

# Bukti korespondensi publikasi

## Judul: Risky teenager behavior in a vocational high school

### 1. Submit artikel

Manuskrip di submit pada 9 Juli 2019

[Home](#) > [User](#) > [Author](#) > [Submissions](#) > #20241 > **Review**

## #20241 Review

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SUMMARY **REVIEW** EDITING

### Submission

Authors	Suci Musvita Ayu, Marsiana Wibowo, Liena Sofiana 
Title	Risky teenager behavior in a vocational high school
Section	General Education Concepts
	Rafael Denadai  (Review)
	Lena Lindenskov, Ph.D.  (Review)
Editor	Maja Ljubetic, Ph.D.  (Review)
	Asghar Soltani, Ph.D.  (Review)

### Peer Review

#### Round 1

Review Version	<a href="#">20241-37618-1-RV.RTF</a> 2019-07-09
Initiated	2019-07-10
Last modified	2019-07-21
Uploaded file	None

6/10/23, 6:00 AM Email Universitas Ahmad Dahlan Yogyakarta - [IJERE] Submission Acknowledgement

**UNIVERSITAS AHMAD DAHLAN** Suci Ayu <suci.ayu@ikm.uad.ac.id>

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### [IJERE] Submission Acknowledgement

1 pesan

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**Dr. Lina Handayani** <linafkm@gmail.com> 9 Juli 2019 pukul 21.34  
Kepada: "Assalamu'alaikum... Suci musvita ayu" <suci.ayu@ikm.uad.ac.id>

The following message is being delivered on behalf of International Journal of Evaluation and Research in Education (IJERE).

---

Assalamu'alaikum... Suci musvita ayu:

Thank you for submitting the manuscript, "PHENOMENOLOGICAL STUDY OF RISKY TEENAGER BEHAVIOR IN VOCATIONAL HIGH SCHOOL "A" IN YOGYAKARTA" to International Journal of Evaluation and Research in Education (IJERE). With the online journal management system that we are using, you will be able to track its progress through the editorial process by logging in to the journal web site:

Manuscript URL:  
<http://ijere.iaescore.com/index.php/IJERE/author/submission/20241>  
Username: sucimusvitaayu

If you have any questions, please contact me. Thank you for considering this journal as a venue for your work.

Dr. Lina Handayani  
International Journal of Evaluation and Research in Education (IJERE)

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International Journal of Evaluation and Research in Education (IJERE)  
<http://www.iaescore.com/journals/index.php/IJERE>

## 2. Permintaan revisi

Pada tanggal 21 Juli 2019, Editor mengirimkan permintaan revisi dan menyatakan diterima dengan major revision. Sebagian besar proses editorial dan corresponding dilakukan melalui email.

### Editor/Author Correspondence

Editor [DELETE](#)

Subject: [IJERE] Editor Decision

2019-07-21 10:42 AM  
The following message is being delivered on behalf of International Journal of Evaluation and Research in Education (IJERE).

---

Dear Prof/Dr/Mr/Mrs: Assalamu'alaikum... Suci musvita ayu,

We have reached a decision regarding your submission entitled "PHENOMENOLOGICAL STUDY OF RISKY TEENAGER BEHAVIOR IN VOCATIONAL HIGH SCHOOL "A" IN YOGYAKARTA" to International Journal of Evaluation and Research in Education (IJERE), an ERIC indexed journal (<https://bit.ly/2EI8hDj>).

Our decision is to **ACCEPT Major** with revisions

- Extend the paper with 10 up to date international journal papers
- Re write adhere IJERE Template carefully
- Proof read the English to professional
- Explain regarding data triangulation in method section
- Explain Ethical clearance
- write the location as : "A VOCATIONAL SCHOOL"

Np need Bahasa Indonesia version in ABSTRACT AND TITLE

The goal of your revised paper is to describe novel technical results.

A high quality paper **MUST** has:

- (1) a clear statement of the problem the paper is addressing --> explain in "Introduction" section
- (2) the proposed solution(s)/method(s)/approach(es)/framework(s)/algorithm(s) ....
- (3) results achieved. It describes clearly what has been done before on the problem, and what is new.

