



**THE CONTRIBUTION OF POSYANDU REMAJA (YOUTH INTEGRATED SERVICE POST) IN DECREASING ADOLESCENT PREGNANCY RATE IN TENGGERNESS TRIBE: A CASE STUDY OF POSYANDU REMAJA IN TOSARI DISTRICT, PASURUAN, EAST JAVA**

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**ABSTRACT**

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**Introduction:** *Problem of child marriage, an unexpected pregnancy, narcotics psychotropic agent addictive drug (NAPZA), and lacking access to the healthcare provider frequently found in every area of Indonesia. In the beginning, Posyandu Remaja had been developed as a program which facilitates youth activities outside the school to tackle adolescent marriage problem in Tosari District. In its development, Posyandu Remaja integrates with the Adolescent Health Program in Tosari Primary Health Care.*

**Objective:** *This study aims to describe the contribution of Posyandu Remaja in decreasing the adolescent pregnancy rate.*

**Method:** *This study case describes Posyandu Remaja's implementation by explaining various factors that ignite youth and stakeholder initiative to execute Posyandu Remaja and analyze the contribution of Posyandu Remaja in providing information service regarding an adolescent health issue. Observation and deep interviews were done to conduct this study case.*

**Result:** *This study shows Posyandu Remaja is considered as a positive activity. Cultural factors, such as teamwork, caring, and cooperation (gotong royong), which are deeply internalizing in Tenggerness people, also contribute to preserving Posyandu Remaja implementation. Furthermore, the existence of Posyandu Remaja ables to make information access and adolescent health service closer in the local area to prevent risky behavior in teenagers and adolescent pregnancy.*

**Conclusion:** *Posyandu Remaja is needed by Tenggerness people. Thus, support and accompaniment's stakeholder are needed to preserve Posyandu Remaja implementation.*

**Keywords:** *Adolescent Health, People Empowerment, Posyandu Remaja.*

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## **INTRODUCTION**

Adolescence is a period of storm and stress because adolescents experience many challenges both from themselves (biopsychosocial factors) or the environment (environmental factors). If adolescents cannot face these challenges, they can end up with various complex health problems as a result of their risky behavior. Based on the results of the 2015 School-Based Health Survey in Indonesia (GSHS), it can be seen a picture of health risk factors for students aged 12-18 years (junior and senior high) nationally. As many as 41.8% of men and 4.1% of women claimed to have smoked, 32.82% of whom smoked for the first time at the age of  $\leq 13$  years. The same data also shows 14.4% of men and 5.6% of women have consumed alcohol, they also found 2.6% of men have ever consumed drugs. Another illustration of health risk factors is sexual behavior, in which 8.26% of male students and 4.17% of female students aged 12-18 years have

had sexual relations. Premarital sexual behavior certainly has a broad impact on adolescents, especially related to the transmission of infectious diseases and unwanted pregnancy and abortion. Pregnancy in adolescents not only affects the physical, mental, and social conditions of adolescents, but can also increase the risk of infant / toddler mortality, as demonstrated by the 2012 IDHS where pregnancy and childbirth for mothers under 20 years contribute to the high Neonatal Mortality Rate (34/1000 KH), Postnatal Mortality Rate (16/1000 KH), Infant Mortality Rate (50/1000 KH) and Under-5 Mortality Rate (61/1000 KH). The quarterly report of the Directorate General of Disease Control and Environmental Health (DG P2PL) from 1987 to March 2013 shows that the high incidence of AIDS in the age group of 20-29 years indicates that the group first contracted HIV in adolescence.

Injury incident in school-age children and adolescents are increasing as Riskesdas showed in 2013 where the prevalence of injuries in children aged 5-14 years was 9.7% and 11.7% in children aged 15-24 years, the majority due to falls (40.9%) and motor transportation (40.6%). Furthermore, based on the data of the cause of death registration system in 2012 in 12 districts, it was found that the most deaths for children aged 13-15 years from a total of 137 deaths were caused by transportation accidents, external causes, conditions, tuberculosis, and ischemic heart disease. Nutrition issues also need attention, as shown from the results of Riskesdas 2010, namely children aged 6-12 years 15.1% are very short stature and 20.5% are short stature, 4.6% are very thin, and 7.6% are thin, and 9, 2% are overweight.

The complexity of health problems in adolescents, absolutely, requires a comprehensive and integrated treatment that involves all elements from across programs and related sectors. The Ministry of Health has developed Adolescent Health Care Services (PKPR) at the Puskesmas, which until 2016, there were 4154 PKPR Puskesmas spread across 406 districts/cities. Puskesmas provide services ranging from Information and Education Communication (KIE), counseling, coaching peer counselors, clinical/medical services, and referrals, including community empowerment.

