

# THE REPORT OF YOUTH-LED RESEARCHERS TO UN CRC COMMITTEES ABOUT ADOLESCENT REPRODUCTIVE HEALTH AND MENTAL HEALTH

AS ADDITIONAL INFORMATION TO THE 5TH AND 6TH PERIODIC REPORTS OF THE INDONESIAN GOVERNMENT

## PROFILE OF YOUTH-LED RESEARCHER

**FORUM ANAK NASIONAL (FAN)**  
SEKRETARIAT FORUM ANAK NASIONAL (SFAN)

**Male**

- Rasyid - 19 y.o
- Hadi - 19 y.o
- Adrian - 21 y.o
- Heri - 23 y.o

**CYAN**  
CHILDREN AND YOUTH ADVISORY NETWORK (CYAN)

**Female**

- Aruna - 19 y.o
- Salma - 19 y.o
- Sarah - 23 y.o
- Lala - 24 y.o



## WHY YOUTH-LEAD RESEARCH AND ADVOCACY

Adolescents need to be involved as subjects who can actively participate in adolescent health efforts.

Research-based advocacy led by young people is important as a form of meaningful participation because they are the ones who experience and understand what is needed

## Why Reproductive Health and Mental Health?



**15.5 MILLION YOUTHS**

experience mental health problems, but only

**2.6 %** access counseling services

Source: Indonesia-National Adolescent Mental Health Survey 2022

## What is the Goal of the Research?

- Youth's perceptions regarding Reproductive Health and Mental Health
- Communication channels/media related to Reproductive Health and Mental Health that are deemed appropriate to the needs of youths
- Knowledge and participation of adolescents in the Youth Care Health Services (PKPR) program
- Recommendations for adolescents to improve Adolescent Health Efforts related to Reproductive Health and Mental Health to the UN

## What Research Methodology was used?

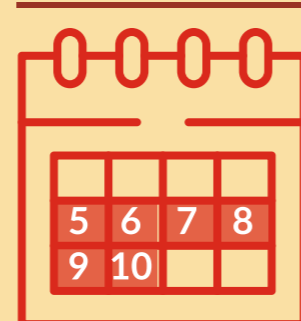


Quantitative study	
<b>311</b> youths	<b>14-24</b> years old
<b>132</b> youths	<b>31</b> province
Qualitative study	
<b>5</b> youths	<b>14-24</b> years old
<b>5</b> youths	<b>8</b> province

## LACK OF PREPARATION TO FACING CHANGES

increases the risk of adolescents experiencing reproductive health and mental health problems

**Emotional**      **Behavioural**



## When Research Was Done

May 2023 - October 2023

## THE LACK OF REPRODUCTIVE HEALTH KNOWLEDGE MAKES YOUTHS VULNERABLE TO

Source: Jurnal Perempuan Vol. 28 No.1 Tahun 2023

- Sexually Transmitted Disease
- HIV Virus
- Sexual Violence
- Unwanted youth pregnancy

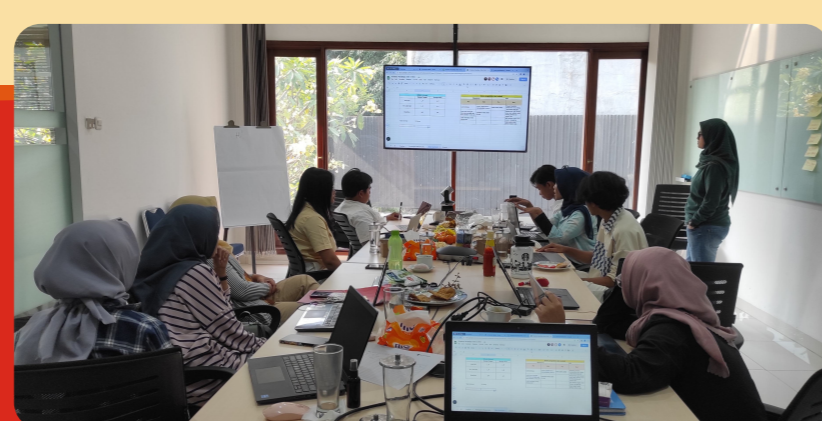
## HOPES FROM CHILDREN

- Increasing youths' understanding of reproductive health and mental health.
- Ensure access to services and information for youths related to reproductive health and mental health.
- Commitment from the Government and key stakeholders to increase access to services and information for adolescents regarding reproductive health and mental health.
- Presentation of the results of research conducted by the Youth Researcher group.