In preparing your revised paper, you should pay attention to:

1. Please ensure that: all references have been cited in your text; Each citation should be written in the order of appearance in the text; The references must be presented in numbering and CITATION ORDER is SEQUENTIAL [1], [2], [3], [4], .....

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- <http://iaescore.com/journals/index.php/ijere>
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(Please use "Search" menu under "JOURNAL CONTENT" menu in right side of the site)

2 An Introduction should contain the following three (3) parts:

- **Background:** Authors have to make clear what the context is. Ideally, authors should give an idea of the state-of-the art of the field the report is about.
- **The Problem:** If there was no problem, there would be no reason for writing a manuscript, and definitely no reason for reading it. So, please tell readers why they should proceed reading. Experience shows that for this part a few lines are often sufficient.
- **The Proposed Solution:** Now and only now! - authors may outline the contribution of the manuscript. Here authors have to make sure readers point out what are the novel aspects of authors work. Authors should place the paper in proper context by citing relevant papers. At least, 5 references (recently journal articles) are used in this section.

3. **Results and discussion section:** The presentation of results should be simple and straightforward in style. This section report the most important findings, including results of statistical analyses as appropriate. You should present the comparison between performance of your approach and other researches. Results given in figures should not be repeated in tables. It is very important to prove that your manuscript has a significant value and not trivial.

Please submit your revised paper within 6 weeks.

I look forward for hearing from you

Thank you

Best Regards,  
Dr. Lina Handayani  
Universitas Ahmad Dahlan  
Phone +62274379418  
Fax +62274381523  
linafkm@gmail.com

-----  
Update your metadata in our online system when you submit your revised paper through our online system, included:

- Authors name are presented without salutation
- Authors Name are presented Title Case (ex: Michael Lankan, and NOT written--> michael lankan or MICHAEL LANKAN). Add all authors of your paper as per your revised paper
- Title of revised paper (ex: Application of space vector .... , NOT --> APPLICATION OF SPACE VECTOR ....)
- Content of updated abstract

-----  
Reviewer D:

The IJERE form to evaluate submitted papers

Content:

Fair

Significance

:  
Good

Originality:  
Good

Relevance:  
Good

Presentation:  
Fair

Recommendation:  
Fair

#### Comments to the Author

This comment will be visible to the Author

:  
First of all, the study should be organized in accordance with iaes format, especially the introduction section should be developed. In addition, the references used should be reviewed they are inadequat. References should be corrected. Tables should be prepared in accordance with the format.

In addition, attention should be paid to grammar and the correct spelling of words and sentences. If the study is carefully edited and developed, it is of publishable quality.

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International Journal of Evaluation and Research in Education (IJERE)  
<http://www.iaescore.com/journals/index.php/IJERE>

### 3. Proses Revisi

Proses Revisi berlangsung dari tanggal 30 Juli 2019 sampai 19 Agustus 2019

[IJERE] Schedule for Article Publication, Please reply in 2 weeks! Eksternal > Kotak Masuk x

Mukti iaes <mukti.iaes@gmail.com> kepada saya, marsiana.wibowo, liena.sofiana Sel, 30 Jul 2019, 13.41 ☆ ↶ ⋮

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Dear Doctor and Colleague,

The review process of your paper entitled "PHENOMENOLOGICAL STUDY OF RISKY TEENAGER BEHAVIOR IN VOCATIONAL HIGH SCHOOL "A" IN YOGYAKARTA" has been completed. Based on the opinions of the reviewers and the Associate Editor in charge, your manuscript has been ACCEPTED with minor revision for publication in the International Journal of Evaluation and Research in Education (IJERE) for Vol.8 No.3 September 2019. Please accept my congratulations!

We have not received your paper revision and proof of payment. If you have paid, please send your revise.


