

English Manuscript Title 8-15 words, Capital Each Word (Except Conjunctions), Cambria font size 14

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ARTICLE INFO	ABSTRACT
Received: February 14 th , 2022; Revised: March 14 th , 2022; Accepted: March 21 st , 2022	Abstract written in English. This template is a guide format for writing articles in the Journal of Health and Environmental Sanitation (JHES) which has been adapted to the style of the JHES journal. Authors should follow the instructions given in this manual. This document can be used as a reference in writing the author manuscript. Make sure not to change the existing styles on this template, including font type and size, spacing, indent spacing, etc. The maximum number of pages for the JHES journal is 15 pages . If there are foreign terms that have not been standardized, they are written in <i>Italic</i> . The abstract is made in 1 whole paragraph in English and completely describes the essence of the actual writing. Abstract writing of a maximum of 250 words containing the scope of the research carried out by emphasizing preliminary data from general to specific data, using 10 points Cambria font, spaced 1. The abstract contains the introduction, namely the background of why the research needs to be researched (1-2 sentences), research objectives that are described briefly, concisely, and clearly (1 sentence), materials and methods, including research design, sample size, data collection techniques, and research time and analysis techniques used (3 -5 sentences), research results/findings (3-5 sentences), conclusions, containing the implications of the findings/results which are explained briefly and containing suggestions (1 sentence). xxxxx xxx xxxxx xxxxx xxx xxxxxx xxxxx x xxxxx xxxxx xxx xxx xxx xxx xxxxx xxxxx xxx xxxxx xxxxx xxxxx xxxxx xxx xxxxx xxx xxxxx xxx xxx.
Keywords: Keyword 1; keyword 2; keyword 3; keyword 4; keyword 5;	© 2022 by author. Under the CC BY-NC-SA license

INTRODUCTION

The introduction contains the urgency and background of the research problem described by the inverted pyramid method starting from the global, national and local levels. Include references (relevant literature or research results) using the source number in each sentence after the dot (.) which is adjusted to the Bibliography, for example: Strasburger et al.'s research show that adolescents aged 8-18 years spent an average of 7 hours per day accessing media.¹

The number of pages in the introduction is 1-1.5 pages written using Cambria 11 points (upright) with 1.5 spacing. Each paragraph begins with a word that is indented into five digits. The final section of the introduction should state the purpose of the research.

MATERIAL AND METHOD

This section describes the type of research, the location and time of the study, the population and sample, sampling techniques, data collection techniques, data analysis, and data presentation. Research that uses tools and materials needs to write down the specifications of the tools and materials used. Qualitative research such as case studies, phenomenology, ethnography, and others, need to add a description of checking the validity of research results. The final part of the materials and methods of the author must include Ethical Clearance the writing using Cambria 11 points (upright) with 1.5 spacing. Paragraphs begin

with words indented into five digits and may not use the organization of writing into "sub-headings" in this section. It was published in 1-2 paragraphs.

RESULTS

The results contain the research output by describing the factual and valid findings, objectives, and research methods. The results section describes the characteristics of the research subjects, univariate analysis, bivariate analysis and multivariate analysis (if any). An example of writing statistical results is the results of the study showing xxxxxxxxxxxxxxxx xxx ($p = 0,000$; OR = 45,25; 95% CI = 13,23 < OR < 154,72) against Z disease.

Format Tables, Mathematical Formulas, Diagrams, and Figure

The table title is placed above the table. Each table and figure must be numbered (e.g.: "Table 1", "Figure 1"). Tables are typed one spaced and numbered sequentially according to their appearance in Cambrian (Bold) letters font size 10. Writing tables do not use vertical lines but only horizontally. The maximum number of 5 tables and figure with short and complete titles. **The presentation of tables, figures, and formulas should not precede the narrative.**

The writing in tables, diagrams, and figureuses Cambria Size 10 format except for descriptions of image sources and tables using Cambria Size 9.

Figure

The figure is placed after the narration of the figure. Images cannot be framed. The legend or description of the image is at the bottom or side of the image; it must not be above the image. The caption or title of the image is under the image in question using Cambria 10 point (Bold) format. Image resolution must be high so as not to break the image.

A narrative about the image (Figure 1).

