

ANALYSIS OF GOVERNMENT POLICY ALIGNMENT ON ADOLESCENTS' NON-COMMUNICABLE DISEASES PREVENTION AND MANAGEMENT IN SEMARANG CITY

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ABSTRACT

Non-communicable diseases (NCDs) pose a significant health threat in Indonesia, impacting productive age groups, including adolescents. This underscores the urgent need for heightened awareness and interventions to address unhealthy behaviors and ensure adolescent health and productivity. The research method used is policy analysis study by collecting data through interviews with the Semarang City Health Office, Semarang City Children's Forum, Semarang City Regional Development Planning Agency, Semarang City Adolescents, and analysis of related policy documents. Findings reveal proactive steps by the Semarang City Health Office, including health campaigns and education sessions for adolescents. While the government demonstrates capability in NCD management, challenges such as limited collaboration and incomplete data persist. These findings highlight the importance of enhanced collaboration, program evaluation, budget allocation, and communication strategies for effective NCD prevention and management. The study also acknowledges limitations, including incomplete data and stakeholder engagement challenges, which should be considered in future research and policy development.

Keywords: Non-communicable Diseases, Adolescents, Government Policies

INTRODUCTION

Non-communicable diseases (NCDs) pose a serious threat to public health in Indonesia. Despite not being caused by microorganism infections, NCDs account for 64% of deaths in Indonesia, with prevalence increasing among the productive age group, especially teenagers. Major risk factors for NCDs, such as unhealthy eating patterns and lack of physical activity, are of primary concern due to their detrimental effects. Research has shown that adolescents in Indonesia

have a high prevalence of NCD risk factors, including smoking, alcohol consumption, and insufficient fruit and vegetable intake. Lack of awareness of the dangers of NCDs among adolescents is attributed to a lack of health knowledge and insufficient attention to health issues in the social environment.

Youth as the Productive Force is the target of future development whose health must be maintained, improved, and protected where health is the most important need. The health of young people is often neglected, even though youth constitute a sizeable portion of Indonesia's

population, of which nearly 20% of the population are youth. Puberty is a very valuable period in a healthy physical and mental condition, during the period of growth or puberty, they do not always experience a good growth process due to social environmental factors that force them to choose a lifestyle depending on their environment.

To answer the challenge of eradicating non-communicable diseases, the Government in increasing public awareness and concern for health has established a legal basis for the GERMAS program or the Healthy Living Community Movement in accordance with the Presidential Instruction of the Republic of Indonesia No. 1 of 2017 concerning the Healthy Living Community Movement. GERMAS is the government's effort to carry out promotive and preventive actions in achieving a healthy life and reducing the prevalence of non-communicable diseases, with GERMAS the government wants to change people's lifestyles to become a culture of healthy living and leave unhealthy lifestyles. The Community Movement for Healthy Living has seven steps that serve as a guide for a healthier lifestyle.

The partisanship of the Semarang City Government Health Office in committing to providing services for the prevention and control of Non-

Communicable Diseases in Adolescents is one of them by creating a Healthy Semarang Residents Service program at all times (LAWANG SEWU) as a continuation of GERMAS which aims to focus on promotional efforts and preventive actions that carried out in health support places such as sports halls which can target young people to have a healthy lifestyle and avoid Non-Communicable Diseases. A healthy lifestyle has many benefits, from better health to increased productivity. Another important thing to remember about living a healthy lifestyle is a clean, healthy environment and less risk of losing money on medical treatment when you are sick.

However, there are barriers to the implementation of these programs, including lack of socialization and support from local governments, as well as unsupportive environmental conditions, especially in areas with low socioeconomic status. The government's efforts to make the GERMAS program successful are still considered lacking due to only relying on promotive and preventive efforts, for that reason Semarang is still behind compared to other cities which have been able to make the community actively participate and contribute in winning the GERMAS program in their city. Therefore, the role of health institutions is needed to realize the healthy paradigm by making a greater contribution to health development in

Indonesia. The Health Office needs to develop not only its human resources but also in service efforts, in overcoming the problem of non-communicable diseases so that the Government can increase the degree of health towards a prosperous society.

RESEARCH METHODOLOGY

The research conducted in this study is qualitative in nature. Qualitative research is a methodological approach that seeks to explore natural phenomena within their real-life contexts. In qualitative research, the researcher serves as the primary instrument for data collection and analysis. Data collection techniques in qualitative research can be diverse and may include methods such as interviews, observations, and document analysis. The analysis of qualitative data is typically inductive, meaning that themes and patterns emerge from the data rather than being predetermined.

In this study, data were collected through various means to explore policies for the prevention and management of non-communicable diseases among young people in the city of Semarang. The selection of informants for the study was conducted thoughtfully, taking into account a range of relevant factors. Informants included the Head of the P2 PTM & Surveillance Section at the Health Office,

who provided insights into health aspects and disease prevention efforts at the regional level; representatives from the Regional Planning Agency, who offered perspectives on planning and policies related to social and cultural aspects at the local level; the Chairperson of the Semarang City Children's Forum, who provided insights from a community organization focused on children's interests in the city; and a group of teenagers from Semarang city, representing diverse demographic and social backgrounds within the teenage population. This selection aimed to ensure a diversity of viewpoints and knowledge relevant to the study.

