

TITLE of The Manuscript (Cambria Math, Font 14)

The title of the paper should be concise and informative. Avoid abbreviations and formula where possible. It should be written clearly and concisely describing the contents of the research. maximum 15 words, do not mention the name of the research location

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(Italic font 12)

ABSTRACT (Cambria Math 11)

The abstract comes after title page in the manuscript. Abstract must be integrated and independent which is consist of introduction and purpose, methods, results, conclusion and suggestion. However, the abstract should be written as a single paragraph without these headers. For this reason, references should be avoided. Also, non-standard or uncommon abbreviations should be avoided, but if essential they must be defined at their first mention in the abstract itself. Abstract must be written using 200 words which has no reference and accompanied keywords.

KEYWORDS (Cambria Math 11)

The keywords should be avoiding general and plural terms and multiple concepts. Do not use words or terms in the title as keywords. These keywords will be used for indexing purposes. Keywords should not more than 5 words or phrases *in alphabetical order*.

INTRODUCTION (Cambria Math 12)

State the objectives of the work and provide an adequate background, avoiding a detailed literature survey or a summary of the results. Explain how you addressed the problem and clearly state the aims of your study. As you compose the introduction, think of readers who are not experts in this field. Please describe in narrative format and not using sub-chapter.

METHODS (Cambria Math 12)

Explain in detail about the research design, settings, time frame, variables, samples, outcomes and instruments, intervention, Procedures, data analysis, and information of ethical clearance fit test.

RESULTS (Cambria Math 12)

Result should be presented continuously start from main result until supporting results. Unit of measurement used should follow the prevailing international system. It also allowed to present diagram, table, picture, and graphic followed by narration of them. Figures, tables, and diagram should be **editable** ones. Figures's remarks placed in bottom. The title of figures placed after the remarks with single space. The title of tables should be written first with Cambria Match 11, single space. Content of the tables should be written using Times Cambria Match 10 single space and the remarks of tables placed in the bottom with Cambria Match 10, single space. for example

Table 1 : Distribution Characteristic Respondent

Characteristic	Group								N
	I		II		III		IV		
	n(25)	%	n (22)	%	n (22)	%	n (22)	%	
Gender									
Male	12	48	8	36.4	9	40.9	6	27.3	35
Female	13	52	14	63.6	13	59.1	16	72.7	
Father Education									
High	9	36	8	36.4	6	27.3	1	4.5	35
Low	16	64	14	63.6	16	72.7	21	95.5	
Mother Education									
High	10	40	6	27.3	1	4.5	1	4.5	35
Low	15	60	16	72.7	21	95.5	21	95.5	
Family Income									
High	18	72	18	81.8	8	36.4	6	27.3	35
Low	7	28	4	18.2	14	63.6	16	72.7	
Family Structure									
Family Sence	18	72	16	72.7	18	81.8	15	68.2	35
Big Family	7	28	6	27.3	4	18.2	7	31.8	
Family Culture									
Supportive	25	100	20	90.9	22	100.0	22	100.0	35
Less Supportive	0	0	2	9.1	0	0.0	0	0.0	
History obesity of Parents									
Effect	13	52	11	50.0	9	40.9	13	59.1	35
No Effect	12	48	11	50.0	13	59.1	9	40.9	
Family Health History									
Effect	20	80	13	59.1	14	63.6	17	77.3	35
No Effect	5	20	9	40.9	8	36.4	5	22.7	

Table 2. The Changes of physical activity score respondent before and after intervention each groups and inter groups

Meassurement	Meassurement time (month)							Δ	P*
	T0	T1	T2	T3	T4	T5	T6		
Physical Activity Pattern									
Groups 1 (n=25)	14.68	16.88	17.04	18.28	22.8	25.56	25.92	11.24	< 0.001
Groups 2 (n=22)	12.82	13.55	15.86	17.27	18.27	21.05	23.95	11.13	< 0.001
Groups 3 (n=22)	12.23	16.09	16.86	17.64	18.05	18.77	21.59	9.36	< 0.001
Groups 4 (n=22)	14.95	16.77	17.77	22.68	18.55	23.45	23.41	8.46	< 0.001

DISCUSSION (Cambria Math 12)

Describe the significance of your findings. Consider the most important part of your paper. Do not be verbose or repetitive, be concise and make your points clearly. Follow a logical stream of thought; in general, interpret and discuss the significance of your findings in the same sequence you described them in your results section. Use the present verb tense, especially for established facts; however, refer to specific works or prior studies in the past tense. If needed, use subheadings to help organize your discussion or to categorize your interpretations into themes. The content of the discussion section includes: the explanation of results, references to previous research, deduction, and hypothesis.

CONCLUSIONS (Cambria Math 12)

Conclusion should be explained clearly related to hypothesis and new findings. Suggestion might be added contains a recommendation on the research done or an input that can be used directly by consumer.

REFERENCES (Cambria Math 12)

The author-year notation system is required and completed. All reference mentioned should be written down in reference using American Psychological Association (APA) 7th edition style and arranged from A to Z. Articles have minimal 25 recent references (last 3 years) and 90% is journal. References from journal publication should be provided by DOI. **All cited references must be mentioned in in-text citation.** If you are Mendeley user, please download the reference style here <https://www.zotero.org/styles?q=apa>

Reference to a Journal Publication:

Efendi, F., Chen, C. M., Nursalam, N., Indarwati, R., & Ulfiana, E. (2016). Lived experience of Indonesian nurses in Japan: A phenomenological study. *Japan Journal Nursing Science*,

13(2), 284-293. doi:10.1111/jjns.12108

Reference to a Book:

Ringer R. *Ten habits of highly successful people*, 14th edition. Malaysia: Advantage Quest Sdn.Bhd.;2011

Reference to a Website:

Who's Certified [database on the internet], Evanston (IL) : The American Board of Medical Specialist. C2000-[cited 2001 Mar 8]. Available from: <http://www.abms.org/newsearch.asp>

Reference in Conference:

Bengtsson S. & Solheim B.G. (1992). *Enforcement of data protection, privacy and security in medical information*. Dalam: Lun KC, Degoulet P, Piemme TE, Rienhoff O, editor. MEDINFO 92.