Diagram/Grafik

Making diagrams in the form of bar, line or circle charts, use two-dimensional diagrams without frames. The narration is placed before the diagram. The narration is not a repetition of the narrated diagram.

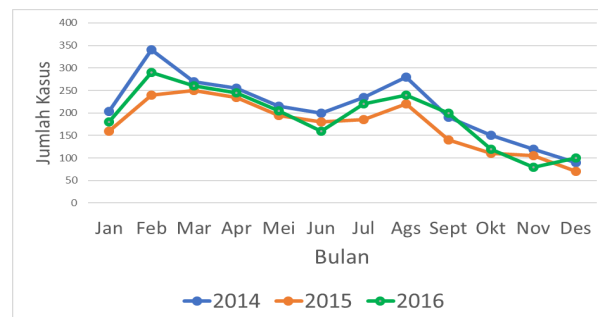
The diagram's title is below the description or source of the relevant diagram using Cambrian 10 point (Bold) format. Diagram includes to the category of images. XXXXXXXXXXXXXXXXXXXX (Fi-gure 2).



Source: Primary Data, 2020

Figure 1. Figure Title (Capital Letters at the Beginning of Words Except for Prepositions and Connecting Words)

The legend or description of the image is placed below/next to the diagram; it must not be above the image. The source of the image (if not the result of research) is placed under the legend/diagram description.



Source: Secondary Data of Dinas Kesehatan Kota Gorontalo, 2020

Figure 2. Figure Title

Table

The writing of numbers is centered, for titles it is median, and information such as variables and sub-variables is left aligned. If there are > 2 variables in one variable, the titles of the different variables are in bold. The writing of the deci-mal number is two digits behind the comma. The writing of numbers is centered, for titles it is median, and information such as variables and sub-variables is left aligned. If there are >2 variables in one variable, the titles of the different variables are in bold. The writing of the decimal number is two digits behind the comma.

Place the table narration before the table. Narrative is not a repetition of the narrated table but adapted to the purpose of the study. Example; Most of the respondents were aged 20–35 years (Table 1).

Tables should not be truncated on different pages. Table truncation is allowed if it exceeds one page provided that the table has started at the top and then is not sufficient to require additional space.

Writing sources in tables and figures is **only** intended for tables and figures that are sourced from other people, not from the results of their own research. If there are many variables studied in the table, a large table can be made. Long tables can be made in the form of one column as in the example Table 2.

The one-column table position must be at the top or bottom. (must not be in the middle of the page. If the picture/table requires a large and wide space or space, then a large picture can be made. Place the large picture at the very top or bottom of the page. It should not be placed in the middle of the page This is so that the reader is not confused in the order of reading.

Math Formula

It is recommended to write mathematical formulas using Mathtype or Equation Editor in Word and written left aligned. The rule of math formulas is Font Cambria Math Size 11.

Formula writing should not be separated from the narrative, the formula is indicated using a colon without a space (:). Example:

This study uses the formula X (1994) which is shown as follows:

$$X = \frac{dy}{dx} \times \frac{-b \pm \sqrt{b^2 - 4ac}}{2a} = c$$

Table 1. Title of Table (Capital Letters at the Beginning of Words Except for Conjunctions)

Characteristics	n = (Total Sample)	%
Age (Year)		
≤ 20	XX	XX,X X
21-30	XX	XX,X X
31-40	XX	XX,X X
Education		
Elementary School	XX	XX,X X
Graduation		
Graduated Junior High School	XX	XX,X X
High School Graduation	XX	XX,X X
Graduated College	XX	XX,X X
Labor		
No Postterm	XXX	XX,X X
Postterm	XX	XX,X X
Aaaaaaaa		
Ffffffffff	XXX	
Gggggggg	XX	XX,X X

Source : Primary Data, 2021

Table 2. Title of Table						
Variable	Disease Incidence X				p-value	OR value (95%CI)
	Yes		No			
	n	%	n	%		
Age (Year)						
≤ 20	XX	XX,X	XX	XX,X	X,XXX	OR value (LL-UL)
21-30	XX	XX,X	XX	XX,X		
31-40	XX	XX,X	XX	XX,X		

Merital Status						
Merried	XX	XX	XX	XX,X	X,XXX	OR value
Not Merried	XX	XX	XX	XX,X		(LL-UL)
Smoking Habit						
Yes	XX	XX	XX	XX,X	X,XXX	OR value
No	XX	XX	XX	XX,X		(LL-UL)

Source : Primary Data, 2021

DISCUSSION

The discussion contains interpretation of research results, linking research results with relevant theories, literature and previous findings. The discussion is not repeating the results. Aspirations of insight are universal, preferably sources on an international scale compared to national scale and do not come from the related university environment because they are considered to have very local aspirations. Writing on the results and discussion $\pm 55\%$ of the total page.

