

Improving Adolescent Health Through Digital Youth Capacity Building

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ABSTRACT

The complexity of adolescent health problems, of course, requires a comprehensive and integrated handling that involves all elements from across related programs and sectors. The Ministry of Health has developed Adolescent Care Health Services (PKPR) at Puskesmas, with a comprehensive package of services for adolescent health including IEC, counseling, coaching peer counselors, clinical/medical services and referrals including community empowerment. The purpose of this community service activity is to increase the capacity of cadres in managing adolescent posyandu. It is hoped that with community service activities, in the form of assistance and capacity building for adolescent posyandu cadres, it will spur community development, especially adolescents there by fostering their own motivational power, as well as being agents of change and preparing development cadres, after the formation of adolescent posyandu in the area. This Community Service activity, not only in the form of workshops to cadres that have been carried out, but will be followed by the provision of on the spot services in RW Palahan Setiamulya Village Tamansari District Tasikmalaya City. The activity of providing health test services for adolescents, will be carried out by students, cadres of Hizbul Wathon and lecturers of the Faculty of Health Sciences, University of Muhammadiyah Tasikmalaya.

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INTRODUCTION

The adolescent population in Indonesia in 2021, based on UNICEF research, is 17% or approximately 46 Million of the total population in Indonesia, and West Java is the first highest province out of six other provinces in the number of adolescent population in Indonesia. Of these adolescents, 10.8% live below the poverty line, and most live in rural areas (UNICEF, 2021). Adolescent problems associated with poverty and rural residence are usually related to poor nutritional status, anemia, and poor health knowledge, including reproductive health issues, so problems such as unwanted pregnancies and abortions are often found in rural areas (Rasmanjar, 2022) . The reason why such problems occur is because the period of adolescent life is said to be a period of storm and stress, as they experience many challenges, both from themselves (biopsychosocial) and from the environment (environmental) (Prasasti, S.,2017).. Adolescents need to have the ability to deal with these challenges, because if not, they can end up with a variety of complex health problems as a result of their risky behaviors (Ruwayda, 2020).

The complexity of adolescent health problems, of course, requires a comprehensive and integrated handling that involves all elements from across related programs and sectors (Sulaeman, 2022). The Ministry of Health has developed Adolescent Care Health Services (PKPR) at Puskesmas, with a comprehensive package of services for adolescent health including IEC, counseling, coaching peer counselors, clinical/medical services and referrals including community empowerment (Anna uswatun, I. H. 2020). However, in-building services provided by health workers still have a limited number of facilities and access-related barriers due to diverse geographies, which requires efforts to empower the community in the form of independent community participation in promotive and preventive efforts, for example activities such as posyandu (Puspita.S, 2018). Youth Posyandu is expected to be a community forum that facilitates adolescents in understanding their health problems, expanding the reach of PKPR health centers in providing promotive and preventive services to adolescent targets, especially for adolescents in areas that have limited access and geographical barriers such as remote areas, islands or other isolated / alienated areas (Kemenkes, 2018).

The benefits of the existence of adolescent posyandu have proven to be able to manage several health problems in adolescents, including being quite influential in determining behaviors that include knowledge, attitudes and practices of adolescent reproductive health in Tanjung Pinang City (Mia Afritia, 2019). Based on the situation analysis in RW Palahan, several problems of adolescents were found, related to their health status, namely the lack of concern of adolescents for their health, both physically and mentally and the lack of concern for environmental health, as well as the lack of parental concern for adolescents' mental health problems, so then the Youth Posyandu was formed. However, the establishment of adolescent posyandu cadres has not been followed by the availability of trained adolescent posyandu cadres to manage the services of the posyandu, so that it can optimally serve adolescents, and be able to solve various adolescent problems (Kasmawati, 2023).

The purpose of this community service activity is to increase the capacity of cadres in managing adolescent posyandu (Rusmini, R, 2024). It is expected that with community service activities, in the form of mentoring and capacity building of adolescent posyandu cadres, will spur community development, especially adolescents there by fostering their own motivational power, as well as agents of change and preparing development cadres, after the formation of adolescent posyandu in the area (Susanti, S., 2020). In particular, the adolescent Posyandu in Palahan village is present in order to help adolescents face their complex problems, with the strength and potential of the adolescents themselves, by utilizing information technology.

