

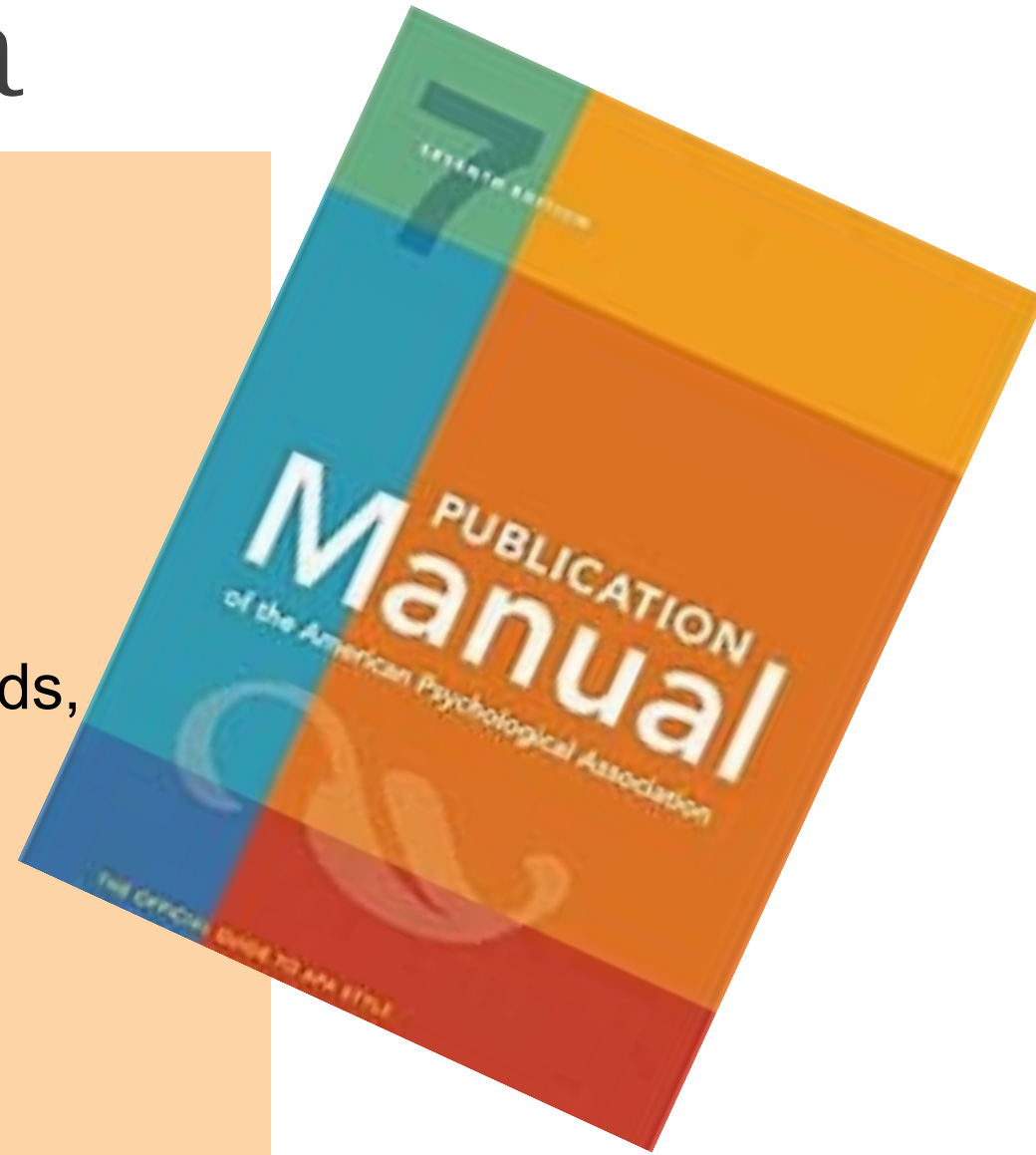
How to write an abstract

NENDEN SRI LENGKANAWATI



Agenda

- ❑ What is an abstract—Definition and functions
- ❑ The purpose of the abstract
- ❑ Qualities of Good Abstract
- ❑ Format of an abstract
- ❑ Introduction to Keywords--Purpose of Keywords, Keywords Format
- ❑ Abstract Standards Overview
- ❑ Different types of Articles and Papers
- ❑ Conclusion



WHAT IS AN ABSTRACT?

