

Title – Not More than 12 Words Times New Roman Font Size 16, Bold, Center, Sentence Case

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Article Info

Article history:

Received mm dd, yyyy

Revised mm dd, yyyy

Accepted mm dd, yyyy

Keywords: (3 – 5 keywords)

Keyword 1

Keyword 2

Keyword 3

Keyword 4

ABSTRACT

The abstract should be written in one paragraph and should be between 150 to 250 words. Times New Roman, font size 10, single spacing. Follow the following pattern: general statement about the importance of the topic, gap in literature or discrepancies between theories and practices, purpose of study, method, main findings, and conclusion.

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1. INTRODUCTION

The article should be between **10-18 pages** (not more than 8000 words), one-spaced, 11-point Times New Roman, including references. Use an indent for the first paragraphs and do not leave a space between paragraphs. The following paragraphs are indented with a first line of 1.25 cm.

The introduction section should provide clear information on the scope, context, and significance of the study being conducted. It is done by summarizing current understanding, trends, theories, and background information of the topic, and by stating the study objectives in the form of the research problem supported by a set of questions. You are also advised to highlight the potential gaps (novelty) of your study.

2. LITERATURE REVIEW (This section can be merged into INTRODUCTION)

Literature review is a comprehensive investigation of the available theoretical background, including books and scholarly articles related to your research areas and theories. In this section, you should provide a description, summary, and critical evaluation of your work concerning the research problem being investigated. Literature reviews are aimed at providing an overview of sources you have explored while researching a particular topic to notify your readers how your research fits within a larger field of study.

Use this style for sub-heading

Use this style for another sub-heading

3. METHOD

This section should cover rich information on how the study is undertaken, what kind of research approach is employed, and how research participants are selected. This will allow the potential readers to critically assess your study's overall validity and reliability. In brief, the methodology part seeks to answer two key questions, namely: how were the data collected or generated, and how were the data analysed?

4. RESULTS AND DISCUSSION

This results and discussion section is where you report the results of your study based on the methodology you applied to obtain significant information regarding your research topic. This section should state the findings of the research, arranged in a logical sequence without any biased interpretation. The discussion will always connect to the introduction by way of the research questions you have posed and the theories or literature you reviewed. You need to bear in mind that the discussion does not simply reiterate or rearrange the introduction, but it should always explain how your study has relocated the readers' understanding of the research questions or problems from where you left them at the end of the introduction section.

Tables

Tables should be presented as part of the text, but in such a way not to be confused with the text. A descriptive title should be placed above each table. The table should follow the APA style in which it does not use vertical lines and content row separator lines. Author(s) should always introduce the tables (and figures) in the paragraph.

Table 1. Sociodemographic Characteristics of Participants at Baseline

Baseline characteristic	Guided self-help		Unguided self-help		Wait-list control		Full sample	
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%
Gender								
Female	25	50	20	40	23	46	68	45.3
Male	25	50	30	60	27	54	82	54.7
Marital status								
Single	13	26	11	22	17	34	41	27.3
Married/partnered	35	70	38	76	28	56	101	67.3
Divorced/widowed	1	2	1	2	4	8	6	4.0
Other	1	1	0	0	1	2	2	1.3
Children ^a	26	52	26	52	22	44	74	49.3
Cohabiting	37	74	36	72	26	52	99	66.0
Highest educational level								
Middle school	0	0	1	2	1	2	2	1.3
High school/some college	22	44	17	34	13	26	52	34.7
University or postgraduate degree	27	54	30	60	32	64	89	59.3
Previous psychological treatment ^a	17	34	18	36	24	48	59	39.3
Previous psychotropic medication ^a	6	12	13	26	11	22	30	20.0

Note. *N* = 150 (*n* = 50 for each condition). Participants were on average 39.5 years old (*SD* = 10.1), and

participant age did not differ by condition.

Figures

Figures should be presented as part of the text, and leave enough space so that the caption will not be confused with the text. The caption should be self-contained and placed below the figure. The source of the figure should be written in brackets just below the caption.



Figure 1. Journal Cover

In-text Citations

Citations need to follow the APA 7th style using body note format (author last name, year), and in case of a direct verbatim citation, the page number of the source must be presented (Author last name, year, p. 123). Below are examples of citations based on the number of authors.

- a. One author (Nunan, 2007)
- b. Two joint authors (Nunan & Azar, 1997)
- c. Three joint authors (Nunan, Azar, & Betty, 2013)
- d. Two separate authors (Nunan, 2011; Azar, 2010)
- e. Two joint authors plus two separate authors (Nunan, 1999; Azar & Betty, 2013; Kamri, 2013; Oliver, 2010)
- f. This is an example of citation when the author's name such as Nunan (2013); Oliver (2010, p. 123); Azar and Betty (2013) is placed in a sentence.

4. CONCLUSION

The purpose of the conclusion section is to let the reader realize why your study is worth after reading your article. As such, a conclusion is not only a summary of the major themes addressed or a repetition of your research issue; rather, it is a synthesis of significant ideas and, if relevant, a section in which you suggest new possibilities for future study. In most circumstances, one well-developed paragraph is adequate for a study's conclusion, but in certain instances, two or three paragraphs may be necessary.

ACKNOWLEDGEMENTS (Optional)

Indicate sources of funding or help received in carrying out your study and/or preparing the manuscript if any.

REFERENCES

All references should be typed in the same format as texts following the APA 7th style. Author(s) are strongly encouraged to employ a reference application or software such as Mendeley, Zotero, EndNote, etc. The references should consist of 80% primary sources (e.g., journal articles) and were published no later than 10 years ago. Below are some examples of references and how they should be written.

- Bachtiar, B. (2021). Professional Teaching and Learning Effectiveness: A Case of English Language Teaching in Indonesia. *International Journal of Education*, 14(1), 11–18. <https://doi.org/10.17509/IJE.V14I1.25533>
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