METHOD OF IMPLEMENTATION

The establishment of the Youth Posyandu, has not been fully able to overcome the problems of adolescents in Palahan Village, because it has not been supported by adequate cadre capacity to manage the Posyandu in a sustainable manner. Therefore, this community service activity is carried out to follow up on the formation of youth posyandu, by building and developing the capacity of youth posyandu cadres in managing posyandu activities in a sustainable manner, in the form of mentoring activities and a series of workshops entitled Digital Youth Capacity Building For Youth Health Improvement. The partners involved besides the health center are IT practitioners who will act as facilitators in the training. The IT practitioner is the head of ICT (Installation Computer and Technology) from Universitas Muhammadiyah Tasikmalaya. The next partner is Hizbul Wathan as part of the Youth Posyandu cadres. Hizbul Wathan will be involved in the training, and after the community service ends they will become a support system to maintain the sustainability of the program. Mentoring and Workshop with the name Digital Youth Capacity Building For Youth Health Improvement, which is carried out through several activities:

- Capacity building of cadres in understanding health issues in adolescents, conducted through training and workshops on adolescent health.
- Capacity building of adolescent counselors, through Training and Workshop on Adolescent Counselors and Psychological First Aid for Adolescents.
- Digital Literacy Capacity Building, conducted through workshops on information technology, and the importance of understanding information technology for adolescents
- Capacity building to build and manage Posyandu Remaja's social media accounts, through Introducing To Social Media and How To Monetize It workshops.
- Capacity Building to Create Technology-Based Educational Media, in the form of Video Making, Video Editing, and Video Animation Workshops.

Assistance in developing and managing Posyandu Remaja's social media, in the form of designing and compiling a timeline of adolescent health issues to be shared regularly, and managing an online adolescent counseling forum.

RESULTS AND DISCUSSIONS



FIGURE 1. workshop on adolescent reproductive health. Source: Author's document, 2024



FIGURE 2. workshop on adolescent mental health. Source: Author's document, 2024



FIGURE 2. workshop on youth information technology .Source: Author's document, 2024

The material provided at the workshop which lasted for two days, was divided into two major themes, on the first day, the material presented was about adolescent health, and the material on the second day, regarding information technology and social media. On the first day, the activity was opened with remarks by the Head of the Tamansari Health Center, Dr. H. Mohammad Ali Sya'ban, and remarks from the Vice Dean of the Faculty of Health Sciences Mrs. Sri Wahyuni, M.Keb. After the opening, the workshop continued with the provision of material on adolescent health, both physically and mentally, and on the second day of workshop activities, material was presented on information technology and social media.

All speakers at this workshop were practitioners, as well as lecturers who were also practitioners in their respective fields. The material on Adolescent Reproductive Health was delivered by Midwife Hj. Lili Herawati, S.Tr.Keb, while the material on Adolescent Mental Health and Psychological First Aid (PFA) and Youth Counselors was delivered by Neni Sholihat, M.Psi., Psychologist, while the material on Information Technology for Teens and Managing Social Media was delivered by Taofik Muhammad, S.Kom., M.Kom.

Workshop activities on both the first and second day ended with practical activities. The practice of performing emotion management techniques as one of the PFA activities was carried out on the first day, and the practice of creating social media content and sharing it through each cadre's social media account, as well as creating a social media account for the RW Palahan youth posyandu was carried out on the second day. The purpose of the workshop on improving youth posyandu cadres with the theme Digital Youth Capacity Building is to increase the capacity of youth posyandu cadres in providing services to adolescents around RW Palahan. This is based on the facts in the field which show that, although in RW Palahan a youth posyandu has been formed as a mentor of the Tamansari Health Center, the activities

and activities of cadre members are often passive or less productive, as well as the capacity of cadres to provide services, are still not optimal and need to be improved.

This was conveyed by the Head of Tamansari Health Center in his speech, when opening the Workshop. Realizing also, that not many adolescents access youth posyandu services due to limitations in terms of distance, time, or cost, training was given on Information Technology for adolescents and managing social media, so that cadres can still reach and serve adolescents, through social media, by sharing various information about adolescent health, both physically, sexually and mentally, as well as information related to activities carried out by youth posyandu. It is hoped that with a workshop that not only equips posyandu cadres with theory and practice covering health and information technology, the capacity of cadres in providing services can increase, as well as attracting the interest of gen Z teenagers who are very fluent in the use of information technology and social media, to access youth posyandu services.

This Community Service activity, not only in the form of workshops to cadres that have been carried out, but will be followed by the provision of on the spot services in RW Palahan Setiamulya Village Tamansari District Tasikmalaya City. The activity of providing health testing services for adolescents, will be carried out by students, cadres of Hizbul Wathon and lecturers of the Faculty of Health Sciences, University of Muhammadiyah Tasikmalaya. This community service team was initiated by the Chairperson of the Proposer Hani Handayani M. Kep., with members of the Proposer, namely Neni Sholihat M.Psi., Psychologist and Sri Mulyanti, M.Kep.

CONCLUSIONS AND SUGGESTIONS

The Youth Posyandu Cadre Capacity Building activities through Digital Youth Capacity Building will spur community development, especially adolescents there by fostering their own motivational power, as well as agents of change and preparing development cadres, after the establishment of youth posyandu in the area. In particular, the youth Posyandu in Palahan village is present in order to help adolescents face their complex problems, with the strength and potential of the adolescents themselves, by utilizing information technology.

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