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English Title

Typed in lowercase and italicized, maximum 18 words, with the first letter of each word capitalized except for the first letter of the title. Font type Times New Roman, font size 14 points, and single spacing.

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Abstract

The abstract consists of an introduction (1–2 sentences), research objectives (1 sentence), methods (3–5 sentences), research results (3–5 sentences), and conclusions (1 sentence) written in one paragraph, using Times New Roman 10 point, italics, and single spacing. The abstract consists of English and Indonesian language, no more than 200 words.

Keywords: *Consists of 3-5 keywords sorted alphabetically separated by a comma*

Abstract (Indonesian)

Abstrak berisi uraian singkat tentang pendahuluan (1-2 kalimat) tujuan penelitian (1 kalimat), metode (3-5 kalimat), hasil penelitian (3-5 kalimat), dan kesimpulan (1 kalimat) yang dibuat dalan satu paragraf. Abstrak terdiri dari bahasa Inggris dan bahasa Indonesia tidak lebih dari 200 kata dengan menggunakan satu spasi. Abstrak bahasa Inggris menggunakan huruf miring, desimal menggunakan titik. Abstrak bahasa Indonesia menggunakan huruf tegak, desimal menggunakan koma. Artikel yang dimuat harus menyesuaikan tata cara penulisan yang tetapkan oleh **Journal of Health Education and Behavior (Journal HEB)** agar tulisan yang dimuat memiliki gaya yang sama, oleh karena itu untuk memudahkan penulis, maka pastikan tidak mengubah template ini, yang meliputi jenis dan ukuran huruf, spasi, jarak indent, dan lain sebagainya. Jumlah halaman untuk **Journal of Health Education and Behavior (Journal HEB)** maksimal 10 halaman

Kata kunci: Terdiri atas 3-5 kata kunci diurutkan menurut abjad dipisahkan dengan tanda koma dan tidak diakhiri tanda titik

INTRODUCTION

The introduction contains the background and objectives of the research, written in separate paragraphs. The background explains the reasons why this research was conducted and is supported by the results of recent research in the last 10 years obtained from domestic and international journals and books. This section also presents the research problems using the inverted pyramid method, starting from global, national, and local issues. The maximum length of this section is 1.5 pages, written in Times New Roman font, single-spaced, with a font size of 10 points. Each paragraph must contain at least two sentences, and the research objectives must be stated at the end of the section.

Citation writing is distinguished between writing at the beginning and end of a sentence. If there is only one author, the citation at the beginning is Rommy (2015) and the citation at the end is (Rommy, 2015). If there are two authors, the citation at the beginning is Rommy and David (2016), while the citation at the end is (Rommy & David, 2016). If there are more than two authors, the citation at the beginning is Rommy *et al. (*2017), and the citation at the end is (Rommy *et al.,* 2017). "*Et al."* is

italicized, and a period follows *"al."* If the author's name consists of two words, such as Romy David, the citation at the beginning is David (2017) , and the citation at the end is (David, 2017). If the author's name consists of three words, such as Rommy David Watuseke, the citation at the beginning is Watuseke (2017) and the citation at the end is (Watuseke, 2017) . For journal articles from electronic sources on the internet, the citation format is: Author, initials., year. Article title. Journal title, [media type] Volume number (issue/part number), page numbers if available. Website address/URL in full and underlined.

METHODS

Design, location, and time (Times New Roman 12 point, Bold, 1-inch spacing, formatted into 2 columns)

This section explains the design, location, and time of the research, typed in sequential paragraphs. The text is written in Times New Roman 12 point with single spacing. Each paragraph begins with a 6-digit indent.

Number and method of subject selection (for survey research) or materials and equipment (for laboratory research) (Times New Roman 10-point font, bold, single-spaced, formatted in two columns)

This section consists of 1-2 paragraphs explaining the population, subjects, number, and method of subject selection in survey research or describing the materials and tools used in laboratory research. The term "subject" is used for survey research and "sample" for laboratory research. The information is presented in sequential paragraphs using Times New Roman font size 10 with single spacing. Each paragraph begins with a 6-digit indent and does not include subheadings. Qualitative research such as case studies, phenomenology, ethnography, and others must include a description of the validity checks conducted on the research results.

Types and Methods of Data Collection (for survey research)/Research Steps (for laboratory research) (Times New Roman 10 point, Bold, single-spaced, formatted in two columns)

Described sequentially in paragraph form, using Times New Roman font size 10 with single spacing. Each paragraph begins with a 6-digit indent and may include subheadings.

Data processing and analysis

Explained sequentially in paragraph form, using Times New Roman font size 10 with single spacing. Each paragraph begins with a 6-digit indent.

RESULTS AND DISCUSSION

A. RESULTS

The results section describes the characteristics of the research subjects, univariate analysis, bivariate analysis (if applicable), and multivariate analysis (if applicable). Tables and figures are not permitted in this section; they should be included at the end of the document after the reference list. The interpretation of research results is presented in narrative form, using Times New Roman 10-point font with single spacing. Paragraphs begin with a 6-digit indent and should not use subheadings for each variable.

