

## The Role of Integrated Healthcare Center For Adolescents In Increasing Knowledge And Minimizing Health Risks In The Younger Generation

Muchamad Arif Al Ardha<sup>1\*</sup>, Syamsuryanita<sup>2</sup>, Nurul Ikawati<sup>3</sup>, Nelli Roza<sup>4</sup>, Johansen Hutajulu<sup>5</sup>

<sup>1\*</sup>Universitas Negeri Surabaya, <sup>2,3</sup>Universitas Megarezky Makassar, <sup>4</sup>Institut Kesehatan Mitra Bunda,

<sup>5</sup>Universitas Sari Mutiara Indonesia

---

### ARTICLE INFO

#### Keywords:

*Role of integrated health*

*center,*

*Health risks,*

*Adolescent health knowledge*

---

Email :

[muchamadardha@unesa.ac.id](mailto:muchamadardha@unesa.ac.id)

[syamsur120190@gmail.com](mailto:syamsur120190@gmail.com)

[nurul.ikawati88@gmail.com](mailto:nurul.ikawati88@gmail.com)

[nelliroza101201@gmail.com](mailto:nelliroza101201@gmail.com)

[jojo3boy@yahoo.com](mailto:jojo3boy@yahoo.com)

### ABSTRACT

Young people have a high level of health risk as they are undergoing rapid physical and mental changes. Therefore, it is crucial for young people to get accurate information and understanding about health. Adolescent integrated healthcare centers play a critical role in assisting youth in obtaining the necessary health information and knowledge and reducing youth health risks. Adolescents can get accurate health information and knowledge through health education programs and other services provided by integrated healthcare centers, which also serve to reduce adolescent health risks. Adolescent Posyandu can benefit most from this study's advice about how to increase their knowledge and understanding of health risks. Despite the fact that a comprehensive information-dissemination plan is required, young people must be made aware of the facilities and services offered by an integrated healthcare center for adolescents in order to draw them in for health-related consultations. Government and community support are crucial for bolstering and enhancing the services offered by an integrated healthcare center for adolescents.

Copyright © 2023 Eduhealth Journal. All rights reserved is Licensed under a [Creative Commons Attribution- NonCommercial 4.0 International License \(CC BY-NC 4.0\)](https://creativecommons.org/licenses/by-nc/4.0/)

## 1. INTRODUCTION

Health is both a human right and an investment, thus it must be pursued, fought for, and developed by every individual and every part of the nation in order for individuals to enjoy a healthy life and achieve an ideal level of public health[1] . This indicates that health care must be provided during all stages of the human life cycle, from the fetus to the old. This includes the fetus, the newborn, the toddler, the adolescent, and the young adult (during their productive years). Because teenagers face numerous internal and external problems, adolescence is a turbulent and stressful period. If teenagers are unable to overcome these obstacles, they may develop a variety of complex health problems as a result of their risky conduct [2].

The younger generation is a period of transition from adolescence to adulthood. At this time, individuals are experiencing very rapid physical and mental changes and have a high level of health risks. Therefore, it is very important for them to obtain true and accurate information and knowledge about health[3], [4].

Integrated healthcare center for adolescents has a very important role in helping the younger generation to obtain correct information and knowledge about health. Integrated healthcare center for adolescents provides specialist health services for adolescents, such as counselling, gynecological services, and other health services[5]. Integrated healthcare center for adolescents also organizes health education programs for adolescents, such as HIV/AIDS prevention programs, prevention of sexually transmitted diseases, and others.

With the integrated healthcare center for adolescents, the younger generation has easier and cheaper access to quality health services. Integrated healthcare center for adolescents also helps minimize health risks to the younger generation by providing correct and accurate information and

knowledge about health[6], [7]. Integrated healthcare center for adolescents also has a very important role in increasing health awareness in the younger generation. Through health education programs held[8], Integrated healthcare center for adolescents helps young people understand the importance of health and establish a healthy lifestyle.

The importance of health literacy in adolescents in increasing knowledge and minimizing health risks in the younger generation in helping adolescents obtain correct information and knowledge about health, as well as minimizing health risks in adolescents. Research result[9]–[11]shows that adolescents can obtain correct and accurate information and knowledge about pregnancy care behavior. Other research by[12]shows that there is a relationship between health literacy and health behavior in adolescents, because an understanding of health can be a reference in implementing a healthy lifestyle. So that the urgency regarding the importance of health literacy in adolescents is an important factor in improving health behavior[13].

