

Title: The article title must be concise, clear, and informative, and should accurately reflect the content of the research. The title must not exceed 20 words

ABSTRACT

The abstract must be written as a single paragraph in two languages: Indonesian and English. It must not exceed 250 words and should include: (1) background; (2) research objective; (3) method; (4) findings; and (5) conclusion.

Keywords: *keyword 1; keyword 2; keyword 3 (Provide three to five keywords representing the article's key concepts. Use lowercase letters and arrange them alphabetically).*

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INTRODUCTION

The Introduction should contain four main elements: **social facts, literature facts, research objectives, and arguments or hypotheses.**

Social Facts. Explain an important phenomenon or issue occurring in society that is relevant to the research topic. Describe its impact on social, cultural, religious, economic, or political life, as well as the reasons why the phenomenon is important to examine. Use data, statistics, survey findings, official reports, or other reliable sources as supporting evidence. This section should consist of more than one paragraph.

Literature Facts. Present relevant previous studies by grouping them into at least three categories based on their themes, approaches, or findings. Each category should be supported by several relevant studies. Subsequently, explain the limitations, weaknesses, or research gaps in previous studies that justify the need for the present research. This section should consist of more than one paragraph.

Research Objectives. State the research objectives clearly and specifically. The objectives should directly address the limitations or gaps identified in previous studies and demonstrate the new contribution of the research.

Arguments/Hypotheses. Present a preliminary answer to the research problem. In qualitative research, this may take the form of a central argument or proposition. In quantitative research, it may take the form of a hypothesis concerning relationships, effects, or differences between variables. The argument or hypothesis should be consistent with the research objectives and supported by relevant literature.

Citations must use in-text citation (author–date) as follows: (Thanissaro, 2025), (Schneider, 2021), (McMahan, 2012), (Marchlewska et al., 2019), (Cichocka, 2016; Human Rights Watch., 2020; Choudhury, 2019, (Miller & Josephs, 2009, p. 12), or Rakhmat (1989). See the final section of these guidelines for further details. Symbols and abbreviations used in the article must be explained when they are first mentioned.

METHOD

The Methods section explains in detail how the research was conducted. It consists of five main elements: **unit of analysis, research design, data or information sources, data collection techniques, and data analysis.**

Unit of Analysis. Clearly explain the main object or focus of the research. The unit of analysis may include individuals, groups, communities, organisations, institutions, events, social practices, texts, manuscripts, or particular artefacts.

Research Design. Explain the type and approach of research used, such as qualitative, quantitative, or mixed methods. Provide the reasons for selecting the design and explain its suitability for the research objectives and research problem.

Data or Information Sources. Describe the sources of data used in the study, including informants, respondents, documents, literature, scriptures, manuscripts, archives, statistical data, or audiovisual materials. Where necessary, explain the criteria used to select the data sources.

Data Collection Techniques. Explain how the data were collected, such as through observation, interviews, questionnaires, surveys, Focus Group Discussions (FGDs), document analysis, or other relevant techniques. State the research instruments used, such as interview guides, observation sheets, or questionnaires.

Data Analysis. Explain the stages and techniques used to analyse the data. The analysis may involve thematic analysis, content analysis, discourse analysis, narrative analysis, statistical analysis, or other techniques appropriate to the research design.

RESULTS

The research findings must be supported by valid data and must address the stated research questions. Subheadings in this section should follow the format below:

2.1. Subsection

Subheading 1: use this style for a first-level heading
Subheading 2: use this style for a second-level heading
Subheading 3: use this style for a third-level heading

2.1.1. Sub-subsection

Bullet points should be formatted as follows:

- First point
- Second point
- Third point
- And so forth

A numbered list may be added as follows:

1. First item
2. Second item
3. Third item

Continue the text here.

2.2. Figures and Tables

All figures and tables must be referred to in the text as Figure 1, Table 1, and so forth.

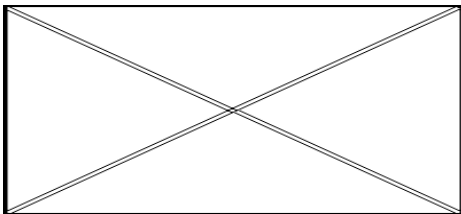


Figure 1. Insert the figure description here [JW_3.8_figure_caption]1

Table 1. Insert the table description here

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

¹Additional explanation may be provided in a footnote.

2.3. If mathematical notation is used, it may be formatted as shown below:

a = 1,

(1)

An explanation of the mathematical formula may be provided here.

Implications and Action Plan. Explain the theoretical and practical implications of the findings. Provide recommendations for actions, programmes, strategies, or policies that may help improve the situation or address the problems identified.

Conclusion

The conclusion must address the research questions and summarise the findings of the study. It may also provide suggestions or recommendations for future research.

Acknowledgements: Authors may acknowledge individuals or institutions that contributed to the research.

Conflicts of Interest: Authors should declare any conflicts of interest involving parties that may have an interest in or claim over the research findings.

References

Only works cited in the article should be included in the reference list. We recommend using reference-management software such as Mendeley, EndNote, Reference Manager, or Zotero. At least 80% of the references should consist of journal articles, conference proceedings, or research outputs published within the past five (5) years. References must follow the sixth edition of the APA (American Psychological Association) style.

Examples of Reference Formatting:

Journal Article

Schneider, M. (2021). Mindfulness, Buddha-Nature, and the Holy Spirit: On Thich Nhat Hanh's Interpretation of Christianity. *Buddhist-Christian Studies*, 41(4), 279–293. <https://doi.org/10.1353/bcs.2021.0026>

Thanissaro, P. N. (2025). Impact of Dhammakāya Meditation on Mindfulness, Well-being, and Emotional Distress among Adults in the United States and the United Kingdom. *Smaratungga: Journal of Education and Buddhist Studies*, 5(2), 161–184. <https://doi.org/10.53417/sjebbs.v5i2.145>.

Website

Human Rights Watch. (2020). No Law, No Justice, No State for Victims. Retrieved November 20, 2020, from Human Rights Watch website: <https://www.hrw.org/report/2020/11/20/no-law-no-justice-no-state-victim-s/culture-impunity-post-conflict-nepal?>

Book

Author / Title

McMahan, D. L. (2012). *Buddhism in the Modern World*. London: Routledge.
<https://doi.org/10.4324/9780203139059>

Book Chapter

McMahan, D. L. (2012). *Buddhism in the Modern World*. London: Routledge.
<https://doi.org/10.4324/9780203139059>

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- McMahan, D. L. (2012). *Buddhism in the Modern World*. London: Routledge.
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- Schneider, M. (2021). Mindfulness, Buddha-Nature, and the Holy Spirit: On Thich Nhat Hanh's Interpretation of Christianity. *Buddhist-Christian Studies*, 41(4), 279–293. <https://doi.org/10.1353/bcs.2021.0026>
- Thanissaro, P. N. (2025). Impact of Dhammakāya Meditation on Mindfulness, Well-being, and Emotional Distress among Adults in the United States and the United Kingdom. *Smaratungga: Journal of Education and Buddhist Studies*, 5(2), 161–184. <https://doi.org/10.53417/sjeb.v5i2.145>