

Not to Instantly Increase Manuscript Quantity, but to Accelerate Breakthroughs in Psychology: The Essence of Letter to the Editor (LtE)

[Bukan Untuk Meningkatkan Kuantitas Naskah Secara Instan, Melainkan Mengakselerasi Terobosan di Bidang Ilmu Psikologi: Intisari Surat Kepada Editor]

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In the field of psychology, we witness and experience rapid development of ideas about humans, especially in the era of the Industrial Revolution 4.0, where psychology will accept the influence of cybernetic ideas. As a researcher in psychology who is diligent in observing human behavior, repeatedly in our minds, various "hypotheses" about the dynamics of human behavior complexes emerge. Especially in Indonesia, the fertile place where the complex dynamics is wrapped in cultural diversity. It is urgent to publish these "hypothetical thoughts" - also a response to the results of peer studies - in a solid, communicative, and persuasive form; so that it can be followed up by peers with pleasure. This is one of the pathways for the development of psychological science which, honestly and regretfully, is still rare by scientific journals of psychology in Indonesia. The way we communicate psychological science, thus, is no longer "accommodated" by one or two forms of scientific publications, such as original articles or reviews (both narrative and systematic). The world of Indonesian scientific publications can learn from the world of journalistic publications that have already accustomed to the communication between the "citizens" of the media. As an example is The Jakarta Post which has a specific rubric for Letter to the Editor (LtE) which is very passionate. Hans Selye once wrote one of the legendary Letter to the Editors (LtEs), and that letter opened the way for scientific studies on stress. Therefore, ANIMA Indonesian Psychological Journal encourages the readers to send their extraordinary ideas through Letter to the Editor (LtE). Following up on this invitation, we will hold activities and develop supporting products. The existence of training, assistance, and guidelines for writing Letter to the Editor (LtE) is expected to foster Letter to the Editor (LtE) writing habits as an alternative to quality publications, and not as a new variant of academic integrity deviations.

Keywords: psychology, academic integrity, Letter to the Editor (LtE), scientific publication

Di bidang psikologi, kita menyaksikan dan mengalami perkembangan pesat gagasan tentang manusia, terutama di era Revolusi Industri 4.0, ketika psikologi akan menerima pengaruh gagasan sibernetika. Sebagai peneliti psikologi yang tekun mengamati perilaku manusia, tentu berulang kali terbesit dalam benak kita, berbagai "hipotesis" tentang dinamika kompleks perilaku manusia. Terutama di Indonesia, tempat subur di mana dinamika kompleks itu dibalut dengan keanekaragaman budaya hidup. Sangat mendesak untuk menerbitkan sejumlah "besit hipotetis" itu - juga respons terhadap hasil studi sejawat - dalam bentuk yang padat, komunikatif, dan persuasif; sehingga dapat ditindaklanjuti para sejawat dengan senang hati. Inilah salah satu jalur pengembangan sains psikologi yang, secara jujur dan menyesal, masih langka ditapaki oleh jurnal ilmiah psikologi di Indonesia. Cara kita mengkomunikasikan sains psikologi, dengan demikian, tidak memadai lagi "ditampung" oleh satu atau dua bentuk publikasi ilmiah, seperti artikel orisinal atau reviu (baik naratif maupun sistematik). Dunia publikasi ilmiah Indonesia dapat belajar dari dunia publikasi jurnalistik yang telah lebih dahulu membiasakan kekomunikatifan antar-"warga"

media tersebut. Sebagai contoh adalah The Jakarta Post yang memiliki rubrik spesifik *Letter to the Editor (LtE)* yang sangat bergairah. Hans Selye pernah menulis salah satu *Letter to the Editor (LtE)* yang legendaris, dan suratnya membuka jalan bagi studi ilmiah tentang stres. Maka dari itu, ANIMA Indonesian Psychological Journal mendorong pembaca untuk mengirimkan ide luar biasa mereka melalui *Letter to the Editor (LtE)*. Menindaklanjuti undangan ini, kami akan menyelenggarakan kegiatan dan mengembangkan produk pendukung. Adanya pelatihan, pendampingan, dan pedoman penulisan *Letter to the Editor (LtE)* diharapkan dapat menumbuhkan kebiasaan penulisan *Letter to the Editor (LtE)* sebagai alternatif publikasi berkualitas, dan bukan sebagai varian baru penyimpangan integritas akademik.

Kata kunci: ilmu psikologi, integritas akademik, *Letter to the Editor (LtE)*, publikasi ilmiah

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Along with the enactment of the latest ministry regulations in the field of academic integrity, scientific publication standards in Indonesia have become more stringent. This change is aimed at increasing the quality of Indonesian scientific publications so that the resulting publications can meet internationally accepted standards - for example being the obligation of ethical clearance and research registration in an open and transparent manner (Toth et al., 2020).

The code of ethics for research in psychology was first formulated by the American Psychological Association (APA) in 1953 (Smith, 1953, as cited in Himawan, 2021). *Kode Etik Psikologi Indonesia* (The Indonesian Code of Ethics in Psychology), which contains the code of ethics for research and publication (in Chapter IX), was published by *Himpunan Psikologi Indonesia (HIMPSI)* in 2010. Even though it has taken actions to make it mandatory, there are still many study or research implementations without ethical clearance in Indonesia. The introduction of the code of ethics evaluation process in Indonesia, which has not been widely carried out, requires special attention. There needs to be cooperation between the government, institutions, researchers, and research participants in the introduction of code of ethics in Indonesia (Himawan, 2021). Based on this, providing education to all parties in conducting a study or research is paramount.

