



Title (Center, Times New Roman 14)

[Maximum 15 words in English. The title should be concise and describe the content of the paper. You may use creative titles that attract readers' interest. The location of the research may be stated in the title.]

Full Name of Author 1

Institution

Email

Full Name of Author 2

Institution

Email

Full Name of Author 3

Institution

Email

(Align Text Left, book antiqua 11 space 1)

Abstract (Justify, Italic and Bold, book antiqua 11)

Keywords:

(justify; book
antiqua 11; italic;
alfabetic) 3-5
words, using a
semicolon

A maximum 150 words abstract in English with book antiqua font 11 point, 1 spacing, justify, italic. Abstract should be clear, descriptive, and should provide a brief overview of the problem studied. Abstract topics include **discipline area, the purpose of article, reasons for the selection or the importance of research topics, research methods, hipotesis, the results of research, research's contribution in discipline area, and a summary of the results.** Abstract should end with a comment about the importance of the results or conclusions brief.

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Abstrak (rata kanan kiri, cetak tebal, book antiqua 11)	
Kata kunci: (justify; rata kanan kiri; Calibri 11; tidak dicetak miring; ditulis secara alfabetis) 3-5 kata menggunakan titik koma	Maksimal 150 kata berbahasa Indonesia dengan huruf Calibri 11 point, spasi 1, justify rata kanan kiri, tidak cetak miring. Abstrak harus jelas, deskriptif dan harus memberikan gambaran singkat masalah yang diteliti. Abstrak meliputi diskursus area disiplin, tujuan penulisan artikel, metode penelitian (metode pengumpulan data dan sampel penelitian), hipotesis (jika ada), temuan riset, kontribusi tulisan di dalam area disiplin . Abstrak harus diakhiri dengan komentar tentang pentingnya hasil atau kesimpulan singkat.

INTRODUCTION (Book Antiqua 11, Uppercase, Bold, 1.5 space)

Background Of The Study (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

The author writes the background of the study and the context of the study. In addition, the author also needs to write a literature review in the background of the study. In writing the literature review and each use of references, the author is advised to use relevant and recent references (last 5 years).

Literature review (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

The literature review contains various previous studies that have themes that are relevant to the research in the article. In writing a literature review, authors are asked to write it in a flowing, coherent manner, and in dialogue with various literature or previous research results. This literature review functions to help authors formulate research gap and novelty.

Research Gap (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

The author needs to write down the initial data obtained before the research and derived from a group of individuals who will be the research sample. This initial data must contradict theories and various previous research results. Thus, the author writes down research gaps derived from initial data that contradict theories and various research results. The author can also include other types of research gaps. For example, evidence gap; or knowledge gap; or practical-knowledge gap; or methodological gap;

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or empirical gap; or theoretical gap; or population and sample gap. The explanation in the research gap section then ends with a clear and strong problem formulation.

Problem formulation (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

The problem formulation contains research questions based on the research gap. Therefore, it should be in the form of a question, not a statement or description.

Purposes/Hypothesis Of The Study (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

The author explains the research objectives. The number of research objectives should be the same as the number of problem statements. In addition, the author also needs to write the research hypothesis (if any).

Rationale Of The Study (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

The rationale of the study contains the author's explanation of the arguments for the importance of the research carried out. The argument must be strongly constructed and use relevant references.

Novelty Of The Study (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

Novelty of the study contains the author's explanation of new things from the research that has been carried out. In presenting the novelty of the study, the author needs to write down various relevant previous studies. Then, the author writes about the differences between the research that has been conducted and these previous studies. These differences can include aspects of the theme, approaches and methods used, samples and research locations, research instruments, and other aspects.

METHODS (Book Antiqua 11, Uppercase, Bold, 1.5 space)

Research Design (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

This section contains the author's explanation of the research approach and research methods used. In addition, the author also needs to write an argument why using the research approach and research method.

Sampling Technique And Research Sample (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

The author needs to write several things in this section. At the beginning, the author writes the research population, its inclusive criteria and the number. Then, the author explains the sampling technique used and its argument. After that, the author writes down the number of samples obtained. In the context of qualitative research, the author does not need to use sampling techniques. However, the author directly writes down the number of research informants and their inclusive criteria.

Instruments Of Measurement (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

The author needs to write down all the measurement instruments used. Some important information regarding these measurement instruments needs to be explained. For example, whether the measurement instrument is made by the author himself or uses measurement instruments made by previous researchers or modifies other measurement instruments. In addition, other important information is that the author must write the type of validity and reliability used. The next information that needs to be written is the psychometric data of each measurement instrument. For example, validity coefficient, item discrimination power, reliability coefficient, CFI, GFI, NFI, RMSEA, Chi Square, and other psychometric data information.

In the context of qualitative research, the author needs to write down the various techniques used to collect data. For example, what type of interview was used and what it aimed to reveal; what type of observation was used and what it aimed to reveal; and other relevant techniques. In addition, the author needs to write down the data validity techniques used in qualitative research (if the research is qualitative). In this section, authors should also describe the data validity techniques used, such as member checking, source triangulation, methodological triangulation, temporal triangulation and other data validity methods.

Data Collection Technique (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

In this section, authors need to explain how they collected the data. For example, the author collects the sample in one location and asks them to fill in the measurement

instrument, or it is done online, or it is done with other techniques as long as the data collection technique does not reduce the validity of the data.

Data Analysis Technique (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

The author should write the type of data analysis technique that was carried out completely but briefly. In addition, the author needs to write down the software used (if using).

