

Graduating on Time, Taufik Maryusman from UPNVJ Shares Strategies for Maintaining Focus and Mental Health

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






Selamat & Sukses

TAUFIK MARYUSMAN, S.GZ, M.PD, M.GIZI

ATAS PEROLEHAN GELAR DOKTOR

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UPNVJ Public Relations - Dr. Taufik Maryusman, S.Gz., M.Pd., M.Gizi., a lecturer at the National Development University "Veteran" Jakarta (UPNVJ), successfully completed his doctoral examination in the Public Health Doctoral Study Program at Diponegoro University with impressive achievements. He completed his studies in 2 years and 10 months with a Grade Point Average (GPA) of 4.00. This achievement is proof that discipline, time management, and commitment to study assignments can produce academic achievements that impact the development of health sciences. Through an online interview with the UPNVJ Public Relations Team, Taufik shared his experiences, challenges, and strategies that helped him complete his doctoral studies on time.

Taufik stated that one of his greatest motivations was the study assignment entrusted to him by UPNVJ. He viewed the opportunity as a responsibility to maximize his time, expand his academic capacity, and make a greater contribution to the institution and society.

"I want to maximize the time allotted by UPNVJ through this study assignment. Furthermore, I also want to expand the benefits of health science, learn more deeply, and make scientific contributions to society," said Taufik.

From the beginning of his doctoral studies, Taufik set a goal to graduate on time. This goal served not only as a personal motivation but also as a framework that helped him develop study strategies, organize priorities, and maintain consistency throughout each academic stage.

According to him, completing a doctoral degree requires strong discipline. He makes it a habit to not procrastinate on academic work, especially revisions from his supervisor or the board of examiners. For Taufik, postponing revisions becomes increasingly difficult because they can pile up and disrupt the pace of completing his studies.

"Don't delay revisions. If you delay, it will only get harder. Therefore, I'm trying to process the feedback as quickly as possible to keep the academic process moving," he said.

Besides consistency, the ability to accept feedback is a key factor in his studies. Taufik acknowledged that the biggest challenge was not only completing the academic paper, but also remaining open to the diverse perspectives of his supervisor, co-promoter, and board of examiners.

He believes this process fosters academic maturity. Doctoral students are not only required to defend scientific ideas but also to be able to accommodate criticism, strengthen arguments, and broaden perspectives through discussions with various parties.

"The challenge is how to be open and accommodate the diverse input from promoters and the board of examiners. Discussions also need to be broadened with colleagues to enrich our perspectives," he said.

To complete his studies, Taufik also had to go through a series of nine academic examinations and stages. Each stage involved evaluations, notes, and revisions, demanding meticulousness and mental preparation. He described the process as a challenging phase, requiring significant time, energy, and concentration.

"Participating in nine trials is incredibly challenging because there are constant revisions. We're required to sacrifice rest time," he said.

Besides the academic burden, maintaining mental health is a challenge in itself. Taufik explained that doctoral studies are not only an intellectual journey, but also a journey of self-management. The pressure of targets, academic demands, and the repeated revision process must be faced with awareness to maintain mental balance.

He emphasized the importance of good time management. For Taufik, time management means not only creating a schedule, but also understanding when to focus on work, when to discuss things, and when to give oneself space to recharge.

Taufik's success in earning a doctorate with a perfect GPA is a significant achievement for UPNVJ, particularly in strengthening the quality of its teaching staff. Amidst the increasingly competitive demands of higher education, lecturers are required not only to teach but also to produce research, publications, innovations, and scientific contributions relevant to societal needs.

As a lecturer in the field of nutrition and health, Taufik hopes the knowledge he has gained will strengthen the role of academics in addressing various public health issues. He also hopes his study experience will inspire lecturers, colleagues, and students planning to pursue higher education.

Taufik advised lecturers and students to establish strong motivation before continuing their studies. He emphasized that academic readiness must be balanced with time, financial resources, and mental preparedness to ensure a more focused study process.

"Determine your motivation before continuing your studies. Prepare yourself well, from time to money to mental preparation. Hopefully, there will be more competent academics who can provide broad benefits," he said.

The achievements of Dr. Taufik Maryusman, S.Gz., M.Pd., M.Gizi., reflect UPNVJ's enthusiasm in encouraging the improvement of lecturer quality and strengthening scientific contributions to society. From an institutional perspective, this success aligns with the commitment of UPNVJ Rector, Prof. Dr. Anter Venus, MA, Comm, to continuously strengthen human resource capacity, improve academic quality, and ensure that the knowledge developed by the academic community has a real impact on the nation.