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---

Suci Ayu <suci.ayu@ikm.uad.ac.id> kepada thoharoh 30 Jul 2019, 14.00 ☆ ↶ ⋮

\*\*\*

--

Suci Musvita Ayu [S.KM.](#), M.P.H  
Fakultas Kesehatan Masyarakat, Universitas Ahmad Dahlan

---

Liena Sofiana <liena.sofiana@ikm.uad.ac.id> kepada Mukti, Marsiana, saya Jum, 2 Agu 2019, 10.02 ☆ ↶ ⋮

Inggris > Indonesia > Terjemahkan pesan Nonaktifkan untuk: Inggris x

berikut kami kirimkan naskah yang sudah dalam template ijere terima kasih

\*\*\*

--

Liena Sofiana, [S.KM.](#), M.Sc  
Head Departement of Public Health  
Jl. Prof. Dr. Soepomo SH, Janturan Warungboto  
Umbulharjo Yogyakarta  
Telp. 08587555584

---

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**Kampus 2:** Jl. Pramuka 42, Sidikan, Umbulharjo, Yogyakarta 55161

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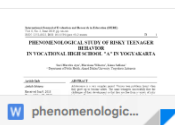
**Kampus 4:** Jl. Ringroad Selatan, Yogyakarta

**Kampus 5:** Jl. Ki Ageng Pemanahan 19, Yogyakarta

**Kontak**

Email: [info@uad.ac.id](mailto:info@uad.ac.id)  
Telp. : (0274) 563515, 511830, 379418, 371120  
Fax. : (0274) 564604

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**Liena Sofiana** <liena.sofiana@ikm.uad.ac.id>  
kepada saya ▾

Sen, 5 Agu 2019, 10.10 ☆ ↶ ⋮

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Dari: **Mukti iaes** <mukti.iaes@gmail.com>  
Date: Sen, 5 Agt 2019 08.15  
Subject: Re: [IJERE] Schedule for Article Publication, Please reply in 2 weeks!  
To: Liena Sofiana <liena.sofiana@ikm.uad.ac.id>

Asalamualaikum ibu Liena,

Terima kasih telah merevisi, akan tetapi masih perlu sedikit perbaikan pada artikel ibu.

1. Referensi minimal 25
2. Semua referensi menggunakan bahasa Inggris
3. Teks pada Biography author menggunakan teks berbentuk paragraf

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**Suci Ayu** <suci.ayu@ikm.uad.ac.id>  
kepada mukti.iaes ▾

📧 Jum, 16 Agu 2019, 15.00 ☆ ↶ ⋮

Assalamu'alaikum.,  
berikut kami kirimkan hasil revisi terakhir.  
mohon untuk di review kembali terimakasih.  
wassalamu'alaikum...

--

Suci Musvita Ayu [S.KM.](#), M.P.H  
Fakultas Kesehatan Masyarakat, Universitas Ahmad Dahlan

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kepada saya ▾

Sen, 19 Agu 2019, 08.17 ☆ ↶ ⋮

Waalaiumsalam,

Terima kasih sudah merevisi naskah, setelah kami cek ternyata masih ada sedikit revisi  
yaitu tolong sebutkan nama tabel (Table 1, Tabel 2) di dalam teks dahulu sebelum tabel tersebut ditampilkan.  
Terima kasih.

Best Regards,  
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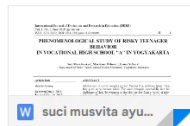
**Suci Ayu** ----- Forwarded message ----- From: Mukti iaes <mukti.iaes@gmail.com> Date: Sen, 19 Agt 2019 9.17 AM Subject: Re: naskah Suci musvita Ayu... 19 Agu 2019, 10.42 ☆



**Suci Ayu** <suci.ayu@ikm.uad.ac.id>  
kepada Liena ▾


📧 19 Agu 2019, 11.12 ☆ ↶ ⋮

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↶ Balas

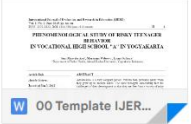
↷ Teruskan


 **Suci Ayu** <suci.ayu@ikm.uad.ac.id>  
kepada mukti.iaes ▾ Sen, 19 Agu 2019, 12.34 ☆ ↶ ⋮

assalamu'alaikum,  
berikut saya kirimkan revisi yang sudah saya selesaikan. mohon untuk di koreksi kembali. terimakasih.