Ethical Approval (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

The authors provide the reference number of the letter from a credible ethics committee stating that the research does not violate research ethics. Authors describe the form of ethical approval. For example, the use of informed consent; and other forms of ethical approval. If the research methods employed or the research subjects involved pose a low or negligible risk, the ethical approval document may be replaced by authors statement regarding adherence to ethical standards.

RESULTS AND DISCUSSION (Book Antiqua 11, Uppercase, Bold, 1.5 space)

Research Results (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

Research results consist of descriptive statistics, assumption test results, and hypothesis test results (if any and quantitative) or pieces of interview and observation data or other qualitative data (if qualitative), presented sequentially or integrated. The research results presented are then interpreted appropriately. The results of this research are flexible, meaning that in one subchapter the results of this research can contain several research results if there are indeed many things to be revealed in the journal article. If there is a table/chart/image, it contains a description of the results of the analysis that is already meaningful and easy to understand its meaning quickly. Tables/charts/figures do not contain raw data that can or should still be processed.

Example of table writing

Tabel 1

Correlations Among and Descriptive Statistics For Key Study Variables

Variables	M (SD)	Sex	Age	Income	Educ.	Relig.	Dist. Intol.
Sex	1.53 (.50)		.07	-.09	.02	.14	.06

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Variables	M (SD)	Sex	Age	Income	Educ.	Relig.	Dist. Intol.
Age	31.88 (10.29)			.08	.19*	.20*	.01
Income	2.60 (1.57)				.04	-.14	-.09
Educ.	3.44 (1.06)					-.29*	-.06
Relig.	1.21 (.30)						-.19*
Dist. Intol.	3.75 (1.19)						

Notes. N's range from 107 to 109 due to occasional missing data. For sex, 0 = male, 1 = female. Educ. = education. Dist. Intol. = distress intolerance. Relig. = religiosity.

* $p < .05$.

Example of image appearance

Gambar 1.
 [Image
 description....]



Math Formula

[Use Microsoft Equation Editor or MathType equations, write in the center, and number the equations starting from (1), (2) and so on.]

$$f(x) = a_0 + \sum_{n=1}^{\infty} \left(a_n + b_n \sin \frac{n\pi x}{L} \right) \quad (1)$$

Discussion (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

The discussion part is to analyze the results of the research with the theory of the results of previous relevant studies. The research results must be analyzed critically, in depth, and linked to the latest relevant literature (the maximum number of pages is 30-40% of the entire manuscript page). The discussion section explains the research results using a certain framework that has been prepared by the author. The discussion section gives substantial meaning to the results of the analysis and comparisons with previous findings based on the results of relevant, up-to-date and primary literature reviews. The comparison should lead to differences with previous research findings so that it has the potential to state a contribution to the development of science. Include new findings from the analysis so that the originality of the research is high. In addition, the discussion section should also adjust the formulation of the problem and research objectives. At the end of the discussion, the author needs to write the

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limitation of the study. This discussion section is flexible, meaning that it can contain several sections if there are many research results to be discussed.

CONCLUSIONS AND SUGGESTIONS (Book Antiqua 11, Uppercase, Bold, 1.5 space)

Conclusions (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

The content of the conclusion is the answer to the formulation of the problem, research objectives and research hypotheses. The conclusion is made concisely, clearly and concisely based on the results and discussion (maximum 1 page), made in paragraph form (not numerical), contains research findings as a synthesis between the results of data analysis and discussion results, and emphasizes new things that contribute to the development of psychology and counseling.

Suggestions (Book Antiqua 11, Capitalize Each Word, Italic, 1.5 space)

Suggestions are concise, clear and concise, and are made in paragraph form (not numerical). Suggestions are addressed to the research sample, future researchers (based on the limitations of the study), and institutions related to the research theme.

CONFLICT OF INTEREST

The author(s) of this article declare no conflict of interest.

DISCLOSURE STATEMENT

The author(s) did not receive any financial support during the preparation of the current study.

AUTHORS CONTRIBUTION STATEMENT

Author 1:

Author 2:

REFERENCES

(Write the references used alphabetically and chronologically. References must contain all sources used in the article, and do not need to contain sources that are not used. The

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reference list contains everything referred to in the text that comes from sources that are: (a) relevant, (b) at least 80% up to date (last 10 years), and (c) at least 80% from primary references, namely journal articles). **The total article length is 20 to 30 pages.**

Authors need to use Mendeley or reference manager software in writing bodynotes and references. Bodynote and references are written using the American Psychological Association (APA) 6Ed model.

Example:

Bergland, C. (2015). Why Does Overthinking Sabotage The Creative Process? Retrieved from Psychology Today website: <https://www.psychologytoday.com/us/blog/the-athletes-way/201508/why-does-overthinking-sabotage-the-creative-process>

Kaplan, R. M., & Saccuzzo, D. P. (2017). *Psychological Testing: Principles, Applications, And Issues* (9th Ed). Boston, Massachusetts, United States: Cengage Learning.

Muawaliyah, W., & Saifuddin, A. (2023). Consumptive Behavior In Female University Students: Qana'ah And Hedonic Lifestyle As Predictors. *Islamic Guidance And Counseling Journal*, 6(1), 70-82. <https://doi.org/https://doi.org/10.25217/igcj.v6i1.3241>

van Heerden, D. B. J., & Mellenbergh, G. J. (2003). Validity And Truth. In H. Yanai, A. Okada, K. Shigemasu, Y. Kano, & J. J. Meulman (Eds.), *New Developments In Psychometrics* (pp. 1-8). Tokyo, Japan: Springer. https://doi.org/10.1007/978-4-431-66886-8_36

Articles must be free from plagiarism (maximum similarity rate is 20%).