



Title of articles in English should describe the main content of manuscripts, be informative, concise, and not too wordy (12-15 words only), and does not contain formulas. Use Capital Each Word, Arial ; 14pt; font black

Author Full Name ⁽¹⁾, Author Full Name ⁽²⁾, Author Full Name ⁽³⁾ (Arial; 12pt)

1) *Study Program/Departement, Affiliation, Country (The author name should be accompanied by complete affiliation, country) (Arial ; 10pt)*

***Correspondence to:** *email address*

Abstract: Abstract, Arial, 9pt; font black; custom line spacing 1; alignment justify. Written briefly in English in one paragraph of 150-200 words, containing background, research objectives, methodology, results, conclusion of the study and your research contributions to science.

Keywords: Written in English 3-5 words or groups of words, written alphabetically, use lowercase and ; as

Recommended citation: APA Style

INTRODUCTION <Arial; 12pt; font dark blue, Aligment justify>

Article content, Arial; 10pt; font color black; with alignment justified; line spacing 1.15. Article explaining the background, problems, importance of research, brief literature review that relates directly to research or previous findings that need to be developed, gap analysis and ended with a paragraph of research purposes. A balance must be kept between the pure and applied aspects of the subject. The introduction is presented in the form of paragraphs of approximately 1000 words.

METHODS <Arial; 12pt; font dark blue, Aligment justify>

Article content, Arial; 10pt; font color black; with alignment justified; line spacing 1.15. Article make sure that work can be repeated according to the details provided. It contains technical information of the study presented clearly. Therefore, readers can conduct research based on the techniques presented. Materials and equipment specifications are necessary. Approaches or procedures of study together with data analysis methods must be presented.

RESULT AND DISCUSSION

Article content, Arial; 10pt; font color black; with alignment justified; line spacing 1.15. Well-prepared tables and or figures must be of significant feature of this section, because they convey the major observations to readers. Any information provided in tables and figures should no longer be repeated in the text, but the text should focus on the importance of the principal findings of the study. In general, journal papers will contain three-seven figures and tables. Same data can not be presented in the form of tables and figures. The results of the study are discussed to address the problem formulated, objectives and research hypotheses. It is highly suggested that discussion be focused on the why and how of the research findings can happen and to extend to which the research findings can be applied to other relevant problems.



Table 1. tabel title, Arial; 9pt; font color black. example of table format

Variabel	N	Mean	SD	SE	P value
Jenis Kelamin					
Perempuan	7	3.90	0.78	0.06	0.02
Laki - Laki	8	4.10	0.65	0.05	
Skala Nyeri					
Pre Treatment	8	3.50	0.54	0.07	0.03
Post Treatment	5	3.89	0.44	0.08	

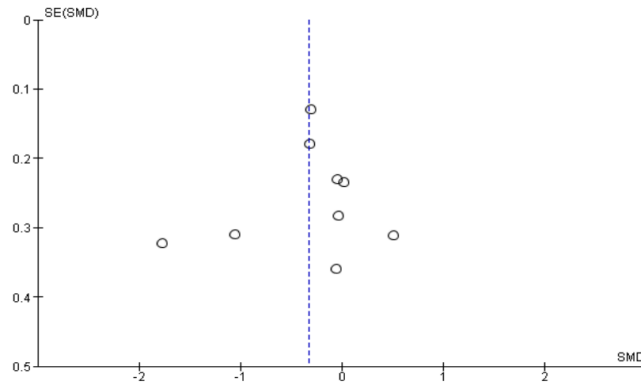


Figure 1. figure title, Arial; 9pt; font color black. example of figure format

CONCLUSION

Article content, Arial; 10pt; font color black; with alignment justified; line spacing 1.15. Conclusion should be withdrawn on the basis of research findings, formulated concerns and research purposes. Conclusion is presented in one paragraph without numerical form of expression. Explain your research contributions to science.

AUTHOR CONTRIBUTION

Article content, Arial; 10pt; font color black; with alignment justified; line spacing 1.15. All parties involved in the preparation of this article can be written in the author's contribution, optional

CONFLICT OF INTEREST

Article content, Arial; 10pt; font color black; with alignment justified; line spacing 1.15. Association with a sponsor or potential conflict of interest, if any, it must be declared here. If there are none, it should be written as "There are no conflicts of interest" or "The authors declare that the study was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest".

ACKNOWLEDGEMENT

Article content, Arial; 10pt; font color black; with alignment justified; line spacing 1.15. Should be included at the end of the text and not in footnotes. Personal acknowledgements should precede those of institutions or agencies; include any grant numbers where appropriate.



REFERENCES

1. Article content, Arial; 10pt; font color black; with alignment justified; line spacing 1.15. Manuscripts are written by using standard citation application (Mendeley/Endnote/Zotero). APA (American Psychological Association) reference style is required. Minimum reference 15. All Articles and books should not exceed 10 years of age.
2. If available you should write digital object identifier (doi) at the end of each reference.
Pereira, V. S., Correia, G. N., & Driusso, P. (2011). Individual and group pelvic floor muscle training versus no treatment in female stress urinary incontinence: A randomized controlled pilot study. *European Journal of Obstetrics and Gynecology and Reproductive Biology*, 159(2), 465–471. <https://doi.org/10.1016/j.ejogrb.2011.09.003>

Radzimińska, A., Strączyńska, A., Weber-Rajek, M., Styczyńska, H., Strojek, K., & Piekorz, Z. (2018). The impact of pelvic floor muscle training on the quality of life of women with urinary incontinence: a systematic literature review. In *Clinical Interventions in Aging* (Vol. 13, pp. 957–965). Dove Medical Press Ltd. <https://doi.org/10.2147/CIA.S160057>

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