

BARRIERS TO THE IMPLEMENTATION OF THE YOUTH POSYANDU PROGRAM

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ABSTRAK

Tujuan utama dari penelitian ini adalah untuk mengidentifikasi dan menganalisis hambatan-hambatan yang ada dalam pelaksanaan Posyandu Remaja di Indonesia. Penelitian ini menggunakan tinjauan literatur sistematis (SLR) untuk mensintesis temuan penelitian mengenai hambatan-hambatan pada Posyandu Remaja. Tinjauan ini mengikuti proses lima langkah yang terstruktur, dimulai dengan merumuskan pertanyaan penelitian dan fokus pada studi-studi relevan dari tahun 2019 hingga 2023. Proses ini melibatkan identifikasi, pemilihan, dan evaluasi artikel menggunakan basis data Google dan Google Scholar, serta perangkat lunak Publish or Perish untuk strategi pencarian. Kriteria utama mencakup publikasi dalam bahasa Indonesia, aksesibilitas teks lengkap, dan relevansi dengan tema hambatan pada Posyandu Remaja. Seleksi akhir mencakup 10 artikel yang memenuhi kriteria ini, memastikan analisis yang komprehensif tentang topik tersebut. Hasil penelitian menunjukkan bahwa tinjauan literatur terbaru mengenai program Posyandu Remaja mengungkapkan beberapa tantangan signifikan yang menghambat efektivitasnya. Masalah utama meliputi keterbatasan sumber daya, kurangnya keterlibatan pemangku kepentingan, dan dukungan serta infrastruktur yang tidak memadai. Dampak anemia pada remaja, terutama selama pandemi Covid-19, menyoroti perlunya intervensi kesehatan yang terarah. Untuk meningkatkan program Posyandu Remaja, pendekatan komprehensif diperlukan, dengan fokus pada peningkatan alokasi sumber daya, peningkatan keterlibatan pemangku kepentingan, dan penanganan masalah kesehatan spesifik seperti anemia. Penelitian dan evaluasi program yang berkelanjutan sangat penting untuk mengatasi hambatan-hambatan ini dan memastikan keberhasilan inisiatif kesehatan ini.

Kata kunci : hambatan posyandu, kesehatan, posyandu, remaja

ABSTRACT

The main objective of this study is to identify and analyze the barriers present in the implementation of Youth Posyandu programs in Indonesia. This study utilized a systematic literature review (SLR) to synthesize research findings on barriers to adolescent Posyandu. The review followed a structured, five-step process, starting with defining research questions and focusing on relevant studies from 2019 to 2023. The process involved identifying, selecting, and evaluating articles using Google and Google Scholar databases, and the Publish or Perish software for search strategy. Key criteria included publication in Indonesian, accessibility of full texts, and relevance to the theme of barriers to adolescent Posyandu. The final selection included 10 articles that met these criteria, ensuring a comprehensive analysis of the topic. The findings of the study indicate that The review of recent literature on Youth Posyandu programs reveals several significant challenges that hinder their effectiveness. Key issues include limited resources, inadequate stakeholder involvement, and insufficient support and infrastructure. The impact of anemia on adolescents, especially during the Covid-19 pandemic, highlights the need for targeted health interventions. To improve Youth Posyandu programs, a comprehensive approach is necessary, focusing on enhancing resource allocation, increasing stakeholder engagement, and addressing specific health issues like anemia. Continued research and program evaluation are crucial for overcoming these barriers and ensuring the success of these health initiatives.

Keywords : health, posyandu, adolescents, posyandu barriers

INTRODUCTION

Posyandu Remaja is a public health initiative that aims to pay special attention to adolescent health and development (Lundy & Janes, 2001). The program is designed to provide a place for adolescents to get health services that are teen-friendly, discuss health issues relevant to adolescence, and provide information and education on reproductive health, healthy eating, physical fitness, and psychosocial issues (Nies (Melanie) & Anef, 2018). Through Posyandu Remaja, adolescents can access health services that support their growth and development, providing them with the knowledge and skills to manage their health necessary to lead a healthy and happy life (Ayu et al., 2020). By actively involving adolescents in the program, Posyandu Remaja also becomes a vehicle to build self-awareness, strengthen social skills, and create an environment that supports positive growth for the younger generation (Wahid et al., 2020).