Definition

An abstract is a brief, comprehensive summary of the contents of the paper.
(APA 7th Edition)

An abstract—a summary of your
(published or unpublished) PAPER

Consists of a paragraph (c. 6-7 sentences,
150-250 words) long.



The Purpose of an Abstract

Purposes

- Let readers get the gist or essence of your paper quickly
- In order to decide whether to read the full paper;
- prepare readers to follow the detailed information, analyses, and arguments in your full paper;
- help readers remember key points from your paper.



Qualities of a Good Abstract

A good abstract is

- **Accurate**—correctly reflects the purpose and content of the paper
- **Nonevaluative**: Report rather than evaluate; do not add to or comment on what is in the body of the paper.
- **Coherent and readable**: Write in clear and deliberate language.
- **Concise**: Be brief, and make each sentence maximally informative, especially the lead sentence



Abstract Format

- Limited to no more than 250 words
- Place the abstract on its own page after the title page.
- Write the section label “Abstract” in bold title case, centered at the top of the page,
- Place the abstract below the label Abstracts
- Abstracts are written as a single paragraph without indentation of the first line.
- Labels are inserted to identify various sections (e.g., Objective, Method, Results, Conclusion)
- APA journals use bold italic for the labels).



Introduction to Keywords

- Keywords are words, phrases, or acronyms that describe the most important aspects of your paper
- Keywords are used for indexing in databases
- Help readers find your work during a search.
- Keywords are important in aiding readers' search processes.



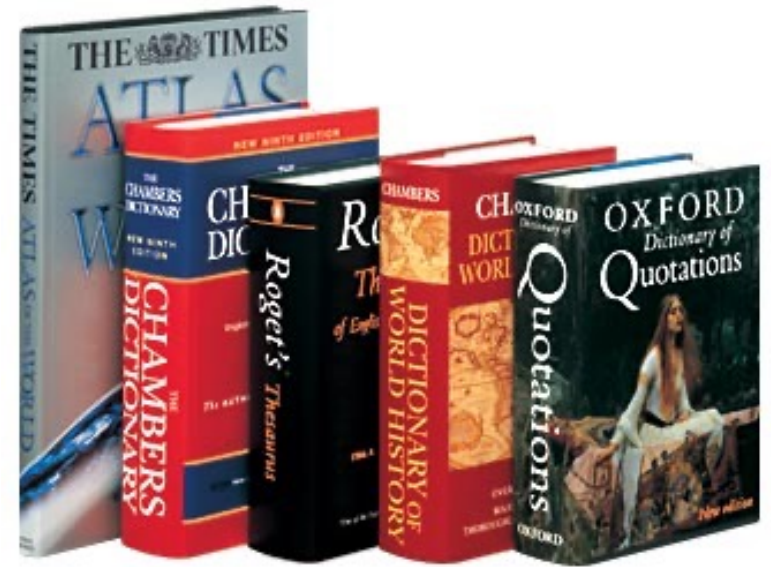
Abstract Standard Overview

- A well-prepared abstract can be the most important paragraph in an article.
- A good abstract is brief but dense with information
- Abstract standards would be based on different types of papers.



Different Types of Articles & Papers

- Empirical Articles
- Replication Articles Abstract
- Quantitative or Qualitative Meta-Analyses
- Literature Review Articles
- Theoretical Articles
- Methodological Articles



Empirical Articles Abstract

The abstract for Empirical Articles should describe:

- **the problem** under investigation—in one sentence—for quantitative analysis include the main hypotheses, questions, or theories
- **participants** or data sources;
- **essential features** of the study method including
 - research design ((e.g., experimental, observational, qualitative, mixed methods)
 - analytic strategy (e.g., ethnography, factor analysis)
 - data-gathering procedures
 - sample size (typically for quantitative analyses) or description of the volume of observations or number of participants (typically for qualitative analyses)
 - materials or central measures used
 - a statement about whether the study is a secondary data analysis
- **Basic findings**

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Replication Article Abstract

Title: "Replicating the Effectiveness of Mindfulness-Based Stress Reduction (MBSR) Interventions: A Multi-Site Replication Study"