## WHAT WORKED



YLR collaboration with the Ministry of Women's Empowerment and Child Protection



Research led by youths from developing research designs to compiling results and recommendations as well as advocacy to the government



Selected as a speaker at the global level (Global Forum for Adolescents) regarding reproductive health advocacy strategies led by youths



Involved in global advocacy in the activities of the Commission on Status of Women, Adolescent Wellbeing Learning Event



Cross-ministerial commitment regarding recommendations from research results

# ADOLESCENT PERCEPTION OF REPRODUCTIVE HEALTH

This study involves

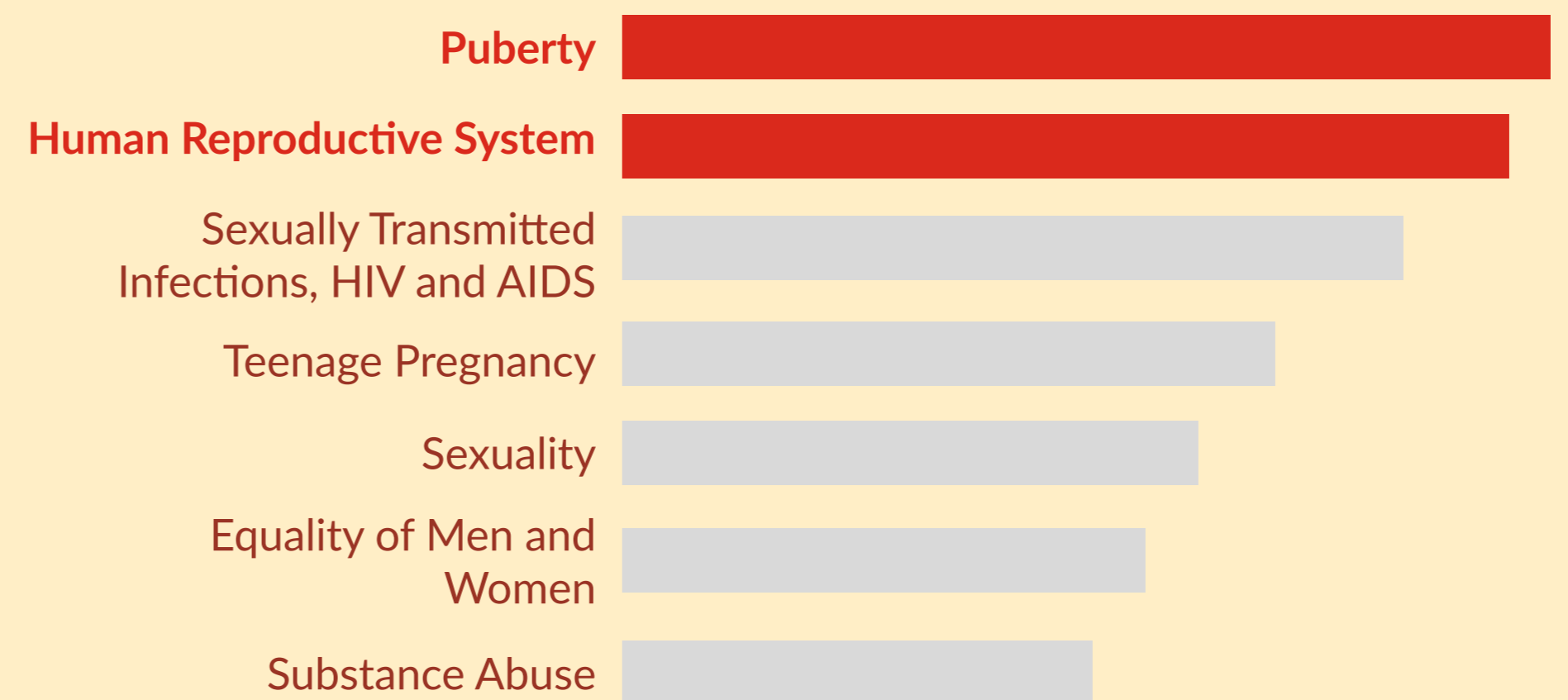
Quantitative Study	Qualitative Study
<p> 311 adolescents</p> <p> 132 adolescents</p>	<p> 5 adolescents</p> <p> 5 adolescents</p> <p><small>including disabled adolescents</small></p>
<p> 14-24 years old</p> <p> 31 provinces</p>	<p> 14-24 years old</p> <p> 8 provinces</p>

Based on the results of qualitative studies, adolescents' do not yet have a comprehensive understanding of reproductive health - focusing primarily on the physical aspect.



