



TITTLE ARTICLE PRESENT ALL ARTICLE [MAXIMUM 20 WORDS]

First Author¹, Second Author², etc

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Abstract

*The abstract should be typed as concise as possible and should be composed of: **research background, method, scientific finding results, conclusion and contribution.** This abstract section should be typed in Italic font and font size of 11 pt and maximum number of words of 300. Special for the abstract section, please use left margin of 3 cm, top margin of 3 cm, right and bottom margins of 3 cm. The single spacing should be used between lines in this article. The abstract should be typed in English only. The abstract should only be typed in one paragraph and one-column format.*

Keywords: Please list your keywords in this section (3-5 words) and separate by semicolon. word; another word; lower case except names. Keywords1; Keywords 2; Keywords 3; Keywords 4; Keywords 5

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INTRODUCTION

(Structurally, the introduction is expected to cover the background, review of previous studies, research gap and novelty, problem statement and research objectives).

The Introduction section should establish a clear foundation for the study by presenting the context, relevance, and academic positioning of the research. The section begins with the background of the study, which explains the broader context of the research topic. In this part, the author should describe the key phenomenon, issue, or theoretical development that motivates the study and demonstrate its relevance within

the field. The background should be supported by relevant and up to date scholarly references to highlight the importance and timeliness of the research topic.

The next element of the introduction is the review of related studies, which situates the research within existing scholarly discussions. In this section, the author should synthesize relevant previous studies that address similar topics, theoretical frameworks, or methodological approaches. Rather than merely listing earlier research, the discussion should critically analyze their findings, identify patterns or trends in the literature, and explain how these studies contribute to the current understanding of the topic.

Following the review of previous research, the author should clearly identify the research gap. This part explains the limitations, inconsistencies, or unexplored aspects of earlier studies that justify the need for further investigation. The research gap demonstrates why the current study is necessary and how it addresses areas that have not been adequately examined in previous research.

Based on the identified gap, the introduction should then present the problem statement, which defines the specific issue or problem that the study seeks to address. The problem statement should be clearly formulated and logically connected to the research gap, providing a focused direction for the study and clarifying the scope of the investigation.

Finally, the introduction should outline the research objectives and, when appropriate, the research questions or hypotheses. These elements explain what the study aims to achieve and specify the central questions guiding the research. The objectives and questions should be clearly aligned with the problem statement and the identified research gap.

The whole manuscript is made from 7-20 pages. Space 1.5 with the font size times new roman 12 and top left margin 4 cm and right and bottom 3 cm. [Times New Roman 12, justified, 1,5 spaces]

METHOD

(The methodology section should, at the very least, include the following components: research design, research setting and participants, data collection instruments and procedures, data analysis techniques, and validity or reliability of the data).

First, the research design should describe the overall methodological approach adopted in the study, such as qualitative, quantitative, or mixed methods research. This part should also explain the specific research design applied, for example experimental research, survey research, case study, or descriptive research, and justify why this design is appropriate for addressing the research objectives.

Second, the research setting and participants should explain where the research was conducted and who participated in the study. This includes information about the research context, population, sampling technique, number of participants, and relevant demographic characteristics that are necessary for understanding the scope of the study.

Third, the data collection instruments and procedures should describe the tools and techniques used to collect data. These may include questionnaires, interviews, observation protocols, tests, or document analysis. The author should explain how the instruments were developed or adapted, as well as the procedures followed during the data collection process.

Fourth, the data analysis techniques should clearly explain how the collected data were analyzed. For quantitative studies, this may include statistical tests or analytical models used to examine the data. For qualitative studies, the author should describe the procedures used for coding, categorizing, and interpreting the data.

Finally, when applicable, the validity, reliability, or trustworthiness of the data should be addressed. This part explains the strategies used to ensure the credibility and accuracy of the research findings, such as instrument validation, reliability testing, triangulation, or other verification procedures.

RESULT AND DISCUSSION

Result

First, the presentation of results should clearly report the main findings of the study based on the data analysis. The results must be presented objectively without interpretation at the initial stage. Authors may use tables, figures, or descriptive explanations to display the data in a clear and organized manner, ensuring that each result directly relates to the research questions or hypotheses.

Second, the analysis of findings should explain the meaning of the results by highlighting important patterns, relationships, or trends identified in the data. This part

bridges the raw findings with the broader interpretation and helps readers understand how the results answer the research problem.

The table title is written with the title case, the subtitle is in each column, simple, not complicated, shows the existence of the table in the text (for example, see table 1), is made without vertical lines, and is written above the table

Tabel. All included tables must be referenced in the main text and table headings and titles must be positioned above the table. Text must be written in Times New Roman, 12pt.

Table 1. Table tittle. Table captions should always be positioned *above* the tables.

