Title in Proper Title Case Format

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**Background**. The abstract is a summary of your paper. It should be 230-250 words long.

**Objective**. The abstract should describe briefly the purpose of the research, the principal results and major conclusions.

**Design**. Do not include tables, pictures or references to other parts of the paper or to the reference listing at the end.

**Results**. Abstract should be understandable in itself to be suitable for storage in textual information retrieval systems.

**Conclusion**. Good luck with the article!

***Keywords****:* write 5-7 keywords, separated with commas.

Introduction (PiR Heading 1 in Title Case Format)

This is the format for the first paragraph after a subhead. Main text should be 3,000–5,000 words long. Include in-text citations to show your reader where and when you got information from other sources (Carlson, 2010). See below for more information about in-text citation styles.

This is the format for subsequent paragraphs after a subhead.

APA 7th Edition In-Text Citation Styles

These have been simplified compared to APA manual 6th edition.

In-text citations for works of three or more authors: Include the name of only the first author and the abbreviation “et al.” for every citation, even the first one. Smith et al. (2019) or (Smith et al., 2019).

When multiple references would shorten to the same “et al.” abbreviation, disambiguate them by spelling out as many author names as needed to differentiate the citations and match them to their reference list entry.

If there are 2 or more citations within one set of parentheses, they should be in alphabetical order (Alpha, 2007; Beta, 2005).

Methods

The Method section might have Participants, Materials, and Procedure subsections if there are enough details requiring explanation to warrant such subheadings.

Participants (PIR Heading 2 Subhead in Title Case Format)

Heading “Participants” should be formatted in style PIR Heading 2.

Procedure

Questionnaires – PIR Heading 3 Subhead in Title Case Format

*Heading* “*Questionnaires*” *should be formatted in style PIR Heading 3.*

Results

Description of results, including tables, figures etc. Make sure that the tables are numbered according to their sequence in the text. Here is an example of a correctly formatted table (see *Table 1*). Place footnotes to tables below the table body and indicate them with superscript lowercase letters. Try to avoid using tables with a great deal of numerical data. Make sure that all the tables and illustrations are discussed in the text.

**Table 1**

Gender of Leader

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | Frequency  | Percent | VP | CP |
| Valid | Male | 84 | 69.4 | 69.4 | 69.4 |
|  | Female | 37 | 30.6 | 30.6 | 100.0 |
|  | Total | 121 | 100.0 | 100.0 |  |

Note. VP = Valid Percentage. CP = Cumulative Percentage.

Use uniform lettering and sizing of your original artwork. Resolution should be a minimum of 600 dpi. Please also submit each picture in a separate file (.tif or .eps format is strongly recommended). Note that the journal is printed in black and white, but in pdf pictures can be in color if it need. Make sure that the illustrations are numbered according to their sequence in the text.



Figure 3. Laissez-faire leadership style

Note. The histogram illustrates the perception of laissez-faire leadership style displayed in the two leader groups.

Discussion

*Discuss results here.*

Conclusion

*Summarize results and suggestions for future research.*

Limitations

*Possible issues in generalization of results, e.g., sample size, limited access to data.*

Ethics Statement

We require every research article submitted to include a statement that the study obtained ethics approval (or a statement that it was not required and why), including the name of the ethics committee(s) or institutional review board(s), the number/ID of the approval(s), and a statement that participants gave informed consent before taking part.

Informed Consent from the Participants’ Legal Guardians (if the participants were minors)

Written informed consent to participate in this study was provided by the participants’ legal guardian/next of kin.

Author Contributions

For example: A.B. and B.C. conceived of the idea. A.B. developed the theory and performed the computations. C.D. and D.E. verified the analytical methods. B.C. encouraged A.B. to investigate [a specific aspect] and supervised the findings of this work. All authors discussed the results and contributed to the final manuscript.