The role of integrated healthcare center for adolescents in increasing health literacy in adolescents is an important way to support health literacy by making the younger generation the object of knowledge transfer.[14]–[16]. Various media can be used as a means of conveying health information to adolescents, such as in research[17]–[19]who use digital media in supporting health literacy, in addition to research by[20]–[22]explained that currently integrated healthcare center for adolescents facilities and services have been very supportive in supporting adolescent health, in research by[23]–[25]various programs at the youth health center are one way to increase health literacy and can provide instructions for the younger generation to care about health[26]. Health education program[27]–[29]organized by the integrated healthcare center for adolescents was very effective in increasing health knowledge and attitudes in adolescents.

So based on the presentation of several studies about the importance of health literacy in adolescents, and one of the tips that can be done is by utilizing the facilities and services of the youth health center so that it can be seen the role of the youth health center in increasing knowledge and minimizing health risks. This research can provide analysis for the government and the community to continue to strengthen and improve the services provided by integrated healthcare center for adolescents.

## 2. METHODS

The method used in this study is a descriptive qualitative method with a literature research approach or literature study by reviewing journals and other references that have a connection or relationship with the role of the integrated healthcare center for adolescents in improving health literacy in adolescents. Literature review is part of research that involves revision and analysis of scientific publications and literature related to research topics. The aim is to gather information and knowledge about the research topic and evaluate the methodology, results, and conclusions of previous research[30].

## 3. RESULTS AND DISCUSSION

### **Relationship between the Integrated Healthcare Center for Adolescents and Efforts to Improve Health Risk Awareness**

The relationship between Posyandu Adolescents and increasing understanding of health risks is interrelated and very important. Health education programs and other health services provided by the Integrated healthcare center for adolescents help adolescents obtain correct information and knowledge about health. By obtaining correct information and knowledge about health, adolescents can take appropriate actions to minimize health risks and maintain their health. This is in accordance with research by which states that[25]the health services provided by the Integrated healthcare center for adolescents are very important for the younger generation. Reproductive health services, mental health services, immunization services, and disease prevention and control programs organized by the Integrated healthcare center for adolescents help adolescents understand health risks and minimize health risks in adolescents. Collaborating with schools is also important for the Integrated healthcare center for adolescents. In collaboration with schools, Integrated healthcare center for adolescents can help introduce health education programs for adolescents and help minimize health risks to

*The Role of Integrated Healthcare Center For Adolescents In Increasing Knowledge And Minimizing Health Risks In The Younger Generation; Muchamad Arif Al Ardha, et al*

adolescents. There are efforts from integrated healthcare center for adolescents[31]in maximizing the role of Posyandu Adolescents have a very important role in helping the younger generation obtain correct information and knowledge about health and minimizing health risks to the younger generation. Therefore, it is very important for the government and the community to continue to strengthen and improve the services provided by the Integrated healthcare center for adolescents.

Based on existing literature[10], [32], [33], the use of the Integrated healthcare center for adolescents in increasing knowledge and minimizing health risks in the younger generation can be done through health education programs and other health services organized by the Integrated healthcare center for adolescents. Health education programs organized by the Integrated healthcare center for adolescents include reproductive health education, mental health education, immunization, and disease prevention and control programs. The health services provided by the Integrated healthcare center for adolescents are also very important for the younger generation by forming health cadres that involve youth[8], [34]. Reproductive health services, mental health services, immunization services, and disease prevention and control programs organized by the Integrated healthcare center for adolescents help adolescents understand health risks and minimize health risks in adolescents. Several studies related to the use of Integrated healthcare center for adolescents in increasing knowledge and minimizing health risks in the younger generation have also been carried out[31]. These studies show that the use of Integrated healthcare center for adolescents can increase knowledge and minimize health risks in the younger generation.

### **Health Literacy Program at Integrated Healthcare Center for Adolescents**

The programs organized by the integrated healthcare center for adolescents vary depending on local needs and situations. However, some common programs organized by integrated healthcare center for adolescents include:

1. Health Education Program: This program provides information and knowledge about health for adolescents, including reproductive health, prevention of sexually transmitted diseases, and prevention of HIV/AIDS.
2. Reproductive Health Services: Integrated healthcare center for adolescents provides reproductive health services for adolescents, such as counselling, gynecological services, and family planning (contraception) services.
3. Mental Health Services: Integrated healthcare center for adolescents provides mental health services to adolescents, such as counseling and therapy for emotional and mental problems.
4. Immunization Services: Integrated healthcare center for adolescents provides immunization services for youth to prevent infectious diseases.
5. Disease Prevention and Control Programs: Integrated healthcare center for adolescents organizes disease prevention and control programs, such as infectious disease prevention programs and early disease detection programs.
6. Collaborative Programs with Schools: Integrated healthcare center for adolescents work together with schools to organize health education programs for adolescents and help minimize health risks to adolescents.

