Cover letter

Jember, June 29th,2024

To:

Editor-in-Chief of Jember Medical Journal (JMJ)

in Jember, Indonesia

Dear,

We wish to submit an original research article entitled "Potensi Video Games Sebagai Upaya Pencegahan Sindrom Metabolik pada Remaja" for consideration by Jember Medical Journal.

We confirm that this work is original and that the manuscript has not been published elsewhere, nor is it currently under consideration for publication elsewhere. We also confirm that there is no falsification or fabrication of data and no plagiat content in the article.

We believe that this manuscript is appropriate for publication by Jember Medical Journal because the development of technology and information changes the way people live. This development has both positive and negative impacts. One of the negative impacts is the increase in sedentary behavior. Sedentary behavior from an early age causes obesity, heart disease, diabetes mellitus and increases the risk of metabolic syndrome. In addition to negative impacts, the development of technology and information has a positive impact in the health sector including in health promotion. Digitalization of health promotion has the advantage of expanding coverage, less cost, and real-time encouragement of people to make healthier choices. Digitalization in the video game form has been shown to increase knowledge and behavior change in targets. Video games encourage players to choose the foods they should eat and encourage aerobic physical activity and resistance training, which are the main prevention and management of metabolic syndrome. The video games we offer are a combination of non-active video games and active video games that can optimize the prevention of metabolic syndrome in adolescents. All authors of this manuscript have approved the final version of this submitted manuscript.

We have no conflicts of interest to disclose.

Thank you for your consideration of this manuscript.

Sincerely,

[Ahmad Shofiyul Labib]

Conflict of Interest Declaration

Here by the author(s) certify(s) that the manuscript entitled:

(Potensi Video Games Sebagai Upaya Pencegahan Sindrom Metabolik pada Remaja)

is an original work and is not under review at any other publication. All authors of this manuscript have approved the final version of this submitted manuscript and there is no financial interest to report. This manuscript is ready for publication in the Jember Medical Journal (JMJ).

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Manuscript Title: Potensi Video Games Sebagai Upaya Pencegahan Sindrom Metabolik pada Remaja

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Ahmad Shofiyul Labib	June 28th, 2024	

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