The service provided by health workers still has a limited number of facilities and barriers related to access due to diverse geography. It requires efforts to empower the community by encouraging community participation in promotive, preventive, and self-supporting activities, for example, activities such as Integrated Service Post (Posyandu). As of 2010, there were 266,827 Posyandu throughout Indonesia, which means there were around 3-4 Posyandu in each village/sub-district. Aside from its function as a forum for community empowerment in transferring information and skills from healthcare officers to the community and between communities, it is also useful to deliver basic health services closer especially in relation to decreasing maternal mortality rate (AKI), infant mortality rate (AKB) and infant mortality rate (AKABA).

Health is a human right (UUD 1945, article 28 H paragraph 1 and Law No. 36 of 2009 concerning health) and also as an investment. Thus it needs to be pursued, strived, and improved by each individual and all components of the nation so that people can enjoy a healthy life, and in the end, can realize the optimal degree of public health. It needs

to be done because health is not the responsibility of the government itself, yet it is a shared responsibility of the government and the community, including the private sector.

Healthy and quality human resources are the main capital or investment in health development. Health, education, and economy are the three pillars that significantly affect the quality of life of human resources. The 2011 UNDP report showed that in 2011, Indonesia's Human Development Index (HDI) was 0.617 and was ranked 124 out of 187 countries.

In supporting the achievement of health development targets following the 2015-2019 Strategic Plan, which was established through the Decree of the Minister of Health R.I. Number HK.02.02 / Menkes / 52/2015, one of the references for the policies direction of the Ministry of Health is the application of integrated and continuous health care approach (continuum of care). It means that health services must be carried out for all stages of the human life cycle (life cycle), since they are still in the womb, until they are born as babies, grow into toddlers, school-age children, teenagers, young adults (productive age), and finally become adult or elderly age. One method of applying the approach to health services in adolescence is to develop Adolescent Posyandu (Posyandu Remaja) in Indonesia in general and in the District of Tosari in particular.

### **1.1 Tosari Bromo**

A rural area as a location of research by the author in this paper is the entire village in the Sub-district of Tosari - Bromo, which is a residing area of the Tengger tribe in Indonesia with a population of 18,526 people (Central Statistics Agency, 2014), consisting of 5,860 households, 28.8% of them are included in the category of poor population. Located in Pasuruan Regency, East Java Province, about 30 minutes to the Mount Bromo tourist area. Administratively, Tosari sub-district is divided into eight villages: Baledono, Kandangan, Mororejo, Ngadiwono, Podokoyo, Sedaeng, Tosari, and Wonokitri. Most of the residents' livelihoods are farmers, tour drivers, or lodging businesses. The closest cities are Malang City and the Government Center of Pasuruan Regency are 2 hours drive by car or riding a motorcycle. The majority of the Tosari population is Hindu, then Muslim and Christian. The number of adolescents between the ages of 10 to 19 is 13.7% of the total population (Statistics Indonesia, 2013). The 2013 census

showed there were 56% of the population who only completed primary education and did not continue to the next level (junior high or high school).

The author has lived with the Tengger tribe for one year and has monitoring programs remotely from 2015 to the present. The author conducted a case study to report on several findings of the Posyandu Remaja activities since it was initiated at the end of 2014 until now. Since the first time established, the Posyandu Remaja has become a youth activity that contributes to the fulfillment of access to information and health services for adolescents in the Tosari District, both school and non-school youth.

## 1.2 Posyandu Remaja

At the end of 2014, Pencerah Nusantara batch III Tosari initiated the formation of the Posyandu Remaja in the Tosari Subdistrict collaboration with the Primary Health Care Center (Puskesmas) of the Tosari District, the Laskar Pencerah Youth Community (LP) Tosari and the Wonokitri Village Government. According to the Ministry of Health in Technical Guidelines for the Implementation of Youth Posyandu in 2018, the understanding of Posyandu Remaja is a community-based health initiative activity originating from the community, especially teenagers as its main resource power. Similar to the Toddler Posyandu (Posyandu Balita), the Posyandu Remaja also has an activity called the 5 table system. Every teenager who comes will fill in the attendance list, measured height (TB), weight (BB), upper arm circumference (LILA), blood pressure, assessment result documented, be given individual counseling by healthcare officer and be given counseling or group education by a youth cadre.

Initially, the Posyandu Remaja was formed as one of Laskar Pencerah's work programs to increase youth participation in positive activities to reduce the number of early aged marriages in Wonokitri Village. As time goes by, Posyandu Remaja not only useful to reduce early aged marriage, but also become activities that can increase youth participation in sustainable development programs or SDGs that focus on issues of health and well-being of adolescents.

