**Name of the Article in Original Language**

**Öz**

The abstract should be arranged in such a way as to include the purpose, method and findings-results of the article and should not exceed 150-220 (min.-max.) words. The abstract should be written in 10 font size and single line spacing. The abstract should be arranged in such a way as to include the purpose, method and findings-results of the article and should not exceed 150-220 (min.-max.) words. The abstract should be written in 10 font size and single line spacing. The abstract should be arranged in such a way as to include the purpose, method and findings-results of the article and should not exceed 150-220 (min.-max.) words. The abstract should be written in 10 font size and single line spacing. The abstract should be arranged in such a way as to include the purpose, method and findings-results of the article and should not exceed 150-220 (min.-max.) words. The abstract should be written in 10 font size and single line spacing. The abstract should be arranged in such a way as to include the purpose, method and findings-results of the article and should not exceed 150-220 (min.-max.) words. The abstract should be written in 10 font size and single line spacing.

*Keywords:* Self, self-esteem, stress, coping with stress, managing stress

**The title of the article in the second language (for example, English)**

**Abstract**

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*Keywords:* Self, Self Esteem, Stress, Coping with Stress, Stress Management

**Introduction**

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**Method**

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**Universe – Sampling**

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**Data Collection Tools**

*Data Collection Tool Name.* Information about the article's data collection tool(s) will be included here. "Garamond" font should be used as font in articles. In articles that require the use of a special font, the font used should also be sent with the article. There should be 2.5 cm margins from the top, right and left edges and 1.5 cm from the bottom in the page layout of the article. The text of the article should be written in "Garamond" font, size 11, single line spacing, 6 pt spacing before and after. The text should be written as a single column. Each paragraph should consist of at least three sentences. Paragraphs should start with a 0.75 cm indent, no spaces should be left between paragraphs.

**Data Analysis**

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**Results obtained**

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**Tablo 1.** *Table Name*

| ***Model*** | ***B*** | ***Standart Hata*** | ***Beta*** | ***t*** | ***p*** | ***r*** | ***Partial r*** | ***Part r*** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
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**Şekil 1.** *Name of the figure*

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**Image 1.** *Frederic Winslow Taylor*

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**Discussion, Conclusion and Recommendations**

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**EXTENDED ABSTRACT**

Each article sent to the journal should have an EXTENDED ABSTRACT of 750-1000 words after the "References" section. If the language of the article is Turkish, the summary should be in English, and if it is in English, it should be in Turkish. Extended abstracts should not contain subtitles (for example, INTRODUCTION), but should be in a single column and of the specified length. Extended abstracts should be written in “Garamond” font, 11 font size, single line spacing, 6 pt spacing before and after. Each article sent to the journal should have an EXTENDED ABSTRACT of 750-1000 words after the "References" section. If the language of the article is Turkish, the summary should be in English, and if it is in English, it should be in Turkish. Extended abstracts should not contain subtitles (for example, INTRODUCTION), but should be in a single column and of the specified length. Extended abstracts should be written in “Garamond” font, 11 font size, single line spacing, 6 pt spacing before and after. Each article sent to the journal should have an EXTENDED ABSTRACT of 750-1000 words after the "References" section. If the language of the article is Turkish, the summary should be in English, and if it is in English, it should be in Turkish. Extended abstracts should not contain subtitles (for example, INTRODUCTION), but should be in a single column and of the specified length. Extended abstracts should be written in “Garamond” font, 11 font size, single line spacing, 6 pt spacing before and after. Each article sent to the journal should have an EXTENDED ABSTRACT of 750-1000 words after the "References" section. If the language of the article is Turkish, the summary should be in English, and if it is in English, it should be in Turkish. Extended abstracts should not contain subtitles (for example, INTRODUCTION), but should be in a single column and of the specified length. Extended abstracts should be written in “Garamond” font, 11 font size, single line spacing, 6 pt spacing before and after. Each article sent to the journal should have an EXTENDED ABSTRACT of 750-1000 words after the "References" section. If the language of the article is Turkish, the summary should be in English, and if it is in English, it should be in Turkish. Extended abstracts should not contain subtitles (for example, INTRODUCTION), but should be in a single column and of the specified length. Extended abstracts should be written in “Garamond” font, 11 font size, single line spacing, 6 pt spacing before and after. Each article sent to the journal should have an EXTENDED ABSTRACT of 750-1000 words after the "References" section. If the language of the article is Turkish, the summary should be in English, and if it is in English, it should be in Turkish. Extended abstracts should not contain subtitles (for example, INTRODUCTION), but should be in a single column and of the specified length. Extended abstracts should be written in “Garamond” font, 11 font size, single line spacing, 6 pt spacing before and after. Each article sent to the journal should have an EXTENDED ABSTRACT of 750-1000 words after the "References" section. If the language of the article is Turkish, the summary should be in English, and if it is in English, it should be in Turkish. Extended abstracts should not contain subtitles (for example, INTRODUCTION), but should be in a single column and of the specified length. Extended abstracts should be written in “Garamond” font, 11 font size, single line spacing, 6 pt spacing before and after. Each article sent to the journal should have an EXTENDED ABSTRACT of 750-1000 words after the "References" section. If the language of the article is Turkish, the summary should be in English, and if it is in English, it should be in Turkish. Extended abstracts should not contain subtitles (for example, INTRODUCTION), but should be in a single column and of the specified length. Extended abstracts should be written in “Garamond” font, 11 font size, single line spacing, 6 pt spacing before and after. Each article sent to the journal should have an EXTENDED ABSTRACT of 750-1000 words after the "References" section. If the language of the article is Turkish, the summary should be in English, and if it is in English, it should be in Turkish. Extended abstracts should not contain subtitles (for example, INTRODUCTION), but should be in a single column and of the specified length. Extended abstracts should be written in “Garamond” font, 11 font size, single line spacing, 6 pt spacing before and after.