Abstract

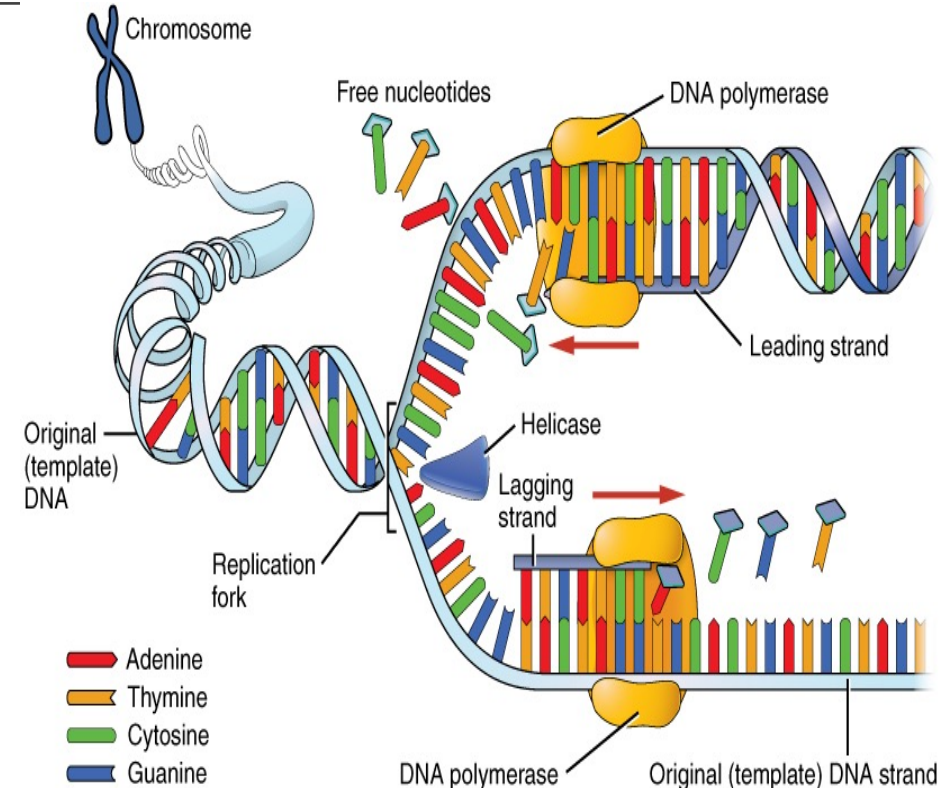
This replication study aims to reproduce and validate the effectiveness of Mindfulness-Based Stress Reduction (MBSR) interventions in reducing stress and improving psychological well-being across diverse populations and settings. Building upon the seminal work of Kabat-Zinn (1982), this multi-site replication involved implementing MBSR programs in three different community centers with a total sample of 300 participants. Participants were randomly assigned to either the MBSR intervention group or a waitlist control group. Pre- and post-intervention measures of perceived stress, anxiety, depression, and mindfulness were administered to assess changes in psychological outcomes. Results indicate a significant reduction in perceived stress and improvements in mindfulness levels among participants who completed the MBSR program compared to the control group. Furthermore, subgroup analyses reveal consistent treatment effects across various demographic variables, suggesting the robustness and generalizability of MBSR interventions. **The findings of this replication study provide further support for the efficacy of MBSR as a scalable intervention for stress reduction and mental well-being, highlighting its potential utility in diverse community settings.**

Replication Articles Abstract

Replication Articles Abstract should describe the following:

- type of replication being reported
- scope of the replication in detail
- Original studies or studies that are being replicated
- general conclusions reached in the replication

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Replication Article Abstract

Title: "Replicating the Effectiveness of Mindfulness-Based Stress Reduction (MBSR) Interventions: A Multi-Site Replication Study"

