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SEPAK TAKRAW: DEVELOPING SMESH KEDENG OUTER TRAINING VARIATIONS

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ABSTRAK

Type your English abstract here. Fill in the abstract using Cambria 11 font. The abstract should be systematically structured following the IMRaD (Introduction, Methods, Results, and Discussion) format to provide a comprehensive overview of the research in one concise paragraph. The primary focus is on presenting the pressing problem (gap), clarifying the methodology used, presenting key findings based on concrete data, and emphasizing the research's contribution to the related field. By adhering to the 150-250 word limit and strategically using keywords, the abstract serves not only as an informative summary but also as a crucial tool for increasing citations and enhancing the article's visibility in global databases.

Keyword: *Training Variations, Smesh Kedeng, Sepak Takraw*

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INTRODUCTION

Introduction should be written in cambria 11 font (single spaced). It must be written concisely and concisely, 500–800 words (15%–20% of the total manuscript) using an inverted pyramid approach that flows chronologically. Writing should begin by describing the ideal condition, standard theory, or current regulation in a global context (das sollen) without using basic definitions, then directly comparing it using conjunctions that are different with real facts or statistical data in the field (das sein). The problem construction should be strengthened through a thematic critical synthesis of at least 15–20 articles from leading global journals and accredited national journals published in the last 1–8 years (current state) to explicitly point out the gaps (research gaps) as the novelty value of the manuscript. Finally, this section should outline the urgency of solving the problem and conclude with a one-sentence statement about the research objectives.

METHOD

The Research Methods section should ideally comprise 15% to 25% of the total length of the manuscript, or range from 600 to 1,000 words, technically structured to ensure the principle of replicability. Writing should be done systematically by specifically mentioning the type of research, whether it is Quantitative (such as Quasi-Experimental or Ex Post Facto design),

Qualitative (such as Case Study or Phenomenology), Research and Development/R&D (such as the ADDIE or 4D model), or Mixed Methods. The explanation must include a description of the research design, participant or subject characteristics, sampling techniques, and research instruments accompanied by explicit evidence of validity and reliability. The advantage of this section lies in the obligation to include visualization in the form of a research flowchart or research map that illustrates the logistical work stages—starting from the pre-field stage, treatment stage, to the final conclusion—to facilitate readers' understanding of the complexity of the study. All data collection procedures and data analysis techniques, including statements about the use of statistical software (such as SPSS, AMOS, or SmartPLS) and the use of specific algorithms in technology-based research, must be disclosed transparently to strengthen the credibility of the scientific findings.

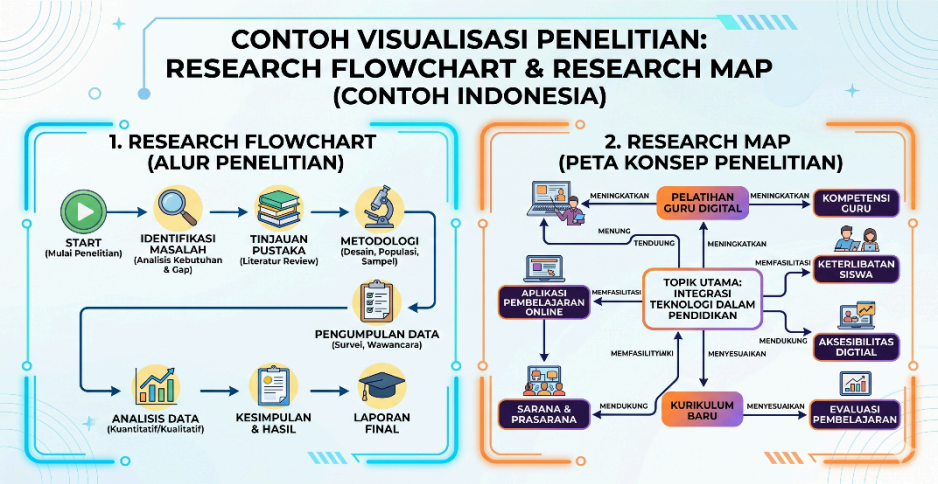

Figure 1. Example of a research flowchart or research map:

