

Title Page: Write the Article Title Here Clearly and Concisely

First Author^{1*}, Second Author², & Third Author³ (Full names without titles)

¹University/Institution of First Author, Country, ²University/Institution of First Author, Country,

³University/Institution of First Author, Country

*Co e-mail: author@email.ac.id¹

Article Information

Received: Month 00, 0000 y

Revised: Month 00, 0000 y

Online: Month 00, 0000 y

Keywords

keyword 1, keyword 2, keyword 3

ABSTRACT

*The Abstract contains a brief description of the background. Place the discussed questions in a broad context and highlight them. **Purpose:** outline the research objectives and hypotheses. **Methods:** explain the important features of the research design, data, and analysis. This includes sample size, geographical location, demographics, variables, controls, conditions, testing, description of research design, details of sampling techniques, and data collection procedures. **Results:** describe the main findings of the research, including results, correlational, experimental, or theoretical. It may also provide a brief explanation of the results. **Implications:** indicate how these results relate to policies and practices. **Conclusion:** indicate the main conclusions or interpretations and provide suggestions for further action, future studies, or further analysis. The abstract should be written in one paragraph in English, maximum 250 words.*

***Keywords:** keyword 1; keyword 2; keyword 3 (List three to ten pertinent keywords specific to the article yet reasonably common within the subject discipline.)*

INTRODUCTION

First, it should indicate the practical or theoretical problem. and it should be understandable to scientists outside your specific research field. It could be written in one or two paragraphs.

Second, provide recent studies in the area of the focus problem. These studies are needed to establish a state-of-the-art statement of the research field and identify the limitations of recent studies. It could be written in two or three paragraphs.



This work is licensed under a [Creative Commons Attribution 4.0 International license](https://creativecommons.org/licenses/by/4.0/)

Professional Evidence-based Research and Advances in Wellness and Treatment (PERAWAT)

Vol. 00, No. 0, Month 2025

Third, identify the gap between recent studies and the current empirical and theoretical aspects of the focused study. Generally, the introduction should summarize relevant research to provide context and explain the findings of other authors, if any, that are being challenged or extended. This could be written in one or two paragraphs

Fourth, state the research question and research objectives based on the gap analysis from the previous paragraph. Additionally, please indicate the novelty of the research. This could be written in one paragraph.

The main text format consists of a flat left-right columns on A4 paper (quarto). The margin text from the left and top are 2.5 cm, right and bottom are 2 cm. The manuscript is written in Microsoft Word, single space Palatino Linotype 11 pt, and maximum 15 pages. References are done in Institute of APA style in sign Author 1, A.; Author 2, B. *Book Title*, 3rd ed.; Publisher: Publisher Location, Country, 2008; pp. 154–196. and so on.

METHODS

This section explains the research approach, subjects of the study, research procedure, use of materials and instruments, data collection, and data analysis. The description of the research process should be supported by references, so the explanation can be scientifically accepted. Figures 1-2 and Table 1 are presented at the center, as shown below and cited in the manuscript. The description of the research process should be supported by references, so the explanation can be scientifically accepted. Please note that the publication of your manuscript implies that you must make all materials, data, and protocols associated with the publication available to readers. Please disclose at the submission stage any restrictions on the availability of materials or information. New methods and protocols should be described in detail, while well-established methods can be described briefly and appropriately cited. Research manuscripts reporting large datasets that are deposited in a publicly available database should specify where the data are deposited and provide the relevant accession numbers. If the accession numbers have not yet been obtained at the time of submission, please state that they will be provided during review. They must be provided before publication. Intervention studies involving animals or humans, and other studies requiring ethical approval, must list the authority that provided approval and the corresponding ethical approval code. It is important to note that it is not necessary to use too many formulas or tables unless it is necessary to be displayed. This section should be written briefly, concisely, clearly, but adequately to be replicated. Any specific criteria used by the researcher in collecting and analyzing the research data should be described in detail. This section should not exceed 10% (for qualitative research) or 15% (for quantitative analysis) of the total body text.

RESULTS

1. Sub section 1

Proper citation of other works should be made to avoid plagiarism. When referring to a reference item, please include a citation such as (Ayu., 2024). For each reference with more than 3

or more authors, only the first author should be listed followed by et al. (e.g. in Ayu et al., 2024). Examples of reference items from various categories are shown in the References section. Each item in the reference section should be typed using 11 pt font size with Palatino Linotype font.

a. Subsub Section 1

This is a subsub Section. Schemes follow the same formatting

b. Subsub Section 2

This is a subsub Section. Schemes follow the same formatting

2. Sub section 2 (Formatting of Mathematical Components)

Equations should be placed at the center of the line and provided consecutively with equation numbers in parentheses flushed to the right margin, as in (1). The use of Microsoft Equation Editor or MathType is preferred.

$$\sqrt{a^2 + b^2} \tag{1}$$

$$\frac{-b \pm \sqrt{b^2 - 4ac}}{2a} \tag{2}$$

The alphabet is italicized for mathematical symbols or notations, but Greek letters are written upright using the correct symbols. The equal sign is given a punch space before and after; e.g. (English format): $r = .456$; $p = .008$. For statistical values having degrees of freedom such as t , F , or Z , the degree of freedom is written in braces such as $t(52) = 1.234$; $F(1, 34) = 4.567$. The statistical calculation for hypothesis testing should be completed with effect sizes; for example, the t -test using cohen's d , the F -test using partial eta squared, or other posthoc tests in line with the references under consideration.