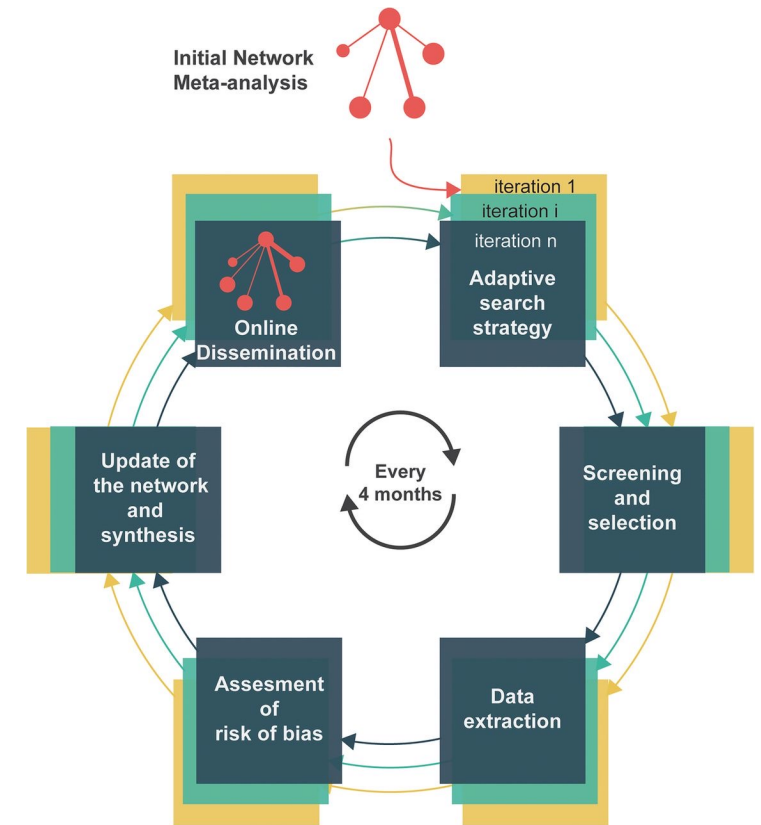
Abstract

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Quantitative or Qualitative Meta Analysis Abstract

Quantitative or Qualitative Meta-Analyses—The Abstract should describe the following:

- research problems, questions, or hypotheses under investigation
- methods of synthesis, including statistical or qualitative metamethods used
- main results
- Conclusions including limitation
- Implication for theory, policy, and/or practice



Quantitative Meta-Analysis Abstract:

Title: "A Meta-Analysis of the Relationship Between Physical Activity and Mental Health Outcomes Among Adolescents"

Abstract

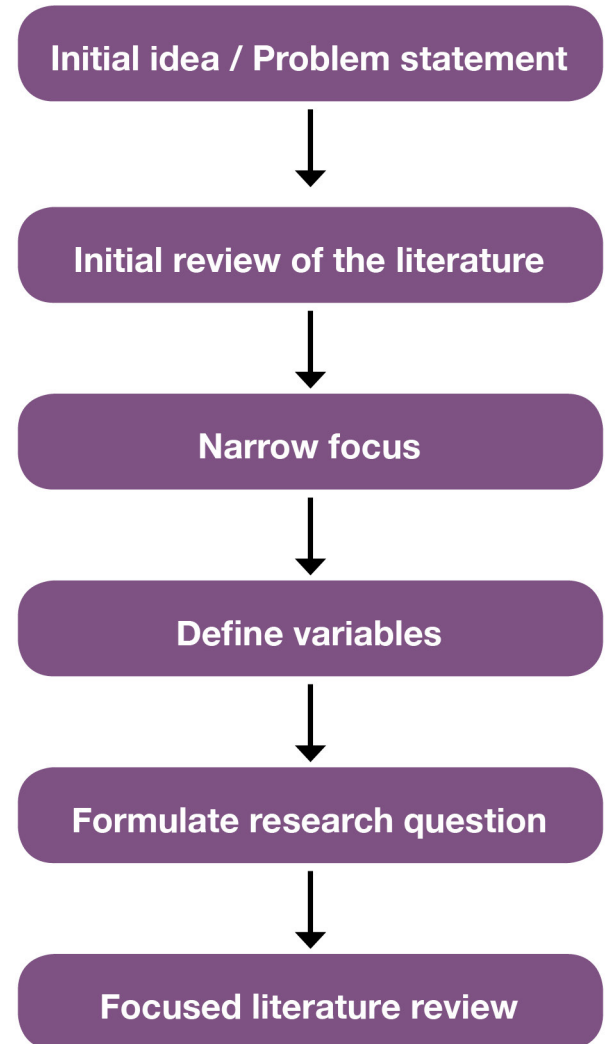
This quantitative meta-analysis synthesizes empirical research investigating the relationship between physical activity (PA) and mental health outcomes among adolescents. Drawing upon a comprehensive search of electronic databases, 35 eligible studies meeting inclusion criteria were identified and included in the meta-analysis, comprising a total sample of 20,000 adolescents. Effect sizes were calculated and aggregated across studies to examine the overall strength and direction of the association between PA participation and mental health indicators, including depression, anxiety, and self-esteem. Results indicate a significant overall effect size suggesting a moderate to strong inverse relationship between PA engagement and symptoms of depression and anxiety, as well as a positive association with self-esteem. Subgroup analyses further explore potential moderators, such as gender, age, and methodological characteristics, to elucidate factors influencing the PA-mental health relationship. Implications for promoting PA as a preventive and therapeutic strategy for enhancing adolescent mental well-being are discussed, along with recommendations for future research directions and intervention strategies targeting vulnerable populations.