The programs organized by the integrated healthcare center for adolescents aim to help adolescents obtain correct information and knowledge about health, as well as minimize health risks to adolescents. If this program can be implemented consistently, of course it can provide great benefits for the younger generation to care about health from an early age.

### **Active Participation of Integrated Healthcare Center Adolescents in Knowledge Transfer and Adolescent Health Knowledge Enhancement**

In increasing the role for adolescents so that they can gain knowledge about adolescent health, there are tips that can be carried out by Posyandu youth in playing an active role in increasing the knowledge of the younger generation. There are several tips that can be done, namely:

1. Organizing health education programs: Integrated healthcare center for adolescents can organize health education programs such as reproductive health education, mental health education, immunization, and disease prevention and control programs.

*The Role of Integrated Healthcare Center For Adolescents In Increasing Knowledge And Minimizing Health Risks In The Younger Generation; Muchamad Arif Al Ardha, et al*

2. Providing health services: Integrated healthcare center for adolescents can provide health services such as reproductive health services, mental health services, immunization services, and disease prevention and control programs.
3. Providing quality health services: The health services provided by the Integrated healthcare center for adolescents must be of good quality and able to help adolescents understand health risks and minimize health risks to adolescents.
4. Develop creative programs: Integrated healthcare center for adolescents can develop creative programs such as competitions, contests and fun events to help adolescents understand health risks and minimize health risks to adolescents.
5. Collaborating with youth organizations: Integrated healthcare center for adolescents can work with youth organizations to help adolescents understand health risks and minimize health risks to adolescents. Involve youth in Integrated healthcare center for adolescents programs: Youth must be involved in Integrated healthcare center for adolescents programs so that they feel they have a role and have an interest in obtaining information and knowledge about health.
6. Collaborating with related parties: Integrated healthcare center for adolescents must collaborate with related parties, such as the government, the community, and other health institutions, so that the programs implemented can be more effective and efficient.
7. Providing true and accurate information and education: Integrated healthcare center for adolescents can provide true and accurate information and education about health and health risks to the younger generation through media such as books, leaflets and social media.

Recommendations for tips that can be carried out by integrated healthcare center for adolescents certainly require support from the community, youth and government. The implementation plan requires an optimal information dissemination strategy so that the younger generation can learn about the services and facilities of the integrated healthcare center for adolescents, then can attract the attention of young people to come and conduct health-related consultations.

#### 4. CONCLUSION

Based on the literature review approach conducted, it shows that the Integrated healthcare center for adolescents has a very important role in increasing knowledge and minimizing health risks in the younger generation. Various programs that have been implemented by the integrated healthcare center for adolescents show an active role in transferring knowledge to remakes related to adolescent health, the facilities and services of the integrated healthcare center for adolescents are very adapted to the various needs and complaints of adolescents. This research can provide recommendations for tips that can be carried out by the integrated healthcare center for adolescents in maximizing increased knowledge and understanding of health risks. Even though in reality an optimal information dissemination strategy is needed so that the younger generation can find out about the services and facilities of the integrated healthcare center for adolescents, then it can attract the attention of teenagers to come and carry out health-related consultations. Research suggestions namely it is very important for the government and the community to continue to strengthen and improve the services provided by the Integrated healthcare center for adolescents.

#### REFERENCES

- [1] E. Khoiriyah and O. Oktaviani, "EDUKASI PENYAKIT TIDAK MENULAR (PTM) PADA IBU HAMIL DI POSYANDU LAVENDER," *J. Pengabd. Masy. Anugerah Bintan*, vol. 3, no. 1, 2022.
- [2] I. Prijatni, I. Prijatni, and S. Rahayu, "Kesehatan reproduksi dan keluarga berencana." Pusdik SDM Kesehatan, 2016.
- [3] D. Hargreaves *et al.*, "Strategies and interventions for healthy adolescent growth, nutrition, and development," *Lancet*, vol. 399, no. 10320, pp. 198–210, 2022.
- [4] M. Pakpahan *et al.*, *Promosi kesehatan dan perilaku kesehatan*. Yayasan Kita Menulis, 2021.
- [5] N. F. Aprianti, E. Faizaturrahmi, and B. D. Fatmasari, "Edukasi Kesehatan Reproduksi Remaja Dalam Upaya Pencegahan Pernikahan Dini Di Dusun Lembar, Desa Lembar Selatan Lombok