The village where the Posyandu Remaja was born is Wonokitri Village. At the end of 2014, Wonokitri is one of the villages that did not have written regulations on early aged marriage. In addition, this village is also known for having a high number of early age marriages, so the village

government is working hard to reduce the number of early marriages through positive activities, one of which is by established Posyandu Remaja.

Youth cadres are an important component in the implementation of Posyandu Remaja, while Puskesmas and Village Government are support systems and coaches. However, without the participation of the Puskesmas or Village government, youth cadres cannot carry out their functions properly. Therefore, the training and enhancement of youth cadres are a priority for the implementation of the Posyandu Remaja. Before the establishment of the Posyandu Remaja in a specific village, teenagers were first trained to become youth cadres. Furthermore, they continue to be fostered by Puskesmas to strengthen their knowledge and skills. The training provided to youth cadres included training in carrying out the functions of five tables system, such as registering, measuring BB, TB, LILA, blood pressure, taking documentation, conducting counseling, and counseling related to adolescent health materials.

As a result, in mid-2015, six other villages followed the Wonokitri in establishing the Posyandu Remaja with the same goal. As many as 87.5% of villages in Tosari Sub-district had a Posyandu Remaja in 2016, which was active and managed by youth cadres and fully supported by the village government and other relevant stakeholders. In 2018, Balaidono became the most recent village to form the Posyandu Remaja because it was caused by the readiness of young cadres, the condition of the village government, which experienced a long transition period, as well as the busyness of the village midwife as the supervisor.

Table 1: The Number of Posyandu (Years Observation)

Year	Number of Posyandu Remaja	Number of Villages
2014	1	1
2015	6	6
2016	7	7
2017	7	7
2018	8	8

Resource: Primary Data collected by writer since 2014 until now

According to secondary data collected from the Puskesmas, the number of pregnant women under the age of 20 years old totaled 20 women in 2014, and fell to 17 women in 2015, and even dropped to 12 in 2016. This gross reduction in early aged pregnancy rates is considered to be related to Youth Posyandu activities in the community since 2014.

**Table 2: The Number of Early Aged Pregnancy (under 20 years old)**

Year	Number of Pregnancy
2014	20
2015	17
2016	12

Resource: Data of Mother and Child Health (KIA) Puskesmas Tosari Tahun 2014-2016

### 1.3 Why Posyandu Remaja Is Important?

Study results show the role and participation of adolescents in health development through Posyandu Remaja. In addition, they found the risk behavior in adolescents slowly began to fall. It is indicated by a decrease in pregnancy in adolescents under the age of 20 years old from year to year. Interventions such as the Posyandu Remaja provide a platform for young people to contribute directly to the community through innovation and creativity, and to increase social support through peer groups.

Community-based health services such as the Posyandu Remaja aim to promote adolescent health by providing knowledge and regular public health assessment. It can encourage independence, increase self-confidence and develop social skills among adolescents. These factors can prevent teenagers from risk factors such as physical, sexual and emotional abuse or other maladaptive behavior (Patel et al, 2007).

This study aims to describe the contribution of Posyandu Remaja in reducing teenage pregnancy rates. The research question is, "What is the contribution of Posyandu Adolescents in reducing teenage pregnancy rates?"

### METHOD

This research is qualitative research using case study method. Case study is a method for analyzing single bound systems (Merriam, 2009). The research process was carried out in the context of real conditions (Yin, 2008). Case study method was conducted to report observations of community-based adolescent health services through Posyandu Remaja activities in Tosari, East Java.

### Data Collection

This study was conducted with unstructured observations made by the author as a community partner in 2014-2015. Continuing observations and field visits are carried out until 2018. Reports and notes while in the field are collected to answer research questions.

Research informants are key figures in the community and adolescents who run the Posyandu Remaja. The research informants were selected by

identifying the role of the informants in carrying out the Youth Posyandu activities. They include youth cadres, Head of Puskesmas, community leaders, and school teachers. The interviewer is a writer who was previously a member of Pencerah Nusantara from the third generation. Pencerah Nusantara is a group of multidiscipline healthcare personnel who facilitates Puskesmas to improve its performance and formulate the implementation of the Posyandu Remaja in Tosari District.

Interviews were conducted in person in Tosari and also by telephone for 30-45 minutes per person. The results of the interview are recorded by telephone application and key points are written down by taking notes. Participants were asked several questions about 1.) Their perception of Posyandu Remaja 2.) Community needs for Posyandu Remaja 3) Impact of Posyandu Remaja in the community, and 4.) Factors in maintaining Posyandu Remaja in the community, including cultural and social factors. Observations and interviews were analyzed using thematic content analysis.

