

# Physical Activity Journal (PAJU)

Volume X, Number. X, October 2023 e-ISSN: 2686-5807 | p-ISSN: 2686-5793



# The title is written in Arial Narrow font size 14 bold (maximum 20 words)

Author<sup>1</sup>, Author<sup>2</sup>, etc. [Arial Narrow Font 11 Bold and Name Should Not Be Abbreviated]

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di : https://doi.org/10.20884/1.paju.2023.vx.nx.xxxx

## **Abstract**

The abstract should be 250 words or less. Arranged the abstract with size 11 Arial spacing 1, providing that one tab is indented inward and aligned justify. The abstract section should contain objectives, methods, results, and conclusions. Keywords consist of 3-5 words. Use correct Indonesian spelling, and avoid using common and plural terms. (Abstract in Indonesian)

Keywords: first keyword, second keyword

#### INTRODUCTION

The introduction is written clearly and directly on the core background of research, the urgency of the issues, problem formulation, and a summary of theoretical studies. Reference citations include the author's name and year of publication following the APA 6th **Edition** citation style. (Arial Narrow 12, space 1.5).

#### **METHOD**

The method should contain details of the relevant approach of the study. The method includes descriptions of statistical methods detailed with data access to verify. The classification should briefly describe the criteria of the method used. The method should contain the research type and design, place and time of research, population and sample, research procedures, data collection instruments, and data analysis techniques. (Arial Narrow 12, space 1.5).

# RESULT

The displayed results correspond to the amount of problem formulation. Avoid repeating data in text and tables. A brief comment on the significance of the result is appropriate. The table should arrange the table title above the table with the font size adjusting to the width of the table.

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**Table 1.** Position the table title/caption above the table

Variable	N	Minimum	Maximum	Mean	Std. Deviation
Learning Motivation	43	69	108	89.74	7.644
Self-Efficacy	43	68	110	89.51	7.944
Academic Achievement	43	2.29	3.55	3.2211	0.21466

For the image, the description is placed below the image with the font Arial Narrow 12



Figure 1. PAJU journal cover

It is not recommended to use commas after numbers. Using commas can be replaced by using periods (for example, p-value <0.05 instead of p-value <0.05). (Arial Narrow 12, space 1.5).

## DISCUSSION

The discussion should contain the findings in the context of the published data. The results should be the most recent findings. How the results advance this area of research, clarity of clear elaboration of causation is highly recommended, and avoid lengthy speculation. The discussion must be enriched by referring to the results of previous research published in scientific journals. (Arial Narrow 12, space 1.5).

#### CONCLUSION

It briefly explains the research result or study, referring from the introduction, problems, and methods to results and discussion. Conclusions must be able to answer based on existing problems. (Arial Narrow 12, space 1.5).

#### REFERENCE

References are arranged according to the writing format of the **APA 6th Edition**. References only include sources referenced preferably up to date in the last ten years, and use *Reference Management Tools* (Mendeley, Zotero, etc.), examples of writing references:

- Astorino, T. A., Allen, R. P., Roberson, D. W., & Jurancich, M. (2012). Effect of high-intensity interval training on cardiovascular function, VO 2max, and muscular force. *Journal of Strength and Conditioning Research*, 26(1), 138–145. https://doi.org/10.1519/JSC.0b013e318218dd77
- Budi, D. R., Agustan, B., Listiandi, A. D., Hidayat, R., Festiawan, R., Hanief, Y. N., ... Nur, L. (2020). Tennis injury: Analysis and prevention actions among national junior tennis athlete. *International Journal of Psychosocial Rehabilitation*. https://doi.org/10.37200/IJPR/V24I8/PR280805
- Yeap, E. E. L., Mokhtar, R., Muslimen, M. A., Ghazali, F., & Tarmizi, M. A. A. (2016). Outdoor-Based Education Camp: An Essential Tool to Promote Leadership Skills. *International Journal of Information and Education Technology*, 6(5), 352–356. https://doi.org/10.7763/IJIET.2016.V6.713