

## The Title Must Be Typed Using Times New Roman Size 14, Bold

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### ABSTRACT

An abstract of maximum 200 words is required for any submitted manuscript. Abstract is written using Times New Roman-11. It is written narratively containing at least the aim, method, and the result. It is written in 1 paragraph. Each manuscript should have 3 Keywords written under the abstract. The keywords should help the audience search the relevant literature to their interest.

**Key words:** *first keyword, second keyword, third keyword*

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## 1. INTRODUCTION

This section explains the research background, state of the art, underlying theory, research objectives, and significance of the study (the length of writing on the results section should not exceed 30% of the entire manuscript) [Justified, font "Times New Roman", size 11, spacing 1,0].

The introduction must contain an explanation of (1) the Research object, (2) Methods that have been used previously, (3) the Weaknesses and strengths of each method or may briefly allude to related work and/or hypotheses, (4) Research problems (5) Proposed solutions and/or approaches (6) List of Contributions (6) Rest of paper. The introduction section must be scientific and rich in citations. Use "Main-text" style for this paragraph.

## 2. METHOD

It contains explanations about research variables, operational definitions of variables, research design, research subjects, data collection techniques, and data analysis techniques. In this section, the author should explain in as much detail as possible the research procedure used to make it easier for other researchers to replicate or verify the

research (the length of writing in the method section should not exceed 20% of the entire manuscript). Avoid quoting direct definitions from the book in the methods section. [Justified, font "Times New Roman", size 11, spacing 1,0]

### 2.1.Subsection

Use the "Sub-Subsection" style for the heading this paragraph and the "Main-text" style for the paragraph body.

### 2.2.Subsection

### 2.3.Subsection

## 3. RESULT

It contains descriptive statistical results, assumption tests, and hypothesis tests which are then critically analyzed. Use tables/graphs/figures that show interpretations of data analysis results to make it easier for readers to understand the results of the text research (the length of writing in the results section should not exceed 20% of the entire manuscript). Tables/graphs/figures should be placed at the end of the manuscript. Examples of writing table titles and figures are shown below. [Justified, font "Times New Roman", size 11, spacing 1,0]

### 3.1.Subsection

#### 3.1.1. Subsubsection (use italic font for the subsubsection title)

Use the “2\_Sub\_Subsection” style for the heading of the subsubsection and the “Main-text” style for the paragraph body.

## 4. DISCUSSION

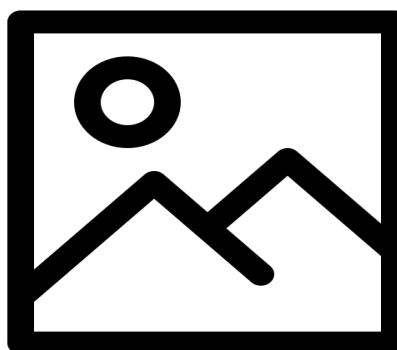
It explains the results of the study. The results are critically analyzed and consulted with the previous research and the relevant literature (the length of writing in the discussion section should not exceed 30-40% of the entire manuscript). The discussion section should contain a substantial interpretation of the results and comparisons with previous research. These comparisons should explain the differences in research findings with previous research to contribute to the development of science. The literature used in the discussion should be published within the last ten years. [Justified, font “Times New Roman“, size 11, spacing 1,0]

### 4.1.Figures, Tables, and Graph

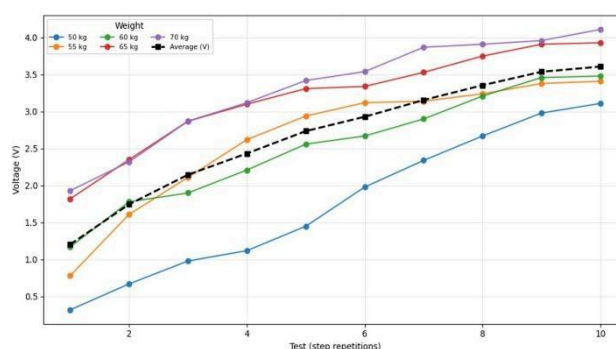
The image is placed in the center of the column. If the image is large, it may span across two columns; in this case, it must be positioned either at the top or at the bottom of the page, as shown in Figure 2. The displayed image must have good resolution quality. Numbering for figures and tables should use the “Insert Caption” feature in the “References” tab.