### RESULTS

This research was done by observation and in-depth interviews with six informants. Six informants with different backgrounds were chosen to get diverse and in-depth results from different points of view. The four sub-topics identified from the results of observations and in-depth interviews are : (a) Community perspective on Posyandu Remaja; (b) Community needs for Posyandu Remaja; (c) Impact of Posyandu Remaja; (d) things that have helped Posyandu Remaja to survive until now.

#### 3.1. Community Perspective on Posyandu Remaja

Some informants' perspectives on Posyandu Adolescents are as follows;

"Posyandu Remaja is a positive activity for adolescents who want to make a better change for the youth community, especially adolescent health problems" (Youth Cadre)

"Posyandu Remaja is a youth activity that is not only focused on health promotion but also the empowerment of adolescents, children, and young people so that they can be more beneficial to society. This activity is very good and useful, especially for teenagers." (Head of Puskesmas)

A side from being a positive activity, the informant also considered that the Posyandu

Remaja was different and unique compared to the activities of adolescents in the community and other extracurricular activities at school because in it there was a built of kinship, cooperation, and succeeded in facilitating adolescents in Tosari to be directly involved in in the community outside of school.

"Posyandu Remaja is good and positive, we originally only wanted to target adolescent health, but it turned out to be a kinship bonus among adolescents, especially for their youth cadres. They are cohesive, accustomed to cooperation, and they have a role in the community from an early age, such as participating in village meetings, speaking at village forums, this is a very good thing. Posyandu Remaja provides learning and important information not provided by schools or other extracurricular activities. It is surely a positive activity because it is needed and useful. Posyandu Remaja is also a brave teen activity. I say brave because they dare to take roles and engage in routine community activities, dialogue with the Village Government, Puskesmas. If teenagers don't have strong desires, they definitely cannot walk." (School teacher).

The core of the informants' answers related to community perspectives on Posyandu Remaja is that Posyandu Remaja is an activity for youth that is positive and beneficial.

### **3.2. Community Needs on Posyandu Remaja Activities**

#### ***Access to Health Information***

All informants agreed to the statement that the Posyandu Remaja must be continued and maintained in Tosari. Some informants saw a need to provide adolescent health information.

"Teenagers need that information even though they don't mention it or they openly say that they need correct information. Posyandu Remaja takes the role of promoting health in adolescents" (Youth Cadre).

"Posyandu Remaja needs to be continued because other adolescents of the same age need to be more open in providing health information and learning about organizations so they can lead better in the future." (Youth Cadre)

"Posyandu Remaja is necessary because not all adolescents want to look for information at the Puskesmas, because of school or distance reason. At

least with Posyandu Remaja, children in Tengger are more often exposed to health information." (Head of Puskesmas)

"... important because there is no reason for them (teenagers) not to know the dangers of getting married early because the information is given every month in the village too, the place is closer" (Community Leader)

#### ***Adolescent Health Problems***

Some informants saw the important role of Posyandu Remaja in keeping teenagers away from negative activities. Some Posyandu Remaja work plans are made based on problems faced by adolescents in Tosari, such as; smoking, high alcohol consumption, early aged marriage, and teen pregnancy.

"... Because many teenagers have the potential to do negative things in Tengger, for example, smoking, drinking alcohol, excessive dating. The existency of Posyandu Remaja is very important because it can help spread the correct information about adolescent health to themselves." (Youth cadre)

"Posyandu Remaja really needs to continue, through the promotion of adolescent health, I hope this can prevent teenagers from early aged marriage and alcohol. And we both know that the problem is a problem that Tengger people face from the past until now" (Community Leader))

"Really, it is very important for the lives of Tengger people, because in here, those who have not graduated from junior high school are generally married because they are pregnant. It is very important to continue the activities of the Posyandu Remaja, so that if adolescents know the impact of their actions, they can be careful and can delay their marriage, at least the risky behavior will slowly vanish." ( School Teacher).

The informants' answers answered about the community's need for the Posyandu Remaja program: 1) Posyandu Remaja moves health information access closer to adolescents 2) Posyandu Remaja is needed because Tosari still has many adolescent health problems, especially risk behaviors in adolescents that can be resolved by implementing Posyandu Remaja.

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### **3.3. Impacts of Posyandu Remaja Activities**

#### **3.3.1 Impact on Youth Cadres**

According to informants, the biggest impact of the Posyandu Remaja for youth cadres was: (1) Improvement of organizational and leadership skills; (2) Increased sensitivity and awareness of the surrounding environment; (3) As a room for discussion with peers.