Adolescent health is one of the critical aspects of a country's development (Eccleston et al., 2021). Adolescence is not only a period of transition from childhood to adulthood, but also an important period in the formation of an individual's character, life habits, and mental and physical well-being. In the Indonesian context, the Integrated Service Post (Posyandu) system has long been a key pillar in the government's efforts to improve public health, especially for children under the age of five and pregnant women (Montgomery et al., 2020). However, attention to adolescent health within the Posyandu framework is often overlooked. This is despite the fact that adolescents often face unique challenges and risks, including mental health issues, early pregnancy, and substance abuse (World Health Organization, 2022).

Posyandu Remaja is faced with various barriers that affect its effectiveness and sustainability in providing health services to adolescents (Larasaty, 2021). One of the main barriers is the lack of community awareness and understanding of the importance of adolescent health, which can reduce adolescent participation in the program. In addition, limited resources, both in terms of funds and manpower, are often a significant constraint. Lack of training and skills specialized in adolescent health may also hinder the ability of Posyandu staff to provide quality services (Kurniawati et al., 2020). In addition, social stigma associated with adolescent health issues, such as reproductive health and mental health, may discourage adolescents from seeking help or information. Cultural factors and social norms can also affect the success of the program, as some communities may have conservative views towards certain topics covered in Posyandu Remaja (Pandawa & Djama, 2023).

Indonesia is a country with a very significant number of adolescents, reaching more than 65 million people in 2022 according to the Indonesian Central Bureau of Statistics (Vizianti, 2022). Indonesian adolescents have complex health challenges, including high rates of early pregnancy, increased cases of sexually transmitted diseases, and growing mental health problems (Mulyatin et al., 2023). These issues require a holistic and coordinated approach from various parties, including Posyandu, to ensure that adolescents receive adequate health services.

However, there is limited scientific literature on the barriers to the implementation of adolescent posyandu in Indonesia. Several studies have been conducted, such as (Rasyid et al., 2022) which examines the implementation of adolescent posyandu but this information is often scattered in various journals and reports, difficult to access by practitioners, researchers, and policy makers. In addition who conducted research on health service innovation in posyandu. It is within this framework that this research attempts to fill the knowledge gap by conducting a comprehensive review of the barriers faced by Youth Posyandu in Indonesia.

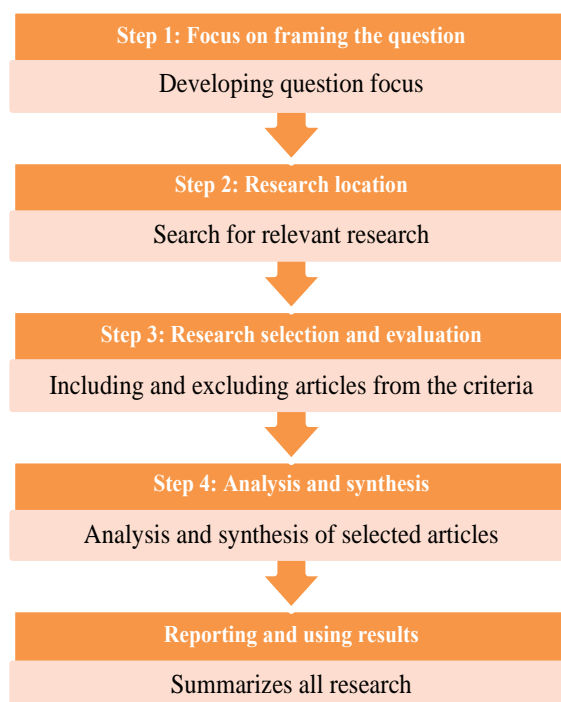
It is important to explore the barriers that hinder the success of Posyandu Remaja. In this article, a thorough analysis using Systematic Review will be conducted to analyze these findings more deeply and systematically. Through this approach, this article aims to provide

an in-depth understanding of the challenges faced by Posyandu Remaja in Indonesia, as well as provide insight into possible solutions to address these issues. The main objective of this study is to identify and analyze the barriers that exist in the implementation of Posyandu Remaja in Indonesia.

