



### The Title Are Written in Times New Roman (14 Pt) and Preferably Not More Than 14 Words

| Article                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Abstract                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <p><b>Author</b><br/>Anwar Mutaqin<sup>1</sup>,<br/>Hermanto<sup>2*</sup>,<br/>Muhammad Ainul Yaqin<sup>3</sup></p> <p><sup>1</sup> Fakultas keguruan dan Ilmu Pendidikan, Universitas Muhammadiyah Sampit</p> <p><sup>2</sup> Fakultas keguruan dan Ilmu Pendidikan, Universitas Muhammadiyah Jember</p> <p><sup>3</sup> Fakultas keguruan dan Ilmu Pendidikan, Universitas Muhammadiyah Sampit</p> <p><b>Corresponding Author:</b><br/>*Hermanto, Email: <a href="mailto:hermanto@umsa.ac.id">hermanto@umsa.ac.id</a></p> <p><b>Data:</b><br/>Received: Jan 11, 2025;<br/>Accepted: Mei 10, 2025;<br/>Published: Jun 31, 2025</p> | <p>(Abstract must be written in English and Indonesian. Times New Roman 10 pt is preferably between 150-250 words. The abstract should be clear, concise, and descriptive.)</p> <p>This study addresses the critical PROBLEM of MAIN PROBLEM: e.g., severe lack of academic adjustment] among RESEARCH SUBJECTS: e.g., first-year university students, often exacerbated by CONTEXT/BACKGROUND: e.g., the transition from high school. The objective was to determine the RESEARCH AIM: e.g., effectiveness of peer group counseling in improving their VARIABLE: e.g., self-efficacy and adjustment scores. The METHOD employed was a DESIGN: e.g., true experimental design] with pre-test and post-test control groups. A total of NUMBER students were randomly assigned to the experimental group (receiving NUMBER sessions) and the control group. The RESULT showed a KEY FINDING: e.g., highly significant increase in adjustment scores in the experimental group, with an effect size of EFFECT SIZE, e.g., Cohen's <math>d = 0.85</math>] (<math>Sp &lt; 0.01</math>). The DISCUSSION highlights that the structured guidance and feedback mechanism inherent in the intervention model were crucial factors in the positive change. CONCLUSION: The intervention is proven effective and highly recommended for implementation in university guidance programs as a primary strategy to mitigate early student academic struggle.</p> <p><b>Keywords:</b> word (phrase); word (phrase); word (phrase); word (phrase). (Max 3-5 words)</p> <p>Penelitian ini membahas MASALAH kritis mengenai MASALAH UTAMA: misalnya, kurangnya penyesuaian akademik yang parah] di kalangan SUBJEK PENELITIAN: misalnya, mahasiswa tahun pertama], yang sering diperburuk oleh KONTEKS/LATAR BELAKANG: misalnya, masa transisi dari sekolah menengah]. Tujuannya adalah untuk menentukan TUJUAN PENELITIAN: misalnya, efektivitas konseling kelompok sebaya] dalam meningkatkan VARIABEL: misalnya, efikasi diri dan skor penyesuaian mereka. METODE yang digunakan adalah DESAIN: misalnya, desain eksperimen murni] dengan kelompok kontrol pre-test dan post-test. Sebanyak JUMLAH mahasiswa secara acak dialokasikan ke kelompok eksperimen (menerima JUMLAH sesi) dan kelompok kontrol. HASIL menunjukkan TEMUAN KUNCI: misalnya, peningkatan yang sangat signifikan pada skor penyesuaian di kelompok eksperimen, dengan ukuran efek UKURAN EFEK, misalnya, Cohen's <math>d = 0,85</math>] (<math>Sp &lt; 0,01</math>). PEMBAHASAN menyoroti bahwa mekanisme bimbingan dan umpan balik terstruktur yang melekat pada model intervensi adalah faktor penting dalam perubahan positif tersebut. KESIMPULAN: Intervensi ini terbukti efektif dan sangat direkomendasikan untuk diterapkan dalam program bimbingan universitas sebagai strategi utama untuk mengurangi kesulitan akademik mahasiswa pada tahap awal.</p> <p><b>Kata Kunci:</b> kata (frasa); kata (frasa); kata (frasa); kata (frasa). (Maksimal 3-5 kata)</p> |



