**JUDUL NASKAH**

**(** **Maksimum 20 kata. Judul diketik dengan huruf *Book Antique*, ukuran *font* 13, *bold UPPERCASE,* center*,* jarak 1 spasi)**

Nama Penulis Pertama1, Nama Penulis Kedua2

1-2Asal Institusi Penulis

Email: ………………………………………..

**ABSTRAK**

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**Kata Kunci**: Hipertensi, Terapi relaksasi otot progresif, Tekanan Darah (Maks 5 kata)

***ABSTRACT***

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***Keywords:*** *Hypertension, progressive muscle relaxation therapy, blood pressure (max. 5 kata)*

**LATAR BELAKANG**

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**METODE**

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**HASIL DAN PEMBAHASAN**

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**SIMPULAN DAN SARAN**

**Simpulan**

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**Saran**

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**UCAPAN TERIMAKASIH (Bila Ada)**

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| Jumlah halaman untuk setiap Artikel Jurnal Pengabdian Kesehatanadalah 10 – 15 halaman, dengan model penulisan kutipan Vancouver |