

Original Article

Title of the article: If your final manuscript has 15 pages or more

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Abstract

Background: This section briefly describes the scientific and clinical rationale of the study. It should highlight the significance of the problem within nursing or health care practice, education, or policy, and clearly indicate the existing gap in knowledge that the study seeks to address.

Aims: The aim of the study should be stated clearly and concisely. It must reflect the primary objective of the research and specify the key variables or phenomena examined within the nursing or health sciences context.

Methods: This section provides a concise summary of the study design (e.g., cross-sectional, qualitative, mixed methods), research setting, study population or sample, sampling technique, data collection instruments or procedures, and the analytical methods employed. Only essential methodological details should be included.

Results: The main findings of the study are presented objectively and succinctly. This section should report the number of participants and the key results that directly address the study aim, such as prevalence, associations, outcomes, or dominant themes, without extensive interpretation.

Conclusion: The conclusion summarises the principal findings and outlines their implications for nursing practice, health service delivery, education, or policy. Where appropriate, brief recommendations for interventions, practice improvement, or future research may be included.

Keywords: Keyword 1, keyword 2, keyword 3, keyword 4, keyword 5

1. Introduction

The Blambangan Journal of Nursing and Health Sciences (BJNHS) is a peer-reviewed scholarly journal that publishes high-quality manuscripts addressing current and emerging issues in nursing and health sciences. The journal provides a scientific platform for the dissemination of evidence derived from nursing research, health sciences studies, and interdisciplinary health-related inquiries that contribute to the advancement of professional practice, education, and health service delivery.

BJNHS welcomes a wide range of manuscript types, including original research articles, review papers, short communications, and case-based reports that are relevant to nursing practice, clinical care, community health, health education, and health system development. All submissions are expected to present original work and are considered for publication with the understanding that they are not under consideration by other journals unless explicitly stated by the authors.

To ensure consistency, transparency, and academic rigor, manuscripts submitted to BJNHS must comply with the journal's submission and formatting guidelines prior to the peer-review



process. Adherence to these standards facilitates an objective and efficient review process and supports the clarity and quality of scientific communication. Proper citation practices are required to acknowledge prior work and to situate new findings within the existing body of knowledge in nursing and health sciences.

In addition, tables and figures should be presented in a clear and systematic manner to effectively support the narrative of the manuscript. Visual elements are expected to complement, rather than duplicate, information provided in the text and should be limited to essential content that enhances the interpretation of research findings.

Through rigorous peer review and adherence to ethical and scientific standards, BJNHS aims to promote evidence-based nursing and health practices and to encourage scholarly contributions that address local, national, and global health challenges (Watson, 1979).

2. Methods

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2.1 Method section 1

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2.2 Method section 2

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3. Results

Results should be clear and concise. Tables and figures are preferred.

3.1 Result 1 about figures

All figures should use Arial font and all figures should be created in high quality (**Figure 1**). All figures should use Arial font and all figures should be created in high quality. If the figures are created in Microsoft Office application (Word, PowerPoint, Excel) then please supply 'as is' in the native document format and placed in the end of the manuscript after tables. If the figures are created using a non-Microsoft Office program, the figure should be converted as images in TIFF or JPEG at a minimum of 300 dpi. Narra J Editor has right to request authors to revise the figures if required.

About the Journal

The *Blambangan Journal of Nursing and Health Sciences (BJNHS)* is a peer-reviewed, open access journal dedicated to advancing nursing and health sciences through high-quality theoretical, empirical, and applied research. The journal publishes original studies and scholarly reviews that address nursing science and practice, midwifery and maternal–child health, public and community health, nursing education and professional development, leadership and health services management, and interdisciplinary health research. BJNHS prioritizes manuscripts that demonstrate methodological rigor, ethical integrity, and clear implications for practice, education, leadership, or health policy. By integrating contextual and locally grounded evidence with global perspectives, the journal aims to contribute to international scholarly discourse, support evidence-based practice, and promote innovation and quality improvement in nursing and health care across diverse clinical and community settings.



Figure 1. Cover of Narra J Vol. 3 No. 1 (2023) and affiliations of the contributing authors.