RESEARCH FINDINGS

1. The Government's Efforts

Non-Communicable diseases (NCDs) have seen a significant rise in Semarang. By 2023, cases of hypertension, diabetes mellitus, and obesity are expected to reach alarming levels, reflecting the unhealthy lifestyles prevalent among adolescents. In November, obesity cases peaked at 62,941, compared to 27,544 cases in 2020. High obesity rates are noted in areas such as Kedungmundu (9,232 cases), Pegandan (8,232 cases), Tlogosari Wetan (5,538 cases), Rowosari (5,219 cases), and Bulu Lor (3,018 cases). Notably, 67% of obesity cases are among women, and 6% of

the productive age group screened are obese.

Similarly, hypertension cases have risen significantly to 283,085 in 2023, compared to 219,376 in 2022. Cases are distributed notably in Pedurungan (33,230), Tembalang (32,035), West Semarang (27,456), and Ngaliyan (24,655). The situation for Diabetes Mellitus is also concerning, with 40,154 cases recorded in 2023. Key factors contributing to the increased disease rates include population density, availability of health facilities, nutrition, smoking, and alcohol consumption.

In response, the Semarang City Government has initiated various strategies to combat NCDs among teenagers, focusing on primary health service integration. This includes improving coordination, enhancing public awareness about primary health services, developing electronic medical records, and providing comprehensive primary services. Key focuses include:

- A. **Clean and Healthy Living Behavior (PHBS):** Promoting behaviors aimed at disease prevention and health improvement through personal awareness, in line with Article 11 of Law Number 36 of 2009 concerning Health.
- B. **Healthy Living Community Movement (GERMAS):** Aims to

foster a culture of healthy living and discourage unhealthy habits through various actions such as regular physical activity, balanced diet, and health checks.

- C. **Healthy Semarang Citizen Services Every Time (LAWANGSEWU):** Offers five clusters of services focusing on physical activity, health education, disease detection, nutritious food, and environmental health.
- D. **Integrated Student Health Services and Education (PITERPAN):** Conducts screenings and health education activities in schools to prevent NCDs and obesity in teenagers.
- E. **Virtual Activity Link Healthy Semarang (VALAS):** Encourages physical activity through a mobile health measurement application.

Additionally, the Government has introduced new programs like GENTAS (Movement to Suppress Obesity) and the Community Nutritionist program (NUTRIMAS). Moreover, early detection services for NCDs have been expanded, emphasizing cross-sectoral collaboration to achieve optimal results.

Various agencies play specific roles in this collaboration, including the Health Service, Education Department, Ministry of Religion, Social Service, and regional

authorities. Universities, professional organizations, and hospitals also contribute significantly.

Despite challenges such as communication issues and technology's influence on lifestyles, the government remains committed to addressing these issues and adapting strategies. Semarang's recognition as a Child-Friendly City and the establishment of No-Smoking Areas reflect a dedication to overall community well-being. As Semarang continues to pioneer innovative health initiatives, the success of these programs can serve as a model for other regions facing similar challenges. The government's commitment to evaluation and adaptation ensures the sustainability and effectiveness of these measures, ultimately contributing to the long-term health and well-being of its residents.

2. Adolescent Awareness

The sensitivity of adolescents to non-communicable diseases (NCDs) is crucial for prevention efforts and understanding the health status of the younger generation. Diseases like diabetes, heart disease, and obesity are increasingly affecting teenagers, necessitating their proper understanding and action. Actively involving teenagers in prevention and education efforts regarding NCDs is essential. Testimonials and field surveys serve as effective means to explore

adolescents' views, knowledge, and attitudes towards health and the risks of NCDs. By detailing these results, we can gain a broader understanding of how adolescents respond to this health threat and formulate educational strategies that are more appropriate and relevant for them.

To support adolescent sensitivity to NCDs, the Semarang City Health Service has initiated the Integrated Student Health Services and Education Program (PITERPAN). This program aims to measure teenagers' understanding and knowledge regarding NCDs through Pre-Tests and Post-Tests conducted from September to November. By evaluating teenagers' understanding of key concepts such as NCDs, the CERDIK Program, examples of NCDs diseases, GERMAS (Healthy Living Community Movement), and NCDs risk factors, the program aims to provide a comprehensive picture of teenagers' sensitivity to the threat of NCDs.

The Pre-Test and Post-Test results from various schools in Semarang City show variations in teenagers' understanding of NCDs and prevention efforts promoted by the PITERPAN program. While some schools demonstrated high levels of understanding before the program, such as SMAN 4 Kota Semarang, others showed more significant improvements after participating in the program, like SMP Kesatrian, SMP 2 Kota Semarang, and

SMA 14 Kota Semarang. However, challenges remain in schools such as SMP HJ ISRIATI and SMK Lab UPGRIS, where aspects like CERDIK and GERMAS still have lower levels of understanding even after the program. The analysis indicates that PITERPAN has a positive impact on increasing teenagers' understanding of NCDs in most schools. It is crucial to involve adolescents in holistic health education to foster better understanding and promote healthy living behaviors in the future.

