

**Advisory:**

Genesis Sembiring Depari Ph.D , Director Formosa Publisher

**Editor in Chief:**

Genesis Sembiring Depari, S. Pd, MBA, Ph.D

**Managing Editor:**

Nia D Simanjuntak S.Pd, Formosa Publisher, Indonesia

**Editor Board:**

Dr. Aaron Raymond See, Southern Taiwan University of Science and Technology,  
Taiwan

Wisuwat Wannamakok Ph.D, Graduate school, Dusit Thani College, Bangkok,  
Thailand

I Gusti Agung Musa Budidarma, Ph.D, Universitas Klabat, Indonesia

Lê Thị Bích Ngọc, Ph.D, National Economics University Hanoi, Vietnam

Ari Kristanta Tarigan S.Sn., M.Sn, Formosa Publisher

Irwan Ginting S.Th.,M.Pd.K, Formosa Publisher

Dr. Uma Shankar Yadav, Motilal Nehru National Institute of Technology Allahabad  
Pryagraj, India

Dr. Kamran Abdullayev, Institute of Economics of Azerbaijan National Academy of  
Sciences, Azerbaijan

Dr. Lanita Winata, Griffith University, Australia

Lusius Sinurat, SS, M.Hum, Pena Sinergi, Indonesia

Assoc.Prof. Dr. Hery Winoto Tj, SE., MM., CPHR®, CHCP-A., Krida Wacana  
Christian University, Indonesia

Dr. Cris Norman P. Olipas, Nueva Ecija University of Science and Technology,  
Philippines

**Reviewer Team:**

Dr. Naila Mukhtar (University of Okara, Pakistan)

Nedy S. Coldovero (Capiz State University, Philippines)

Dr. Rahul kanaoujiya (Department of Chemistry, University of Allahabad, Prayagraj,  
India)

Fluturim Saliu, Ph.D (University of Tetovo, North Macedonia)

Dr. Rajesh Chandra Verma (Agra University, Agra)

**Administration:**

Ardianta Sembiring, Formosa Publisher

**Address:**

Jl. Sutomo Ujung No.28 D, Durian, Kecamatan Medan Timur, Kota Medan,  
Sumatera Utara 20235,

Indonesia. Website: <https://journalijcs.my.id/index.php/ijcs/index>

Phone and WhatsApp: +62 878 6950 2631

Email: [admin@formosapublisher.org](mailto:admin@formosapublisher.org)

Editorial Team

Content

Editorial

The Brief History of Fundamental Rights in East Timor

*Hercus Pereira Dos Santos*

307-318

Overview of Methadone Dosage Administration in Patients Undergoing Methadone Maintenance Therapy

*Arifani Siswidiasari, Henni Wati, Yanti Purnama Sari*

319-326

The Effectiveness of Lycopene Supplementation on IPSS Scores and Urinary Flow Rate (Uroflow) in Patients with Benign Prostatic Hyperplasia (BPH): A Comprehensive Literature Review

*Fizi Bayu Aji Suwarno Putra, Muhammad Surya Negara*

327-340

The Transformation in India

*Gayatri Sunkad*

341-348

Cyberbullying in Ruteng City: The Phenomenon and its Impact

*Maria Senisum, Ambros Leonangung Edu, Adriana Ina T. Talu*

349-360

# **International Journal of Contemporary Sciences (IJCS)**

ISSN 3047-4078

DOI 10.55927

**Editorial**

**Vol. 3, No. 10 October 2025**

---

Welcome to the International Journal of Contemporary Sciences (IJCS). We are pleased to welcome you to International Journal of Contemporary Sciences (IJCS), a platform dedicated to the advancement of contemporary scientific research and interdisciplinary scholarship. Our journal is committed to publishing high-quality, peer-reviewed work that addresses the challenges and innovations of today's rapidly evolving scientific landscape.

Whether you are a researcher, academic, practitioner, or reader, we are honored to have you as part of our global community. We encourage you to explore, engage, and contribute to the ongoing dialogue that shapes the future of science.

Thank you for joining us on this journey of discovery and knowledge-sharing.

Warm Regards,

Genesis Sembiring Depari, S. Pd, MBA, Ph.D

**Editor in Chief**