

**Article Title Must Be Clear, Concise, and Reflect the Content of the Manuscript
(Times New Roman 12 Bold)**

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Abstract

*Abstract are written in English with a maximum of 200 words with the type. Fonts used are Times New Roman size 11 and 1 space and italicized, consisting of **Introduction:** describing briefly the introduction of the study. **Objective:** briefly describe the purpose of the study. **Method:** Describe the series of methods used. **Result and Discussion:** Contains a few results and discussions obtained in the research, **Conclusions:** Conclusion of research. Avoid abbreviations and references in the abstract.*

Introduction

Explain the general context of the research topic, highlighting why this issue is significant and its relevance to the field of health and science. Use statistical data or current trends to support the background. Elaborate on the specific problem or research gap that is the focus of the study. Describe what has not yet been addressed by previous research. Clearly and concisely state the research objectives, ensuring they directly address the identified problem

The research must include relevant sources, with in-text citations **using Mendeley or Zotero. Citations in the text should adhere to the American Psychological Association (APA) referencing style. The manuscript should be written in Times New Roman font, size 12, with single (1.0) line spacing.**

Method

Briefly mention the methodology or approach used in the study, particularly if it introduces a novel technique or framework

Result and Discussion/Use bullet points if the results and discussion are separated**Ex: 1. Result**

The results and discussion section presents the research findings and their scientific interpretation. It should detail the scientific findings obtained from the research, supported by sufficient data. The term 'scientific findings' here does not simply refer to the raw data collected, but rather the insights derived from those data. These scientific findings must be explained comprehensively, covering aspects such as: What scientific findings were obtained? Why did these phenomena occur? Why do the variables show such trends? All these questions must be answered scientifically—not merely descriptively—and supported, if necessary, by adequate underlying scientific phenomena. Furthermore, a comparison with findings from other researchers on similar topics should also be included. The research results and findings must be able to address the hypotheses stated in the introduction section

2. Discussion

Present the research findings systematically, using tables (font size 10, single spacing 1.0), graphs, or diagrams to clarify the data. Use subheadings if necessary to distinguish each section. Explain and interpret the research findings by referring to relevant literature or theories. Apply a critical approach to evaluate the results.

Ex: Table 1**Characteristics of the Respondent**

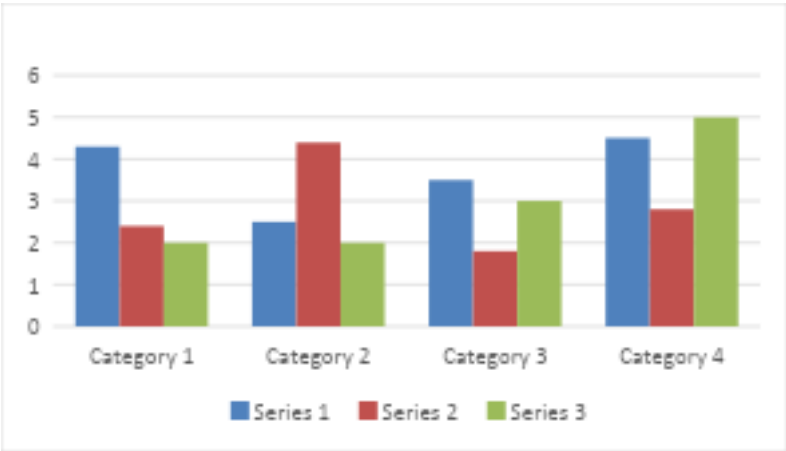
No	Variable	Median	Standard Deviation	Min	Max
1.	Age (years)	31.24	4.452	22	44
2.	Triglycerides (mg/dL)	126.38	93.93	32	416
3.	HDL (mg/dL)	45.58	9.06	18	67
4.	BP Systolic (mmHg)	118.34	12.44	100	160
5.	BP Diastolic (mmHg)	71.04	9.63	60	95
6.	Fasting Blood Sugar (mg/dL)	94.75	29.19	75	265
7.	Height (cm)	166.33	9.085	149	189
8.	Body Weight (kg)	83.06	16.64	56	150
9.	BMI (kg/m ²)	29.86	4.42	25.16	46.3

10.	Total Caloric Intake (kcal)	1744.9	270.88	1190	2607
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If there are images or diagrams, use the following format



Picture 1. Write the description of picture



Diagrams 1. Write the description of diagrams

Conclusion

The conclusion contains the author's justification, compiled in the form of a full sentence containing the answers/research findings to answer the problem accompanied by data

Reference

(REFERENCE CONTAIN A OF MINIMUM 10 REFERENCE, WITH MAXIMAL REFERENCES 5 YEARS OF ARTICLE CREATION)

Ex:

- Aisyah, Sitti, Syafar, Muhammad, & Amiruddin, Ridwan. (2020). Pengaruh Media Sosial Untuk Meningkatkan Pengetahuan Dan Sikap Remaja Tentang Hiv & Aids Di Kota Parepare. *Jurnal Kesehatan Masyarakat Maritim*, 3(1).
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- Ifeanyi, Obeagu Emmanuel, Favour, Anyiam Arinze, & Prayer, Nnokam Nnekachi. (2020). Updates on Human Immunodeficiency Virus and Platelets. *Int. J. Adv. Res. Biol. Sci.*, 7(6), 1–7.
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- Ristianadewi, Hannny Putri, Septimar, Zahrah Maulidia, & Wibisono, Ahmad Yusuf Gunawan. (2021). Perilaku Berisiko dan Perilaku Pencegahan Tertular Penyakit Hiv/aids di Lembaga Pemasyarakatan pada Tahun 2020. *Nusantara Hasana Journal*, 1(2), 130–137.
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- Ximenes, Imaculada Pereira, Pereira, Santiago Jorge, de Oliveira, Felisbela A. O., da Cruz, Oscar Seixas, & Exposto, Levi Anatolia S. M. (2023). The Relationship Between Knowledge and Attitude of Adolescent Female Students to Physical Changes During Puberty in Public Secondary School, Bogoro Branch Class, Liquica District, Timor-Leste. *KESANS: International Journal of Health and Science*, 2(12), 1020–1028.