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Abstract

Insert the abstract in English, using lowercase (except for proper nouns), without italics or bold formatting. The abstract should contain a minimum of 150 words and a maximum of 250 words. The text must be justified, single-spaced, and written in Cambria font, size 9. The structured abstract should be presented as a single paragraph, with each section clearly indicated by its corresponding label, as follows: **Introduction**: Briefly present the research topic (maximum two key sentences). **Objective**: State the objective and scope of the research or the hypotheses.
Methodology: Provide a concise description of the research design, methods, and techniques used. **Results**: Present the main findings of the study. **Discussion**: Compare and interpret the findings in relation to previous studies. **Conclusions**: Highlight the most important conclusions of the research. The abstract must be written in the third person and primarily in the past tense, except for the concluding statement. It should be clear, concise, and descriptive, and must not exceed 250 words. Avoid the use of abbreviations, citations, footnotes, or references to the main text.

Keywords

Keywords should consist of 4 to 5 terms, written in lowercase and separated by semicolons. The keywords must be arranged in alphabetical order. The text should be written in Cambria font, size 9, without a full stop at the end.

Abstrak

Masukkan abstrak dalam bahasa Inggris, menggunakan huruf kecil (kecuali untuk nama diri), tanpa penggunaan huruf miring atau tebal. Abstrak harus terdiri dari minimal 150 kata dan maksimal 250 kata. Teks harus rata kanan-kiri (justify), menggunakan spasi tunggal, serta ditulis dengan font Cambria ukuran 9. Abstrak terstruktur disajikan dalam satu paragraf, dengan setiap bagian ditandai secara jelas menggunakan label masing-masing, sebagai berikut: **Pendahuluan:** Menyajikan topik penelitian secara singkat (maksimal dua kalimat utama). **Tujuan:** Menyatakan tujuan dan ruang lingkup penelitian atau hipotesis. **Metodologi:** Memberikan penjelasan singkat mengenai desain penelitian, metode, dan teknik yang digunakan. **Hasil:** Menyajikan temuan utama penelitian. **Pembahasan:** Membandingkan dan menginterpretasikan hasil penelitian dengan penelitian sebelumnya. **Kesimpulan:** Menyampaikan kesimpulan utama yang paling penting. Abstrak harus ditulis dalam bentuk orang ketiga dan terutama menggunakan bentuk lampau, kecuali pada kalimat penutup. Abstrak harus jelas, ringkas, dan deskriptif, serta tidak melebihi 250 kata. Hindari penggunaan singkatan, sitasi, catatan kaki, atau rujukan terhadap teks utama.

Kata Kunci

Kata kunci harus terdiri dari 4 hingga 5 istilah, ditulis dalam huruf kecil dan dipisahkan dengan tanda titik koma (;). Kata kunci harus disusun secara alfabetis. Teks ditulis menggunakan font Cambria ukuran 9, tanpa tanda titik di akhir.

Introduction

Insert the text of the introduction in Cambria font, size 11, justified, and single-spaced. The introduction should present the research topic, briefly reviewing the most relevant studies and highlighting the contributions of previous authors to the field. It should also clearly justify the rationale for conducting the study. Citations must be included in accordance with APA 7th edition guidelines. This section should conclude with a clear statement of the research objectives, emphasizing the significance and scope of the study. The introduction should be written primarily in the present tense.

Method

Insert the text of the method in Cambria font, size 11, justified, and single-spaced. This section describes how the research was conducted. It should clearly explain the research design and how it was implemented, including a justification for the methods used. The section should specify the type of quantitative research, as well as the scope or level of the study (exploratory, correlational, and/or explanatory). It should also describe the population and sample, along with the data collection techniques employed. This section is essential, as it enables the scientific community to replicate the study. Most of this section should be written in the past tense and presented in a descriptive style.

Participants

Article text. Article text article text article text article text article text article text article text.

Procedure

Article text. Article text article text article text article text article text article text article text article text.