Improvement of Scientific Publication Standards

In 2011, the National Institute of Health Research developed PROSPERO, which was an international database related to prospective lists, with the aim of

Seiring dengan pemberlakuan peraturan kementerian terbaru di bidang integritas akademik, standar publikasi ilmiah di Indonesia menjadi lebih ketat. Perubahan ini ditujukan untuk meningkatkan kualitas publikasi ilmiah Indonesia agar publikasi yang dihasilkan dapat memenuhi standar yang berlaku secara internasional - sebagai contoh adalah kewajiban *ethical clearance* serta registrasi studi atau penelitian secara terbuka dan transparan (Toth et al., 2020).

Kode etik penelitian psikologi dirumuskan pertama kali oleh *American Psychological Association (APA)* pada tahun 1953 (Smith, 1953, sitat dalam Himawan, 2021). Kode Etik Psikologi Indonesia, yang di dalamnya memuat kode etik penelitian dan publikasi (dalam Bab IX), dipublikasikan oleh Himpunan Psikologi Indonesia (HIMPSI) pada tahun 2010. Meski sudah bergerak untuk mewajibkannya, pelaksanaan studi atau penelitian tanpa *ethical clearance* masih banyak dilakukan di Indonesia. Pengenalan proses evaluasi kode etik di Indonesia yang belum banyak dilakukan membutuhkan perhatian khusus. Butuh adanya kerjasama antara pemerintah, lembaga, peneliti hingga partisipan studi atau penelitian dalam pengenalan kode etik di Indonesia (Himawan, 2021). Berdasarkan kajian tersebut, memberikan edukasi kepada semua pihak dalam melakukan suatu studi atau penelitian merupakan hal yang penting.

Peningkatan Standar Publikasi Ilmiah

Pada tahun 2011, the *National Institute of Health Research* mengembangkan *PROSPERO* yang merupakan *database* internasional terkait daftar prospektif,

unifying and providing information regarding study or research protocols (especially related to systematic reviews; Schiavo, 2019). PROSPERO helps to avoid duplication and reduce reporting bias. Registration in PROSPERO involves submitting and publishing information about the design and implementation of systematic review study or research. Registration in PROSPERO must be related to health and social care, welfare, public health, crime, justice, or international development with health-related outcomes (National Institute for Health Research, n.d.).

In addition, it is also increasingly important to ensure that scientific publications at the international level are not only carried out by researchers from “Western, Educated, Industrialized, Rich, Democratic” (more often abbreviated as WEIRD) countries and reported only WEIRD populations (Beyebach et al., 2021; Heinrich et al., 2010; Mashuri et al., 2022). This is strongly suspected because of the high quality of publications produced from or by countries classified as WEIRD. In fact, publications produced from or by researchers from countries other than WEIRD are often considered stronger and more cited when collaborating with researchers from WEIRD countries (Paphawasit & Wudhikarn, 2022).

In general, study or research results in scientific journals can be grouped into two categories, namely: (1) empirical study or research; and (2) non-empirical study or research. Empirical study or research has been carried out numerous times, but with the provision of ethical clearance, where there needs to be “caution” in conducting the stated empirical study or research. On the other hand, non-empirical study or research can be an alternative to conducting a publication but must still meet applicable standards. Therefore, different standards are required according to the type of study or research, which can be easily followed by researchers to ensure the quality of the work to be published. ANIMA Indonesian Psychological Journal has prepared “Tim RaDaR” as a guide regarding the minimum information that needs to be included in an article (Suriyah et al., 2021).

dengan tujuan untuk menyatukan dan menyediakan informasi mengenai protokol studi atau penelitian (khususnya sehubungan dengan *systematic review*; Schiavo, 2019). PROSPERO membantu untuk menghindari adanya duplikasi serta mengurangi bias pelaporan. Registrasi dalam PROSPERO melibatkan penyerahan dan informasi publikasi tentang desain dan pelaksanaan dalam studi atau penelitian *systematic review*. Registrasi dalam PROSPERO harus berkaitan dengan perawatan kesehatan dan sosial, kesejahteraan, kesehatan masyarakat, kejahatan, keadilan, atau pembangunan internasional dengan hasil yang berkaitan tentang kesehatan (National Institute for Health Research, n.d.).

Selain itu, juga makin penting untuk memastikan bahwa publikasi ilmiah di tingkat internasional tidak hanya dilakukan oleh para peneliti dari sejumlah negara “Western, Educated, Industrialized, Rich, Democratic” (“Barat, Terdidik, Industri, Kaya, dan Demokratis”; atau lebih sering disingkat menjadi WEIRD) dan hanya melaporkan populasi sehubungan dengan WEIRD saja (Beyebach et al, 2021; Heinrich et al., 2010; Mashuri et al., 2022). Hal ini diduga kuat terjadi karena tingginya kualitas publikasi yang dihasilkan oleh peneliti dari atau oleh negara yang tergolong dalam WEIRD. Bahkan, publikasi yang dihasilkan dari atau oleh peneliti dari negara selain dalam WEIRD seringkali dianggap lebih kuat dan lebih banyak disitasi ketika berkolaborasi dengan peneliti dari negara dalam WEIRD (Paphawasit & Wudhikarn, 2022).