#### ***Improve Adolescent Skills***

Posyandu Remaja activities have improved the social skills of adolescents, both organizational skills and skills in working with the community.

"After participating in the Posyandu Remaja activities, I became more familiar with the organization and could organize, even in some organizations I also dared to become a leader." (Youth Cadre)

"Before joining the Posyandu Remaja cadre, I was shy and didn't care about the environment, but now I am active in the community and feel motivated to continue learning." (Youth Cadre)

"Youth cadres, if I look, become more sensitive in the surrounding environment. This Tengger actually has a problem with adolescent health, but the community is less aware of it, so by moving other teenagers to be involved in Posyandu Remaja, it is a success. It is a very good thing because learning is sensitive from a young age (Community Leader)

"Leadership is the thing that I see most in the cadres of youth in the Posyandu Remaja. Usually, those in the school are also good at their participation so that they can move, for example, the student council organization more independently. I believe this is part of the success of the Posyandu Remaja in developing cadres before the children were embarrassed and seemed to care less, *cemen*" (School Teacher)

"Some of the youth cadres I see now are not ashamed to lead discussions with their friends, talk to other teenagers for health education, even if there is a meeting with the district head or the government they also dare to speak out and express their opinions." (Head of Puskesmas).

#### **3.3.3 Impact on Tenggerese Adolescent**

The impact of Adolescent Posyandu for adolescents, in general, are: (1) Increased adolescent motivation to pursue higher education;

(2) A place to increase creativity. (3) Increasing adolescent knowledge about the dangers of early aged marriage and drugs; (4) Reducing teenage pregnancy.

#### ***Motivation to Learn***

"My friends are now thinking more about not rushing into marriage, going to school, working first, getting married later (Youth Cadre).

"I am happy, Tengger's children are now starting to dare to go to school and get out of Tosari, and the numbers are also pretty good, this is because Tosari children are already aware of the importance of education, they have good motivation to continue their education and are not in a hurry to get married. In my opinion, it because of the influence of schools that are intensely encouraging education as well as the role of Posyandu Remaja, which often includes material about schools in the village." (School teacher)

#### ***Increase Creativity***

"Poster competitions and anti-smoking campaign activities make students and youth more creative in campaigning for healthy living." (School teachers).

"Through song making competition for health promotion, cigarette campaigns, HIV & AIDS campaigns, teenagers in Tengger not only know the dangers of risky behavior but also understand. We can use this to measure their understanding of the material delivered during the Posyandu Remaja and school counseling. Furthermore, we learned that it turns out that Tengger teenagers are very creative in promoting adolescent health." (Head of Puskesmas)

"The Tengger actually loves things that smell like culture or art. Stage, singing, carnival activities are the most popular things. With the existence of joint health campaign activities that contain elements of art, I see teenage children's participation is quite good. Maybe they feel appropriate to the way. Besides that, their artistic creativity can be expressed there. Maybe in the future, health campaigns must be activities that are loved by teenagers and can improve and show the creativity of adolescents." (Community Leader)

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### **Improving Adolescent Health Knowledge**

"In our opinion, the impact of the Posyandu Remaja is very large, especially in providing information related to early aged marriage, smoking, alcohol, and drugs, because if seen or for example I talk lightly about early aged marriage they have begun to understand that it's not good, drugs, alcohol is unhealthy"(Community Leader)

"Posyandu Remaja helps the Village Government to promote adolescent health in villages and schools, children now know about HIV, the dangers of childbirth as a teenager, the risk of bleeding including the dangers of alcohol and cigarettes" (school teachers).

"Posyandu Remaja contributes to promoting the dangers of early marriage and preventing drug use. Children now know the dangers of marrying too young including the dangers of alcohol consumption." (Head of Puskesmas).

"In my opinion, what is most visible from my friends who are Posyandu Remaja participants is that they understand the dangers of early aged marriage, early pregnancy, smoking, alcohol, and increasing their knowledge about this. In fact, I saw my classmate after taking part in Posyandu Remaja talking about early marriage at school, not just discussion, but they also saw and heard him transmit what he got at the Posyandu Remaja to his friends at school who might be in different villages. " (Youth Cadre)

### **Reducing Teenage Pregnancy**

"Either coincidence or what, after the Posyandu Remaja, when viewed from 2014, the number of pregnancies under the age of 20 continued to fall, before there was a Posyandu Remaja, this had never happened. Perhaps this is part of the impact of the Posyandu Remaja that continues to provide health information to adolescents. "(Head of Puskesmas)

"In my village, it seems like now that young marriages or pregnancy has started to decrease lately, although it still exists, teenage pregnancy is also slightly down. Sometimes, what often happens when married young is to get pregnant first. It should be appreciated that this could be because of the Posyandu Remaja that has been running since 2014 in our village, and that is indeed our goal to establish the Posyandu Remaja, reduce the number

of early marriages that have occurred because of unwanted pregnancies. "(Community Figure)

"When adolescents begin to know the dangers of getting pregnant at a young age, it seems they start thinking about not going too much in a relationship, so the Puskesmas said that even though a little, getting pregnant under the age of 20 starts to fall." (Youth Cadre)

The main keywords for Posyandu Remaja's impact on adolescents, in general, are to increase motivation, increase creativity, help promote the dangers of early marriage, prevent drug use and reduce adolescent pregnancy.