Heading level	Example	Font, size and style
Title (centered)	Education	Times New Roman 10 point, bold
1 st -level heading	Method	Times New Roman 12 point, bold
2 nd -level heading	Sampling Procedures	Times New Roman, 10 point, bold
3 rd -level heading	Anxiety. Text follows ...	Times New Roman 10 point, bold
4 th -level heading	<i>Remark.</i> Text follows ...	Times New Roman 10 point, italic

Images . Images must be entered separately as .jpg, .jpeg or .png files and must be referenced in the text, for example see Figure 1. [1] Image descriptions should be placed under the image and written in. Times New Roman, 12pt.

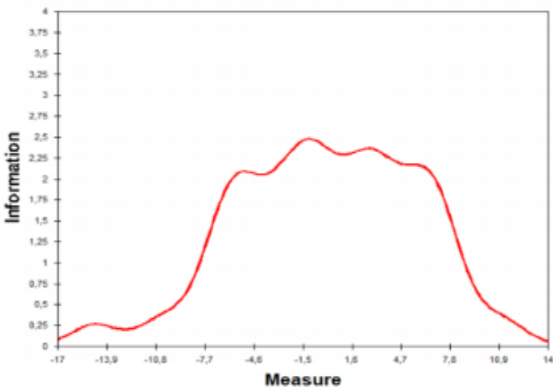


Figure 1. Test Information

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Discussion

Interpretation of the Main Findings. This section explains the meaning of the main findings in relation to the research objectives and questions. Rather than merely repeating the results, the discussion should interpret what the findings indicate and how they contribute to understanding the research problem. The author needs to clarify how the data answer the research questions and what implications can be drawn from the observed patterns or relationships. Emphasis should be placed on the significance of the findings and how they help explain the phenomenon under investigation within the context of the study.

Comparison with Previous Studies. In this section, the findings are compared with relevant studies reported in the existing literature. The purpose is to situate the current research within the broader academic discourse and to determine whether the results are consistent with, extend, or contradict previous findings. Through this comparison, the author demonstrates the relevance of the study and highlights its position in the development of knowledge within the field. When differences occur, possible explanations should be provided by considering variations in context, methodology, sample characteristics, or theoretical perspectives.

Theoretical Explanation. This section connects the research findings with the theoretical framework that underpins the study. The discussion should explain how the results support, refine, or challenge existing theories related to the research topic. By interpreting the findings through relevant theoretical perspectives, the author provides a deeper conceptual understanding of why certain patterns or relationships emerged. This theoretical linkage strengthens the academic rigor of the study and demonstrates how the research contributes to the development or confirmation of existing theoretical assumptions.

CONCLUSION

First, the summary of key findings should concisely present the most important results of the study. Rather than repeating all results in detail, this part highlights the principal findings that directly respond to the research questions or objectives.

Second, the interpretation of findings should explain the meaning and significance of the results in relation to the theoretical framework or the phenomenon under investigation. This interpretation helps clarify how the findings contribute to a deeper understanding of the research topic within the relevant academic field.

Third, the research contribution should explicitly state the value of the study for the advancement of knowledge. This contribution may involve theoretical development, methodological innovation, or empirical insights that extend or complement previous studies.

Fourth, the limitations of the study should be briefly acknowledged. Addressing limitations demonstrates academic transparency and allows readers to understand the boundaries within which the findings should be interpreted.

Finally, the recommendations for future research should suggest possible directions for further investigation. These recommendations may involve exploring additional variables, applying different methodological approaches, or examining the topic in broader or different contexts.

QUOTES AND REFERENCES

Cite the work of individuals whose ideas, theories, or research have directly influenced your work. All references must be cited in the body text of this document and the list of references must include all literature cited using APA Style 7th Edition. Additional reference examples can be found on the APA Style website (<http://www.apastyle.org>).

We recommend that the authors use reference management software. Reference must be current and related literature. Using literature (more than 10 years ago) probably allowed at least 15% of the total references to use in the manuscript.

REFERENCE

The number of bibliography / references in the article is at least 20 sources. The last 10 years. The library uses **APA Edition**.

Primary Sources (Journal Articles)

Petit, C., & Sieffermann, J. (2017). *Testing consumer preferences for iced-coffee: Does the drinking environment have any influence?*. 18(1), 161-172.
<https://doi.org/10.1016/j.foodqual.2006.05.008>

Teks Book:

Maksum, A. (2018). *Research Methods*. Surabaya: Univesity Press.

Proceeding:

Nurkholis, Moh. (2015). Kontribusi Pendidikan Jasmani dalam Menciptakan SDM yang Berdaya Saing di Era Global. *Prosiding*. Seminar Nasional Olahraga UNY Yogyakarta; 192-201.

Research Tesis:

Hanief, Y.N. (2014). Pengaruh Latihan Pliometrik dan Panjang Tungkai Terhadap Kecepatan Renang Gaya Dada 50 M. *Skripsi*. Program Studi Pendidikan Kepelatihan Universitas Sebelas Maret Surakarta.

Online:

Asnaldi, Arie. Pendidikan Jasmani. <http://artikel-olahraga.blogspot.co.id/> Acces date 1 January 2018.