Example Table:

Table 01
Acceptance of Jawawut Cookies

Acceptance	Hedonic Scale	A (15%)		B (35%)		C (50%)	
		ı	%		%	ı	%
Color	nuch	6	20.0	4	13	8	26.7
`		22	73.3	21	70.0	14	46.7
	like	2	6.7	5	16.7	8	26.7
Texture	nuch liked	8	26.7	3	10.0	4	13.3
		18	60	20	66.7	25	83.3
	like	4	13.3	7	23.3	1	3.3
Aroma	nuch like	6	20	4	13.3	6	20
		21	70	22	73	19	63.3
	like	3	10	4	13.3	5	16.7
Taste	nuch	8	26.7	5	16.7	8	26.7
		19	63.3	17	56.7	20	66.7
	like	3	10	8	26.7	2	6.7

Table 1
Sample Characteristics in the Study of Metabolic Disorder Improvement s in Stunted Toddlers Post-Cysteine Amino Acid Supplementation in the Tatelu Daya Health Center Work Area in 2016

Sample Characteristics	**Group 1**		**Group**	
	n	**%**	**n**	**%**
Age (Months)				
≤ 24	5	33.3	5	3
> 24	10	66.7	10	66.7
Gender				
Male	8	53.3	10	3
Female	7	46.7	5	66.7
TB/U				
Short	8	53.3	11	73.3
Very short	7	46.7	4	26.7
BB/U				
Good nutrition	8	53.3	9	6
Malnutrition	6	40	4	26
Severe malnutrition	1	6.7	2	1

Example Image:

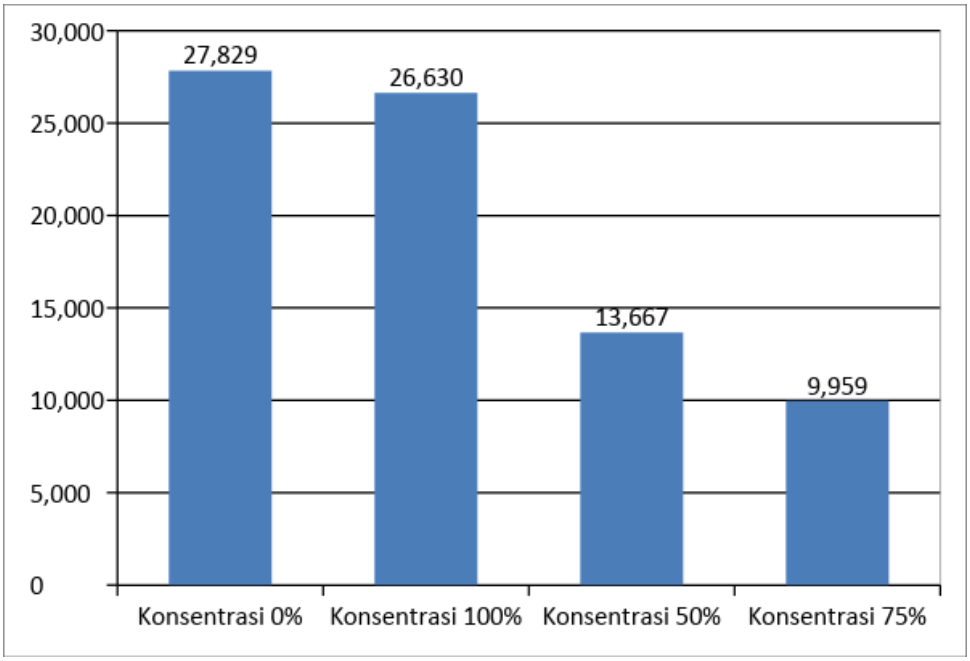

Figure 3. Results of the Hardness Analysis of New Cakes Substituting *MOCAF* Flour

DISCUSS

The discussion section contains a discussion that connects and compares the research results with theories/concepts/findings from other research results, whether they are in line with or not in line with the research results. The discussion does not merely narrate the results (tables and figures), and should also present the impact of the research results.

This section is written using Times New Roman 10-point font with single spacing. Paragraphs begin with a 6-digit indent and should not use subheadings for each variable.

CONCLUSION

The conclusion contains answers to the research objectives and is not a summary of the research results presented in one paragraph and typed using Times New Roman 10 point font with single spacing. The paragraph begins with a word indented 6 digits.

ACKNOWLEDGMENTS

This section is optional and contains expressions of gratitude to parties who contributed to this research, such as funders or sponsors, contributors of materials, equipment, and facilities. Names should not include titles.

REFERENCES

The reference list should only include references cited in this article. Authors are required to use references from the past 10 years, with at least one reference citing a manuscript published in **Journal of Health Education and Behavior (Journal HEB)**. References should be written using the Harvard system. It is recommended to use standard reference applications such as Mendeley or Zotero, and **the American Psychological Association (APA)** style. Example of reference list formatting:

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