Secara umum, hasil studi atau penelitian di jurnal ilmiah dapat dikelompokkan dalam dua kategori, yaitu: (1) studi atau penelitian *empirical*; dan (2) studi atau penelitian *non-empirical*. Studi atau penelitian *empirical* banyak dilakukan, namun dengan adanya ketentuan *ethical clearance* sehubungan dengan perlu adanya “kehati-hatian” dalam melakukan studi atau penelitian *empirical* tersebut. Di sisi lain, studi atau penelitian *non-empirical* bisa menjadi alternatif untuk melakukan suatu publikasi, namun tetap harus memenuhi standar yang berlaku. Maka dari itu, dibutuhkan beragam standar berbeda sesuai dengan jenis studi atau penelitian, yang dapat dengan mudah diikuti oleh para peneliti demi memastikan kualitas karya yang akan dipublikasikan. ANIMA Indonesian Psychological Journal telah menyiapkan “Tim RaDaR” sebagai panduan mengenai informasi minimum yang perlu tercantum dalam sebuah artikel (Suriyah et al., 2021).

One effort to ensure that a scientific work meets standards is the development of reporting guidelines, which usually include templates and checklists. One of the organizations that pioneered the collection and publication of various reporting guides is the Equator Network. Equator Network is a website that contains a collection of guidelines for writing scientific articles. One of which being the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA), a checklist regarding the minimum standards for a systematic review and meta-analysis to be carried out (Altman & Simera, 2016 ; Page et al., 2021).

Publications related to systematic reviews or meta-analyses sometimes do not use the complete PRISMA guidelines. This proves the need for the introduction of non-empirical study or research writing (systematic review and meta-analysis) using PRISMA. ANIMA Indonesian Psychological Journal has also started personal communication with Matthew Page and Andrea Tricco regarding efforts to introduce PRISMA in Bahasa Indonesia, in the form of publishing articles and providing online courses.

Publication Alternatives: Letter to the Editor (LtE)

In addition to study or research reports, there are types of publication that are important but often forgotten, namely communications (letters), one of which is in the form of a Letter to the Editor (LtE). In simple terms, Letter to the Editor (LtE) is short communication between writers, readers, and editors (Dkhar, 2018; Peh & Ng, 2010). Initially, Letter to the Editor (LtE) became a culture of short communication in the world of scientific publications. One of the first examples of scholarly communication in the form of Letter to the Editor (LtE) can be found approximately 40 years ago about the legitimacy of citation analysis (Chubin & Garfield, 1980).

Although commentary on previously published articles is perhaps the most common form, it is not the only variety of Letter to the Editor (LtE; Peh & Ng, 2010). There is also an Letter to the Editor (LtE) which presents the author's original ideas. One of the legendary examples of Letter to the Editor (LtE) that presented original ideas was written by Hans Selye, and that Letter to the Editor (LtE) was published even later, namely in 1936 (Szabo et al., 2012). According to

Salah satu upaya untuk memastikan bahwa suatu karya ilmiah telah memenuhi standar adalah pengembangan panduan pelaporan (*reporting guideline*), yang biasanya meliputi *template* dan daftar periksa. Salah satu organisasi yang memelopori pengumpulan dan publikasi beragam panduan pelaporan adalah *Equator Network*. *Equator Network* merupakan *website* yang berisikan kumpulan pedoman penulisan artikel ilmiah. Salah satunya adalah *Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA)*, yang merupakan daftar periksa mengenai standar minimum dalam melaksanakan sebuah *systematic review* dan *meta-analysis* (Altman & Simera, 2016; Page et al., 2021).

Publikasi terkait *systematic review* atau *meta-analysis* terkadang tidak menggunakan pedoman *PRISMA* yang lengkap. Hal itu membuktikan perlu adanya pengenalan penulisan studi atau penelitian *non-empirical (systematic review dan meta-analysis)* menggunakan *PRISMA*. ANIMA Indonesian Psychological journal juga telah memulai komunikasi pribadi dengan Matthew Page dan Andrea Tricco terkait upaya pengenalan *PRISMA* dalam Bahasa Indonesia, dalam bentuk penerbitan artikel maupun penyediaan kursus daring (*online course*).

Alternatif Publikasi: Letter to the Editor (LtE)

Selain laporan studi atau penelitian, ada jenis publikasi yang penting namun sering terlupakan, yaitu komunikasi (*letter*), dengan salah satu bentuknya berupa *Letter to the Editor (LtE)*. Secara sederhana, *Letter to the Editor (LtE)* adalah komunikasi singkat antara penulis, pembaca, dan editor (Dkhar, 2018; Peh & Ng, 2010). Awalnya, *Letter to the Editor (LtE)* merupakan sebuah budaya komunikasi singkat dalam dunia publikasi ilmiah. Salah satu contoh komunikasi ilmiah pertama berupa *Letter to the Editor (LtE)* dapat ditemukan sejak 40 tahun yang lalu tentang legitimasi analisis kutipan (Chubin & Garfield, 1980).

Meskipun komentar terhadap artikel yang diterbitkan sebelumnya mungkin adalah bentuk yang paling umum, itu bukan satu-satunya ragam *Letter to the Editor (LtE)*; Peh & Ng, 2010). Ada pula *Letter to the Editor (LtE)* yang memaparkan gagasan orisinal dari penulis. Salah satu contoh *Letter to the Editor (LtE)* legendaris yang memaparkan gagasan orisinal dituliskan oleh Hans Selye, dan *Letter to the Editor (LtE)* tersebut bahkan terjadi lebih lama lagi, yaitu pada

information on the official website of Nature, as of January 2023, the stated Letter to the Editor (LtE) has been cited more than 2000 times (Selye, 1936). The number of citations has even exceeded 7000 times, based on records on Google Scholar in the same period. This shows the popularity of Letter to the Editor (LtE) as a reference in scientific study or research.