### **3.4. Supporting Factors for the Sustainability of Posyandu Remaja Activities**

Posyandu Remaja is not just a routine teen activity. The impact of the Posyandu Remaja activities is a good reason to keep the Posyandu Remaja activities running, although the role of local government does not specifically appear to be strong in supporting the program.

#### ***Youth Cadre Motivation (Internal Motivation)***

"Want to be supported or not, I will continue to run the Posyandu Remaja. I feel that the Posyandu Remaja must really be maintained "(Youth Cadre)

"As the next generation, we are motivated to help Tengger teenagers so that they don't fall into negative things. The future of Tengger is in the hands of the younger generation. We feel it is part of the shared responsibility including us as a young generation. "(Youth Cadre).

Youth Posyandu cadres are also motivated to keep their friends away from early marriage through Youth Posyandu activities.

"What keeps the Posyandu Remaja activities continuing is because of the social care and enthusiasm of young people who want to change the community for the better. Our main thing is when we see that our friends are pregnant at such a young age. Our hearts are touched and moved to make changes and prevent this case from happening again in the future "(Youth Cadre).

"These Posyandu Remaja cadres are extraordinary in their commitment and high spirits. They can unite despite different characters and religions for a better Tengger, an educated Tengger,

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and no more unwanted pregnancies (School Teachers) ".

"The enthusiasm of young cadres is strong enough to maintain the stability of the Posyandu Remaja, although not all have the same spirit. A small example if the motivation is strong is they are not reluctant to invite their friends to attend the Posyandu Remaja even though previously there were only 10-15 and not worth the effort they spent, maybe if the parents have gone on strike, but I see they still want to try." (Head of Puskesmas)

### **Stakeholder Support**

In addition to motivation, support from institutions such as Puskesmas and Schools has become a supporting factor for Posyandu Remaja continuing in Tosari.

"The biggest support for Posyandu Remaja comes from Puskesmas. For schools, several schools specifically support and ask the Posyandu Remaja cadres to conduct counseling in their schools. The village is indifferent whether we have activities or not maybe because the Posyandu Remaja Cadre did not maintain communication with the local government after the Pencerah Nusantara left (Youth Cadre).

Also, support from community leaders is important. One of them stated that the village badly needed the Posyandu Remaja. In his village, the local government helped the Posyandu Remaja to stay active.

"Posyandu Remaja exists because of everyone's needs. The local government fully supports it. We help young cadres to regenerate Posyandu Remaja. We also support the problem of funding if they carry out activities that require funds, although it is possible that in other villages the budget has not been budgeted if our village is already". (Community Leader)

"Puskesmas can assist youth cadres for Posyandu Remaja activities, and each village will be assisted by village midwives, we integrate this with the youth program at the Puskesmas, although in practice, not all village midwives assist youth cadres, especially if the problem of cadre rotation, is our weakness. Though the role of midwives is very important especially as a coach that reminds young cadres to carry out their duties." (Head of Puskesmas)

"If the village, it is not all villages that support and actively monitor or at least ask about this activity, so sometimes the children (Youth Cadres) are overwhelmed themselves. But there are indeed villages that support this activity. It is very apparent the difference between Posyandu Remaja that is considered by the village, and those that are not, usually those that are not supported are not as routine as villages that really care." (Head of Puskesmas)

The school principal believes that the Posyandu Remaja still needs adult guidance.

"To support their Posyandu Remaja activities, they need an older trainer or leader. Recently, they are of the same age and doing activities among their friends so that they are still equally unstable. So if you want to continue, it looks like there really needs a coach, so far, I have accompanied many of them from the Puskesmas, and indeed the support from the Puskesmas and the Village is very important" (School Principal).

### **Supporting Socio-Cultural Factors**

The influence of Tengger tribal culture is strongly embedded as community values in terms of maintaining social relations with each other. The culture of "unity" and "guyub" that is rooted in the Tengger parents group makes teens also imitate and love to do the same thing. It is a cultural influence that has a positive impact on program implementation.

