



Althea Medical Journal

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February 22 , 2013

No. : 154 /UN6.C2.1.2/TU/2013
Subject : Manuscript acceptance letter (Submit Letter)

Dear Zahra Hamidah,

Thank you very much for submitting your paper entitled:

The Effect of Regular Exercise on Anxiety and Self-esteem Level in College Students

to the Althea Medical Journal. Your paper has been assigned with an ID of 207/Ar/II/AMJ/2013.

Please refer to this ID whenever you communicate with our Editorial Offices in the future.

Your paper will undergo review process of the Journal.

Thank you very much for your submission to the Althea Medical Journal.

Sincerely,

A handwritten signature in black ink, appearing to read 'Sri Endah', written over the Althea Medical Journal logo.

Dr. Sri Endah Rahayuningsih, dr.,Sp.A(K)
Editor in chief



DEPARTEMEN PENDIDIKAN NASIONAL
FAKULTAS KEDOKTERAN UNIVERSITAS PADJADJARAN
BAGIAN ILMU FAAL

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To Whom It May Concern

No. 15/UN6.C1.7/KP/2013

With this letter we would like to confirm that :

Title of article

**THE EFFECT OF REGULAR EXERCISE ON ANXIETY AND SELF-ESTEEM
LEVEL IN COLLEGE STUDENTS**

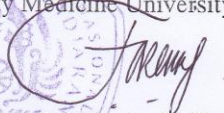
Author :

1. Zahra Hamidah
2. Putri Teesa Radhiyanto S
3. RM. Haryadi Karyono
4. Reni Farenia

Does not contain plagiarism as a whole in part as and is not currently being submitted processed in other journals.

Bandung, February 15th 2013

Head of Physiology Departement
Faculty Medicine University Padjadjaran



Dr. Reni Farenia, dr.,M.Kes.,AIF
NIP. 195211211981032001

CC. to.

1. Editor in Chief Althea Medical Journal
2. Head of Study Program
3. Archives

DEPARTMENTEN PENDIDIKAN NASIONAL
FAKULTAS KEPERAWATAN UNIVERSITAS PADJADJARAN
BAJU FAAL
DECLARATION LETTER

Herewith I declare that the manuscript entitled:

“The Effect of Regular Exercise on Anxiety and Self-Esteem Level in College Students”

has been corrected and approved by the co-author/s to be published in Althea Medical Journal.

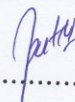
Authors

Signature

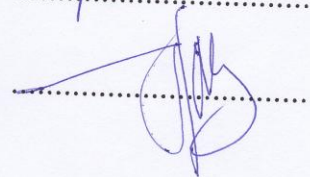
1st Author (Zahra Hamidah)



2nd Author (Putri Teesa Radhiyanti Santoso, dr., M.Kes)



3rd Author (RM. Haryadi Karyono, dr., SpKJ)



Does not contain plagiarism as a whole in part or and is not currently being submitted/processed in other journals.

Padjara, February 15th 2013

Head of Psychiatry Department
Faculty of Nursing University Padjadjaran

Dr. H. W. Fajriadi, dr. M.Kes, AIF
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CC to:

1. Editor in Chief Althea Medical Journal
2. Head of Study Program
3. Archives