## ADOLESCENTS UNDERSTANDING OF REPRODUCTIVE HEALTH

Additionally results on quantitative study also shows that



86% of adolescents know that reproductive health is related to puberty

83% of adolescents know that reproductive health is related to the Human Reproductive System

There are differences in level of understanding between adolescent boys and girls



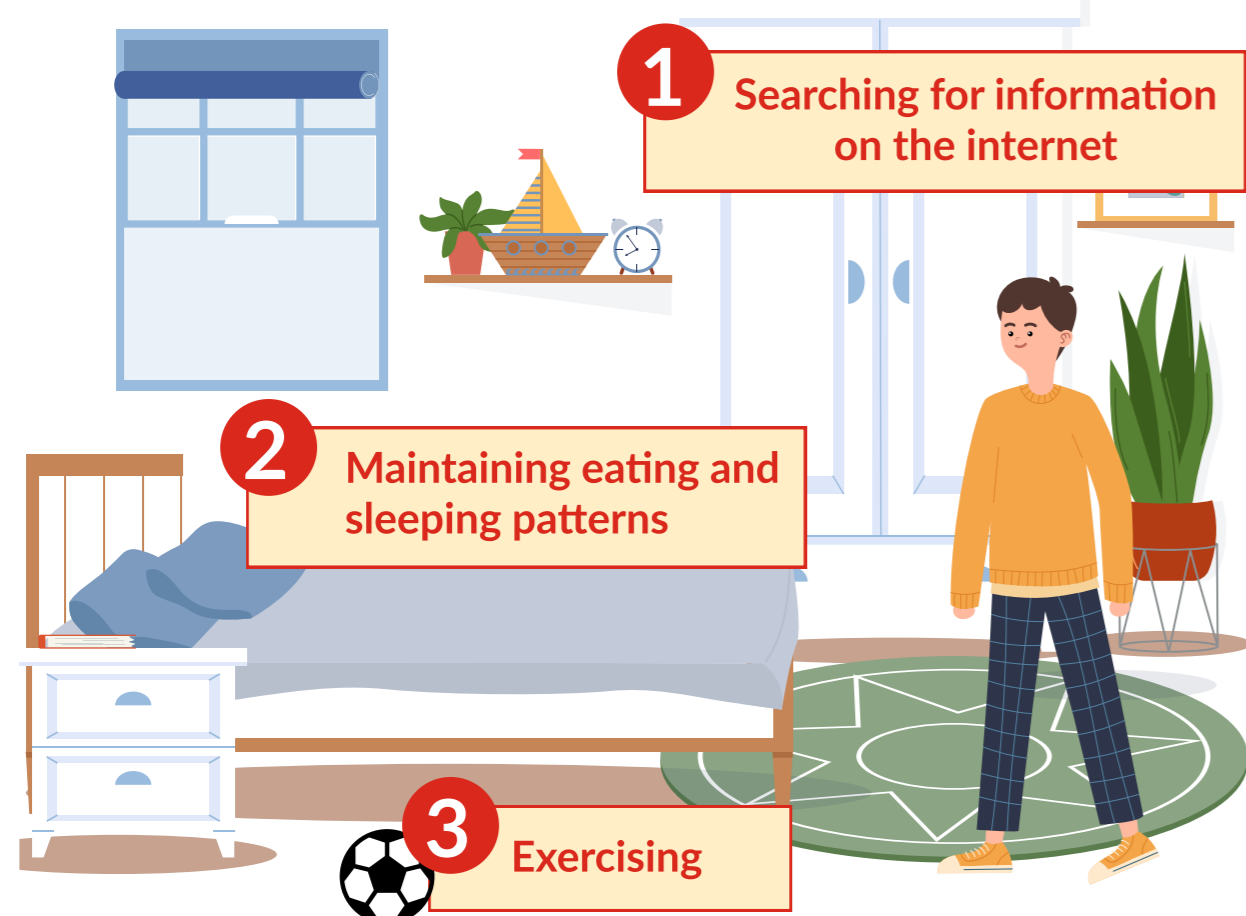
- Not comfortable when explaining
- Limited understanding and experience compared to female adolescents
- The discussion focuses on puberty, menstruation and STIs (sexually transmitted infections)
- Efforts to prevent risky behaviour are also highlighted

- Still considered a taboo topic to discuss
- Have more experience than male adolescents
- The discussion focuses on physical aspects, including menstruation, reproductive health, and preparation for the regeneration period