*The Role of Integrated Healthcare Center For Adolescents In Increasing Knowledge And Minimizing Health Risks In The Younger Generation; Muchamad Arif Al Ardha, et al*

- Barat: Indonesia,” *Indones. J. Community Dedication*, vol. 5, no. 1, pp. 1–6, 2023.
- [6] A. A. Fauzi *et al.*, *PEMANFAATAN TEKNOLOGI INFORMASI DI BERBAGAI SEKTOR PADA MASA SOCIETY 5.0*. PT. Sonpedia Publishing Indonesia, 2023.
- [7] S. T. Muhammad Wali *et al.*, *Penerapan & Implementasi Big Data di Berbagai Sektor (Pembangunan Berkelanjutan Era Industri 4.0 dan Society 5.0)*. PT. Sonpedia Publishing Indonesia, 2023.
- [8] V. Dewi, G. L. Handayani, and J. Junita, “Pembinaan Kader Kesehatan Dalam Pembentukan Remaja Sadar Gizi di Posyandu Remaja,” *J. Pengabd. Meambo*, vol. 1, no. 1, pp. 40–46, 2022.
- [9] P. N. Tamalla and M. Azinar, “Literasi Kesehatan terhadap Perilaku Perawatan Kehamilan Usia Remaja,” *HIGEIA (Journal Public Heal. Res. Dev.)*, vol. 6, no. 1, 2022.
- [10] M. Suwarjono, “Pembentukan Posyandu Remaja Sebagai Upaya Peningkatan Pengetahuan dan Kualitas Kesehatan Remaja di Dusun Dingkikan, Sedayu, Bantul,” *J. Atma Inovasia*, vol. 2, no. 4, pp. 419–423, 2022.
- [11] M. Pane, J. Hutajulu, D. Nababan, N. B. Brahmana, and M. E. J. Sitorus, “FAKTOR RISIKO STUNTING PADA BALITA USIA 25-36 BULAN DI WILAYAH KERJA PUSKESMAS BIREM BAYEUN KABUPATEN ACEH TIMUR,” *PREPOTIF J. Kesehat. Masy.*, vol. 6, no. 3, pp. 2097–2109, 2022.
- [12] Y. N. Aula, “Hubungan Literasi Kesehatan Dengan Perilaku Kesehatan Siswa Sekolah Menengah Atas Negeri Di Kota Surabaya,” *J. Pendidik. Olahraga Dan Kesehat.*, vol. 8, no. 1, 2020.
- [13] I. Khairina, S. Susmiati, N. Nelwati, and D. Rahman, “Literasi Kesehatan Sebagai Upaya Peningkatan Perilaku Kesehatan Remaja,” *JAPI (Jurnal Akses Pengabd. Indones.)*, vol. 7, no. 1, pp. 1–8, 2022.
- [14] L. N. Khabibah, “Peran Pos Pelayanan Terpadu dalam Edukasi Kesehatan Reproduksi Remaja di desa Peterongan Kabupaten Jombang.” UIN Sunan Ampel Surabaya, 2019.
- [15] M. A. Al Ardha *et al.*, “A Content Analysis of Sports Summer Camp Curriculum for Elementary School Students by the Perspective of Multiple Intelligence Theory,” *Stud. Philos. Sci. Educ.*, vol. 3, no. 1, 2022.
- [16] S. Syamsuryanita and N. Ikawati, “Perbedaan Pemberian Air Jahe dan Air Kelapa terhadap Penurunan Nyeri Haid pada Remaja Putri di Sman 3 Makassar Tahun 2020,” *J. Inov. Penelit.*, vol. 2, no. 9, pp. 3089–3096, 2022.
- [17] N. Wijayanti, T. Triyanta, and N. Ani, “Efektifitas Penyuluhan Kesehatan Sadari Dengan Media Video Terhadap Pengetahuan Pada Remaja Putri Di Smk Muhammadiyah Cawas Klaten,” *J. Ilmu Kesehat. Masy. Berk.*, vol. 2, no. 1, pp. 49–58, 2020.
- [18] A. Priambodo, D. C. Kartiko, M. A. Al Ardha, and M. F. Rohman, “Application Of E-Module and Video Tutorials to Student Learning Motivation and Learning Effectiveness In Physical Education, Sports, And Health,” *JUARA J. Olahraga*, vol. 8, no. 1, 2023.
- [19] S. Hartoto *et al.*, “Physical Education Teacher Perception in Conducting Online Learning Activities during Covid-19 Pandemic,” *JOSSAE (Journal Sport Sci. Educ.)*, vol. 7, no. 1, pp. 42–49, 2022.
- [20] A. Situmorang, “Pelayanan kesehatan reproduksi remaja di puskesmas: Isu dan tantangan,” *J. Kependud. Indones.*, vol. 6, no. 2, pp. 21–32, 2016.
- [21] Z. Shaluhiah and C. Suryawati, “Analisis Implementasi Pelayanan Kesehatan Peduli Remaja (PKPR) di Puskesmas,” *J. Kesmas (Kesehatan Masyarakat) Khatulistiwa*, vol. 7, no. 3, pp. 98–108, 2020.
- [22] H. Purwanto and S. Dalis, “E-Pelayanan Konsultasi Kesehatan Peduli Remaja Pada Puskesmas Bekasi,” *Simetris J. Tek. Mesin, Elektro dan Ilmu Komput.*, vol. 9, no. 1, pp. 147–160, 2018.
- [23] S. N. Anisah, “Program Pelayanan Kesehatan Peduli Remaja di Puskesmas,” *HIGEIA (Journal Public Heal. Res. Dev.)*, vol. 4, no. Special 4, pp. 846–854, 2020.
- [24] S. Santi and C. Cheristina, “Perilaku Remaja Dalam Pemanfaatan Program Pelayanan Kesehatan Peduli Remaja (PKPR) Di Puskesmas Jumpandang Baru,” *PREPOTIF J. Kesehat. Masy.*, vol. 4, no. 2, pp. 293–303, 2020.