## INTRODUCTION

The introduction should be clear and provide for the issue to be discussed in the manuscript. Before the objective, authors should provide an adequate background, and very short literature survey in order to record the existing conditions, to show which is the best of previous researches, to show the main limitation of the previous researches, to show what you want to achieve (to solve the limitation), and to show the scientific merit or novelties of the paper. At the end of the paragraph, the author/s should end with a comment on the significance concerning identification of the issue and objective of the research.

The manuscript written by the author whose English is the second language needs to be proofread. Ignore to this requirement results in the rejection of the manuscript.

## METHODS

The method is optional for original research articles. This method is written in descriptive and should provide a statement regarding the methodology of the research. This method is as much as possible give an idea to the reader.

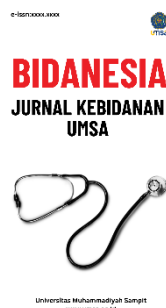
## RESULT AND DISCUSSION

This section is the most important section of your article. The analysis or results of the research should clear and concise. The results should summarize (scientific) findings rather than providing data in great detail. Please highlight differences between your results or findings and the previous publications by other researchers. For tables you need to sound the table.

**Table 1:** Table's title

| No | Detail 1 | Detail 2 | Etc. |
|----|----------|----------|------|
|----|----------|----------|------|

For figures, graphs, or illustrations, each one must be numbered in order (e.g., Figure 1, Figure 2, etc.) according to their appearance in the text. Each figure should have a clear title and caption placed below it. Use high-resolution images (at least 300 dpi) in standard formats such as JPG, PNG, or TIFF. All figures must be mentioned and discussed in the text. If a figure is taken or adapted from another source, the source must be properly cited.



**Figure 1.** Gra<sub>tem</sub>

onship between rate.

For direct citation when it is more than four lines you need to write it in 10 pt with single space:

“The right to life, the right to not to be tortured, the right to freedom of the individual, to freedom of thought and conscience, the right not to be enslaved, the right to be acknowledged as an individual before the law, and the right not to be prosecuted retroactively under the law are human rights that cannot be diminished under any circumstances whatsoever.”

Following main heading it should be provided for the manuscript. The separation between main headings, sub-headings and sub-sub headings should be numbered in the manuscript with following example:

## HEADING

### Sub-Heading

#### Sub-Sub Heading

1. Number 1
2. Number 2

## 3. Number 3

**CONCLUSION**

Conclusion contains a description that should answer the problem(s) raised and answer the objectives of research. Provide a clear and concise conclusion. Do not repeat the Abstract or simply describe the results of the research. Give a clear explanation regarding the possible application and/or suggestions related to the research findings.

**REFERENCES**

References and footnote at the end of the manuscript should be written in **APA 7<sup>th</sup> Edition**. They could be cited from books, journal articles, laws, and other references. Cite only items that you have read and written on footnotes. Please use Reference Manager Applications like **EndNote**, **Mendeley**, **Zotero**, etc. (Mendeley is preferred). Use other published articles in the same journal as models. All publications cited in the text should be included as a list of bibliography, arranged alphabetically by author. For example:

- Amelia, D. (2020). *Teori dan praktik bimbingan dan konseling*. Kencana.
- Hadiwijaya, B., Wijaya, K., Pramono, E., Sari, D., Utomo, J., & Lestari, R. (2017). *Metode penelitian psikologi*

(*Psychological research methods*) (A. R. Saputra, Ed.; 1st ed.). CV. Psikologi Maju.

- Kusumawati, I. (2021). Cyber bullying and its impact on student mental health. *Jurnal Psikologi Sekolah*, 5(1), 45–58. <https://doi.org/10.xxxx/jps.v5i1.xxx>
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