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# Title: (Avenir Next LT Pro 20, Bold, Sentence case, and Center)

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## ABSTRACT

*The abstract should be clear, concise, and descriptive. Abstract written in English contains research objectives, research methods / approaches and research results. Abstract is written in one paragraph, no more than 200 words. (Avenir Next LT Pro 10, single space).*

**Keywords:** ..... ; ..... ; ..... (3-5 words and/or phrases)

Authors' Contribution: a – Study Design; b – Data Collection; c – Statistical Analysis; d – Manuscript Preparation; e – Funds Collection

## INTRODUCTION (Font size: 12, Avenir Next LT Pro, Bold)

*Contains background, research context, literature review results, and research objectives integrated into paragraphs, with a percentage of 15-20% of the entire article. Relevant literature review and development of hypotheses (if any) are included in this section. In introduction, authors should state the objectives of the work at the end of introduction section. [Font size: 12, Avenir Next LT Pro]*

## METHOD (Font size: 12, Avenir Next LT Pro, Bold)

*Explains exposure in the form of paragraphs about research design, data sources, data collection techniques, and data analysis that is actually carried out by researchers, with a percentage of 10-15%. [Font size: 12, Avenir Next LT Pro]*

## RESULTS AND DISCUSSION (Font size: 12, Avenir Next LT Pro, Bold)

*Contain exposure to the results of the analysis relating to research questions, while the discussion contains the meaning of results and comparisons with the theories and or results of similar research, with a percentage of 40-60% of all articles, the results of research can be supplemented with tables, graphs / or chart. Tables and Figures are presented center, as shown below and cited in the manuscript. Please highlight differences between your results or findings and the previous publications by other researchers. Possible follow-up activities can also be presented in this section The discussion should explore the significance of the results of the work, not repeat them. Make the discussion corresponding to the results, but do not reiterate the results. Often should begin with a brief summary of the main scientific findings. [Font size: 12, Avenir Next LT Pro]*

Table 1. ....

No.	Category	Percentage
1		
2		
3		
4		

## CONCLUSION (Font size: 12, Avenir Next LT Pro, Bold)

*Contains research findings in the form of answers to research questions or in the form of the essence of the results of the discussion, which are presented in paragraph form. Suggestions can be given in this section. [Font size: 12, Avenir Next LT Pro]*

## REFERENCES

*Each source quoted in the article body must appear in the reference. The sources cited are from the last 10 years. Quotes and references refer to the sixth edition of the American Psychological Association. Writing a bibliography is recommended using the citation application (mendeley, zotero, endnote). [Font size: 12, Avenir Next LT Pro]*

## TEXT BOOK

Munir. 2013. *Multimedia Konsep dan Aplikasi dalam Pendidikan*. Bandung: Alfabeta.

## JOURNAL

Tiberi & Piepoli. 2019. Regular Physical Activity Only Associated With Low Sedentary Time Increases Survival In Post Myocardial Infarction Patient. *Eur. J. Prev. Cardiol.*, Vol. 26, No. 1, pp. 94–96, 2019, <https://doi.org/10.1177/2047487318811180>