In that Letter to the Editor (LtE), Selye (1936) proposed that there are three general reaction stages that individuals raise when adapting to new conditions that cause damage or disturbance (Selye, 1936). At that time, Selye had not use the term stress, but General Adaptation Syndrome (GAS). The term stress was only used by Selye in 1950 (Rochette & Vergely, 2017).

The unique position of the Letter to the Editor (LtE) “...as a forum for scholarly discourse” (Winker & Fontanarosa, 1999) and its importance has been elevated by leading authors, editors of leading journals, outstanding research institutions, and world-class scientific organizations (Turki et al., 2018). Editors must make a concerted effort to ensure the Letter to the Editor (LtE) remains an important part of the journal's portfolio (Joaquin & Tan, 2021).

The International Committee for Medical Journal Editors (ICMJE; 2019) stated that scientific communication had not started until the time an article was published. In other words, post-publication review is a method that is rarely used, even though it is actually easier to use in developing professional knowledge and at the same time ensuring the accountability of authors and editors (Horton, 2002). With that in mind, the International Committee of Medical Journal Editors (ICMJE) recommends that every journal should have a mechanism by which readers can “submit comments, questions, or criticism about published articles”.

Call for Letter to the Editor (LtE)

ANIMA Indonesian Psychological Journal welcomes the recommendations of the International Committee of Medical Journal Editors (ICMJE; 2019) by openly inviting authors to provide comments on an article or to propose new thoughts. As an overview, a number of the main guidelines are presented as

tahun 1936 (Szabo, et al, 2012). Menurut informasi di *website* resmi *Nature*, pada Januari 2023, *Letter to the Editor (LtE)* tersebut telah dikutip lebih dari 2000 kali (Selye, 1936). Jumlah sitasi tersebut bahkan telah melampaui 7000 kali, apabila berdasarkan catatan di *Google Scholar* pada periode yang sama. Hal ini menunjukkan popularitas *Letter to the Editor (LtE)* sebagai referensi dalam studi atau penelitian ilmiah.

Pada *Letter to the Editor (LtE)* tersebut, Selye (1936) mengusulkan adanya tiga tahap reaksi umum yang dimunculkan individu ketika beradaptasi dengan kondisi baru yang menimbulkan kerusakan atau gangguan (Selye, 1936). Pada waktu itu, Selye belum menggunakan istilah stres, melainkan menggunakan istilah *General Adaptation Syndrome (GAS)*. Istilah stres baru digunakan oleh Selye pada tahun 1950 (Rochette & Vergely, 2017).

Posisi unik *Letter to the Editor (LtE)* “...sebagai forum untuk wacana ilmiah” (Winker & Fontanarosa, 1999) dan arti pentingnya telah diangkat oleh penulis terkemuka, editor dari jurnal terkemuka, lembaga penelitian yang sangat baik, dan organisasi ilmiah kelas dunia (Turki et al., 2018). Editor harus melakukan upaya bersama untuk memastikan *Letter to the Editor (LtE)* tetap menjadi bagian penting dalam portofolio jurnal (Joaquin & Tan, 2021).

International Committee of Medical Journal Editors (ICMJE; 2019) menyampaikan bahwa komunikasi ilmiah belum dimulai sampai waktu sebuah artikel diterbitkan. Dengan kata lain, telaah pasca publikasi adalah cara yang masih jarang digunakan, walaupun sebenarnya lebih mudah digunakan dalam mengembangkan keilmuan para profesional dan sekaligus memastikan kebertanggung-gugatan penulis dan editor (Horton, 2002). Mengingat hal itu, *International Committee of Medical Journal Editors (ICMJE)* merekomendasikan bahwa setiap jurnal harus memiliki mekanisme dengan mana pembaca dapat “mengirimkan komentar, pertanyaan, atau kritik tentang artikel yang sudah diterbitkan”.

Call for Letter to the Editor (LtE)

ANIMA Indonesian Psychological Journal menyambut baik rekomendasi International Committee of Medical Journal Editors (ICMJE; 2019) dengan secara terbuka mengundang para penulis untuk memberikan komentar mengenai sebuah artikel maupun mengusulkan pemikiran baru. Sebagai

follows.

Why is Letter to the Editor (LtE) Required?

Letter to the Editor (LtE) are nothing completely new in Indonesia. The Jakarta Post (2021) newspaper has this rubric, and an effective way of communicating from the authors and their responders that occurs in this rubric (Supraptiningsih, 2011), covering the content of cognitive communication. As we know, communication through scientific journal articles is often criticized for its “rigidity and dryness”, resulting in less impact on public policy (Biswas & Kircherr, 2015). In our opinion, Letter to the Editor (LtE) opens up a pinch of “affective opportunities” to communicate scientifically, but still has the nuances of a more humane, not mechanistic, style of communication, as the name implies (“Letter to the Editor [LtE]”). A “letter” (vs. an “article”) implies an intention to communicate with the recipient in a sympathetic and empathetic manner. Therefore, perhaps, we can learn from our predecessors in popular media, such as The Jakarta Post (2021).

