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**TITLE: THE TITLE SHOULD BE SHORT, CLEAR, AND INFORMATIVE,
BUT DOES NOT EXCEED 15 WORDS**

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Abstract A single paragraph of about 200 words maximum. For research articles, abstracts should give a pertinent overview of the work. We strongly encourage authors to use the following style of structured abstracts, but without headings: (1) Background: Place the question addressed in a broad context and highlight the purpose of the study; (2) Purpose of the Study: Identify the purpose and objective of the study; (3) Methods: Describe briefly the main methods or theoretical framework applied; (4) Results: Summarize the article's main findings; and (5) Conclusions: Indicate the main conclusions or interpretations.

Keywords keyword 1; keyword 2; keyword 3

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INTRODUCTION

The introduction should briefly place the study in a broad context and highlight why it is important. It should define the purpose of the work and its significance. The current state of the research field should be reviewed carefully, and key publications cited. Please highlight controversial and diverging hypotheses when necessary. Finally, briefly mention the main aim of the work and highlight the principal conclusions. As far as possible, please keep the introduction comprehensible to scientists outside your particular field of research. References should be cited as (Kamba, 2018) or (Marchlewska et al., 2019) or (Cichocka, 2016; Hidayat & Khalika, 2019; Ikhwan, 2019; Madjid, 2002) or (Miller & Josephs, 2009, p. 12) or Rakhmat (1989). See the end of the document for further details on references. Technical terms should be defined. Symbols, abbreviations, and acronyms should be defined the first time they are used. All tables and figures should be cited in numerical order.

METHODS

The research method should be included in the Introduction. The method contains an explanation of the research approach, subjects of the study, the conduct of

the research procedure, the use of materials and instruments, data collection, and analysis techniques.

FINDINGS AND DISCUSSION

The results obtained from the research have to be supported by sufficient data.

The research results and the discovery must be the answers, or the research hypothesis stated previously in the introduction part.

Subsection

Heading 1: use this style for level one headings

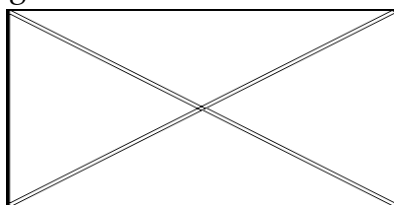
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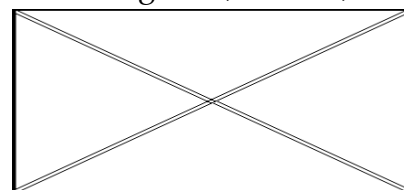
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Figures, Tables and Schemes

All figures and tables should be cited in the main text as Figure 1, Table 1, etc.



(a)



(b)

Figure 1. This is a figure, Schemes follow the same formatting. If there are multiple panels, they should be listed as: **(a)** Description of what is contained in the first panel; **(b)** Description of what is contained in the second panel. Figures should be placed in the main text near to the first time they are cited. A caption on a single line should be centered.

Table 1. This is a table. Tables should be placed in the main text near to the first time they are cited.

Title 1	Title 2	Title 3
entry 1	data	data
entry 2	data	data 1

¹Tables may have a footer.

Formatting of Mathematical Components (if any)

This is an example of an equation:

$$a = 1, \quad (1)$$

the text following an equation need not be a new paragraph. Please punctuate equations as regular text.

Theorem-type environments (including propositions, lemmas, corollaries etc.) can be formatted as follows:

[illegible]

The text continues here.

Discussion: *The discussion is highlighted through the title and subtitles of the section when needed*

Authors should discuss the results and how they can be interpreted from the perspective of previous studies and of the working hypotheses. The findings and their implications should be discussed in the broadest context possible. Future research directions may also be highlighted. The following components should be covered in the discussion: How do your results relate to the original question or objectives outlined in the Introduction section (what/how)? Do you provide interpretation scientifically for each of your results or findings presented (why)? Are your results consistent with what other investigators have reported (what else)? Or are there any differences?

CONCLUSION

The conclusion should answer the objectives of the research and research discoveries. The concluding remark should not contain only the repetition of the results and discussions or abstract. You should also suggest future research and point out those that are underway.

REFERENCES

The literature listed in the References contains only the sources referenced or included in the article. We recommend preparing the references with a bibliography software package, such as Mendeley, EndNote, Reference Manager or Zotero to avoid typing mistakes and duplicated references. Referral sources should provide 80% of journal articles, proceedings, or research results from the last five years. Writing techniques bibliography, using the system cites APA (American Psychological Association) Style and the 6th edition.

Example:

- Brown, K. W., & Ryan, R. M. (2003). The Benefits of Being Present : Mindfulness and Its Role in Psychological Well-Being. *Journal of Personality and Social Psychology*, 84(4), 822–848. <https://doi.org/10.1037/0022-3514.84.4.822>
- Greco, L. A., Baer, R. A., & Smith, G. T. (2011). Assessing Mindfulness in Children and Adolescents: Development and Validation of the Child and Adolescent Mindfulness Measure (CAMM). *Psychological Assessment*, 23(3), 606–614. <https://doi.org/10.1037/a0022819>