

# Dr. dr. Eka Roina Megawati, M.Kes

Lecturer of Undergraduate Program in Medicine Study Program  
Faculty of Medicine  
Universitas Sumatera Utara

✉ eka3@usu.ac.id

🌐 [fk.usu.ac.id/en/lecturer/eka-roina-megawati](http://fk.usu.ac.id/en/lecturer/eka-roina-megawati)

---

## Publications

---

2023

Jurnal internasional bereputasi

### **Effects of Smartphone Use on Sleep Quality, Depression, Anxiety, and Academic Achievement**

EKA ROINA MEGAWATI

2016

Jurnal nasional

### **KORELASI PAPARAN BENZENA MELALUI PENGUKURAN KADAR TRANS-TRANS MUCONIC ACID (ttMA) DENGAN KADAR ENZIM TRANSAMINASE DAN TOTA...**

EKA ROINA MEGAWATI

2024

Jurnal nasional terakreditasi

### **COVID-19 Pandemic Effect on Stress Levels and SleepPatterns**

EKA ROINA MEGAWATI

2024

Jurnal internasional bereputasi

### **Prediabetes, undiagnosed diabetes, and associated factors in North Sumatra, Indonesia: A community-based study**

SETIAWAN , MULA TARIGAN , EKA ROINA MEGAWATI

2022

Jurnal nasional terakreditasi

### **Pengaruh Pemberian Minuman Vitamin C dengan VO2 Max, Pemulihan Denyut Nadi dan Masa Pemulihan**

EKA ROINA MEGAWATI

2020

Jurnal nasional terakreditasi

### **The Relationship among Body Mass Index, Physical Activity, Dynamic Balance and Sleep Patterns**

EKA ROINA MEGAWATI

2016

Jurnal nasional terakreditasi

### **Korelasi Paparan Benzene Dengan Gambaran Jenis Hitung Leukosit Pada Karyawan SPBU X Dan Y**

EKA ROINA MEGAWATI

2023

Jurnal internasional bereputasi

### **Effects of Smartphone Use on Sleep Quality, Depression, Anxiety, and Academic Achievement**

EKA ROINA MEGAWATI

---

---

2023

Jurnal nasional terakreditasi

## **The Relationship between Pandemic Fatigue and COVID-19 Protective Behavior**

EKA ROINA MEGAWATI

---

2022

Artikel ilmiah

## **The phytochemical compounds of andaliman (*Zanthoxylum acanthopodium*, DC) fruit extract and its fractions**

EKA ROINA MEGAWATI

---

2021

Jurnal internasional bereputasi

## **The effect of hyperglycemia on the macrophages in the cell culture**

EKA ROINA MEGAWATI

---

2024

Artikel ilmiah

## **Exploring Health, Fitness and Well Being: From Obesity and Cardiovascular Function to the Digital Age**

EKA ROINA MEGAWATI

---

2024

Prosiding seminar internasional

## **Exploring Influential Factors on Static Balance Among Undergraduate Students**

EKA ROINA MEGAWATI

---

2021

Jurnal internasional bereputasi

## **Moderate dose of lipopolysaccharide induces tumor necrosis factor-alpha and interleukin-6 production by human monocyte-derived macrophages**

EKA ROINA MEGAWATI

---

2024

Jurnal internasional bereputasi

## **ISOLATION AND TESTING OF ANTIMICROBIAL ACTIVITY OF LACTIC ACID BACTERIA FROM CASSAVA FERMENTATION (*MANIHOT ESCULENTA*) IN INHIBITING *ESCHERICHIA COLI* AND *SALMONELLA TYPHI***

EKA ROINA MEGAWATI , SURYANI M.F SITUMEANG , SUPARNI, S.SI, M.KES , DEWI SETIYAWATI

---

2017

Prosiding seminar internasional

## **The cardiovascular function profile and physical fitness in overweight subjects**

EKA ROINA MEGAWATI

---

2019

Jurnal internasional bereputasi

## **Correlation of anthropometric indicators and musculoskeletal fitness in elementary school aged children**

EKA ROINA MEGAWATI

---

2023

Jurnal internasional bereputasi

## **Effects of Smartphone Use on Sleep Quality, Depression, Anxiety, and Academic Achievement**

EKA ROINA MEGAWATI

---