

Title in English not exceeding 18 words *Judul dalam bahasa Indonesia tidak melebihi 18 kata*

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Abstract

Abstracts should be formally organized and prepared in English with a maximum of 250 words using Aptos 9 pt font for clinical and community research articles, systematic reviews, or meta-analyses. For case reports, short communications, narrative reviews, and abstracts should not be less than 200 words. The abstract should be concise and precise, with sufficient information highlighting the points and importance of the article. The purpose of this research should be stated in general terms and within a specific scope. Methods should clarify how, why, and when the research was conducted. The Methods section should include the selection of design, sample or participants, materials, and equipment used. All statistical methods used are described in detail in the Methods section of the manuscript. Results: In the results section, data should be presented concisely and appropriately, both in the form of figures and tables; however, there should not be the same findings in one figure and one table. It is necessary to include a statistical value of at least the p-value. Finally, we draw conclusions based on the implications of the research results. A relationship between the results of this study and problems or gaps was found.

Keywords: Keywords, second word, third word

Abstrak

Abstrak ditulis mengacu pada model IMRAD dan tidak melebihi dari 250 kata namun tidak kurang dari 150 kata, menggunakan font Aptos 9pt. Bagian utama sebuah abstrak merupakan pernyataan masalah atau keinginan meneliti (*Motivation or statement of problem*). Mengapa kita tertarik dengan masalah tersebut. Apa kesenjangan yang ada dalam penelitian ini secara praktik, teori, keilmiahannya atau seni? Perlu disampaikan tujuan kegiatan pengabdian kepada masyarakat secara umum dan berusaha tidak terlalu luas. Desain dan metode yang bagaimana digunakan dalam penelitian, serta cantumkan kapan dan Dimana penelitian telah dilakukan. Penting disebutkan siapa sampel dan cara menghitung esar sampel. Berikutnya apa yang peneliti lakukan untuk mendapatkan data? Apakah melakukan wawancara? Pengamatan? Eksperimen? Apa teknik prosedur atau kerangka teori atau metode yang digunakan? Serta bagaimana prosedur pengolahan data dan analisis statistik. Bagian hasil, maka perlu disampaikan hasil apa yang ada setelah melakukan prosedur secara lengkap? Apa yang peneliti pelajari, temukan atau ciptakan dari penelitian. Bagian akhir, yaitu kesimpulan merupakan implikasi dari hasil kegiatan penelitian yang ditemukan? Hubungkan hasil yang ditemukan dengan masalah atau kesenjangan yang ditemukan. Penulisan kata kunci tidak mengulang suku kata dari judul, ditulis antara 3 sampai 5 kata.

Kata Kunci: Kata kunci, kata kedua, kata ketiga

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For Co-Author writing, an asterisk is affixed, and the full affiliation is included. Include address, city, province, country. E-mail of the correspondent is included at the end.

Introduction

This section contains the current issue, the novelty of the data, the background of the problem, a

review of the relevant literature, the research gap to be addressed, the novelty raised, and the research objectives. The introduction is briefly and concisely written with clear and recent references (last 10 years), and using the last 5 years is strongly recommended.

The introduction is an element that must be conveyed in the opening part of the manuscript, which contains an introduction to why we are conducting research and hypotheses. It is important to convey the objectives of the research activities at the end of the Introduction section.¹ The length of the introduction is between 500 and 700 words.

Manuscripts should be written using MS Word 2010 or above or any other word processing application. The instructions given in the template can be followed. All material on each page should conform to A4 page format with dimensions of 21 x 29.7 cm (8.27" x 11.29"), an upper border of 2.5 cm (0.98") and a lower border of 2 cm (0.79"). The left and right borders measured 2 cm (0.79"). The content of the article or text should be in two 8.1 cm columns with a 0.8 cm separation between the columns. Manuscripts are typed in 1.0 space using Aptos 10 pt font. The submitted manuscript has a minimum page limit of 6 pages and a maximum of 12 pages.

Following Schönefeld (2011)², we introduce the reader to the literature related to this study. So it only cites previous literature that has a direct relationship to this research problem (*gap analysis*).³ Literature citations refer to the *style of the American Medical Association (AMA)*, written by the editors of *JAMA (Journal of the American Medical Association)*.⁴ Writing citations and literature lists is required to use an application or reference manager such as Mendeley, EndNote, Zotero, ReadCube.

In addition, it is necessary to state the importance of this research and why it is necessary to conduct it. State the *novelty* of the research.⁵ The final part of the introduction is to state the purpose of the research, which is the most important part of the introduction.⁶

Method

The methods used in an article are the most important and critical parts of a scientific manuscript. It details the research design, population, sample, tools used, data collection procedures, analysis techniques, and ethical considerations. All steps should be explained clearly enough to ensure repeatability by other researchers.