3.2 Result 2 about table format

Tables should be submitted as editable text and not as images and should be placed on separate page(s) at the end. Tables should be submitted as editable text and not as images and should be placed on separate page(s) at the end. Number tables consecutively in accordance with their appearance in the text and place any table notes below the table body. Please ensure that the data presented tables do not duplicate results described elsewhere in the article. Please avoid using vertical rules and shading in table cells. A sample of table is presented in **Table 1**.

Table 1. Table title

Sample	Value (($\pm$ SD))	p-value
ABC	2,375 $\pm$ 3.25	0.123 ^{a,*}
DEF	2,375 $\pm$ 3.25	0.123 ^b
GHI	2,375 $\pm$ 3.25	0.123 ^a
JKL	2,375 $\pm$ 3.25	0.123 ^{b,*}

^a Analyzed using Mann-Whitney test

^b Analyzed using Student *t*-test

*Statistically significant at $p=0.05$

4. Discussion

This section discusses the significance of the results of the study. Please avoid extensive citations and discussion of published literature, rather explain discussion of the explanation of the results.

5. Conclusion

The main conclusions of the study should be stated briefly based on the results of the study. Please avoid to cite the previous study.

Ethics approval

The Ethical approval statement should be provided including the consent. If not appropriate, authors should state: “*Not required.*”

Acknowledgments

Acknowledgements should be placed at the end of the article before the references. List here those individuals who provided help during the research such as providing language help, writing assistance or proof reading the article and others.

Competing interests

A competing interest statement should be provided, even if the authors have no competing interests to declare. If no conflict exists, authors should state: “*All the authors declare that there are no conflicts of interest.*”

Funding

List funding sources in this standard way to facilitate compliance to funder's requirements. It is not necessary to include detailed descriptions on the program or type of grants and awards. When funding is from a block grant or other resources available to a university, college, or other research institution, submit the name of the institute or organization that provided the funding. If no funding has been provided for the research, please include the following sentence: *"This study received no external funding."*

Underlying data

This can be written as: *"Derived data supporting the findings of this study are available from the corresponding author on request."*

Declaration of artificial intelligence use

If authors used the AI during the study or manuscript preparation, please add the statements (chose one or more the alternative) and add compulsory statement.

"This study used artificial intelligence (AI) tools and methodologies in the following capacities (CHOOSE & EDIT AS APPROPRIATE):

1. **Data analysis and modeling:** Machine learning algorithms, including [specific algorithms or techniques], were used to analyze the dataset and predict outcomes. These were implemented using [software/tools, e.g., Python, Scikit-learn, TensorFlow].
2. **Data preprocessing:** AI-assisted techniques [state the technique(es)] were/was applied for data cleaning, feature selection, and transformation to prepare the dataset for analysis.
3. **Visualization:** AI tools, such as [e.g., Tableau, Matplotlib with AI extensions], were/was used for generating graphs, charts, and visual summaries.
4. **Manuscript writing support:** AI-based language models, such as [e.g., ChatGPT, Quillbot], were/was employed to **(CHOOSE AS APPROPRIATE):**
 - a. Language refinement (improving grammar, sentence structure, and readability of the manuscript).
 - b. Content summarization (assisting in summarizing findings and conclusions in a concise manner).
 - c. Technical writing assistance (providing suggestions for structuring complex technical descriptions more effectively)
 - d. Generate scientific content, interpret data, and draw conclusions
5. **Simulation and forecasting:** Predictive modelling and simulations were conducted using AI frameworks to validate research hypotheses.

PLUS

"We confirm that all AI-assisted processes were critically reviewed by the authors to ensure the integrity and reliability of the results. The final decisions and interpretations presented in this article were solely made by the authors."

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If there is nothing to disclose:

We hereby confirm that no artificial intelligence (AI) tools or methodologies were utilized at any stage of this study, including during data collection, analysis, visualization, or manuscript preparation. All work presented in this study was conducted manually by the authors without the assistance of AI-based tools or systems.

References

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<https://doi.org/10.1590/S0104-07072007000100016>

Bibliography / the main references used in the research are national / international journals and proceedings. All references should be up to date (up to date) with scientific developments and written using APA Style. (Georgia, 9, normal).

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