RESULTS

The Results section should ideally comprise approximately 15% to 20% of the total length of the manuscript, or between 500 and 800 words, and present the main research findings objectively and systematically, aligning with the research objectives or hypotheses. Authors should include a variety of representative data visualizations to clarify the narrative, such as tables to present detailed numerical data or precise comparisons, bar charts to show comparisons between categories, pie charts to illustrate percentage or proportion distributions, and figures, line graphs, or scatter plots to show trends, patterns, and relationships between variables. All visualizations should be high-resolution, numbered, and titled clearly and informatively, and should be explicitly referenced in the text paragraph before the visual appears, without repeating the entire raw data presented in the visual within the narrative. Quantitative results should be accompanied by accurate reporting of statistical tests, including relevant p-values, confidence intervals, or effect sizes, while qualitative results may include representative key quotes. This section may only contain factual findings based on data obtained during the research without any interpretation, in-depth discussion, or new reference citations, to ensure the purity of the data presentation before further analysis in the discussion section.

Interval	Category	Frequency	%
84.74< X	Very Satisfied	11	9%
74.85< X ≤ 84.74	Satisfied	24	20%
55.07 < X ≤ 74.85	Not Satisfied	80	67%
X ≤ 55.07	Very Dissatisfied	5	4%
Total Samples		120	100%

Tabel 1. Example Table

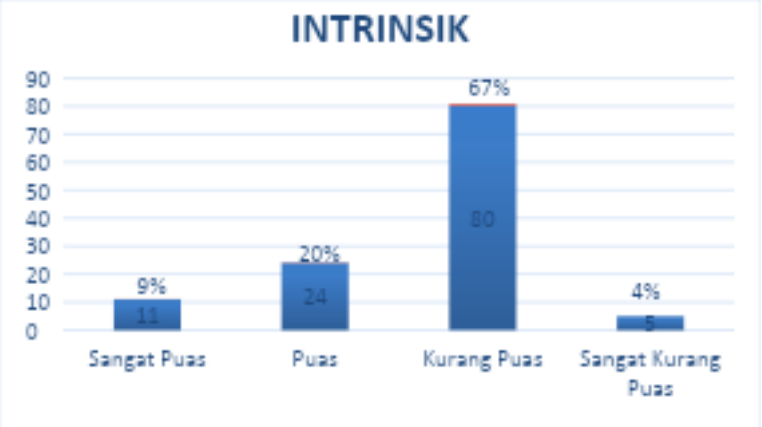

Figure 2. Example of a Diagram Image

DISCUSSION

The Discussion section should be structured as an in-depth interpretation of the meaning of the research findings in the context of the global literature, rather than simply a repetition of the Results section, with an ideal proportion ranging from 30% to 40% of the total length of the manuscript or approximately 1000 to 2000 words. The writing must begin with an interpretive summary of the answers to the research questions based on the most significant findings without re-presenting raw statistical data, followed by a critical synthesis that compares the findings in depth with the latest reputable international literature (the last 1–8 years) to explain the study's position—whether it supports, extends, or contradicts existing theory—along with the logical reasoning behind it. Furthermore, authors must explicitly emphasize the novelty of the study in filling the research gap and its theoretical contribution, outline relevant practical or policy implications, and conclude with an honest and transparent presentation of the study's limitations and specific recommendations for future research directions.

CONCLUSION

The Conclusion section should be concise, concise, and to the point, ideally consisting of one or two paragraphs and comprising less than 5% of the total length of the manuscript (approximately 200–300 words). The writing should focus on synthesizing the most significant key findings to provide a direct and unambiguous answer to the research objectives or questions posed in the Introduction, without repeating the statistical details already presented in the Results section. The author should then reiterate the study's primary contribution or novelty to the field and briefly outline its most essential theoretical and practical implications. New data, new arguments, excessive speculation, or new citations not previously discussed in the manuscript should be strictly avoided. The Conclusion serves as a logical conclusion that ties the entire research narrative together, not a place to launch new discussions.

BIBLIOGRAPHY

Every source cited in the body of the article must appear in the references. Cited sources come from publications within the last 8 years (preferably within the last 1-8 years, with the requirement that 80% be journals and 20% be books). The bibliography should be written using an application (mendeley, zotero, endnote, etc.) In APA 7 style. The bibliography must be written using a citation application.