In ANIMA Indonesian Psychological Journal, we have published at least one article in the form of comments on one of the published articles. Sia's (2002) article provides an examination of Suharnan's (2002) article. In general, comments were given by Sia (2002) on the process of reporting study or research results which were considered to reduce the credibility of the measuring instruments being developed. This article is an example of an Letter to the Editor (LtE) article in the first category, which is a commentary on an article published by ANIMA Indonesian Psychological Journal. Unfortunately the culture of scientific communication at that time was not very developed yet, so there was no response from Suharnan (2002) to this comment.

What are the Letter to the Editor (LtE) Varieties?

Peh and Ng (2010) divides the writing of Letter to the Editor (LtE) into seven categories, namely: (1) commenting on previously published articles (Lim, 2022; Low et al., 2022; Warrington & Ball, 2021); (2) brief scientific communication (Alharthy et al., 2022; Lek et al., 2022; Tan et al., 2022); (3) development of new hypotheses (Liew, 2020); (4) to draw the reader's

gambaran umum, disajikan beberapa pedoman utama sebagai berikut.

Mengapa Letter to the Editor (LtE) Diperlukan?

Letter to the Editor (LtE) bukanlah sebuah hal yang sepenuhnya baru di Indonesia. Surat kabar The Jakarta Post (2021) memiliki rubrik ini, dan cara berkomunikasi secara efektif dari para penulis dan penanggapnya terjadi di rubrik ini (Supraptiningsih, 2011), membaluti isi komunikasi yang bersifat kognitif. Sebagaimana kita ketahui, komunikasi melalui artikel jurnal ilmiah seringkali dikritik karena “kekakuan dan kekeringan”-nya, sehingga kurang berdampak pada kebijakan publik (Biswas & Kircherr, 2015). Menurut hemat kami, *Letter to the Editor (LtE)* membuka sejumlah “peluang afektif” untuk berkomunikasi secara ilmiah, namun tetap bernuansa gaya berkomunikasi yang lebih manusiawi, bukan mekanistik, sesuai namanya (“Surat Kepada Editor”). Sebuah “surat” (vs. sebuah “artikel”) menyiratkan adanya intensi untuk berkomunikasi dengan yang dikirim surat secara simpatik serta empatik. Maka dari itu, barangkali, kita boleh belajar dari pendahulu kita di media populer, seperti The Jakarta Post (2021).

Di ANIMA Indonesian Psychological Journal sendiri, kami pernah setidaknya menerbitkan satu artikel berupa komentar terhadap salah satu artikel yang telah diterbitkan. Artikel Sia (2002) memberikan cermatan terhadap artikel Suharnan (2002). Secara umum, komentar diberikan oleh Sia (2002) terhadap proses pelaporan hasil studi atau penelitian yang dianggap dapat mengurangi kredibilitas alat ukur yang dikembangkan. Artikel tersebut merupakan contoh artikel *Letter to the Editor (LtE)* pada kategori pertama, yaitu komentar terhadap artikel yang pernah diterbitkan oleh ANIMA Indonesian Psychological Journal. Sayangnya, budaya komunikasi ilmiah pada saat itu belum terlalu berkembang, sehingga tidak ada tanggapan dari Suharnan (2002) terhadap komentar tersebut.

Apa Saja Ragam Letter to the Editor (LtE)?

Peh dan Ng (2010) membagi penulisan *Letter to the Editor (LtE)* menjadi tujuh kategori, yaitu: (1) mengomentari artikel yang telah diterbitkan sebelumnya (Lim, 2022; Low et al., 2022; Warrington & Ball, 2021); (2) komunikasi ilmiah secara singkat (Alharthy et al., 2022; Lek et al., 2022; Tan et al., 2022); (3) mengembangkan hipotesis baru (Liew,

attention to something important and novel, relevant to clinical practice (Kotani & Manabe, 2022); (5) general comments on matters of interest to the public or readers (Fong & Anantham, 2021); (6) commenting on the nature or format of the journal (Patrick, 2021); and (7) to communicate interest in collaborating (Bétry et al., 2017). Whatever the form and category, Letter to the Editor (LtE) must be objective and constructive, while also remaining “short and concise” (Peh & Ng, 2010). In Letter to the Editor (LtE) in the form of comments (Category 1), the author must still provide new information or alternative perspectives to previously published articles.

Based on the research conducted, we simply grouped the Letter to the Editor (LtE) varieties into two categories only (Peh & Ng, 2010; Sturpe et al., 2016; Turki et al., 2018). The first category is Letter to the Editor (LtE) containing comments on the journal, both on articles that have been published and on the format and policies and work systems of the journal. While the second category is Letter to the Editor (LtE) containing original and useful thoughts and experiences. Information related to the examples of Letter to the Editor (LtE) in the two categories is available in Table 1.

According to the stated categories, the Letter to the Editor (LtE) rubric or section at ANIMA Indonesian Psychological Journal has two objectives (Dkhar, 2018; Peh & Ng, 2010; Tierney et al., 2015). The first objective is to provide improved understanding and follow-up, broken down into: (1) streamlining or correcting works; (2) affirming the important value of information; and (3) confirming details of information that are unclear. The second objective is to share new knowledge and experiences that are considered important to be understood by readers (especially academics, practitioners, and policy makers), including an invitation to build a communication forum and especially collaboration in pursuing the progress and application of psychology in Indonesia.

How to Write a Letter to the Editor (LtE)?

