Ratih Mega Septiasari STIKes Widya Cipta Husada Malang
8. Chilyatiz Zahroh Universitas Nahdlatul Ulama Surabaya	23. Nove Lestari STIKes Karya Husada Kediri
9. Ratna Feti Wulandari STIKes Pamenang	24. Atik Pramesti Wilujeng STIKes Banyuwangi
10. Iis Noventi Universitas Nahdlatul Ulama Surabaya	25. Elizabeth Yun Yun Vinsur STIKes Panti Waluya Malang
11. Annif Munjidah Universitas Nahdlatul Ulama Surabaya	26. Oda Debora STIKes Panti Waluya Malang
12. Fitz Gerald V. Jaminit Pamantasan ng Lungsod ng Pasig	27. Muhammad Saleh Nuwa STIKes Maranatha Kupang
13. Carmela Theres de Leon Pima Medical Institute United States	28. Kanthy Devi Ayuningtyas STIKes Patria Husada Blitar
14. Iril I. Panes Sultan Kudarat State University Philippines	29. Berliany Venny Sipollo STIKes Panti Waluya Malang
15. Anita Rahmawati STIKes Patria Husada Blitar	30. Ita Noviasari STIKes Patria Husada Blitar

JCSH
JOURNAL OF COMMUNITY SERVICE
FOR HEALTH
<http://juda.phb.ac.id/index.php/jcsh>

- 31. Ika Agustina**
STIKes Patria Husada Blitar
- 32. Raden Roro Dewi Rahmawaty Aktyani**
Putri
STIKes Patria Husada Blitar
- 33. Sandi Alfa Wiga Arsa**
STIKes Patria Husada Blitar

TABLE OF CONTENT

Peer Group Education and Healthy Snacking for Adolescent Girls (Prospective Mothers) in Islamic Boarding Schools as an Effort to Reduce the Number of Stunting Cases Wimar Anugrah Romadhon, Ning Arti Wulandari, Nur Aini Mahmudah.....	041-047
Improving the Quality of Life During Perimenopause Through Knowledge-Based Education Levi Tina Sari; Maria Ulfa, Handayani Handayani , Ika Agustina, Maratus Sholichah Fitriah Hajar Kusnianto, Ita Noviasari; Laily Prima Monica; Wahyu Wibisono, Joel Rey Ugsang Acob,	048-055
Empowerment of Yasinan Group in the Control of Non-Communicable Diseases Through Nursing Case Based on Complementary Therapy Rozhabbi Dwi Cahyono, Erni Setiyorini, Raden Roro Dewi Rahmawaty Aktyani Putri.....	056-061
Improving Preparedness Through Earthquake Disaster Simulation Activities for Elementary School Student Sri Haryuni, Ani Sutriningsih, Indah Jayani, Susmiati, Erik Irham Lutfi, Devangga Darma Karingga.....	062-068
Health and Relaxation Corner: Empowering Food Vendors Around Hospitals Through Innovative Training Frengki Apryanto, Rahmaniah Ramadhani; Rudy Joegijantoro.....	069-078

FOREWORD

Journal of Community Service for Health (JCSH) is a peer reviewed, open access academic journal which comprises the the results of community service conducted by lecturers or public servants based on their competence. By publishing high-quality and novel articles in a wide range of categories, this journal is dedicated to expanding and evolving the knowledge of community services. Lecturers or public servant will be able to obtain valuable information and innovative ideas from JCSH articles. The mission of *JCSH* is to provide readers, lecturers, and public servants with a reliable source of information relevant to current developments and discoveries of community service. The journal also acts as a forum for exchanging interdisciplinary scientific knowledge from professional and an educational point of view. *JCSH* emphasizes the importance of the worldwide collaboration and cooperation in various fields of community service especially in health. The topics covered in this journal include all of the community service which is relevant to health. Any types of manuscripts submission of community service reports are all welcomed.

We are deeply grateful to all of the authors for their excellent works and remarkable contributions. Each issue offers useful reports and articles to the readers. We encourage both lecturers and public servants to submit manuscripts on the report of the community service. We are looking forward to receive extraordinary manuscripts and to promote the development in the cutting-edge of community services.

Blitar, November 2025

Wahyu Wibisono, S.S., M.Pd