

TITLE PAGE

Title of Article In English And/OR Indonesia (Times New Roman, 14 pt, bold, centered)

[Maximum of 14 words in Indonesian and / English. The title should be concise and to the point describes the content of the writing. May use the title of creative and attract readers. **The word's influence, relationships, and case studies should not be used as titles.** Location of the research described in the methods section, do not need to be mentioned in the title]

Authors: (12 pt)

Name of Author¹, Name of Author², Name of Author³

[Write the author's full name without a title, the institution where the author's work/study and correspondence address (e-mail) all the authors stated in this field]

¹Institution/affiliation; address, telp./fax institution/affiliation

²Institution/affiliation; address, telp./fax institution/affiliation

³Institution/affiliation; address, telp./fax institution/affiliation

Corresponding Email: *authormail@xxxx.xxx

(Times New
Roman, 12 pt,
italic,
centered)

ABSTRACT (12 pt, bold, italic)
(single two spaces, 12 pt)

Abstract should be written in English and Indonesian using Times New Roman font, size 10 pt, italic, one spacing. An abstract is not a merger of several paragraphs, but it is a complete summary that describes the content of the paper. Abstract topics include reasons for the selection or the importance of research topics, hypothesis, research methods, and a summary of the results. Abstract should end with a comment about the significance of the findings or conclusions brief. It consists of one paragraph and should be no more than 200 words in English (blank one single space 10 pt)

Keywords: 3 - 5 keywords (Times New Roman, 10 pt)

INTRODUCTION (12 pt, bold) (blank one single space 10 pt)

Describe the background of the problem, the objective and benefits of research, theoretical study, and conclude with a hypothesis (**maximum number of pages of 20% of the entire manuscript**). Contains; (a) presentation of the latest developments in the field of science studied whose arguments are supported by the results of primary and current literature studies; (b) exposure to gaps; (C) arguments of researchers in close these gaps as a promise for the development of research contributions; and (d) the exposure of the research objectives.

Papers reporting original research are welcomed **between 4,000-6,000 words (from the introduction to the discussion. The number of words does not include the title, abstract, acknowledgements, references, captions or table)**. Please check your text carefully before you send it off, both for correct content and typographic errors. You will increase the chances of acceptance if you draw on the experience of previously published colleagues where possible. It is not possible to change the content of accepted papers during production. Research papers should adhere to recognised standards for reporting (See authors guideline section in the journal website). Paper must in English with standard grammar.

The manuscript is written in 1 space format, A4 size paper (210 mm x 297 mm) with a top margin of 2 cm, a bottom margin of 2 cm, a left margin of 2 cm and a right of 2 cm. Manuscript in the form of one columns. The distance between the paragraphs is one space. The font used is Times New Roman font, size 12 pt flattened right and left.

The title of the article should reflect the essence of the content of an article. The title should accentuate the phenomenon (object) studied, not the method and activities (projects). The title is informative, specific, useful and a maximum of 14 words. If the text in the Indonesian language was written first Indonesian title followed by the English title. If the author of more than one person and work at the same institution, then the inclusion of one address has been considered sufficiently representative of other authors address.

The manuscript is organized into four subheadings: **Introduction, Methods, Results and Discussion, Conclusions**. The subtitle written in capital letters and are numbered in Arabic numerals. **Acknowledgments** (if any), **Ethical consideration, Bibliography** and **Attachments** (if any) is written sequentially after the **conclusion** and the beginning of words are not numbered. The use of sub-sub-headings should be avoided, if necessary by multilevel numbers in Arabic numerals as the following example: 1.1., 1.2., ... and so on.

The use of footnotes is not allowed. The symbol/emblem is written clearly and consistently. Foreign terms are written in italic letters. Abbreviations should be written in full when first mentioned, once it could be written in short words.

METHOD

(blank one single space 10 pt)

The method created subtitles consisting of (see <http://www.apa.org/pubs/authors/jars.pdf>):

Participant characteristics and research design

Eligibility and exclusion criteria, including any restrictions based on demographic

Characteristics. Major demographic characteristics as well as important topic-specific characteristics (e.g., achievement level in studies of educational interventions), or in the case of animal research, genus and species.

