**(TAJUK – Bold and Uppercase - Times New Roman – 12 poin – Centred)**

*Title in English (Italic – 12 poin - Centred)*

*Nama penulis (Italic – Centered – 11 poin)*

*Nama institusi (Title Case – 11 poin - Italic- Centered)*

*E-mel (Italic – 11 poin - Centered)*

**ABSTRAK**

*Kajian ini dijalankan..................*

***Kata Kunci:*** *3 -5 kata kunci*

***ABSTRACT***

*This study aims .........*

***Keywords****:*

**PENGENALAN**

Perenggan pertama ........

Perenggan kedua ......

Perenggan ketiga.......

**PERNYATAAN MASALAH**

Bermula di sini........

Perenggan kedua...

Perenggan ketiga ...................

**KAJIAN LITERATUR**

Bermula di sini ................

Perenggan kedua ............................

Perenggan ketiga...........................

**METODOLOGI**

Bermula di sini.................

**ANALISIS DATA**

Bermula di sini .............

**Jadual 1**

*Tajuk jadual*

|  |  |  |
| --- | --- | --- |
| **XXX** | **XXX** | **XXX** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

Penerangan bermula di sini ........

**Jadual 2**

*Tajuk Jadual*

**Rajah 1**

*Tajuk rajah*

**PERBINCANGAN DAPATAN KAJIAN**

Bermula di sini...........

**RUMUSAN DAN CADANGAN**

Bermula di sini.................

Perenggan 2 .............

Perenggan 3............

**Penghargaan**

Terima kasih diucapkan.........................................

**Kenyataan konflik kepentingan**

Tiada potensi konflik kepentingan dilaporkan oleh penulis.

**RUJUKAN**

Ruxton, C. (2016). Tea: Hydration and other health benefits. *Primary Health Care, 26*(8), 34-42. https://doi.org/10.7748/phc.2016.e1162

Creswell, J. W. (2012). *Educational research: Planning, conducting, and evaluating quantitative and qualitative research* (4th ed.). PHI Learning Private Limited Abc.

Engle, E. K., Cash, T. F., & Jarry, J. L. (2009, November). The Body Image Behaviours Inventory-3: Development and validation of the Body Image Compulsive Actions and Body Image Avoidance Scales. Poster session presentation at the meeting of the Association for Behavioural and Cognitive Therapies, New York, NYHijk.