Instrument

Article text. Article text article text article text article text article text article text article text article text.

Physical Activity Quiz

Article text. Article text article text article text article text article text article text article text article text.

Data analysis

Article text. Article text article text article text article text article text article text article text article text.

Results

Insert the text of the results in Cambria font, size 11, justified, and single-spaced. This section presents the findings of the study in a clear and systematic manner, in accordance with the research objectives. The results should be reported objectively, without interpretation, and may be supported by tables and figures where appropriate. Avoid ambiguous or speculative expressions such as “maybe,” “possibly,” or “it could be,” as they may reduce the clarity and scientific rigor of the findings. The results should be written primarily in the present tense. If tables and figures are used (e.g., Table 1), they must follow the journal’s formatting guidelines.

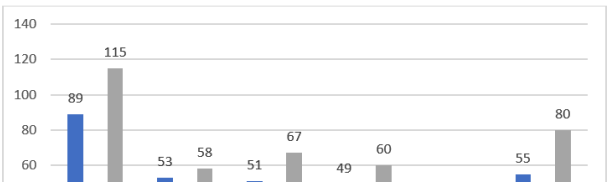
Table 1. Title of the table (Cambria 8, Sentence case)

Variable	Experimental Group (n=18)		P value	Effect size
	PRE	POST		
	Average DT	Average DT		
Family stress	2.56 ± 1.04	2.22 ± 1.00	.269	.32
Health stress	2.67 ± 1.50	2.28 ± 1.27	.130	.27
Total Post Stress	7.22* ± 2.46	6.17* ± 2.55	.037	.40

*Significant differences, p< .05.
Source: Author’s data

Article text. Article text article text article text article text article text article text article text article text article text (Figure 1).

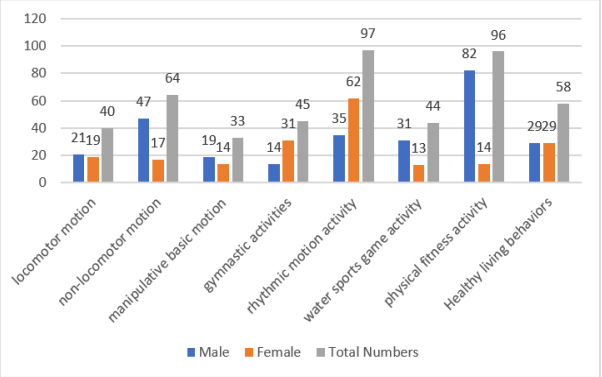
Figure 1. Title of the figure (Cambria 8, Bold, Sentence case)



Source: Author's data

Article text. Article text article text article text article text article text (Figure 2). Article text article text article text article text article text article text article text article text.

Figure 2. Title of the figure (Cambria 8, Bold, Sentence case)



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Article text. Article text article text article text article text article text article text article text Article text article text article text article text article text article text article text (Table 2).

Table 2. Title of the table (Cambria 8, Sentence case)

Activity	Level of Competition	2020	2021
Do a job in Word by formatting it well	I never did	3%	-
	You could do it with help	22%	9%
	I can do it alone	75%	91%
Make an Excel spreadsheet by uploading a list of classmates and telephone numbers of each one	I never did	9%	9%
	You could do it with help	44%	34%
	I can do it alone	47%	57%
Send an email with a document or image attached	I never did	9%	-
	You could do it with help	9%	6%
	I can do it alone	82%	94%
Edit the size or color of an image using Paint or an app on your phone	I never did	-	-
	You could do it with help	31%	12%
	I can do it alone	69%	88%
Share a document with another person using collaborative tools (e.g. Google Drive)	I never did	19%	3%
	You could do it with help	22%	9%
	I can do it alone	59%	88%
Create videos	I never did	28%	-
	You could do it with help	34%	31%
	I can do it alone	38%	69%

Discussion

Insert the text of the discussion in Cambria font, size 11, justified, and single-spaced. The discussion interprets the results of the study, clearly explaining their meaning and significance. It should highlight the relationships and possible implications derived from the findings, and explain how these results relate to existing knowledge and previous studies. The two main objectives of this section are to indicate what the findings mean and how they contribute to the current body of knowledge. Avoid ambiguous or speculative expressions such as "maybe," "possibly," or "it could be," as they may reduce the clarity and scientific rigor of the discussion. The discussion should be written primarily in the present tense.