METHOD

The method employed in this study was a systematic literature review, a technique that has its origins in medical science, designed to synthesize research findings in a structured and transparent manner. As a research method, a literature review involves identifying and critically evaluating relevant research, then collecting and analyzing data from these studies. The primary aim of a literature review is to gather all empirical evidence that aligns with predefined inclusion criteria to address a specific research question or hypothesis. This secondary research approach integrates findings from multiple primary studies to provide answers to the research questions. In this study, Google and Google Scholar were utilized as the main databases, covering the period from 2019 to 2023. The research extraction process involved using the Publish or Perish software, with a search strategy that combined various conditions and keywords like "Adolescent Posyandu Barriers." The initial search involved scanning titles, abstracts, and keywords of articles published since 2019 to identify those that met the criteria.

This systematic literature review adhered to a five-step guideline, which has been applied in numerous SLR studies. The organization and analysis of the review followed key principles reported in recent literature, ensuring a robust approach to synthesizing research findings.



Picture 1. The Five Steps of SLR are Adapted From Denyer and Tranfield

Step 1: Drafting the Question

The first step involves defining the research focus to establish a clear scope for the study. The study aims to address specific questions related to the selected topic from 2019 to 2023. These research questions are formulated based on the needs of the topic, focusing on: RQ1: How to identify and analyze existing barriers to implementation.

Step 2: Research Location

The second step in this systematic literature review (SLR) is to locate, select, evaluate, and list key contributions related to the research question. The target area of this research was Environmental Education, with keywords used to track relevant articles from 2019 to 2023. The search process was conducted using the search function.

Step 3: Research Selection and Evaluation

This stage ensures that the data or information gathered is suitable for use in the SLR. The review standards that were applied include the following criteria: (1) Data must be from publications between 2019 and 2023; (2) The articles must be published in Indonesian; (3) The full text of the paper must be accessible; and (4) The content must be related to the theme of barriers to adolescent Posyandu. Initially, 28 article titles and abstracts were reviewed during the first screening. Articles that did not meet the selection criteria were excluded. In the third stage, only articles published in Indonesian were chosen. In the fourth stage, articles containing the keyword "Barriers to Adolescent Posyandu" were selected. In the fifth stage, remaining articles were scrutinized to ensure alignment with the keyword "Barriers to Adolescent Posyandu." In the final stage, only those articles directly related to the topic of barriers to adolescent Posyandu were selected.

RESULTS

From the results of article searches starting in 2019, 28 suitable articles were obtained, which can be described in table 1.

Table 1. Results Of Article Searches Using the Keyword Barriers yo Youth Health Post (Posyandu Remaja)

No.	Article Tittle	Year	Author
1	Integrated Posyandu Program: Strengthening Strategies for Youth Posyandu in Denpasar	2021	(Deviani et al., 2021)
2	Implementation of the Youth Posyandu Program Among Adolescents in Sudajaya Hilir Village	2023	(Andriani et al., 2023)
3	Optimization of posyandu services for children with disabilities in the new normal era in Rowosari Village, Semarang	2023	(Wulaningsih et al., 2023)
4	Education Programs in the Prevention of Sexually Transmitted Diseases in Adolescents	2023	(Roselina & Muhammad, 2023)
5	Overview of the Implementation of Adolescent Care Health Services (PKPR) at Dupak Health Center, Surabaya	2019	(Avilla, 2019)
6	Community Empowerment through Training of Youth Posyandu Cadres Uswatun Hasanah Cikunir Village	2020	(Susanti et al., 2020)
7	Evaluation of Friendly Health Services Program Adolescents (PKRR) in Early Adolescent Reproductive Health Education	2022	(Perestroika et al., 2022)
8	Barriers in the Implementation of the First 1000 Days of Life Movement Program: A Review	2021	(Purwanti, 2021)
9	Implementation of Ki Hajar Dewantara's Leadership in Practice Learning Management	2019	(Marce & Purbonuswanto, 2019)
10	Anemia Counseling for Adolescents: Healthy Adolescents Free from Anemia	2024	(Pratiwi et al., 2024)