Sampling procedures

Procedures for selecting participants, including: The sampling method if a systematic sampling plan was implemented. Percentage of sample approached that participated. Self-selection (either by individuals or units, such as schools or clinics). Settings and locations where data were collected. Agreements and payments made to participants. Institutional review board agreements, ethical standards met, safety monitoring

Sample size, power, and precision

Intended sample size, Actual sample size, if different from intended sample size. How sample size was determined: Power analysis, or methods used to determine precision of parameter estimates. Explanation of any interim analyses and stopping rules.

Contains a description of the research measuring instruments used in the process of research data collection. The research instrument used must be explained, whether the instruments used were compiled by the researchers themselves, or used from previous researchers by writing down citation sources that can be traced online. Explain the tools and materials used in the study.

Measures and covariates

Definitions of all primary and secondary measures and covariates:

Include measures collected but not included in this report

Methods used to collect data

Methods used to enhance the quality of measurements:

- Training and reliability of data collectors
- Use of multiple observations

Information on validated or ad hoc instruments created for individual studies, for example, psychometric and biometric properties.

Data analysis

Describe the data analysis techniques used in the study. Report any other analyses performed, including adjusted analyses, indicating those that were prespecified and those that were exploratory (though not necessarily in level of detail of primary analyses)

RESULTS AND DISCUSSION

(blank one single space 10 pt)

Results of the research consisted of descriptive statistics, test results of the assumptions and hypothesis testing results are then analyzed critically (**maximum 20% of the entire page script**) presented sequentially or integrated. Exposure to the results section contains the results of data analysis. If there is a table/chart/picture that contains exposure to the results of the analysis that is already meaningful and easily understood its meaning quickly. The table/chart/picture does not contain raw data that they can or should be processed.

An explanation of the research discussion, linked to the results of previous studies, is critically analyzed and linked to the most relevant current literature (**maximum number of pages 30-40% of the total pages**). Exposure to the discussion section contains giving meaning substantially to the results of the analysis and comparison with previous findings based on the results of relevant literature reviews, current and primary. The comparison should lead to differences with the findings of earlier studies so that the potential to declare a contribution to the development of science.

Tables and Figures

All tables and figures written in the manuscript must be adjusted in the order of 1 column or full size of one paper, to make it easier for reviewers to examine the meaning of images.

Table wrote with Times New Roman 10 pt and within a space under the title of the table. The title of the table is written with 10 pt letters, bold and placed above the table. Table numbering uses Arabic numerals (1,2,). The tables are laid as soon as is mentioned in the text. If the table has a row/column pretty much, can use a single-column format or a full page. If the title on the label row is too long, then the row is numbered and labeled below the table.

Example of writing a table

Table 1

Correlations Among and Descriptive Statistics For Key Study Variables (10 pt)

(blank one single space 10 pt)

Variables	<i>M (SD)</i>	Sex	Age	Income	Educ.	Relig.	Dist. Intol.
Sex	1.53 (.50)		.07	-.09	.02	.14	.06
Age	31.88 (10.29)			.08	.19*	.20*	.01

Income	2.60 (1.57)	.04	-.14	-.09
Educ.	3.44 (1.06)		-.29*	-.06
Relig.	1.21 (.30)			-.19*
Dist. Intol.	3.75 (1.19)			

Notes. N's range from 107 to 109 due to occasional missing data. For sex, 0 = male, 1 = female. Educ. = education. Dist. Intol. = distress intolerance. Relig. = religiosity.

* $p < .05$.

(blank two single space, 10 pt)

Ensure that each illustration has a caption. Supply captions separately, not attached to the figure. A caption should comprise a brief title (**not** on the figure itself) and a description of the illustration. Keep text in the illustrations themselves to a minimum but explain all symbols and abbreviations used.

In the script, when the images are quite large, they can use a single-column format. Writing captions using Times New Roman font size 10 pt, bold and placed at the bottom, as in the example above. Pictures have been published other authors should be mentioned in the description of the image source.

It is recommended to use the text box feature in MS Word to accommodate images or graphics because the results tend to be stable against changes in the format and page shifts rather than inserting images directly

Example of Figure

(blank one single space, 10 pt)

(blank one single space, 10 pt)

Figure 1. Data of university graduates in several countries.