3. Sub section 3 (Figures, Tables and Schemes)

All figures and tables must be cited in the text as Figure 1, Table 1, and so on. served in the center as shown below.



Figure 1. This is a figure. Schemes follow the same formatting

The text continues here (figure 2)



Figure 2. This is a figure. Schemes follow another format. If there are multiple panels, they should be listed as: **(a)** Description of what is contained in the first panel; **(b)** Description of what is contained in the second panel. Figures should be placed in the main text near to the first time they are cited.

Table 1. It is the title of the table

Column 1	Column 2	Column 3
Data 1	Data 4	Data 7
Data 2	Data 5	Data 8
Data 3	Data 6	Data 9
Total	Sum Column 2	Sum Column 3

The tables' title should be on top, while the title of the image, picture, or chart should be placed beneath. For scripts written in English, thousands are marked using commas; e.g., 1200300 is written as 1,200,300. Decimal points are marked with a period followed by two number digits, e.g., 12.34. For figures lower than 1, the zero is not needed, e.g., .12.

For qualitative research, data from interviews, observations, text interpretations, or many more. Are condensed or summarized into a brief substantial resume or summary to be reported. These significant findings can be presented in descriptive tables to facilitate ease of reading. Excerpts or extracts from interviews, observation results, texts, and others containing answers to research questions are shown in the discussion. Interpretation of results should not be included in this section unless the research required a combination of both findings and analysis in one part.

DISCUSSION

Authors should discuss the results and how they can be interpreted from the perspective of previous studies and of the working hypotheses. The findings and their implications should be discussed in the broadest context possible. Future research directions may also be highlighted.

CONCLUSIONS

Provide a statement that what is expected, as stated in the Introduction section, through to the results and discussion, so there is compatibility. Moreover, it can also be added the prospect of the development of research results and application prospects of further studies into the next (based on result and discussion).



This section is not mandatory but can be added to the manuscript if the discussion is unusually long or complex.

ACKNOWLEDGMENT

State the contributing parties or institutions which help the author's research. It is important to acknowledge those who help the authors in **funding**, **research facilities**, or **meaningful suggestions** in improving the author's article. If the article has been presented in a seminar or conference, the authors can also mention them in this section.

REFERENCES

References should be numbered in the order they appear in the text (including citations in tables and legends) and listed individually at the end of the manuscript. Please use reference management software (e.g. Mendeley). Include the digital object identifier (DOI) for all references where available. Citations and references in the Supplementary Material are permitted provided they also appear in the reference list here. In the text, references should be placed in parentheses () and placed before punctuation; for example (Tasya et al, 2024). For citations, include the name, article title, article publication, year of publication, article page, journal link and DOI number; for example:

- Author 1, A.; Author 2, B. *Book Title*, 3rd ed.; Publisher: Publisher Location, Country, 2008; pp. 154–196.
- Author 1, A.B.; Author 2, C. Title of Unpublished Work. *Abbreviated Journal Name* year, *phrase indicating stage of publication (submitted; accepted; in press)*.
- Author 1, A.B.; Author 2, C.D. Title of the article. *Abbreviated Journal Name* **Year**, *Volume*, page range.
- Author 1, A.B. (University, City, State, Country); Author 2, C. (Institute, City, State, Country). Personal communication, 2012.
- Author 1, A.B.; Author 2, C.D.; Author 3, E.F. Title of Presentation. In Proceedings of the Name of the Conference, Location of Conference, Country, Date of Conference (Day Month Year).
- Author 1, A.; Author 2, B. Title of the chapter. In *Book Title*, 2nd ed.; Editor 1, A., Editor 2, B., Eds.; Publisher: Publisher Location, Country, 2007; Volume 3, pp. 154–196.
- Author 1, A.B. Title of Thesis. Level of Thesis, Degree-Granting University, Location of University, Date of Completion.
- Title of Site. Available online: URL (accessed on Day Month Year).

APPENDIX

The appendix is an optional section that can contain details and data supplemental to the main text—for example, explanations of experimental details that would disrupt the flow of the main text but nonetheless remain crucial to understanding and reproducing the research shown; figures of replicates for experiments of which representative data is shown in the main text can be



This work is licensed under a [Creative Commons Attribution 4.0 International license](https://creativecommons.org/licenses/by/4.0/)

Professional Evidence-based Research and Advances in Wellness and Treatment (PERAWAT)

Vol. 00, No. 0, Month 2025

added here if brief, or as Supplementary data. Mathematical proofs of results not central to the paper can be added as an appendix.

All appendix sections must be cited in the main text. In the appendices, Figures, Tables, etc. should be labeled starting with “A” – e.g., Figure A1, Figure A2, etc.