


From: Rizki Mulyawan rizkimulyawan@uny.ac.id 
Subject: Submission article - Kimul - Hb
Date: 5 March 2023 12.36
To: sekretariat@fizjoterapiapolska.pl



0. TITLE PAGE - hb - PAR ?
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To editor in chief, Zbigniew Sliwinski.

I would like to send you our second article to submit on Fizjoterapia Polska, that concern about Milk consumption toward hemoglobin

Hopefully it can achieve the journal standard, then will be published on Fizjoterapia Polska.


Thank you for your attention.

Kind regards.

Rizki Mulyawan.

Faculty of Sport and Health Sciences

Universitas Negeri Yogyakarta.

From: Rizki Mulyawan rizkimulyawan@uny.ac.id 
Subject: Revision manuscripts with IEEE style - Rizki Mulyawan
Date: 8 March 2023 20.10
To: sekretariat@fizjoterapiapolska.pl



To editor in chief, Zbigniew Sliwinski.

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Universitas Negeri Yogyakarta.

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0. TITLE PAGE -
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From: Sekretariat FP sekretariat@fizjoterapiapolska.pl
Subject: Re: Revision manuscripts with IEEE style - Rizki Mulyawan
Date: 8 March 2023 20:38
To: RIZKI MULYAWAN rizkimulyawan@uny.ac.id



Dear Rizki Mulyawan

we apologize for our late reply. Your articles are in our reviewers at the moment. Please give us about week to 10 days, we will back with the information.

Kind regards,

--

Dariusz Jasiński,
secretary of Fizjoterapia Polska
Office: ul. Łaska 3/5 pok. 108, 95-200 Pabianice, Poland
tel. +48 692 468 257
www.fizjoterapiapolska.pl
sekretariat@fizjoterapiapolska.pl

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W dniu 08.03.2023 o 14:10, RIZKI MULYAWAN pisze:

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From: Sekretariat FP sekretariat@fizjoterapiapolska.pl
Subject: Re: Submission artikel - Rizki Mulyawan - Surrogate marker
Date: 16 March 2023 18.18
To: RIZKI MULYAWAN rizkimulyawan@uny.ac.id



Dear Author,

We need information about authors' contributions as below:

- A. The preparation of the research project;
- B. The data collection;
- C. The statistical analysis;
- D. interpretation of data;
- E. preparation of the manuscript;
- F. development literature;
- G. obtaining funds.

Kind regards,

Dariusz Jasiński

W dniu 05.03.2023 o 06:42, RIZKI MULYAWAN pisze:

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Here is authors contribution.

Thanks.

Authors
Contrib...d.docx

Warm regards.
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Universitas Negeri Yogyakarta.

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The second issue will be published in June 2023.

Cost of preparation to print is 980 PLN.

If you agree, please write me what method would you like to pay (card or bank transfer).

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W dniu 17.03.2023 o 10:51, Sekretariat FP pisze:

Dear Author,

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W dniu 17.03.2023 o 01:43, RIZKI MULYAWAN pisze:

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Subject: Re: Submission artikel - Rizki Mulyawan - Hb
Date: 7 May 2023 16:37
To: Sekretariat FP sekretariat@fizjoterapiapolska.pl



To Sekretariat FP.

We will consider to pay for the publication fee. Please let me know about the payment method. Thanks and regards

On Fri, Apr 21, 2023, 1:38 PM Sekretariat FP <sekretariat@fizjoterapiapolska.pl> wrote:

Dear Author,

There is no problem - I know that you have very important religious days now, so I will wait.

Kind regards,

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W dniu 21.04.2023 o 08:28, RIZKI MULYAWAN pisze:

Sorry for late response. But we are away from email or any activities until April 28th, 2023 because of celebrating the most Holiest day in Moslem, Eid Mubarak. So we will contact you further on last week in April.

Thank you so much for your full attention.

Warm regards.
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From: Sekretariat FP sekretariat@fizjoterapiapolska.pl
Subject: Re: Submission artikel - Rizki Mulyawan - Hb
Date: 8 May 2023 17.18
To: RIZKI MULYAWAN rizkimulyawan@uny.ac.id



Dear Author,

what method will you want to pay: bank transfer or by card?