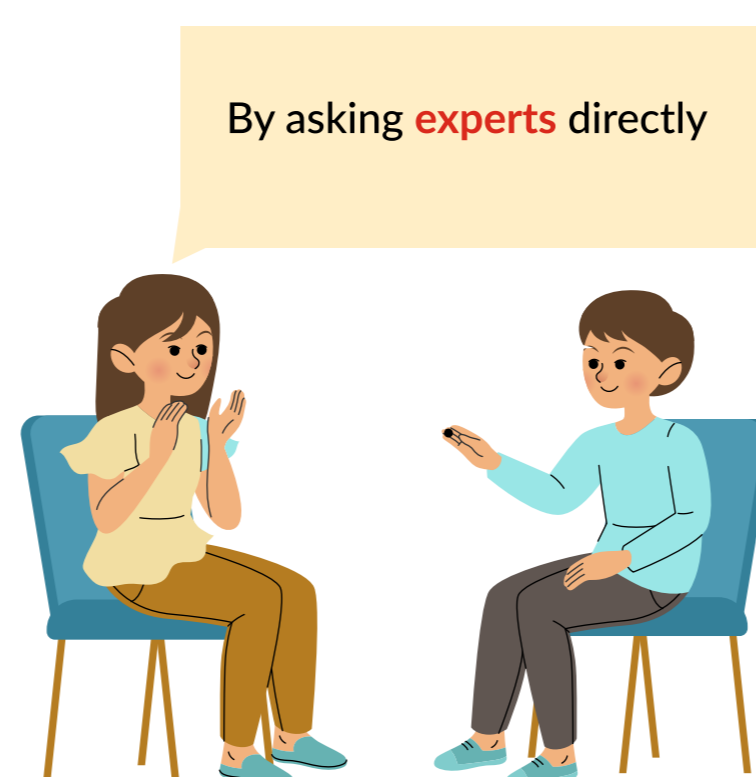


## HOW ADOLESCENTS OVERCOME PROBLEMS RELATED TO REPRODUCTIVE HEALTH

Adolescents Boys overcome it through...



Adolescents Girls overcome it through...



## FACTORS AFFECTING DISORDERS IN REPRODUCTIVE HEALTH

### Family

- Poverty in the family resulting in unmet needs
- Unhealthy friendship environment
- Lack of understanding and information provided by the family

Lack of understanding among adolescents regarding reproductive health

### Community & Institution

Lack of teacher/staff capacity, and lack of educators to provide information

Values, norms or internal beliefs

### Individual

The response to stress affects the menstrual period

The experience of violence can carry reproductive health risks



## KNOWLEDGE & PARTICIPATION OF ADOLESCENTS IN PKPR

PKPR ((Pelayanan Kesehatan Peduli Remaja) is a government-led program by Dinas Kesehatan to serve adolescent health needs

### Quantitative Study

40% said the information from the PKPR program was inadequate

47% never been involved in the PKPR program

### Qualitative Study

The majority of adolescents are not familiar with PKPR at all

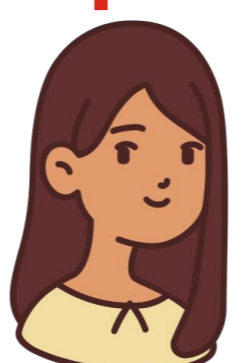
All respondents interviewed had never been involved in the PKPR program

RESULTS

## SOURCES OF INFORMATION FOR ADOLESCENTS REGARDING REPRODUCTIVE HEALTH

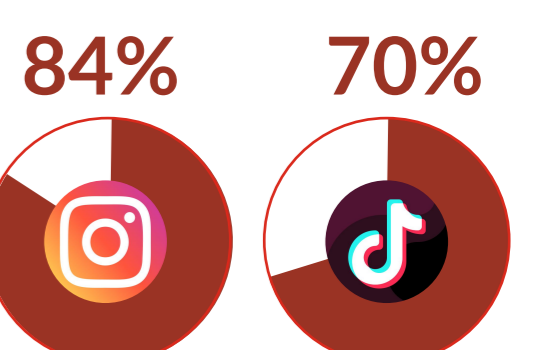


Male adolescents generally prefer online media to access information related to reproductive health



Female adolescents prefer offline sources of information due to the convenience of accessing more private information and due to higher validity and trustworthiness of this type of information

Instagram and TikTok are the social media platforms most widely used by adolescents to access reproductive health information



According to adolescents with disabilities, the information provided is not friendly for every type of disability



# ADOLESCENT PERCEPTION ON MENTAL HEALTH

	Quantative Study		Qualitative Study	
This study involves	311 adolescents	14-24 years	5 adolescents	14-24 years
	132 adolescents	31 provinces	5 adolescents including disabled adolescents	8 provinces

Compared to reproductive health, in general, adolescents are **more open** about their experiences when discussing mental health

## ADOLESCENTS UNDERSTANDING OF MENTAL HEALTH

- Can cite examples of mental health disorders such as anxiety, bipolar and ADHD
- Be aware of various symptoms of mental disorders
- Adolescents noted examples of pressure experienced by people around them
- However, their understanding of mental health is **not yet comprehensive**.

