
This is the title

First Author¹, Second Author²

¹Affiliation

²Affiliation

Corresponding author: Name - email

Received

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Abstract:

A single paragraph of about 300 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) Methods: briefly describe the main methods or treatments applied; (3) Results: summarize the article's main findings; (4) Conclusions: indicate the main conclusions or interpretations. The abstract should be an objective representation of the article and it must not contain results that are not presented and substantiated in the main text and should not exaggerate the main conclusions.

Keywords: keyword 1; keyword 2; keyword 3 (List three to ten pertinent keywords specific to the article yet reasonably common within the subject discipline.)

1. Introduction

The introduction should briefly place the research in a broad context and highlight why it is important. Clearly and concretely define the problem. Present the data to be studied. Research gaps should be clearly identified. Differences between the current study and previous research should be evident here. A clear introduction is essential as a foundation for conducting the research. The introduction should define the research objectives and their significance. The current state of the field should be carefully reviewed, and key publications should be cited. Highlight controversial and dissenting hypotheses, if necessary. Finally, briefly state the primary objectives of the study and highlight the main conclusions. As much as possible, make the introduction accessible to scholars outside your field.

2. Materials and Methods

Materials and Methods must be described in sufficient detail to allow others to replicate and build upon published results. Please note that publication of your manuscript requires readers to make all materials, data, computer code, and protocols associated with the publication available. For experimental studies, it is essential to conduct ethical due diligence by including the institution's ethics clearance number. Please disclose any limitations on the

availability of materials or information at the submission stage. New methods and protocols should be described in detail, while established methods can be briefly described and appropriately cited.

Research manuscripts reporting large datasets stored in public databases should identify the data repository and provide the relevant accession number. If an accession number has not been obtained at the time of submission, please state that one will be provided during review. This number must be provided before publication.

Interventional studies involving animals or humans, and other studies requiring ethics approval, should list the approving authority and the appropriate ethics approval code.

3. Results

Present your findings using clear narrative and tables/figures. Avoid interpretation. Reference methods used. In this section, present your study results clearly and organized. Begin by summarizing the main findings, then provide detailed data or evidence to support each finding. Use tables, figures, and charts as needed to enhance your presentation of your results. Be sure to reference the methods used for data analysis and highlight any statistically significant results or trends. Avoid interpreting the results in this section; save the interpretation for the "Discussion" section. Use concise and descriptive headings and subheadings to help readers navigate your results effectively.

4. Discussion

Interpret the results. Compare with previous research. Discuss limitations and future research. In this section, critically analyze and interpret the results presented in the previous section. Begin by discussing each key finding individually, explaining its significance, and comparing it to the existing literature, especially the literature analyzed in the introduction. Discuss any unexpected or conflicting results and propose possible explanations or hypotheses. Relate your findings back to the research objectives or hypotheses stated in the introduction. Highlight the practical implications of your results and their relevance to the broader field. Acknowledge the limitations of your study and suggest areas for future research.

Research Limitations

Explain the limitations, strengths, and weaknesses of the research conducted. Clearly outline the challenges faced in the research and the study's strengths. Briefly describe any major limitations that may affect the interpretation or generalization of the results.

Directions for Future Research

Provide and suggest recommendations for further research to address the shortcomings of the research conducted. Recommendations for future research may include answering unanswered questions, expanding on findings, or exploring new hypotheses.

5. Conclusions

Summarize key findings without repeating all the data. Focus on significance and practical implications. In this section, provide a brief summary of the main findings and their implications. Reiterate the key contributions of your study and how they align with the research objectives or hypotheses. Emphasize the practical significance of your results and their potential impact on the field. Avoid introducing new information or ideas in this section; instead, focus on summarizing what has been discussed in previous sections. Consider discussing any limitations and suggesting directions for further research. Conclude with a

strong concluding statement that leaves a lasting impression on the reader, reinforcing the importance of your research.

Acknowledgement

If appropriate. In this section, express your gratitude to individuals or institutions that have contributed to the research or completion of the study. Thank funding sources, research collaborators, supervisors, or anyone else who provided assistance, data, or resources. Keep your acknowledgments brief and focused on those who have made substantial contributions to the research process. Avoid including personal acknowledgments that are not directly related to the research.

Conflict of Interest

The authors declare no conflict of interest.

6. References

References should be numbered in APA 7 style. We recommend organizing references using bibliographic software such as Mendeley, Reference Manager, or Zotero to avoid typos and duplicate references. Include digital object identifiers (DOIs) for all references, if available.

Citations and references in the Supplementary Materials are acceptable if they are also included in the reference list here.

For Example:

J. C. Wibawa, L. H. Wati, and M. Z. Arifin, "Resistance Training Shows Significant Increase in BDNF Levels," *MEPALJOS : Journal of Community Service.*, vol. 5, no. 1, p. 57, 2025, doi: 10.26740/jpers.v5n1.p57-63