Based on table 1, it is evident that there are 200 documents or articles that explore the barriers to adolescent Posyandu. These articles were selected based on themes and discussions

relevant to the research topic. The majority of the articles obtained focus on the barriers to adolescent Posyandu from 2019 to 2023. Among these, one article that conducted a case study related to the equalization of ASN functional positions is by Purwanti. This particular article examines the challenges in implementing the First 1000 Days of Life Movement program, which is a part of the adolescent Posyandu initiatives. The research in Purwanti's article is a literature review that aims to identify the barriers in executing this program, which is crucial for addressing growth issues in children due to inadequate nutrition from pregnancy to the age of 24 months. The study found that the main obstacles included a lack of stakeholder involvement, insufficient support, and shortages in personnel, facilities, and infrastructure.

Additionally, investigates anemia among adolescents during the Covid-19 pandemic. Anemia has significant negative impacts on adolescents, including reduced concentration, immunity, fitness, productivity, and academic performance. The purpose of their study is to assess the awareness among Posyandu adolescents about maintaining health and preventing anemia during the Covid-19 pandemic. The research method involved the application of post-tests and pre-tests. The results indicated that all 16 male adolescent respondents had normal hemoglobin levels, while female adolescents exhibited hemoglobin levels ranging from mild to normal.

DISCUSSION

In the analysis of literature regarding the barriers to Youth Posyandu (Youth Health Posts) from 2019 to 2024, several significant challenges in the implementation of these programs have been identified. Table 1 summarizes 10 relevant articles that address various aspects of Youth Posyandu, including strengthening strategies and program evaluations. The majority of the articles highlight barriers faced in the implementation of Youth Posyandu. For instance, (Deviani et al., 2021) discuss strategies for strengthening Youth Posyandu in Denpasar, emphasizing systemic issues such as limited resources and community engagement challenges. Similarly, (Adriani, 2021) examine the implementation of the Youth Posyandu Program in Sudajaya Hilir Village, identifying difficulties related to coordination and resource allocation.

(Purwanti, 2021) provides an in-depth literature review on the barriers to the First 1000 Days of Life Movement Program, which intersects with Youth Posyandu initiatives. This review reveals several key obstacles, including insufficient stakeholder involvement, lack of support, and inadequacies in personnel and infrastructure. These barriers are crucial as they impact the effectiveness of health initiatives aimed at supporting growth and development from pregnancy through early childhood.

(Pratiwi et al., 2024) conducted a study on anemia counseling for adolescents during the Covid-19 pandemic, highlighting the significant impact of anemia on adolescent health, including reduced concentration, immunity, fitness, productivity, and academic performance. Their research, which involved pre-tests and post-tests, found that while male adolescents maintained normal hemoglobin levels, female adolescents showed varying levels of anemia. This underscores the need for targeted health interventions and awareness programs to address anemia, particularly in the context of a pandemic that may exacerbate health challenges.

The evaluation of the Friendly Health Services Program for adolescents (PKRR) by (Perestroika et al., 2022) provides insights into the effectiveness of such programs in early adolescent reproductive health education. This evaluation highlights how well-designed health services can enhance adolescents' understanding and management of their health, which is essential for addressing barriers in Youth Posyandu programs. Overall, the review of these articles illustrates that while there is a growing body of research on Youth Posyandu and related health issues, significant barriers remain in the implementation and effectiveness of these programs. Addressing these challenges requires a multifaceted approach, including improving

stakeholder involvement, enhancing resources, and focusing on specific health issues such as anemia. Continued research and program evaluation are essential for overcoming these barriers and ensuring the success of Youth Posyandu initiatives.

CONCLUSION

The review of recent literature on Youth Posyandu programs reveals several significant challenges that hinder their effectiveness. Key issues include limited resources, inadequate stakeholder involvement, and insufficient support and infrastructure. The impact of anemia on adolescents, especially during the Covid-19 pandemic, highlights the need for targeted health interventions. To improve Youth Posyandu programs, a comprehensive approach is necessary, focusing on enhancing resource allocation, increasing stakeholder engagement, and addressing specific health issues like anemia. Continued research and program evaluation are crucial for overcoming these barriers and ensuring the success of these health initiatives.

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