(blank two single space, 11 pt)

Mathematical formula

If there is a series of equations that more than one line, then the numbers should be written on the last line. [Use Microsoft Equation Editor or MathType equations, written in the middle, and numbered equations starting from (1), (2) etc.]

$$f(x) = a_0 + \sum_{n=1}^{\infty} \left(a_n + b_n \sin \sin \frac{n\pi x}{L} \right) \quad (1)$$

(blank one single space, 12 pt)

LIMITATION OF THE STUDY

(blank one single space, 10 pt)

CONCLUSIONS AND SUGGESTIONS

(blank one single space, 10 pt)

The content of the conclusions is the formulation of answers to the objectives of the study, not the summary of the results of the study. Conclusions made in concise, clear and robust based on the results and discussion (maximum 1 page), made in the form of paragraphs (not numerical), contains the findings of the study as a synthesis of the results of data analysis and the results of discussions. More highlight the things that are new contributions to the development of health sciences. The thing to note is the consistency triangle (problem-goal-conclusion must be consistent). Suggestion for further research to cover the lack of research. Not load beyond implications for further research. Recommendations are made concise, clear and concise, and made in the form of paragraphs (not numeric).

(Blank single space line, 12 pt)

Acknowledgment (If Necessary)

Technical assistance and advice can be described at the end of the text. Then the names of individuals that are included in this section, the author is responsible for the written consent of every person who communicates personally or recognized by the individual in the text.

ETHICAL CONSIDERATIONS

Funding Statement.

Provide “**Funding**” as a heading

- Partial financial support was received from [...]
- The research leading to these results received funding from [...] under Grant Agreement No[...]
- This study was funded by [...]
- This work was supported by [...] (Grant numbers [...] and [...])

In case of no funding (for example):

- The authors did not receive support from any organization for the submitted work.
- No funding was received to assist with the preparation of this manuscript.
- No funding was received for conducting this study.
- No funds, grants, or other support was received.

Conflict of Interest Statement

Authors are requested to disclose interests *that are directly or indirectly related to the work submitted for publication*. Interests within the last 3 years of beginning the work (conducting the research and preparing the work for submission) should be reported. Interests outside the 3-year time frame must be disclosed if they could reasonably be perceived as influencing the submitted work. Disclosure of interests provides a complete and transparent process and helps readers form their own judgments of potential bias. This is not meant to imply that a financial relationship with an organization that sponsored the research or compensation received for consultancy work is inappropriate.

REFERENCES

(blank single space line, 11 pt)

The list of references should only include works that are cited in the text and that have been published or accepted for publication. Personal communications and unpublished works should only be mentioned in the text. **Do not use footnotes or endnotes as a substitute for a reference list.**

Reference list entries should be alphabetized by the last names of the first author of each work.

All authors who submit submissions to the **Jurnal Aisyah : Jurnal Ilmu Kesehatan** must use **reference manager tools** (Mendeley, Endnote, Zotero, etc.) in compiling citations and compiling the bibliography.

Referral and citations using the technique enclosed references (name, year). Example: (Heri, 2009). Write down the reference bibliography alphabetically and chronologically.

Please ensure that every reference cited in the text is also present in the reference list (and vice versa). Any references cited in the abstract must be given in full. Unpublished results and personal communications are not recommended in the reference list. If these references are included in the reference list they should follow the standard reference style of the journal and should include a substitution of the publication date with either 'Unpublished results' or 'Personal communication'. Citation of a reference as 'in press' implies that the item has been accepted for publication.

The reference list contains all referenced in the text that comes from a source; (a) relevant, (b) at least 80% up to date (last ten years), and (c) at least 80% primary, mainly from journal articles). **The references in the Jurnal Aisyah : Jurnal Ilmu Kesehatan refers to the American Psychological Association (APA) 7^{Ed} (Current Edition)**

(<https://apastyle.apa.org/products/publication-manual-7th-edition>)

A source of reference can be: writing in **scientific papers in international journals and nationally accredited by mentioning the number DOI (Digital Object Identifier) of the article or include a link directly to the source of the text (if coming from google scholar, PubMed, CrossRef, etc.).**

The references may refer to the following URL: <https://guides.library.uq.edu.au/referencing/apa6/author-information> or by looking at the following example:

(a) Examples of Journal Writing

Purnamasari, K. D., Rohita, T., Zen, D. N., & Ningrum, W. M. (2020). The effect of deep breathing exercise on menstrual pain perception in adolescents with primary dysmenorrhea. *Pertanika Journal*, 2(28), 649-657.