"Posyandu Remaja cadres continue to maintain enthusiasm even though sometimes they are being underestimated by community members. They have the unity and spirit of unity as the Tengger community. They also like to hold gatherings, just like parents in Tengger". (School teachers).

"The Tengger people like to get together and be friendly, which makes it actually easier to find participants for Posyandu Remaja activities." (Community Figure)

'... Actually, teenagers here really like to get together, I don't know what to do if there are gatherings would be happy and many who come. Teenagers here are indeed the habits of their parents who are also happy to gather." (Youth Cadre)



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### ***Inhibiting Socio-Cultural Factors***

The socio-cultural factors of the Tengger tribe that hinder the program, for example, are those that are related to community habits, sometimes conflicting with efforts to prevent the early aged marriage. A young cadre explained about *ngapel* (visiting girlfriend at her house on the night) culture as follows;

"The existence of a " ngapel "culture or dating by staying at a woman's home, often triggers an early marriage because of an unwanted pregnancy. It is the reason the Posyandu Remaja activities are still in Tosari. "(Youth Cadre)

"The culture here is to get married at a young age when graduating from junior high school. Parents feel worried if their daughter doesn't have a boyfriend. The Puskesmas encourages Posyandu Remaja to remain in Tosari so that they can continue to have an impact in reducing the prevalence of early marriage. "(Head of Puskesmas).

"Ngapel in Tengger is a natural thing. Parents often worry that their children have grown a little, but no one come to ngapel, this is dangerous if no one controls (Community Leaders)

"My friends themselves claim to be often being visited ngapel even late at night. He said sometimes parents should not let their girlfriends go home because it is late at night, or rain or fog" (Youth Cadre)

"What degrading motivation this cadre sometimes is the lack of motivation for participants who come to the Posyandu Remaja, the reason is that they must go to the garden until night, so when they get home tired, they don't come to Posyandu." (Youth Cadre)

"I often hear complaints from cadres that activities have been made outside of school hours, evening or night, but participants are still in the garden. Here the habit is indeed to go to the fields late afternoon and late at night. " (Community Leader)

"We have helped the Youth Cadre to announce the Posyandu activities, but Tengger people are, coming home from the fields, but at night. It sometimes makes them late for the Posyandu or even does not come. (Community Leader)

Good motivation from cadres, support from Puskesmas in the form of coaching, and the influence of the Tengger culture such as a high social spirit, cooperation, cooperation, and love to gathering culture are factors that support the implementation of the Posyandu Remaja. However, cultural factors also hinder the implementation and success of the Posyandu Remaja program, such as the habit of staying up late at night and the culture of ngapel.

### **DISCUSSION**

Stephenson et al (2008) and Kim and Free (2008) agree on the term "peer" in people of the same status. Adolescent Posyandu as one of the youth health service programs is defined as peer group activities, which are not only for adolescent activities at school but also for adolescents in villages that are no longer in school. The relationship between adolescents will allow more open communication about health issues, dangerous drugs, and other related adolescent health risks behavior.

Peers can provide more interesting, fun, or comfortable information from the teacher or healthcare personnel. Also, the role of the Posyandu Remaja for education, specifically about health, for adolescents makes the youth community more comfortable to discuss with friends at their age. Widespread information among young people by the Posyandu Remaja activities as a peer group contributed to the decreased rate of early marriage in the community.

In line with the above opinion, Harahap and Andayani (2004) the presence of peer educators can ask for financial assistance for adolescents and perform various activities aimed at increasing the knowledge, attitudes, and understanding of a person or people related to assistance, as well as specific early marriage and drugs.

Furthermore, Imron (2012) agreed that peer educators also play a role in supporting activities such as sports, arts, and soft skills such as leadership. It is the same as the Posyandu Remaja activity which was established as an organization to mobilize leadership and support supporting activities.

From observations and interviews, the community saw the Posyandu Remaja positively, in terms of organization, and also its activities. These activities contribute to young people to learn and do things related to adolescent health and to train leadership. Furthermore, key informants also linked risk behavior among adolescents in Tosari as a

reason why Posyandu Remaja is still needed. Posyandu Remaja is considered to contribute to inhibit risky behavior such as alcohol consumption, smoking, teen pregnancy, and early marriage. Overall, key informants need to maintain the Posyandu Remaja in their community. Youth activities like this are needed as a forum for young people in rural areas to provide access to information that easily expresses their curiosity, creativity, and energy to carry out positive activities, such as what is provided in the Youth Posyandu services.