There are several important points in writing a Letter to the Editor (LtE; Peh & Ng, 2010), such as: (1) having a clear message; (2) meeting the appropriate format for a journal; (3) containing sufficient new or important

2020); (4) menarik perhatian pembaca terhadap sesuatu yang penting dan baru yang relevan dengan praktek klinis (Kotani & Manabe, 2022); (5) komentar umum tentang hal yang menarik bagi masyarakat atau pembaca (Fong & Anantham, 2021); (6) mengomentari sifat atau format jurnal (Patrick, 2021); dan (7) mengkomunikasikan ketertarikan untuk berkolaborasi (Bétry et al., 2017). Apa pun bentuk dan kategorinya, *Letter to the Editor (LtE)* harus objektif dan konstruktif, serta tetap “pendek dan ringkas” (Peh & Ng, 2010). Pada *Letter to the Editor (LtE)* berupa komentar (Kategori 1), penulis tetap harus memberikan informasi baru atau perspektif alternatif terhadap artikel yang diterbitkan sebelumnya.

Berdasarkan telaah yang dilakukan, secara sederhana kami mengelompokkan ragam *Letter to the Editor (LtE)* menjadi dua kategori saja (Peh & Ng, 2010; Sturpe et al., 2016; Turki et al., 2018). Kategori pertama adalah *Letter to the Editor (LtE)* yang berisikan komentar terhadap jurnal, baik terhadap artikel yang pernah diterbitkan maupun terhadap format dan kebijakan dan sistem kerja jurnal. Sedangkan kategori kedua adalah *Letter to the Editor (LtE)* yang berisikan pemikiran dan pengalaman yang orisinal dan bermanfaat. Informasi mengenai contoh *Letter to the Editor (LtE)* dalam kedua kategori tersebut tersedia dalam Tabel 1.

Sesuai dengan kategori tersebut, rubrik atau seksi *Letter to the Editor (LtE)* pada ANIMA Indonesian Psychological journal memiliki dua tujuan (Dkhar, 2018; Peh & Ng, 2010; Tierney et al., 2015). Tujuan pertama adalah memberikan penyempurnaan pemahaman dan tindak lanjut, yang dirincikan menjadi: (1) pelurusan atau koreksi terhadap karya; (2) penegasan nilai penting informasi; maupun (3) perincian informasi yang kurang jelas. Tujuan kedua adalah membagikan pengetahuan dan pengalaman baru yang dianggap penting untuk dipahami oleh para pembaca (khususnya para akademisi, praktisi, maupun pengambil kebijakan), dan meliputi ajakan membangun forum komunikasi dan khususnya kolaborasi dalam mengupayakan kemajuan dan penerapan psikologi di Indonesia.

Bagaimana Menulis Letter to the Editor (LtE)?

Terdapat beberapa poin penting dalam penulisan *Letter to the Editor (LtE)*; Peh & Ng, 2010), yaitu: (1) memiliki pesan yang jelas; (2) memenuhi format yang sesuai untuk jurnal; (3) berisi informasi baru atau penting

Table 1
Samples of Letter to the Editor (LtE)

| Categories of Letter to the Editor (LtE) | | |
|---|--|--|
| ANIMA Indonesian Psychological Journal | Singapore Medical Journal (Peh & Ng, 2010) | Examples of Letter to the Editor (LtE) |
| Category 1 Comments on the Journals (Articles and Work Systems) | Comments on Articles | Lim (2022); Low et al. (2022); Warrington & Ball (2021) |
| | Comments on Work Systems | Patrick (2021) |
| Category 2 Original and Useful Thoughts and Experiences | Short Communication (Research or Case) | Alharthy et al. (2022); Lek et al. (2022); Tan et al. (2022) |
| | New Hypothesis | Liew (2020) |
| | New Findings | Kotani & Manabe (2022) |
| | Interesting Topic | Fong & Anantham (2021) |
| | Collaboration Invitation | Bétry et al. (2017) |

Tabel 1
Contoh Letter to the Editor (LtE)

| Kategori <i>Letter to the Editor (LtE)</i> | | |
|--|--|--|
| ANIMA Indonesian Psychological Journal | Singapore Medical Journal (Peh & Ng, 2010) | Contoh <i>Letter to the Editor (LtE)</i> |
| Kategori 1 Komentar Terhadap Jurnal (Artikel dan Sistem Kerja) | Komentar Terhadap Artikel | Lim (2022); Low et al. (2022); Warrington & Ball (2021) |
| | Komentar Terhadap Sistem Kerja | Patrick (2021) |
| Kategori 2 Pemikiran dan Pengalaman yang Orisinal dan Bermanfaat | Komunikasi Singkat (Penelitian atau Kasus) | Alharthy et al. (2022); Lek et al. (2022); Tan et al. (2022) |
| | Hipotesis Baru | Liew (2020) |
| | Temuan Baru | Kotani & Manabe (2022) |
| | Topik Menarik | Fong & Anantham (2021) |
| | Ajakan Kolaborasi | Bétry et al. (2017) |

information that meets publication eligibility; (4) written to provide objective and constructive comments on published articles; and (6) being short and concise. Letter to the Editor (LtE) is not a back door or a loophole to produce perfunctory publications or those that are basically only aimed at increasing one's career or the number of scientific publications.

yang cukup yang memenuhi kelayakan publikasi; (4) ditulis untuk memberikan komentar yang objektif dan konstruktif terhadap artikel yang diterbitkan; dan (5) harus pendek serta ringkas. *Letter to the Editor (LtE)* bukanlah pintu belakang atau celah untuk menghasilkan publikasi asal-asalan ataupun yang secara mendasar hanya ditujukan untuk meningkatkan karier atau jumlah publikasi ilmiah.