If bank transfer:

Name: DJ Studio Dariusz Jasinski

Street: Bugaj 88 lok 48

Zip code: 95-200

City/Country: Pabianice, Poland

SWIFT: BREXPLWMBK

Bank account number (IBAN/BIC) in PLN: PL 55 1140 2004 0000 3902 7706 7792 (980 PLN)

or

Bank account number (IBAN/BIC) in USD: PL 02 1140 2004 0000 3112 1183 7574 (237 USD)

Bank address: mBank S.A. FORMERLY BRE BANK S.A. (RETAIL BANKING) LODZ, Skrytka pocztowa 2108, 90-959 Łódź 2

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Kind regards,

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Short-term effects of milk (both unpasteurized and pasteurized) on active adolescence hemoglobin

Krótkoterminowy wpływ spożycia mleka (niepasteryzowanego i pasteryzowanego) na aktywną hemoglobinę w okresie dojrzewania

Sumarjo^{1(B,E)}, Sumaryanti^{1(A,E)}, Rizki Mulyawan^{1(A,C,D)}, Sigit Nugroho^{1(D,E)}, Rini Syafriani^{2(A)}, Sulistiyono^{1(B,E)}, Roxana Dev Omar Dev^{3(C)}, Dennis Dwi Kurniawan^{4(D)}

¹Department of Sports Science, Universitas Negeri Yogyakarta, Indonesia

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³Department of Sports Studies, Faculty of Educational Studies, Universiti Putra Malaysia, Malaysia

⁴Department of Sports Education, Universitas Negeri Yogyakarta, Indonesia

Abstract

Milk consumption is one of the beverages options for the recovery phase. On the basis of the manufacturing procedure, raw and pasteurized cow's milk are distinguished, but no one has investigated the effect of milk consumption on the hemoglobin levels of active people; some studies only analyze the effect of milk consumption on fitness and recovery advantages. Objective: The aim of this study is to compare the hemoglobin levels of active adolescents who consumed fresh cow's milk versus pasteurized milk for three consecutive weeks. It is intended that the three-week treatment will have a good effect on hemoglobin levels, hence enhancing physical performance. Methods: Using a quasi-experimental study with a Pretest-Posttest Randomized-Groups Design for three consecutive weeks of milk feeding twice daily per group. Twenty-four university football players were divided into three groups using the approach of purposive sampling: the fresh cow's milk (SSS) group, the pasteurized milk (SP) group, and the mineral water control group (K). The tool utilized to measure body composition is the Karada Scan Body Fat Omron HBF-356, while the Easy Touch GCHb is used to collect data on hemoglobin. Subjects participated voluntarily and were willing to have blood tested through capillaries before, immediately after, and 30 minutes after exercise. The analysis data uses paired t-test and ANOVA calculations to find differences within and between groups. Results: Hemoglobin immediately after exercise (0) in the post-test (three weeks after treatment) increased significantly ($0.020 < 0.05$) compared to hemoglobin before exercise (-) in the pre-test (before three weeks of intervention) in all three groups (fresh milk, pasteurized milk, and mineral water). Upon further examination, it was determined that there was a highly significant difference in hemoglobin levels ($0.010 < 0.05$) between fresh cow's milk and pasteurized milk immediately after exercise (0) in the post-test (after three weeks of treatment). In contrast, there were no significant differences (p -value > 0.05) for the remaining calculations, both within and between subgroups. Conclusions: After three consecutive weeks of milk consumption, there was no significant variation in the amount of hemoglobin in the blood. To optimize the different elements that can affect the acceleration of the increase in hemoglobin in the blood, it is recommended that further study be conducted to intervene with milk and additional meal intake alongside physical activity.