The community recognizes that the Posyandu Remaja activities that have been until now are evidence that the Posyandu Remaja cadres are trying to maintain their existence. The Posyandu Remaja activity also seeks to prevent the problem of early aged marriages that have passed down from generation to generation and to promote healthy living early on, which indeed arises from the sincere intentions of them. Puskesmas and schools are also very supportive of the Posyandu Remaja activities because, in addition to contributing to efforts to reduce the age of early aged marriages, which have an impact on early pregnancy, it also maintains a "guyub" culture in Tengger that has been existing for a long time.

According to Maton & Salem (1995), there are several characteristics of community empowerment, namely: 1). The power of groups 2). The existence of a role structure that is multifunctional and very easily accessible 3.) Gives a sense of togetherness 4.) Inspire leaders with a commitment to others. From this theory, it is clear that the Posyandu Remaja has provided a space for adolescents to contribute to the welfare of society, especially in the health sector. Their commitment to prevent an early aged marriage, early pregnancy and promote a productive life for other teenagers in the community has surpassed themselves. Besides, the commitment and sense of belonging among Posyandu Remaja cadres and other stakeholders and supporters have become a force for Posyandu Remaja to become a community-based activities that can encourage social change.

Posyandu Remaja has become a protective factor for adolescents in the Tosari community to improve health by reducing unwanted pregnancies. The indicator is considered by the Puskesmas to be closely related to the Posyandu Remaja activities. Previous studies have shown that unwanted pregnancy has an impact on poor mental health later in life (Herd, et.al, 2016). The impact not only threatens the mental health of the mother but can also affect children's early life experiences.

Furthermore, unwanted pregnancy contributes to the stress of parenting (Bahk, et.al, 2015). Child marriage or marriage before the age of 18 is associated with the risk of having mental health problems such as depression, anxiety, and bipolar disorder. The risk of reduced mental health and well-being often occurs to women because of their responsibilities bearing children and raising children, marital responsibilities, and sexual demands of the couple (Steinhaus & John, 2016).

Having social skills and the ability to make decisions for their lives will prevent teens from approaching risky behavior. Risk behavior itself is usually accompanied by depression and other comorbid factors (Rutman, 2008). Growing from adolescents to young adults requires a healthy environment. Teenagers look at their peers and other adults and have the opportunity to make their models positively (Haggerty et.al, 2008). In Tosari, teenagers usually get married right after high school.

Thus, Posyandu Remaja facilitates young people to participate in various activities to plan their adult life and contribute to their community. Making plans for the future is the beginning for teens to avoid them getting married or having children at an early age. Posyandu Remaja also encourages students to make plans after high school, such as continuing to higher education and developing as a mature person.

## **CONCLUSIONS**

The main findings of this study are: (1) Posyandu Remaja and their activities are felt positively by key informants; (2) Taking into account the many problems related to adolescent health in Tosari and the ways in which Posyandu Remaja can provide a platform of positive activities, key informants feel the need to keep the Posyandu Remajarunning in Tosari because they can bring health information access to adolescent; (3) Posyandu Remaja has various impacts especially on efforts to prevent risky behavior, and early pregnancy because with the existence of this program, it is easier for adolescents to obtain complete adolescent health information; (4) Factors which maintain the Posyandu Remaja cadres to maintain their activities are motivation, enthusiasm, optimism of cadres, feelings of wanting to make social change in their communities and support from Puskesmas and the community. Cultural factors such as cooperation and cooperation also take root and unite them as a Tengger community.

These findings prove that the Posyandu Remaja is a platform for young people in Tosari to gather and carry out positive activities. Youth Posyandu is also seen as a positive intervention for rural youth. Seen improvement in social skills and problem-solving skills of cadres and Posyandu Remaja participants can help adolescents to develop themselves and prevent them from health problems such as the risk of premarital sexual behavior, teen pregnancy, smoking, alcohol consumption, and substance abuse. Strong social capital in Tosari also contributed to the changes contributed by the Posyandu Remaja. Youth Posyandu is predicted to exist to this day because of the willingness, participation, commitment of members, and strong support from other relevant stakeholders.

This study also shows that the Posyandu Remaja cadres really need adult guidance. A figure who can remind cadres and maintain the quality of Youth Posyandu activities. The main internal problems of Posyandu Remaja are members of Posyandu Remaja, who have high mobility. After high school, cadres will go out of Tosari to work or continue their education in college, and it makes the Posyandu Remaja lose its cadres. Therefore, there should be a coach who ensures the regeneration of cadres and patchwork cadres is needed to maintain the Posyandu Adolescent in an area.

This study is limited to exploring findings on the impact of Posyandu Remaja from a larger scope of beneficiaries, such as adolescents who are not Posyandu Remajacadres. Future studies must include other members of the community and explain the mechanism of the impact of the Posyandu Remaja on adolescent health more fully.

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