3. Adolescent Participation and Advocacy

Recognizing teenagers as agents of change is crucial for the success of government efforts in public welfare policies. However, despite acknowledging their importance, the government has not fully optimized teenagers' participation. For instance, the Semarang City Children's Forum, intended to be a platform for discussing health issues, particularly non-communicable diseases (NCDs), has not received adequate attention. This lack of focus hampers the positive potential teenagers have in NCD prevention.

According to Dandi Resando, Chair of the Semarang City Children's Forum, the government involves teenagers in various health initiatives, notably the Youth Movement to Prevent Monitoring Covid-19

(Gercep) and mental health programs. However, the Children's Forum's priority has not addressed NCDs due to insufficient government attention to the issue. Despite teenagers' knowledge about NCDs, some still engage in unhealthy behaviors like consuming instant food and lack of exercise.

Teenagers interviewed expressed the need for more government outreach and education on NCD prevention, along with enhanced facilities in schools and public spaces. They emphasize personal responsibility and lifestyle changes to prevent NCDs. Despite challenges, the government collaborates with the Children's Forum on various health programs, prioritizing mental health. However, budget constraints hinder the Forum's capacity to address mental health issues effectively.

Dandi Resando highlights budget allocation challenges, with funds often directed towards facilities rather than supporting children's organizations. This financial constraint limits the Forum's ability to organize awareness campaigns, counseling sessions, and establish support structures for mental health. Advocating for increased financial support is crucial to strengthen the Forum's efforts in advocating for youth mental health and creating a more robust framework for their well-being.

While the government acknowledges teenagers' importance, more efforts are needed to optimize their participation and address challenges to ensure effective advocacy and support for adolescent health.

CLOSING

Conclusion

The Semarang City Government has demonstrated a strong commitment to preventing and managing Non-Communicable Diseases (NCDs) among adolescents through various integrated policies and programs. These initiatives include Perilaku Hidup Bersih dan Sehat (PHBS), Gerakan Masyarakat Hidup Sehat (GERMAS), Layanan Warga Semarang Sehat Setiap Waktu (LAWANGSEWU), Pelayanan dan Edukasi Kesehatan Pelajar Terpadu (PITERPAN), and Virtual Activity Link Semarang Sehat (VALAS), among others. These efforts have created an environment that supports healthy lifestyles and reduces the risk of NCDs among adolescents. However, continuous monitoring, evaluation, and policy adjustments are essential to ensure the sustainability of these efforts in the future.

Despite these government efforts, adolescents remain vulnerable to NCDs due to factors such as poor diet, lack of physical activity, smoking, and alcohol consumption. Adolescent awareness of

NCDs and healthy lifestyles is still low, highlighting the need for comprehensive health education in schools and stricter regulations on unhealthy food and drink advertising. Additionally, easy access to quality health services and active involvement of adolescents in health programs are crucial in addressing NCDs effectively.

However, several limitations hindered the progress of NCD prevention initiatives in Semarang City. These include a lack of comprehensive data on NCDs among adolescents, inconvenient service provisions, challenges in scheduling meetings with key stakeholders, limited collaboration, and inadequate data collection methods.

In conclusion, protecting adolescents from NCDs requires a comprehensive approach involving various stakeholders and increasing youth awareness and knowledge. Collaboration between governments, educational institutions, families, and communities is essential to create a healthier future for adolescents and reduce the burden of NCDs. Despite challenges, sustained efforts and active involvement of all stakeholders can lead to significant progress in NCD prevention and management among adolescents.

Recommendations

Research shows that the Semarang City Government can carry out its role and function well in dealing with non-communicable diseases among teenagers in Semarang City. However, based on the research conducted, there are still challenges and obstacles that must continue to be addressed by various parties, therefore, suggestions that researchers can provide include:

- a. The Semarang City Government should broaden its collaboration beyond internal partnerships and engage more with diverse community stakeholders, especially adolescent organizations and health-focused institutions to enhance participation in non-communicable disease prevention. Collaborating with diverse stakeholders, including the private sector and NGOs, is crucial for optimizing resources and fostering community involvement in decision-making for sustainable progress. Implementing proactive strategies to engage adolescents throughout the program lifecycle, including planning, implementation, and evaluation phases, will ensure their perspectives and needs are adequately addressed, fostering
- b. Increasing the frequency and depth of program evaluation to generate robust evidence is imperative for informed decision-making and continual improvement of interventions. It is essential for the Semarang City Government to prioritize this aspect, as it serves as a cornerstone for assessing the effectiveness and impact of non-communicable disease prevention initiatives, thus facilitating evidence-based policy formulation and program optimization.
- c. Prioritizing budget allocation and exploring diversified funding sources are crucial endeavors. Securing sustained financial support for program activities is essential for long-term impact and scalability. By allocating resources strategically and seeking alternative funding avenues, the Semarang City Government can ensure the continuity and effectiveness of non-communicable disease prevention initiatives, thereby maximizing their reach and impact within the community.

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