CONCLUSION AND RECOMMENDATION

Conclusions and suggestions contain a summary of the description of the results and discussion with reference to the research objectives. Suggestions are prepared based on the research findings that have been discussed. Suggestions may refer to practical action, the development of new theories, and/or further research. Writing conclusions and suggestions using Cambria 11 points (upright) with 1.5 spacing. Paragraphs begin with words that are indented into 5 digits and may not use bullets or numbers. This section is displayed in 1 paragraph.

ACKNOWLEDGMENTS (OPTIONAL)

Acknowledgments are primarily addressed to research funders or donors. Acknowledgments can also be conveyed to those who helped carry out the research.

AUTHOR CONTRIBUTIONS

For research articles with several authors, a short paragraph specifying their individual contributions could be provided. The following statements should be used "X.X. and Y.Y. conceived and designed the experiments; X.X. performed the experiments; X.X. and Y.Y. analyzed the data; W.W. contributed reagents/materials/analysis tools; Y.Y. wrote the paper." Authorship must be limited to those who have contributed substantially to the work reported.

CONFLICTS OF INTEREST

Declare conflicts of interest or state "The authors declare no conflict of interest." Authors must identify and declare any personal circumstances or interest that may be perceived as inappropriately influencing the representation or interpretation of reported research results. Any role of the funding sponsors in the design of the study; in the collection, analyses or interpretation of data; in

the writing of the manuscript, or in the decision to publish the results must be declared in this section. If there is no role, please state “The founding sponsors had no role in the design of the study; in the collection, analyses, or interpretation of data; in the writing of the manuscript, and in the decision to publish the results”.

REFERENCES

The bibliography is written according to the Vancouver superscript style of writing. All references used in writing in the bibliography are numbered according to their appearance in the article, not alphabetically. Only include the literature used in the articles made and relevant to the research. Reference sources at least 15 references (70% of the latest journal articles in the last 5 years) and (30% from other sources such as books, theses, theses, dissertations, reports, and regulations with the rules of the last 10 years and still relevant). To maintain a consistent way of referring, citing and writing bibliography we recommend using standard reference applications such as Mendeley, Endnote or Zotero.

Example of writing references:

1. Openshaw JJ, Medina A, Felt SA, et al. Prevalence and Risk Factors for Taenia Solium Cysticercosis in School-Aged Children: a School Based Study in Western Sichuan, People's Republic of China. *PLoS Negl Trop Dis*. 2018;1(2):1-23. **(Example: Article Internasional)**
2. Aswad, Y. Efektifitas Terapi Slow Deep Breathing Dan Musik Relaksasi Terhadap Tekanan Darah Penderita Hipertensi di Panti Werda Ilomata Kota Gorontalo. *Jambura Journal of Health Sciences and Research*. 2020;2(2): 59-64. **(Example: Article Nasional)**
3. Ahrens W, Pigeot I. *Handbook of Epidemiology*. 2nd ed. New York: Springer; 2014. **(Example: Book)**
4. Murti B. *Teori Promosi Dan Perilaku Kesehatan*. 1st ed. Surakarta: Bintang Fajar Offset; 2018. **(Example: Book)**
5. Kemenkes RI. Riset Kesehatan Dasar (Riskesdas). Jakarta: Kementerian Kesehatan RI; 2018. **(Example: Report)**
6. Buheli, Kartin L., et al. Peningkatan Daya Tahan Tubuh Melalui Hidup Bersih Sehat, Konsumsi Vitamin C Serta Madu Dalam Pencegahan COVID-19 Di Desa Yosonegoro. In: *Prosiding Seminar Nasional Unimus*. 2020. **(Example: Prosiding Conference)**