Purnamasari, K. D., & Hindiarti, Y. I. (2023). The Effect of Oxytocin Massage on Weight among Infant in Sub-Urban and Rural Areas. *International Journal of Nursing and Health Services (IJNHS)*, 6(5), 303-308.

Keman, S. (2005). Kesehatan perumahan dan lingkungan pemukiman. *Jurnal Kesehatan Lingkungan*, 2(1). Retrieve from: <http://journal.unair.ac.id/filerPDF/KESLING-2-1-04.pdf>

(b) Examples of writing magazine articles

Clay, R. (2008, June). Science vs. ideology: Psychologists fight back about the misuse of research. *Monitor on Psychology*, 39(6). Diunduh dari: <http://www.apa.org/monitor/> Tanggal 10 Agustus 2012.

Fryar C.D., Carroll M.D., Ogden C.L. (2014). Prevalence of Overweight and Obesity among Children and Adolescents: United States, 1963–1965 through 2011–2012. [(accessed on 6 April 2016)]; Available online: http://www.cdc.gov/nchs/data/hestat/obesity_child_11_12/obesity_child_11_12.htm.

(c) Examples of writing a newspaper article without an author

Six sites meet for a comprehensive anti-gang initiative conference. (2006, November/December). *OJJDP News @ a Glance*. Retrieve from: http://www.ncjrs.gov/html/ojjdp/news_acglance/216684/topstory.html tanggal 10 Agustus 2012

(d) Example of writing a book

Azwar, S. (2012). *Penyusunan skala psikologi (ed.2)*. Yogyakarta: Pustaka Pelajar. Retrieve from: https://scholar.google.co.id/scholar?hl=id&as_sdt=0,5&cluster=7286733176687251572

Gibney, M. J., Vorster, H. H., & Kok, F. J. (Eds.). (2002). *Introduction to human nutrition* (pp. 100-113). Oxford: Blackwell Science. Retrieve from: [https://scholar.google.co.id/scholar?q=Gibney,+M.+J.+\(2009\).+Introduction+to+Human+Nutrition.&hl=id&as_sdt=0&as_vis=1&oi=scholar](https://scholar.google.co.id/scholar?q=Gibney,+M.+J.+(2009).+Introduction+to+Human+Nutrition.&hl=id&as_sdt=0&as_vis=1&oi=scholar)

Johnson, L., Lewis, K., Peters, M., Harris, Y., Moreton, G., Morgan, B., . . . Smith, P. (2005). *How far is far?*. London, England: McMillan.

(e) Example of writing a book with an editor

Cone, J. D. (1999). Observational assessment: Measure development and research issues. Dalam P. C. Kendall, J. N. Butcher, & G. N. Holmbeck (Eds.), *Handbook of research methods in*

clinical psychology (hlm. 183-223). New York: Wiley. Retrieve from:
<https://psycnet.apa.org/record/1999-02135-007>

(f) Example of Writing a document that can be downloaded

WHO. (2013). Research for universal health coverage: World health report 2013. Retrieve from:
http://apps.who.int/iris/bitstream/10665/85761/2/9789240690837_eng.pdf?ua=1

Kementerian Kesehatan RI. (2018). Hasil Riset Kesehatan Dasar (RISKESDAS) 2018. Retrieve from:

www.depkes.go.id/resources/download/info-terkini/hasil-riskesdas-2018.pdf

(g) Proceedings

Keyt, J. C., & Cangelosi, J. D. (2015). The Relative Importance of Various Factors in the Selection of Privately Funded Long Term Health Care Facilities. In J. M. Hawes (Ed.), *Proceedings of the 1989 Academy of Marketing Science (AMS) Annual Conference* (pp. 542–545). Retrieve from: <https://link.springer.com/book/10.1007/978-3-319-17055-8>