

Author Guidelines

Title

- The title must be written in English and should be informative, concise, and neither too long nor too short (15–20 words), using Arial font, 12 pt, bold, single-spaced.
- It should consist of the research variables and clearly reflect the content of the manuscript.
- The title must not contain abbreviations or formulas.
- The title page should contain only the manuscript title.

Abstract and Keywords

- The abstract should be written concisely, presenting the most important ideas and including the research problem or objectives, research methods, and research results.
- It must be written in English with a maximum of 300–350 words.
- If the article is written in English, the abstract must be provided in both English and Indonesian. If the article is written in English, the abstract should be written only in English.
- Each abstract (for each language) must be written in a single paragraph and formatted in one column.
- Keywords should consist of the main terms of the article.

Introduction

The introduction should be presented in an integrated manner without subheadings and written in paragraph form, containing:

- Background or research rationale
- Theoretical foundation (a brief literature review)
- Research object or subject

Research Methods

This section should include:

- Study design
- Data collection techniques and data sources
- Data analysis methods

Results

The results section is the main part of the scientific article and includes:

- Results of data analysis
- Results of hypothesis testing
- Results may be presented in tables or graphs to clarify the findings verbally

Discussion

- The discussion is a crucial part of the entire scientific article. Its purpose is to answer the research questions, interpret the findings, integrate the research findings into existing knowledge, and formulate new theories or modify existing ones.

Conclusion

- Contains conclusions and recommendations.
- Conclusions should provide answers to the research questions.
- Recommendations should be based on the research findings and propose practical actions, specifying to whom and for what purpose the recommendations are intended.
- Written in essay form, not in numbered points.

References

- Contains all literature cited in the content, arranged alphabetically, and written in APA (American Psychological Association) 6th Edition style.
- References must be complete and consistent with those cited in the text.
- Only literature cited in the content should be included.
- Articles must cite references from papers published in *Ahmar Metastasis Health Journal*.

The Editorial Board would like to express its deepest gratitude to all reviewers. Without their valuable contributions and expertise, it would be difficult to maintain the high standards of this peer-reviewed journal.

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