Related to this, common problems that usually occur in writing Letter to the Editor (LtE; Peh & Ng, 2010) include: (1) comments that are not directly related to the published article; (2) repetition of main ideas that have been included in the original article; (3) general (unfocused) comments; (4) unclear message or reason for the Letter to the Editor (LtE); (5) too many descriptions and details; (6) excessive text; (7) no new or useful information; (8) too many tables and/or numbers; (9) too many references; (10) use of offensive, abusive, or slanderous language; (11) biased opinions; and (12) comments about the integrity, competence, or sincerity of other authors.

In an effort to provide writing guidelines and ensure the quality of the Letter to the Editor (LtE) to be published, ANIMA Indonesian Psychological Journal will conduct outreach and formulate technical guidelines regarding writing Letter to the Editor (LtE). ANIMA Indonesian Psychological Journal plans to involve the editorial board of journals that are used to managing Letter to the Editor (LtE) publications, such as Wilfred C. G. Peh and Ng Kwan Hoong from the Singapore Medical Journal. In addition, in order to promote Letter to the Editor (LtE), ANIMA Indonesian Psychological Journal will actively communicate with related parties, for example higher education providers in the field of psychology, journal managers, heads of research institutions, and ministries (especially the Directorate General of Higher Education, Research, and Technology).

Who May Write Letter to the Editor (LtE)?

As the main reference, Letter to the Editor (LtE) authors are individuals outside the Editorial Board as well as parties directly involved in the publishing process at ANIMA Indonesian Psychological Journal, both in general (the ANIMA Indonesian Psychological Journal work team) and specifically for certain articles, for example peer-reviewers and translators. Authors may come from within or outside the country and are not bound by educational qualifications or previous scientific publication experience.

What Can be Used as Letter to the Editor (LtE) Topics?

The topics offered as Letter to the Editor (LtE) writing materials are aligned with the aims and scope of ANIMA Indonesian Psychological Journal. In terms

Terkait hal tersebut, masalah umum yang biasanya terjadi pada penulisan *Letter to the Editor (LtE)* (Peh & Ng, 2010) antara lain adalah: (1) komentar yang tidak terkait langsung dengan artikel yang diterbitkan; (2) pengulangan pokok pikiran yang sudah tercakup dalam artikel asli; (3) komentar umum (yang kurang fokus); (4) pesan atau alasan *Letter to the Editor (LtE)* tidak jelas; (5) terlalu banyak deskripsi dan detail; (6) teks yang berlebihan; (7) tidak ada informasi baru atau berguna; (8) terlalu banyak tabel dan/atau angka; (9) terlalu banyak rujukan; (10) penggunaan bahasa yang menyinggung, kasar, atau memfitnah; (11) pendapat yang bias; dan (12) komentar tentang integritas, kompetensi, atau ketulusan penulis lain.

Dalam upaya memberikan panduan penulisan dan memastikan kualitas *Letter to the Editor (LtE)* yang akan diterbitkan, ANIMA Indonesian Psychological Journal akan mengadakan sosialisasi serta merumuskan petunjuk teknis mengenai penulisan *Letter to the Editor (LtE)*. ANIMA Indonesian Psychological Journal berencana melibatkan dewan editor jurnal yang sudah biasa mengelola penerbitan *Letter to the Editor (LtE)*, sebagai contoh adalah Wilfred C. G. Peh dan Ng Kwan Hoong dari *Singapore Medical Journal*. Selain itu, dalam rangka mempromosikan *Letter to the Editor (LtE)*, ANIMA Indonesian Psychological Journal secara aktif akan mengadakan komunikasi dengan sejumlah pihak terkait, seperti penyelenggara pendidikan tinggi di bidang psikologi, pengelola jurnal, kepala lembaga penelitian, dan kementerian (khususnya Direktorat Jenderal Pendidikan Tinggi, Riset, dan Teknologi).

Siapa yang Boleh Menulis Letter to the Editor (LtE)?

Sebagai acuan utama, penulis *Letter to the Editor (LtE)* adalah individu di luar Dewan Editor maupun pihak yang terlibat langsung dalam proses penerbitan di ANIMA Indonesian Psychological Journal, baik secara umum (tim kerja ANIMA Indonesian Psychological Journal) maupun spesifik untuk artikel tertentu, misalnya para mitra bestari dan penerjemah. Penulis boleh berasal dari dalam maupun luar negeri dan tidak terikat dengan kualifikasi pendidikan maupun pengalaman publikasi ilmiah sebelumnya.

Apa Saja yang Menjadi Topik Letter to the Editor (LtE)?

Topik yang ditawarkan sebagai bahan penulisan *Letter to the Editor (LtE)* diselaraskan dengan *aims and scope* dari ANIMA Indonesian Psychological Journal.

of time, Letter to the Editor (LtE) is in the form of comments on published articles - focused on articles and the work system of ANIMA Indonesian Psychological Journal. Invitations for comments are prioritized for articles published within 12 months. Even so, if necessary and possible, comments can also be given for articles that are published older than the stated time frame. The same goes for the management system at ANIMA Indonesian Psychological Journal. We give priority to Letter to the Editor (LtE) that provide comments and offer suggestions for improvements to the latest work system. Even so, reviews and reflections on the previous work system, if necessary, can still be considered for publication.