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Suci Musvita Ayu S.KM., M.P.H  
Fakultas Kesehatan Masyarakat, Universitas Ahmad Dahlan

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Waalikumsalam,


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kepada saya, linafkm ▾ Sen, 19 Agu 2019, 13.31 ☆ ↶ ⋮

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Mukti iaes <mukti.iaes@gmail.com>  
kepada saya ▾

Sen, 19 Agu 2019, 14.00 ☆ ↶ ⋮

Maksudnya begini bu,  
Tabel dan gambar melengkapi teks, semua tabel dan gambar harus direferensikan dalam teks. Penulis HARUS MENJELASKAN apa yang harus dicari pembaca ketika menggunakan tabel atau gambar. Berfokus hanya pada poin penting yang harus diambil pembaca dari mereka, dan tinggalkan detailnya untuk diperiksa sendiri.  
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19 Agu 2019, 16.02 ☆ ↶ ⋮

Assalamu'alaikum,,  
berikut saya kirimkan draft yang sudah direvisi. mohon untuk dikoreksi kembali. terimakasih  
wassalamu'alaikum...

...

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20 Agu 2019, 08.32 ☆ ↶ ⋮

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6/10/23, 6:19 AM

Email Universitas Ahmad Dahlan Yogyakarta - [IJERE] Schedule for Article Publication, Please reply in 1 weeks!

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2 pesan

mukti.iaes@gmail.com <mukti.iaes@gmail.com>

19 Agustus 2019 pukul 13.31

Kepada: suci.ayu@ikm.uad.ac.id

Cc: linafkm@gmail.com

Dear **Suci musvita ayu**,

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City: Yogyakarta

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<https://mail.google.com/mail/u/8/?ik=186667d518&view=pt&search=all&permthid=thread-f:1642275853594427141&simpl=msg-f:16422758535944271...> 1/2

6/10/23, 6:19 AM

Email Universitas Ahmad Dahlan Yogyakarta - [IJERE] Schedule for Article Publication, Please reply in 1 weeks!

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Regards,  
IJERE Team


Suci Ayu <suci.ayu@ikm.uad.ac.id>

19 Agustus 2019 pukul 13.33

Kepada: Liena Sofiana <liena.sofiana@ikm.uad.ac.id>

## Bukti Pembayaran

Bukti pembayaran naskah publikasi Kotak Masuk x

 **Suci Ayu** <suci.ayu@ikm.uad.ac.id>  
kepada Mukti Sen, 26 Agu 2019, 12.17 ☆ ↶ ⋮


Berikut terlampir bukti transfer pembayaran naskah publikasi.

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Suci Musvita Ayu [S.KM.](#), M.P.H  
Fakultas Kesehatan Masyarakat, Universitas Ahmad Dahlan

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Bukti Pembayara...

 **Mukti iaes** <mukti.iaes@gmail.com>  
kepada saya Sen, 26 Agu 2019, 13.12 ☆ ↶ ⋮

Baik, kami akan memproses article anda.  
Terima kasih

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## **Lampiran Hasil revisi**



# PHENOMENOLOGICAL STUDY OF RISKY TEENAGER BEHAVIOR IN VOCATIONAL HIGH SCHOOL "A" IN YOGYAKARTA

Suci Musvita Ayu<sup>1</sup>, Marsiana Wibowo<sup>2</sup>, Liena Sofiana<sup>3</sup>

<sup>1,2,3</sup>Department of Public Health, Ahmad Dahlan University, Yogyakarta, Indonesia

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## Article Info

### Article history:

Received Jun 9, 2018

Revised Nov 20, 2018

Accepted Dec 11, 2018

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### Keywords:

Behavior

Teenager

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## ABSTRACT

Adolescence is a very complex period. Various teen problems haunt when they grow up to become adults. The same teenagers successfully face the challenges of their development so that they are free from a variety of risky behaviors. However, some of them also smoke, consume alcohol, have free sex, commit violence, and use drugs. This research is a qualitative study with a phenomenological approach in which researchers explore and try some risky behaviors in health and factors that influence and how adolescents in vocational high schools end up committing some risky behavior. The results of the study show that teens who do not have risky behavior and who do have some risk behaviors have different understandings related to the impact of these behaviors. People around teenagers influence how teenagers will behave. These influential people can cause teenagers to take risky behavior, such as family problems, get bad examples from parents, family members, peers, and idols. Factors that influence adolescents to end up committing risky behavior are the understanding of the negative effects of risk behavior. The various causes of influential people include parents, peers, religious leaders, idols, perceived benefits, self-control, and intention. The internal and external factors of adolescents determine whether the teenager will do or not risky behavior. Strong collaboration between internal and external factors shapes behavior which is not risky in adolescents, and vice versa.