- Have a **more thorough understanding** of mental health.
- Understanding mental health includes safe & stable mental conditions and qualities.
- Understand the importance of maintaining peace of mind and heart
- Highlights how to maintain mental health and how to respond to problems.

What is mental health

Symptoms of mental health disorders

Tips for maintaining mental health

When and where to seek help for mental health issues

None

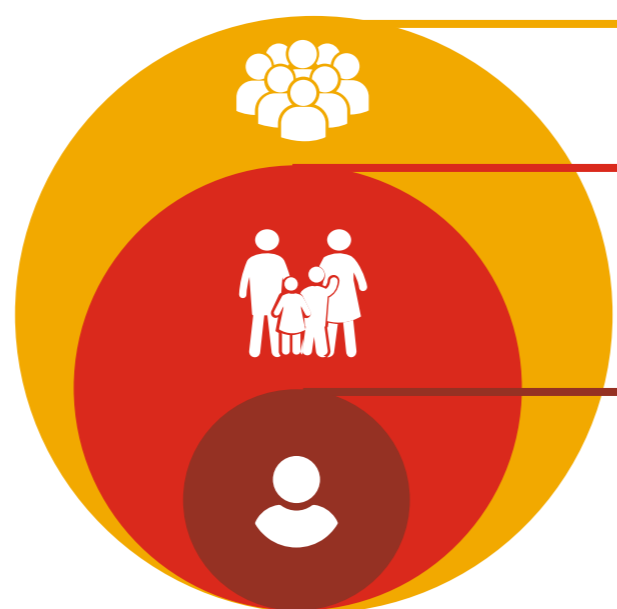
Others

Only **54%** of adolescents understand this topic

ADHD Stress Frustration Anxiety Overthinking under pressure

## FACTORS AFFECTING MENTAL HEALTH DISORDERS

Mental health in adolescents is influenced by various layers that influence each other.



Individual

- Expectations of life achievements
- Concerns about adapting to a new circle of friends when changing educational levels, especially for adolescents with disabilities.

Relationships (Family/Friends)

- Parenting patterns with bad practices
- Unharmonious and unsupportive family
- Unstable economic conditions.
- For adolescents with disabilities, they may feel marginalized from their friendship group because of their disability

Educational Institutions & Society

- The stigma of being a 'naughty' student when accessing guidance and counseling services at school.
- Stigma towards mental health issues where those experiencing mental health disorders are ridiculed and ignored.

## HOW ADOLESCENTS OVERCOME PROBLEMS RELATED TO MENTAL HEALTH

RELATED TO SOCIETY'S EXPECTATIONS

Expected to be strong, have stable emotions and be independent, so feelings are ignored

Expressing feelings, seeking help is considered normal for females



## SOURCES OF INFORMATION FOR ADOLESCENTS ABOUT HEALTH MENTAL

Adolescents prefer electronic media, especially social media, which is the media closest to their daily lives so it is easier to access

According to teenagers with disabilities, the information provided is not yet friendly for every type of disability, such as for the blind, deaf and hard of hearing.



Female (17 years), non-disabled, Bali

Choose **direct media** because (information that's obtained) **more credible** due to **direct experience** from the person, the presentation is **more detailed**, in the article they like to **exaggerate** or **reduce** information.

"Digital media is considered to **make it easier to obtain information for adolescent with disabilities**, but the information obtained is **not yet fully acceptable** because it is not yet friendly for **other types of disabilities**. For example, for me, who has a physical disability, I can still access it, but what about friends with disabilities who are deaf and hard of hearing."



Male (20 Years) disabled, West Java

**63%** adolescent respondents choose direct delivery to obtain information

**57%** adolescent respondents chose information in video form



## KNOWLEDGE & PARTICIPATION OF ADOLESCENTS IN PKPR

Quantitative Study

Qualitative Study

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The majority of adolescents are not familiar with PKPR at all  
All respondents interviewed had never been involved in the PKPR program