Conflict of Interest

During manuscript submission, PIR journal authors are required to disclose the nature of any competing and/or relevant interest. Conflict of interest for a manuscript exists when a participant in the peer review and publication process – author, reviewer, or editor – has ties to activities that could inappropriately influence his or her judgment, whether or not that judgment is in fact affected. Financial relationships with industry, for example, through employment, consultancies, stock ownership, honoraria, expert testimony, either directly or through immediate family, are usually considered to be the most important conflicts of interest. However, conflicts can occur for other reasons, such as personal relationships, academic competition, and intellectual passion. If no conflict of interest is declared, the following statement will be published in the article here: "The authors declare no conflict of interest".

Acknowledgements

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References

References are formatted according to the APA (7th ed.) standards (see *Table 2* and examples below). You should transliterate both the articles’ titles and the names of the journals, using the Library of Congress transliteration system ([ALA-LC](https://en.wikipedia.org/wiki/ALA-LC_romanization_for_Russian)) **without diacritical marks** (thus,я is transliterated “ia”; и and йare both transliterated “i”). You can use this service for appropriate transliteration:

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Please delete spaces between initials. Add DOI to each reference (if any), using this format: https://doi.org/ …. Use the words “Retrieved from” only when a date is provided in the citation.

For reference formatting, we recommend that you a special service (www.mendeley.com, www.citethisforme.com, www.endnote.com)

**Table 2**

Reference List Formatting

|  |  |
| --- | --- |
| *No. of authors* | *Examples (see APA style manual for complete listing)* |
| *1–20* | Provide surnames and initials for up to and including 20 authors. When there are two to 20 authors, use an ampersand before the final author’s name: Author, A.A., Author, B.B., & Author, C.C. |
| *21* *or more* | *First 19 authors then ellipsis (no ampersand] then last author* |

*Examples:*

*Journal article with doi*

Author, A.A., & Author, B.B. (year of publication). Title of article. *Journal Title,* *volume number*(issue number), page–page. https://doi:

Bronfenbrenner, U. (1986). Ecology of the family as a context for human development: Research perspectives. *Developmental Psychology, 22*(6), 723–742. https://doi.org/10.1037/0012-1649.22.6.723

Gordeeva, T.O. (2014). Bazovye tipy motivatsii deiatel’nosti: potrebnostnaia model’ [Basic types of motivation of human activity: The needed model]. *Vestnik Moskovskogo Universiteta. Seria 14. Psikhologiia* [Moscow University Psychology Bulletin, Series 14], *3,* 63–78. http://msupsyj.ru/articles/detail.php?article = 5179

**Journal article, available online**

Author, A.A., & Author, B.B. (year of publication). Title of article*. Journal Title,* *volume number* (issue number)*,* page–page. URL

Trankle, S.A., & Haw, J. (2009). Predicting Australian health behaviour from health beliefs. *Electronic Journal of Applied Psychology, 5*(2), 9–17. http://ojs.lib.swin.edu.au/index.php/ejap/

*Books*

Do not include the physical locations for publishers in any reference type (this is a change from APA manual 6th edition). Examples:

Author, A.A., & Author, B.B. (year of publication). *Title of book*. Publisher.

James, C., Cameron, P.D., Smith, Y.N., Hawthorne, H., & Cushing, S.M. (2005). *The sociological theory of people and places.*Oxford University Press.

Mikadze Yu.V. (2008). *Neiropsikhologiia detskogo vozrasta* [Developmental neuropsychology]. Piter.

**Chapter in edited book**

Author, A. A., & Author, B. B. (year of publication). Title of chapter. In A. Editor & B. Editor (Eds.), *Title of book* (pp. xxx–xxx). Publisher.

Kaplan, R.B. (1996). Culture and the written language. In J.M. Valdes (Ed.), *Culture bound* (pp. 8-19). Cambridge University Press.

Helber, L.E. (1995). Emotional development. In M. V. Conlin & T. Baum (Eds.), *Early childhood: educational approaches* (pp. 105–113). John Wiley.

*Edited book*

Editor, A.A., & Editor, B.B. (Eds.). (year of publication). *Title of book* (edition). Publisher.

Williams, J.M. (Ed.). (2006). *Applied sport psychology: Personal growth to peak performance* (5th ed.). McGraw-Hill.