

ABSTRACT

Introduction. Health-risk behaviors contribute to the leading causes of morbidity and mortality among youth and adults. Previous surveys have shown various risk behavior among Indonesian adolescents. Until now, there is no comprehensive survey of youth health-risk behavior has been conducted in Indonesia.

Objective. To identify the prevalence of Indonesian youth risk behaviors and its related factors in 2017.

Method. The study design is cross-sectional descriptive study. Samples were selected with multistage random sampling method. Youth risk behavior survey questionnaires were collected from 2106 adolescents at 40 high schools in 8 sub-districts, 8 regencies and 3 provinces. The questionnaires measured six categories of health-risk behaviors.

Significance. This study provides information of youth risk behavior and its related factors to public policy makers and parents considering that risk behavior will increase morbidity and mortality in the future. For the researchers, the findings of this study would encourage us to conduct further interventional studies to empower certain community, such as santri, as an agent of change to overcome youth risk behaviors.

Results. Results from the 2017 YRBS indicated that many high school students are engaged in priority health-risk behaviors associated with the leading morbidity and mortality causes – traffic accident, violence and suicide - among youth in Indonesia. During the 30 days before the survey, 28.6% of high school students among the 82.7% who drove a car or other vehicle during the 30 days before the survey had texted or read it while driving. During the 12 months before survey, 53.1% had rarely or never wore a seat belt when riding, whereas 32.9% had rarely or never worn a motorcycle helmet while riding. During the 12 months before survey, 10.4% had ever been forced by anyone to do sexual things that they did not want to, 16.7% had been electronically bullied, 20.3% had been bullied on school property, and 5.5% had attempted suicide.

Among 2106 high school students, 45% stated that they physically active at least 60 minutes per day in 1-2 days the past 7 days. On the other hand, 12.7% high school students spent 7 hours per day playing video/computer games/use a computer for something that is not school work; and 25.1% high school students slept only few hours in the 2-3 days or 1-3 hours per day in the past 7 days.

This survey showed that most of 2106 (51.7 and 47.6%) high school students eat fruit and green salad 1 to 3 times during the past 7 days, while almost half of 2106 high school students drank milk as well as sweet drink 1 to 3 times during the past 7 days (42.9% and 43.6%). Despite mostly (41.4%) high school students described their weight in the right weight, but 36.9% as slightly or very underweight.

Conclusions. The prevalence of six major-risk behaviors among adolescents in Indonesia was significantly high. The risk factors should be identified to help the preventive action in this population.

Keywords: Risk behaviour, health education, Indonesian youth