**Name of the Article in Original Language[[1]](#footnote-1)**

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**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**

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**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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**Ethical Statement**

In the process of writing an article entitled “……………………………” scientific rules, ethical rules and citation rules were observed; The data collected was not falsified and this study was not submitted to any other academic publishing environment for evaluation*.*

**Statement of Contribution Rate of Researchers**

In articles with multiple authors, the percentage contribution of the researchers preparing the article should be briefly included in this section. This section is mandatory.

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This section should state any conflicts of interest the researchers may have with other individuals or institutions related to the research. If none exist, this should also be stated. This section is mandatory.

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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.

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