Literature Review Articles

Abstract

The abstract for a literature review article (also called a narrative literature review article) should describe the substantive content being reviewed, including the following:

- scope of the literature examined in the review (e.g., journals, books, unpublished abstracts) and the number of items included in the review
- period of time covered in the review (e.g., range of years)
- general conclusions reached in the review



Literature Review Article Abstract:

Title: "The Role of Parental Involvement in Adolescent Academic Achievement: A Comprehensive Literature Review"

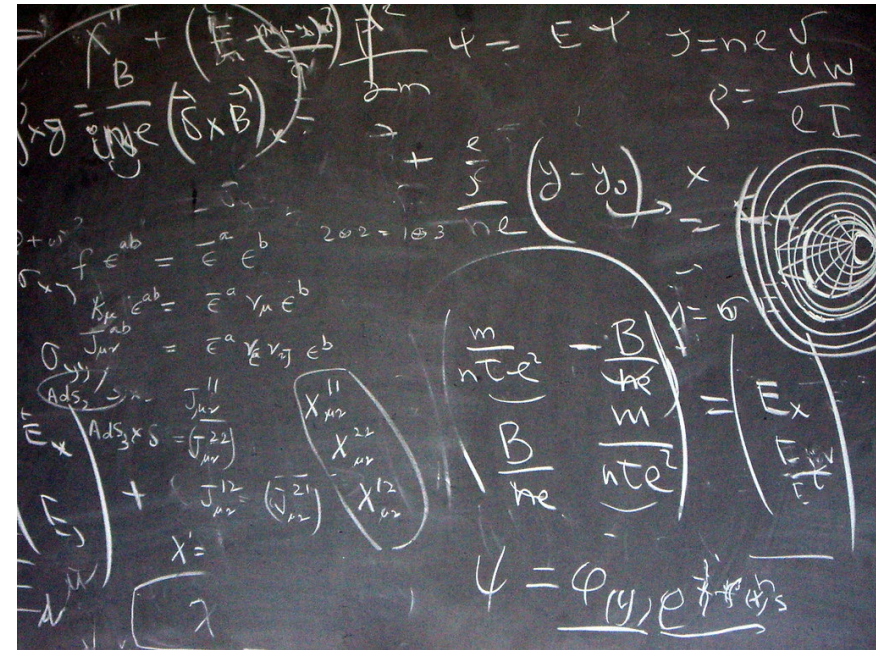
Abstract

This literature review critically synthesizes research examining the role of parental involvement in shaping adolescent academic achievement. Drawing upon a systematic review of peer-reviewed articles published between 2000 and 2020, this paper provides an overview of the theoretical frameworks, empirical findings, and methodological approaches utilized in investigating the complex interplay between parental involvement and student outcomes. Key dimensions of parental involvement, including home-based involvement, school-based involvement, and academic socialization practices, are analyzed in relation to various indicators of academic success, such as grades, standardized test scores, and educational aspirations. The review highlights the nuanced pathways through which parental involvement influences adolescent learning and development, emphasizing the importance of considering contextual factors, family dynamics, and cultural differences in understanding the variability of parental effects on academic outcomes. Furthermore, gaps and inconsistencies in the literature are identified, providing directions for future research to advance theoretical understanding and inform evidence-based interventions aimed at promoting positive parent-school partnerships and enhancing student achievement across diverse populations.