Letter to the Editor (LtE) must to be used properly so that it is not categorized as misuse or abuse. A behavior can be categorized as misuse when writing Letter to the Editor (LtE) is not conducted according to guidelines and procedures. Letter to the Editor (LtE) writing can be considered as a form of abuse when it is only used for personal gain and not the development of knowledge, for example harming certain parties or only increasing the number of scientific publications (Neghina & Neghina, 2011). Another behavior that can be categorized as abuse or offensive is giving excessive criticism to the article authors.

Conclusion

There are concerns that Letter to the Editor (LtE) may be accepted more easily than regular articles, and may be a gateway for authors to enter their names in high impact-factor or accredited journals without great scholarly merit. Therefore, all Letter to the Editor (LtE) proposals must still go through the same assessment process as other articles to ensure that no indications of academic misconduct arise. Journal editors must work closely with various parties, from peer-reviewers to authors to bear shared responsibility, to provide appropriate responses and decisions regarding the acceptance and publication of Letter to the Editor (LtE; Horton, 2002).

Dari segi waktu, *Letter to the Editor (LtE)* berupa komentar terhadap artikel yang pernah diterbitkan - difokuskan terhadap artikel maupun sistem kerja ANIMA Indonesian Psychological Journal. Undangan pemberian komentar diprioritaskan terhadap artikel yang terbit dalam rentang 12 bulan. Sekalipun demikian, sekiranya diperlukan dan memungkinkan, komentar juga dapat diberikan untuk artikel yang terbit lebih lama dari rentang waktu tersebut. Hal serupa berlaku untuk sistem tata kelola di ANIMA Indonesian Psychological Journal. Kami memberikan prioritas terhadap *Letter to the Editor (LtE)* yang memberikan komentar dan menawarkan usulan perbaikan untuk sistem kerja terkini. Sekalipun demikian, kilas balik dan refleksi terhadap sistem kerja sebelumnya, sekiranya diperlukan, juga tetap dapat dipertimbangkan penerbitannya.

Letter to the Editor (LtE) perlu digunakan dengan tepat agar tidak dikategorikan sebagai penggunaan salah (*misuse*) maupun penyalahgunaan (*abuse*). Suatu perilaku dapat dikategorikan menjadi *misuse* ketika penulisan *Letter to the Editor (LtE)* tidak dilakukan sesuai pedoman dan prosedur. Penulisan *Letter to the Editor (LtE)* dapat dianggap sebagai suatu bentuk *abuse* ketika hanya digunakan untuk kepentingan pribadi dan bukan pengembangan pengetahuan, misalnya merugikan pihak tertentu atau hanya meningkatkan jumlah publikasi ilmiah (Neghina & Neghina, 2011). Perilaku lainnya yang dapat dikategorikan *abuse* atau menyerang yaitu memberikan kritik yang berlebihan pada penulis artikel.

Simpulan

Ada kekhawatiran bahwa *Letter to the Editor (LtE)* dapat diterima dengan lebih mudah dibandingkan artikel reguler, dan mungkin menjadi pintu gerbang bagi penulis untuk memasukkan nama mereka dalam jurnal berfaktor dampak atau berakreditasi tinggi tanpa manfaat ilmiah yang luar biasa. Maka dari itu, seluruh usulan *Letter to the Editor (LtE)* tetap wajib melalui proses penilaian yang sama dengan artikel yang lain untuk memastikan tidak ada indikasi penyimpangan akademik yang muncul. Editor jurnal harus bekerja sama dengan berbagai pihak, mulai dari mitra bestari hingga penulis untuk memikul tanggung jawab bersama demi memberikan tanggapan dan putusan yang tepat terkait penerimaan dan penerbitan *Letter to the Editor (LtE)*; Horton, 2002).

Writing a Letter to the Editor (LtE) can indeed increase the quantity of articles that can be categorized as “accredited” or “indexed in a reputable database”. For example, Scopus’ CiteScore takes Letter to the Editor (LtE) into account in its metric (Oermann & Conklin, 2017) and such a metric (or those similar) can be used to “show off” the productivity of university publications for which a reputation can be earned. Nevertheless, there is indeed a self-evaluation from the community itself regarding how to position the Letter to the Editor (LtE), whether its scientific is on the same level as an article or not (Andrade, 2020). Therefore, in our opinion, the Letter to the Editor (LtE) rubric has a unique position between its potential strengths and weaknesses. The most important thing is to use the Letter to the Editor (LtE) rubric properly, by eliminating the intention to pursue instant work productivity.

Penulisan *Letter to the Editor (LtE)* memang dapat meningkatkan kuantitas artikel yang dapat dikategorikan “terakreditasi” maupun “terindeks dalam database bereputasi”. Sebagai contoh, *CiteScore* dari *Scopus* memperhitungkan *Letter to the Editor (LtE)* dalam metriknya (Oermann & Conklin, 2017) dan metrik seperti ini (maupun sejenisnya) dapat digunakan untuk “pamer” mengenai produktivitas publikasi universitas yang dapat membawa reputasi tersendiri. Kendati demikian, memang terdapat *self-evaluation* dari komunitas sendiri mengenai bagaimana memposisikan *Letter to the Editor (LtE)*, sehubungan dengan apakah keilmiahannya sejajar dengan artikel ataukah tidak (Andrade, 2020). Maka dari itu, menurut hemat kami, rubrik *Letter to the Editor (LtE)* memiliki posisi yang unik antara potensi kekuatan dan kelemahannya. Hal yang terpenting adalah menggunakan rubrik *Letter to the Editor (LtE)* sebagaimana mestinya, yaitu dengan menghapuskan intensi untuk mengejar produktivitas karya secara instan.

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