Conclusions

Insert the text of the conclusions in Cambria font, size 11, and single-spaced. The conclusions should be derived directly from the results and discussion of the study. They must reflect the achievement of the research objectives and be clearly supported by the findings presented. This section should

indicate how the study contributes to the field and advances current knowledge. It may also suggest potential applications and directions for future research. The conclusions should be written primarily in the past tense. Avoid presenting conclusions that are not supported by the results or repeating statements already discussed in previous sections.

Acknowledgements

Insert the text of the acknowledgements in Cambria font, size 11, and single-spaced. This is an optional section used to acknowledge individuals or institutions that contributed to the completion of the research. It may include recognition of funding sources, research projects, colleagues who provided academic or technical support, and reviewers who contributed to improving the scientific quality of the manuscript.

Funding

Insert the funding information in Cambria font, size 11, and single-spaced. This is an optional section used to acknowledge the financial support received for the research. It should clearly state the funding sources, including institutions, grant numbers (if applicable), and research projects that supported the study.

References

References must be written in APA 7th edition style, using Cambria font, size 11, single-spaced, with a hanging indentation of 1.25 cm. Only sources cited in the text should be included in the reference list. In-text citations must follow the author-date format, for example: (Pérez, 2026). Direct quotations should be enclosed in quotation marks and must include the page number.

All references must appear at the end of the manuscript and be arranged alphabetically according to the first author's surname, in accordance with the American Psychological Association (APA) 7th edition guidelines.

The use of reference management software such as Zotero, Mendeley, or EndNote is strongly recommended to ensure accuracy and consistency in citation formatting.

References should include a high proportion of recent sources published within the last five years. However, for literature review studies, older sources may be included to provide a comprehensive theoretical background.

For scientific articles, the manuscript should include a minimum of 30–40 references.

Journal articles:

Hidayat, J. T., & Kadir, S. (2024). Neuromuscular training and dynamic balance in young soccer players. Journal of Strength and Conditioning Research, 38(1), 55–63. https://doi.org/10.1519/JSC.0000000000004567

Journal articles with DOI or URL:

Smith, J., & Brown, T. (2025). Digital health information literacy in higher education: Trends and challenges. Journal of Health Informatics, 18(2), 115–128. https://doi.org/10.1234/jhi.2025.0182

Articles in periodicals and daily publications:

Rahman, A. (2023, July 12). The development of sports education in Indonesia. Kompas, p. 5. https://www.kompas.com/

Conferences presented at events:

Smith, J. (2022, June 15). The role of technology in physical education [Conference presentation]. International Conference on Sports Science, London, United Kingdom.

Printed books:

Bailey, R. (2020). Physical education and sport in schools: A review of benefits and outcomes. Routledge.

Book parts:

Smith, J. (2021). Training methods in youth soccer. In R. Brown (Ed.), Advances in sports science (pp. 55–72). Routledge.

Websites:

Hayes, A. (2024, March 10). *Creative destruction: Definition and examples*. Investopedia. https://www.investopedia.com/terms/c/creative-destruction.asp

Reports:

World Health Organization. (2025). *Global health estimates 2025: Trends in life expectancy and disease burden*. WHO. https://www.who.int/publications

Thesis:

Hidayat, J. T. (2017). *Perbedaan pengaruh metode pembelajaran block practice dan random practice serta motor ability terhadap keterampilan teknik dasar sepakbola* [Unpublished thesis]. Universitas Negeri Jakarta.

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