Theoretical Articles Abstract

The abstract for a theoretical article should describe the following:

- how the theory or model works and/or the principles on which it is based
- what phenomena does the theory or model accounts for and linkages to empirical results



Theoretical Article Abstract:

Title: "Toward a Socio-Ecological Framework of Environmental Behavior: Integrating Individual, Social, and Environmental Factors"

Abstract:

This theoretical article proposes a socio-ecological framework to conceptualize and understand environmental behavior within the context of complex interactions between individuals, social networks, and environmental contexts. Drawing upon principles from social psychology, environmental sociology, and ecological systems theory, the framework delineates multiple levels of influence, including intrapersonal, interpersonal, institutional, community, and societal factors, that shape pro-environmental attitudes and behaviors. The article examines theoretical constructs such as environmental identity, perceived behavioral control, social norms, and environmental contexts to elucidate the dynamic interplay between cognitive, affective, and contextual determinants of environmental action. Additionally, the framework integrates insights from research on behavior change interventions and sustainability initiatives to propose strategies for fostering environmentally responsible behaviors at individual, community, and policy levels. By synthesizing diverse theoretical perspectives and empirical findings, this article offers a comprehensive framework for researchers and practitioners to guide future inquiries, interventions, and policy efforts aimed at promoting sustainable behaviors and addressing pressing environmental challenges.

Methodological Articles Abstract

The abstract for a methodological article should describe the following:

- general class, essential features, and range of applications of the methods, methodologies, or epistemological beliefs being discussed
- essential features of the approaches being reported, such as robustness or power efficiency in the case of statistical procedures or methodological integrity and trustworthiness in the case of qualitative methods



Methodological Article Abstract:

Title: "Advancing the Methodological Rigor of Qualitative Research: Strategies for Enhancing Trustworthiness and Validity"

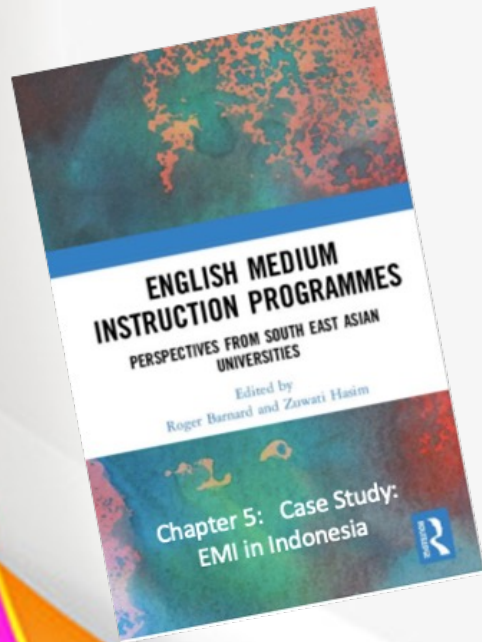
Abstract

This methodological article discusses strategies for enhancing the trustworthiness and validity of qualitative research designs and findings. Recognizing the importance of rigor and credibility in qualitative inquiry, the paper reviews key principles and techniques for ensuring methodological rigor throughout the research process, from study design and data collection to analysis and interpretation. Drawing upon established frameworks such as Lincoln and Guba's criteria for trustworthiness and Creswell and Miller's strategies for enhancing validity, the article outlines practical guidelines and methodological strategies for addressing issues of credibility, transferability, dependability, and confirmability in qualitative research. Examples of techniques such as triangulation, member checking, reflexivity, and peer debriefing are provided to illustrate how researchers can systematically enhance the reliability and validity of qualitative findings. Furthermore, the article discusses ethical considerations and challenges inherent in qualitative research, offering recommendations for maintaining integrity and transparency in research practices. By promoting methodological rigor and transparency, this article aims to advance the quality and credibility of qualitative research in diverse fields and contribute to the advancement of knowledge and understanding in qualitative inquiry.

Conclusion

- In conclusion, abstracts play a crucial role in communicating the essence of research articles to readers.
- By adhering to abstract standards and guidelines, authors can enhance the visibility and accessibility of their work,
- Ultimately contributing to the advancement of knowledge in their respective fields.





Thank you



THANK YOU