Keywords

fresh cow milk, pasteurization milk, physical activity, hemoglobin, active people

Streszczenie

Mleko jest jednym z napojów spożywanych w okresie rekonwalescencji. Ze względu na sposób wytwarzania wyróżnia się mleko krowie surowe i pasteryzowane. Do tej pory nie zbadano wpływu spożycia mleka na poziom hemoglobiny u osób aktywnych fizycznie; niektóre badania analizują jedynie wpływ spożycia mleka na korzyści związane z kondycją i regeneracją. Cel: Celem badania jest porównanie poziomu hemoglobiny u aktywnych nastolatków, którzy spożywali świeże mleko krowie w porównaniu ze spożyciem mleka pasteryzowanego przez trzy kolejne tygodnie. Zakłada się, że trzytygodniowa interwencja będzie miała korzystny wpływ na poziom hemoglobiny, a tym samym na poprawę wydolności fizycznej. Metody: Wykorzystanie quasi-eksperymentalnego badania z randomizowanymi grupami poddanymi badaniom przed i po badaniu przez trzy kolejne tygodnie spożywania mleka dwa razy dziennie. Dwudziestu czterech piłkarzy uniwersyteckich podzielono na trzy grupy, stosując podejście celowego doboru próby: grupę spożywającą świeże mleko krowie (SSS), grupę spożywającą mleko pasteryzowane (SP) i grupę kontrolną, która piła wodę mineralną (K). Narzędziem służącym do pomiaru składu ciała było urządzenie Karada Scan Body Fat Omron HBF-356, natomiast urządzenie Easy Touch GCHb wykorzystano do zbierania danych o poziomie hemoglobiny. Badani uczestniczyli w badaniu dobrowolnie i poddali się badaniu krwi przez naczynia włosowate przed, bezpośrednio po i 30 minut po wysiłku. Aby określić różnice w grupach i między grupami wykorzystano dane analityczne uzyskane w sparowanym teście t i obliczeniach ANOVA. Wyniki: Poziom hemoglobiny bezpośrednio po wysiłku (0) (trzy tygodnie po interwencji) istotnie wzrósł ($0,020 < 0,05$) w porównaniu do poziomu hemoglobiny przed wysiłkiem (-) (przed trzytygodniową interwencją) we wszystkich trzech grupach (mleko świeże, mleko pasteryzowane i woda mineralna). Po dalszych badaniach ustalono, że istniała wysoce istotna różnica w poziomach hemoglobiny ($0,010 < 0,05$) pomiędzy grupami spożywającymi mleko świeże a mleko pasteryzowane bezpośrednio po wysiłku (0) (po trzech tygodniach interwencji). Natomiast nie zaobserwowano istotnych różnic (wartość $p > 0,05$) dla pozostałych obliczeń, zarówno w obrębie podgrup, jak i pomiędzy nimi. Wnioski: Po trzech kolejnych tygodniach spożywania mleka nie stwierdzono istotnych różnic w poziomie hemoglobiny we krwi. Aby zoptymalizować różne elementy, które mogą wpływać na przyspieszenie wzrostu poziomu hemoglobiny we krwi, zaleca się przeprowadzenie dalszych badań w zakresie spożywania mleka i dodatkowych posiłków obok aktywności fizycznej.

Słowa kluczowe

świeże mleko krowie, mleko pasteryzowane, aktywność fizyczna, hemoglobina, ludzie aktywni



ETHICS COMMITTEE APPROVAL

Ref. No. : KE/FK/0637/EC/2022

Title of the Research Protocol : Variasi Intensitas Latihan dan Intervensi Asupan Cairan Terhadap Kadar Glukosa, Kolesterol dan Trigliserida

Document(s) Approved and version : 1. Study Protocol version 02 2022
2. Information for Subjects version 01 2022
3. Informed consent form version 01 2022

Principle Investigator : Rizki Mulyawan

Participating Investigator(s) : 1. Prof. Dr. Sumaryanti, M.S.
2. Dr. Sigit Nugroho, M.Or

Name of medically Responsible Physician : dr. Novita Intan Arovah, M.Sc., Ph.D.
Date of Approval : **24 MAY 2022**
(Valid for one year beginning from the date of approval)

Institution(s)/place(s) of research : Fakultas Ilmu Keolahragaan UNY

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The Medical and Health Research Ethics Committee (MHREC) has the right to monitor the research activities at any time.

The investigator(s) is/are obliged to submit:

- Progress report as a continuing review (state its due time)
- Report of any serious adverse events (SAE)
- Final report upon the completion of the study

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dr. Yunita Widyastuti, Sp.An., M.Kes., KAP., Ph.D.
Panel's secretary

P.S: This letter uses signature scan of the panel's chairperson and Secretary of the Ethics Committee. The hardcopy official letter with authority's signature will be issued when it is possible and are kept as an archive of the Ethics Committee

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