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### Corresponding Author:

Suci Musvita Ayu,  
Department of Public Health,  
Ahmad Dahlan University,  
Jl.Prof. Dr. Soepomo, Janturan, Yogyakarta (55164).  
Email: [suci.ayu@ikm.uad.ac.id](mailto:suci.ayu@ikm.uad.ac.id)

---

## 1. INTRODUCTION

In Indonesia, one-fifth of the population is teenagers who have the opportunity to commit risky behavior without being aware of the long-term consequences of the behavior. They adopt risky behaviors through unhealthy relationships and un directed infonnation. Progress or modernization turns out to have two sides that can be beneficial and / or also detrimental, especially the problem of progress in the field of information technology. The era of globalization and openness of infonnation, such as the internet, makes all forms of information very easy to obtain, even from those who are in small cities.[1]

In adolescence, biological, psychological and social changes occur rapidly. This requires changes in the behavior of adolescents to adjust to their current conditions. In some adolescents, this adjustment process can take place without significant problems because they succeed in recognizing their identity and getting sufficient social support. Both play a role in adolescent adjustment. But, some other teenagers can experience adjustment problems. Difficulties in adolescent adjustment are usually preceded by the emergence of risky behaviors causing adolescent psychosocial problems both on a personal and social level. Adolescent risky

behavior makes them often labeled as troubled teenagers and eventually they are treated negatively from their social environment. Teenage risky behavior is a form of behavior that can endanger the health and well-being of adolescents, even some forms of risky behavior can harm others.[2]

Risky behavior arises because it is influenced by risk factors (Risk factors) that come from within adolescents (level of the individual), from the family (level of the family) and from outside the family (extrafamilial relations). Factors derived from adolescents (level of the individual) are low achievement motivation (low achievement motivation) and low self-esteem (low self esteem), factors of the family (level of the family) are very strict parents (high strictness) and low support and extrafamilial relations are deviant peers and extreme peer orientation.[3]

In Indonesia, adolescents (15-24 years) who had premarital sexual relations in urban areas in 2007 amounted to 0.9% (female) and 6.4% (male), while in rural areas, there were 1.7% women and 6, 3% men. This figure increased in 2012, amounting to 0.9% women and 8.7% of urban men and 1.0% of women and 7.8% of rural men had premarital sexual relations.[4]

Preliminary studies conducted showed that 89.4% of adolescents had carried out risky behaviors for their health, such as smoking, drinking alcohol, premarital sex, dating violence, and consuming drugs. Some of the respondents have good self-confidence, while others have less self-confidence in behavior. In line with these results, some respondents also stated that the role of peers is very important in shaping their behavior, while others do not. Peers have the greatest relationship strength to risky health behaviors. Exposure to information sources about smoking, drinking alcohol, pre-marital sex, dating violence, and consuming drugs with a high category amounted to 75.7% of respondents.

## 2. RESEARCH METHOD

This research is qualitative research with a phenomenological approach. Phenomenological studies focus on one's subjective experience and interpretation of the world. The results of this study illustrate the structure of one's experience that they display with awareness, without theory, subtraction, or assumptions from other scientific disciplines.[5] The research subjects consisted of the main subjects, namely vocational high school students who had risky behavior (2 people) and vocational high school students who did not have risky behavior (2 people). The instrument in this qualitative research is the researchers themselves. While the research tool used is the guideline for in-depth interview focus group discussion, log book, and the log book is used as a tool to record information obtained during the research process, and an audio recorder is used to record the interview process. The data collection techniques used were interviews and focus group discussion (FGD).

## 1. RESULTS AND ANALYSIS

From the data collection that has been carried out in Yogyakarta by involving students from the Yogyakarta "A" Vocational School.