**Table 1.** This is a table. Tables should be placed in the main text near to the first time they are cited. Consists of three horizontal lines.

No	Initial	Test		N-Gain score
		Pretest	Posttest	
1	JFI	60	72	.50
2	AZ	61	66	.22
3	SAA	62	63	.05
4	PAA	65	72	.37
5	SA	63	68	.24
6	GA	63	65	.10
7	BRF	65	70	.26
8	MAA	64	64	.00
9	MA	65	63	-.11
10	NIP	66	69	.17
11	ISA	65	74	.47
12	RCR	60	57	-.13
13	AM	61	62	.04
14	REV	55	66	.38
Total		875	931	.2078



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



**Figure 2** Example of a graph illustrating trends or comparisons between variables.

An example of a table can be seen in Table 1. An example of a figure can be seen in Figure 1. An example of a graph can be seen in Figure 2. Graphs are commonly used to present trends, comparisons, or relationships between variables in a visual form so that readers can easily interpret the data presented in the study. Tables must not be presented as screenshots. Figures are numbered using Arabic numerals. The figure caption is written below the figure, using a 9 pt font size. The figure title is centered within the column. Tables are numbered using Arabic numerals. The table caption is written above the table. The table title is centered and uses a 9 pt font size.

Figures and tables whose width exceeds two columns should be placed on a separate page after the explanation of the corresponding figure or table. Examples of Figure 3 and Table 2 can be seen on the next page. To create a large figure that occupies two columns, go to the “Layout” tab, then select “Breaks”, and choose Section Breaks –

“Continuous.” Apply this step before inserting the figure, and repeat the same step after the figure has been inserted.



Figure 3. A figure in two-column format.

Table 2. Tables with extensive content may be presented in a single-column format using “Align Left.”

Zone	Description	Characteristics
1	90%–100% high psychological well-being	Individuals demonstrate stable emotional regulation, positive self-concept, and effective coping strategies. Social relationships are generally supportive and adaptive.
2	60%–90% moderate psychological well-being 10%–40% mild psychological distress	Individuals function normally in daily life but occasionally experience stress, anxiety, or mood fluctuations. Emotional resilience is present but may weaken under prolonged pressure.
3	30%–60% moderate psychological distress 40%–70% emotional vulnerability	Individuals frequently experience stress, negative affect, and difficulty regulating emotions. Coping mechanisms may be inconsistent, and social or environmental factors significantly influence psychological functioning.

## 5. CONCLUSION

The Conclusion section contains the conclusions and recommendations. The conclusion should be written briefly, clearly, and concisely, and must address the objectives of the study. It should present a synthesis of the findings derived from the data analysis and discussion, highlighting new findings that contribute to the development of psychology as a scientific discipline. The conclusion should be written in paragraph form (not in a numbered format). [Justified, Times New Roman 11 pt, 1,0 line spacing]

The Recommendations should be written briefly, clearly, and concisely. They should also be presented in paragraph form (not in a numbered format). [Justified, Times New Roman 11 pt, 1.0 line spacing]

## 6. ACKNOWLEDGMENT

You may write your acknowledgments here if necessary. This section may be used to express gratitude to individuals, institutions,

or organizations that provided support during the completion of this research.

## 7. MANUSCRIPT PREPARATION GUIDELINES

This subsection does not need to be written by the author and may be skipped directly to the references section. This subsection describes several writing requirements for the Jurnal Personifikasi:

- The manuscript should consist of 5000–7000 words.
- The use of AI tools should be applied responsibly and ethically in academic writing.
- Authors should use at least 20 references published within the last 10 years.
- References and citations must follow the American Psychological Association (APA) style 7<sup>th</sup> edition.
- Authors are advised to use Mendeley Reference Manager to facilitate reference management.

- Digital Object Identifiers (DOI) must be included for all available references. It is important to do a lookup-based DOI (if any) on the reference manager.

#### 8. REFERENCES

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