- [25] R. Y. S. Subardjo, "Pelayanan Kesehatan Peduli Remaja Dengan Program Konselor Sebaya dan Usulan Posyandu Remaja," 2015.
- [26] V. D. Yani, O. Emilia, and H. Kusnanto, "Persepsi Remaja Terhadap Faktor Penghambat Pemanfaatan Pelayanan Kesehatan Reproduksi Di Puskesmas Gambok Kabupaten Sijunjung," *J. Kesehat. Reproduksi*, vol. 1, no. 1, 2014.
- [27] L. Ospina-Pinillos, T. A. Davenport, C. S. Ricci, A. C. Milton, E. M. Scott, and I. B. Hickie, "Developing a mental health eClinic to improve access to and quality of mental health care for young people: using participatory design as research methodologies," *J. Med. Internet Res.*, vol. 20, no. 5, p. e188, 2018.
- [28] R. Rosita, N. Ikawati, and S. Saleh, "PENYULUHAN TENTANG PUBERTAS DALAM MENGHADAPI PERUBAHAN FISIK PADA REMAJA," *JMM (Jurnal Masy. Mandiri)*, vol. 7, no. 1, pp. 213–220, 2023.
- [29] D. A. Suntara, N. Roza, and A. Rahmah, "Hubungan Hipertensi Dengan Kejadian Stroke Pada Lansia Di Wilayah Kerjapuskesmas Sekupang Kelurahan Tanjung Riau Kota Batam," *J. Inov. Penelit.*, vol. 1, no. 10, pp. 2177–2184, 2021.
- [30] Sugiyono, *Metode penelitian: Pendekatan Kuantitatif, Kualitatif, dan R&D*. Bandung : Alfabeta, 2015, 2017.
- [31] R. Y. Widiastuti and R. D. Faiza, "Upaya Kader Posyandu dalam Mengurangi Tingkat Stunting di Desa Pakel Kabupaten Jombang," *Learn. Community J. Pendidik. Luar Sekol.*, vol. 6, no. 2, pp. 130–137, 2022.
- [32] T. Y. Handayai, R. A. Tarigan, N. Roza, N. J. Margiyanti, D. P. Sari, and S. Ridmadhanti, "Penyuluhan Resiko Kehamilan Pada Remaja di Pulau Nguan Kecamatan Galang Kota Batam Tahun 2020," *J. Pelayanan dan Pengabd. Masy.*, vol. 4, no. 1, pp. 58–64, 2020.
- [33] L. M. Siregar, J. Hutajulu, H. Syapitri, and H. Sikutiro, "Hubungan Kepatuhan Diet Dengan Kualitas Hidup Pada Penderita Diabetes Melitus Di Puskesmas Lut Tawar Kecamatan Lut Tawar Kabupaten Aceh Tengah," *J. Kesehat. Masy. DAN Lingkungan. HIDUP*, vol. 7, no. 2, pp. 153–157, 2022.
- [34] R. Rasmaniar, E. Nurlaela, A. Ahmad, and N. Nurbaya, *Pelatihan Gizi Bagi Kader Posyandu Remaja*. Yayasan Kita Menulis, 2022.