

## AUTHOR GUIDELINES

### GENERAL GUIDELINES

The manuscript should be written in English and have the following structure: Title, Authors and Affiliations (including correspondence address), Abstract, Keywords, Introduction (Background and Objectives), Methods, Results and Discussion, Conclusion, Acknowledgements (if needed), and References.

Manuscripts must be typed using MS Word, in Arial font size 11, with a margin of 2.7 cm on the top, 2.22 cm on the left, 2.52 cm on the right, and 2.5 cm on the bottom. The manuscript should not exceed 15 pages and must be single-spaced.

### SPECIFIC GUIDELINES

#### Title

The title in English should be typed in capital and bold letters, with a maximum of 20 words. Avoid using the words "study," "effect," "relationship," "analysis," or including the year. Use Arial, font size 12, and single spacing.

First Author<sup>a,1\*</sup>, Second Author<sup>b</sup>, Third Author<sup>c</sup>

(Full names without titles. If authors are from the same institution, coding is unnecessary)

<sup>a</sup> First Author's Institution, City, and Country

<sup>b</sup> Second Author's Institution, City, and Country

<sup>c</sup> Third Author's Institution, City, and Country

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\* Correspondence author

#### Abstract

The abstract includes a brief description of the introduction (1–2 sentences), research objectives (1 sentence), methods (3–5 sentences), results (3–5 sentences), and conclusions (1 sentence), all in a single paragraph. Abstracts should be written in both English and Indonesian, with a maximum of 300 words.

**Keywords:** Consist of 3–5 words, listed alphabetically, separated by commas, without a period at the end.

### INTRODUCTION (Arial 11 pt, Bold, single space)

The introduction contains the background and objectives of the research, written in separate paragraphs. The background outlines the reasons why this research was conducted and is supported by recent research results in the last 10 years obtained from domestic and foreign journals and books. This section also presents the research problem using the inverted pyramid method, starting from global, national and local problems. The maximum number of pages in this section is 1.5 pages written using Arial font, 1 spacing and 11-point font size, one paragraph consists of at least two sentences and at the end the research objectives are included.

Citation writing is differentiated between writing at the beginning and end of the sentence. If the author is only one person, the writing at the beginning is Nadimin (2015) and the writing at the end (Nadimin, 2015). If the author consists of two people, the writing at the beginning is Nadimin and Manjilala (2016) while the writing at the end is (Nadimin & Manjilala, 2016). If the author is more than two people, the writing at the beginning Nadimin et al. (2017) and writing at the end (Nadimin et al., 2017). Writing et al. Typed in italics and a period after al. If the author's name consists of two syllables such as Ramlan Asbar, the initial writing is Asbar (2017) and the final writing is (Asbar, 2017). If the author's name consists of three syllables such as Ahmad

Yazid Ilmany, the initial writing is Ilmany (2017) and the final writing is (Ilmany, 2017). Writing for journal articles from electronic sources from the internet is Author, initials, year. Title of the article. Journal title, [media type] Volume number (issue number/section), page if any. Website address/URL in detail and underlined.

### **METHODS (Arial 11 pt, Bold, single space)**

This section describes the research design, location, and duration in paragraph format. It includes the population, subjects, sampling methods (for surveys), or materials and tools (for laboratory research). Use "subjects" for surveys and "samples" for laboratory research. For qualitative studies (e.g., case studies, phenomenology, ethnography), include methods for validating the findings. Reference should be made to any novel methods employed. Research ethics relating to the use of animals, living cells and/or human subjects must also be outlined in accordance with academic convention.

### **RESULTS AND DISCUSSION (Arial 11 pt, Bold, single space)**

The results section describes the characteristics of the study subjects, univariate analysis, bivariate analysis (if any) and multivariate analysis (if any). Tables and figures are allowed in this section. Interpretation of research results is made in the form of a narrative, writing using Arial 11 points with no spaces. The discussion contains a discussion that connects and compares the research results with theories/concepts/findings from other studies both in line and not in line with the research results. The discussion should not just narrate the results (tables and figures), and should suggest the impact of the research results.

### **CONCLUSION (Arial 11 pt, Bold, single space)**

The conclusion contains the answer to the research objectives, not a summary of the research results displayed in 1 paragraph and typed using Arial 11-point font without spaces. Suggestions are written based on the research findings and refer to practical activities, further research or the development of new theories.

### **ACKNOWLEDGEMENTS (Arial 11 pt, Bold, single space) (Optional)**

Include acknowledgements for contributors such as funding agencies, sponsors, or institutions providing materials or facilities. Do not include titles in the names.

### **REFERENCES**

References should only include sources cited in the article, preferably within the last 10 years. Use APA style for citations and references, and tools like Mendeley or EndNote are recommended. List references alphabetically by the authors' last names. Example:

Bongoura, M.L., Atindana, J.N., Ming, Z.H., Wei, P., Mothibe, K.J., & Xue, Z.K. (2012). Starch functional properties and resistant starch from foxtail millet [*Setaria italica* (L.) P. Beauv] species. *Pakistan Journal of Nutrition*, 11(1), 919–928.

Gibson, R.S. (2005). *Principles of Nutritional Assessment. Second Edition*. New York: Oxford University Press.

Kementerian Kesehatan Republik Indonesia. (2013). *Riset Kesehatan Dasar*. Jakarta: Kementerian Kesehatan Republik Indonesia.

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