In this section, an author explains what has been done in the study, including the design,

sampling, and techniques (sample formula and description using Aptos 10 pt font; left-aligned), how data collection was conducted, data processing procedures, and the stages of analysis and statistical tests used.

$$n = \frac{\{Z_{1-\alpha/2}\sqrt{2P_2(1-P_2)} + Z_{1-\beta}\sqrt{P_1(1-P_1)}\}^2}{(P_1 - P_2)^2}$$

Description:

- n : Sample size
- P₁ : Proportion of at-risk group
- P₂ : Proportion of no-risk group
- Z_{1-α} : Two-way significance level
- Z_{1-β} : Power of a test

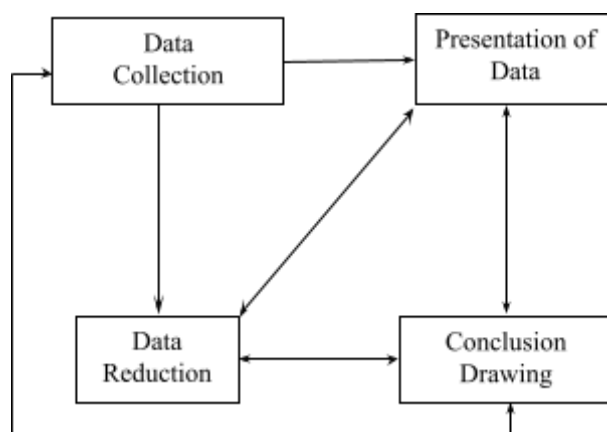


Figure 1. Example of figure or illustration⁷

This section, in manuscript drafting, is the easiest part and is usually the first section written in the manuscript draft. For schematics or figures, see the example below. There should be no more than four images in this manuscript.

In general, the elements in the Methods section are experimental design and design, place and time, samples and sampling techniques, materials and equipment (for experimental research), variables tested, data collection and processing methods, statistical models, research work procedures (for experimental research), and research ethics which must be conveyed in detail.⁸

Result and Discussion

The research results are presented in a systematic manner and supported by data in the form of tables, figures, or graphs, if needed. Writing the results in the manuscript is a section containing the findings of the scientific service process.

Write down the scientific findings obtained from the results of the research that has been carried out but must be supported by adequate data.

The results obtained were presented scientifically in the form of narratives, tables, and graphs. The use of tables or figures in the manuscript does not include more than four tables or figures. The data font in the table uses Aptos 10 pt, whereas the table caption uses 8 pt. Decimal numbers are written using period or dot symbols. The following is an example of presenting the research results in tabular form.

Tabel 1. Examples of data presentation in the form of tables and illustrations⁹

Characteristics	Respondent Knowledge	
	p-value	α^*
Age	0.952	>0.05
Education	0.000	<0.05
Occupation	0.614	>0.05
Length of time as a cadre	0.051	>0,05

* Significant at $\alpha = 5\%$

Although the presentation of data in the form of images is slightly different from the tabular form, the image caption is below the image concerned using 10-point Aptos font, and the margins are Justify. It is recommended that the images in the manuscript not be colored. The use of black, white, and gray colors is strongly recommended. This is related to the duplication of articles, which can lead to the misinterpretation of figures or schemes. If the author insists on using color images, there must be agreement and agreement with the editor of the *Nutrition and Health Insights Journal*. The following is an example of presenting data in the form of images.

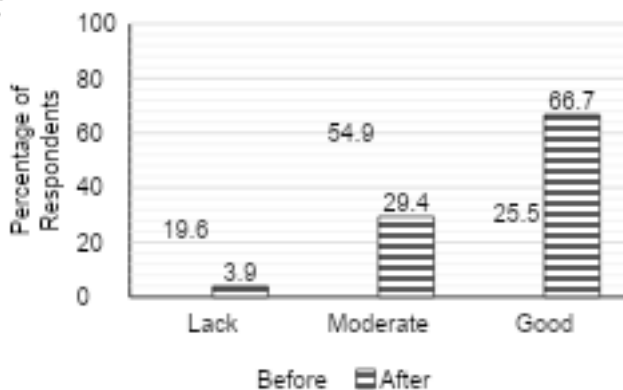


Figure 2. Examples of data presentation in the form of pictures or illustrations⁹

The discussion must explain the scientific findings in depth. In presenting the discussion, there is no need to repeat the data or statistical figures presented in the Results section. According to Levitt et al. (2018)⁸, the scientific findings referred to here are not data on the results of activities during the research process that have been carried out on community subjects conducted by the team.

These findings must be explained scientifically, including the scientific findings obtained? Why did it happen? Why is the variable trend similar to that? All of these questions must be explained scientifically, not just descriptively, if necessary, supported by adequate basic scientific phenomena.¹⁰ In addition, it should also well as a comparison with the results of other researchers with similar topics. The research results and findings must be able to answer the research hypothesis in the Introduction section.¹¹

In quantitative research that uses experimental or quasi-experimental designs, conveying the weaknesses or limitations of the studies that have been conducted is highly emphasized. Both in terms of methodology and field applications.

Conclusion

The conclusions are brief and thorough, highlighting the key findings of this research. The conclusions should address the research objectives presented in the introduction.

The conclusion is not a rehabilitation of the results and discussion, but rather a summary of the findings, as expected in the objectives or hypotheses. It is possible, at the end of the conclusion, to also provide suggestions for things to be done related to further ideas from the research. Writing conclusions in paragraph form and not in pointers.

Acknowledgment

This section is optional and is used to give appreciation to those who contributed technically, materially, or financially to this research.

Authors' Contributions

List each author's specific roles in the research process, such as planning, data collection, analysis, and manuscript writing. Only authors should be included in this section, and respondents or participants should not be included.

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