Table 1. Frequency Distribution of Characteristics of Informants Based on Gender, Age, Maternal Education Level and Father's Education Level

	Variable	Frequency	Percentage (%)
Age	17 years	3	75
	18 years	1	25
Gender	Male	0	0
	Female	4	100
Maternal Education	Low (PS-JHS)	0	0
	High ( SHS-College)	4	100
Paternal Education	Low	1	25
	High	3	75
Behavior	Risky	2	50
	Not Risky	2	50

Based on the results of table 1 data, it was found that the informants obtained in this study consisted of two people who did not carry out risky behavior and two people who did risky behavior. Informants have been educated in the Third Class Vocational School (VOC) (XII). The sex of the informants were women with an average age of 17 amounting to three (75%) and 18 years amounting to one person (25%). The parental education background is divided into four high-level backgrounds in the mother's category. While the education of fathers in the low category is one person and higher education is three people.

Table 2. Analysis Results

No	Indicator	Riskv					Not risky
		Smoking/Cigarette	Alcohol	Drugs	Vilolence	Free Sex	
1	The understanding of risky behavior	poor	poor	poor	poor	poor	good (understand the negative effect)
2	Causes	a. Family history b. Trying c. Bullying d. Environment e. Instagram celebrities	a. Trying b. Environment c. Friends	a. Trying b. Environment c. Friends	a. Family history b. Trying c. Bullying d. Environment e. Media	a. Trying b. Environment c. Instagram celebrities	There is an influence from the close ones
3	Influencers	Internal: parents External: peers and idol	Internal: parents External: peers and idol	Internal: parents External: peers and idol	Internal: parents External: peers and idol	Internal: parents External: peers and idol	Internal : parents External : Ustad/ustadzah, peers and idols
4	Benefits	a. Considered as problem solving b. Showing youth identity	a. Considered as problem solving b. Showing youth identity	a. Considered as problem solving b. Showing youth identity	a. Considered as problem solving b. Showing youth identity	a. Considered as problem solving b. Showing youth identity	a. Focus more b. Calmer in behaving c. Maintaining family and own's image
5	Previed Control	Bad	Bad	Bad	Bad	Bad	Good
6	Intention to commit risky behavior	There is one(s).	There is one(s).	There is one(s).	There is one(s).	There is one(s).	none

### 3.1 Teenagers Phenomena in Yogyakarta

The interviews were carried out to informants who were not at risk and at risk. Informants came from students of one of the vocational high schools in Yogyakarta who stated that there are many factors influencing adolescent behavior such as smoking, bullying, disrespectful behavior towards teachers, hanging out at midnight, watching indecent videos, consuming alcohol, consuming drugs and premarital sex. This is supported by interviews with informants who are not at risk:

- “...*Kok masnya masih merokok, kan udah tau kalau merokok itu bahaya (why do you still smoke when you know it's dangerous?)*” (AM1, 17 tahun).
- “...*Saya paling ga suka kalo ada orang yang Bully, kalo saya pas diem, saya mesti di Bully. (I don't like if there is someone bullying me, if I stay quiet, I will definitely be bullied)*” (AM1, 17 tahun).
- “...*Mereka pacaran itu gimana terus salah satu dari mereka itu nonton ga jelas yang di sensor gitu. (They are going out and one of them watch blue movies.)*” (AM1, 17 tahun).
- “...*Dengan guru kayak ngomong sama temennya sendiri. Sering keluar malam, ngerokok juga da yang minum tapi udah pada keluarga semua ini. (They talk to teachers like talking to friends. They often go out late at night, smoke, and drink alcohol. Most of them are already married)*” (AM1, 17 tahun).
- “...*Merokok kan sebenarnya juga rugi, dia gak hanya perokok yang aktif aja tapi yang pasif juga kehirup. (Smoking is actually not good, they are not only active smoker but also passive smoker)*” (IK2, 18 tahun).
- “...*saya diceritain, kalo udah minum rasanya melayang-layang gitu. (I have been told, that after drinking, they will fly.)*” (AM1, 17 tahun).

