

Niramaya Preventive Health Journal

Volume 1 No 1 (2026): 1-5

E-ISSN: -

Journal homepage: <https://literajournal.com/index.php/niramaya/index>

DOI: (Will be completed by admin)

Title in English, Times New Roman, Size 14, Bold, Position in the Middle, Max. 15 Words, Space One, Capital Letters Every Beginning of Word

First Author^{1*}, Second Author², Third Author³

*Correspondence e-mail: author1@gmail.com (Telephone number correspondence/Whatsapp)

¹Study Program, University, City, Country (Ex: Nutrition Study Program, Tadulako University, Palu, Indonesia)

²Study Program, University, City, Country (Ex: Nutrition Study Program, Tadulako University, Palu, Indonesia)

ABSTRACT

This abstract contains information about the brief background of the study, the objectives, the methods used, the results, and conclusions of the study. A maximum of 250 words in a paragraph. In the abstract there should be no citations. For the convenience of the Author in compiling the abstract, the abstract can be arranged by following the following guidelines, namely introduction (1-2 sentences), research objectives (1 sentence), materials and methods (3-5 sentences), research results (3-5 sentences), conclusions (1 sentence) made in 1 (one) paragraph. (Font Cambria, Size 9, Spacing 1, Align Left Right)

ARTICLE INFO

ORIGINAL RESEARCH

Submitted:

Accepted:

Keyword:

Keyword1, Keyword2, Keyword3, Keyword4, Keyword5

At least 3 words maximum of 5 words (Capital letter at the beginning of each word).

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KEY MESSAGES

- Write 2-5 key messages related to this study
 - Key messages may relate to applicability, novelty, and/or impact of the research. (Cambria font size 10 pt with 1.15 spacing) (Cambria Font, Size 9, Spacing 1, Align Left Right)
-



INTRODUCTION

The introduction should briefly place the study in a broad context and highlight why it is important. It should define the purpose of the work and its significance. The current state of the research field should be carefully reviewed and key publications cited. Please highlight controversial and diverging hypotheses when necessary.

Finally, briefly mention the main aim of the work and highlight the principal conclusions. The introduction should discuss the background of the research, the rationale and the research questions and/or aims(1). In this section(2), the current evidence on the topic should be discussed to subsequently be related to the research gap that would be addressed by the research. (Font Cambria, Size 10, Spacing 1).

Provide sufficient background and context.

Identify shortcomings or gaps in existing knowledge.

Clearly state research objectives or aims.

METHODS

This section should include the research design applied(3), context, subject and sampling, data collection tools, data analysis and the steps of the research(4). Please also state the ethical clearance attributes of the study. New methods and protocols should be described in detail while well-established methods can be briefly described and appropriately cited (If research is directly related to patients, and uses test animals in research, Please attach a research code of ethics related to your article Please attach a research code of ethics related to your article) (Font Cambria, Size 10, Spacing 1)

Research design must be well-defined.

Methods and materials must be described in sufficient detail for replication.

Sample size must be adequate, and sampling methods must be described.

Relevant tools, instruments, or software must be clearly described, including their sources and versions.

Data collection and analysis methods must be appropriate.

Ethical considerations must be addressed (e.g., informed consent, ethical approval).

RESULTS

Results may be presented using tables, charts/figures/flowcharts or transcripts. (Font Cambria, Size 10, Spacing 1)

Results must be presented clearly and logically.

All relevant data must be included.

All tables and figures must be cited consecutively in the text.

Table 1. Example of table presentation

Title 1	Title 2	Title 3
entry 1	data	data
entry 2	data	data

The text continues here (Figure 1).

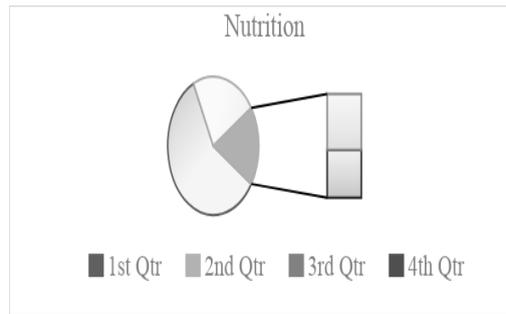


Figure 1. Example of figure/chart/flowchart presentation

DISCUSSION

Authors should discuss the results and how they can be interpreted from the perspective of previous studies and of the working hypotheses(5).

The findings and their implications should be discussed in the broadest context possible.(6). (Font Cambria, Size 10, Spacing 1)

CONCLUSION

Authors are expected to provide a brief conclusion to recap the information in the previous sections. It is recommended that the conclusion is presented in narratives rather than bullet points.

Authors are suggested to provide recommendation for further practice and research based on the current research. It is recommended that the recommendation is presented in narratives rather than bullet points. (Font Cambria, Size 10, Spacing 1)

FUNDING

Please add: "This research received no external funding" or "This research was funded by NAME OF FUNDER, grant number XXX" and "The APC was funded by XXX" (Font Cambria, Size 10, Spacing 1)

ACKNOWLEDGMENTS

In this section, you can acknowledge any support given which is not covered by the author contribution or funding sections. This may include administrative and technical support, or donations in kind (e.g., materials used for experiments). (Font Cambria, Size 10, Spacing 1)

CONFLICT OF INTEREST

Declare conflicts of interest or state "The authors declare no conflict of interest.". (Font Cambria, Size 10, Spacing 1)

REFERENCES

The amount of literature cited should be sound but reasonable and it is expected that 80% of them are current literature of the last 10 years. Please use American Psychological Association style (APA) wit using reference manager (Mendeley or Zotero). (Font Cambria, Size 10, Spacing 1)

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Research Title (Cambria font with size 10 pt)

Nuryani, Muhdar, I. N., Ramadhani, F., Paramata, Y., Adi, D. I., & Bohari. (2021). Association of Physical Activity and Dietary Patterns with Adults Abdominal Obesity in Gorontalo Regency, Indonesia: A Cross-Sectional Study. *Current Research in Nutrition and Food Science Journal*, 9(1), 280–292.