The results of interviews with informants who did not do risky behavior showed that informants never did things that were risky behavior. It is because they realize that there is a negative impact from this behavior. The response of informants who commit risky behavior:

- “...*kalo ngerokok saya cuma pernah nyobain merokok, cuma diisap bentar kok dan rasanya gak enak. (I have tried smoking and it doesn't feel good.)*” (T4, 17 years).
- “...*Pernah Bully tapi gak pake kekerasan. (I have ever bullied but not with violence)*” (DE3, 17 years).
- “...*penasaran kayak temen-temen bilang, pas minum-minum kayak gitu kayak ngelupain masalahnya. (I am curious because my friends told me that when you are drinking, I will forget all my problems)*” (T4, 17 years).
- “...*waktu SMP di belakang kelas, pernah ngepil, obatnya kecil kayak obat KB, kadang-kadang antimo dicampur BigCola, obatnya dikantongin pake plastic, langsung pusing kalo diajak ngomong juga gak nyambung, maunya tidur terus. (when I was in junior high school, I have ever taken drugs. The pill is small like a family planning pills, sometimes antimo combined with BigCola. The drugs are out in a plastic and after that we'll go fly.)*” (DE,3 17 years).
- “...*rata-rata sekelas udah pernah seks bebas, tapi belum pernah sampai puncak, kalo aku cuma sekedar kayak ciuman gitu. (most of my classmates have ever done free sex, and I only kiss)*” (T4, 17 years).

“...saya penasaran dengan rasanya alkohol, tapi masih ragu-ragu untuk nyoba. (I’m curious to try consuming alcohol, but I still hesitate to try )” (T4, 17 years).

Based on the results of interviews with risky informants, it was found that the informants did this based on resentment towards ridicule from friends so that there was resistance from the informants to defend themselves, besides because of the curiosity that they wanted to experiment, and often did to eliminate problems that are being experienced.

### 3.2 Things that affect teenagers to behave

Based on previous research, non-risky and risky behavior are influenced by several things, namely schoolmates, parents and personal problems. The results of interviews with informants who did not carry out risky behavior were supported by some statements:

“...aku tidak tertarik melakukan hal-hal itu, karena untuk menjaga nama baik diri sendiri (I am not interested doing those things because I need to maintain my image.)” (IK2, 18 years).

“...saya ingin ngindar dari temen-temen yang kayak gitu, karena nasihat orangtua supaya membatasi pergaulan. (I want to avoid friends who are like that because my parents said so)” (AM1, 17 years).

The interviews with informants who were not at risk show that they were not interested and wanted to avoid negative things, for reasons of counseling parents, teachers, and wanting to maintain a good image for themselves. The response of informants who did risky behavior:

“...saya ngerokok, minum, seks bebas karena untuk senang-senang dan ngelupain masalah. Karena saya punya masalah keluarga. Saya ngerasa orangtua saya pilih kasih. (I smoke, drink, free sex because I need to have fun and forget my problems. It is because I have a family problem, they play favorite.)” (T4, 17 years).

“...saya ngerasa kesepian lalu saya lampiasin dengan pacaran. karena dulu mbak saya pernah lari dari rumah karena masalah keluarga juga dan pergi dengan pacarnya. (I feel lonely so I just have a relationship. My big sister had runaway from home because of family problems and ran with her boyfriend.)” (T4, 17 years).

### 3.3 The benefits of not committing risky behavior

The results of the interviews that have been made to the informants show that the benefits of not risky behavior are to make it more focused, calmer and more able to maintain a good name, both for yourself and family. This is supported by the following statements.

“...Pikiran lebih jernih ga kemana mana jadi lebih fokus. (My mind is fresher and I become more focus on things.)” (AM1, 17 years).

“...Nasihat dari orangtua untuk tidak ikut yang aneh-aneh, menjaga nama baik sendiri dan saya selalu ingat orangtua, untuk tidak terjerumus kesitu lebih baik melakukan kegiatan positif. (It is because of my parents’ words for not involving on bad behavior, maintaining my image and they said it’s better to do positive activities.)” (IK2, 18 years).

### 3.4 Environmental opinions regarding risk behaviour

The results of interviews that have been conducted are from the ones done to informants who are not at risk and who are at risk. The informants came from several students at one of the vocational high schools in Yogyakarta. Opinions expressed include:

“...Perilaku berisiko bisa menghilangkan masalah, misal dengan merokok dan pacaran. (Risky behavior can actually get rid of problems, such as smoking and going out.)” (T4, 17 years).

“...Biasa aja, karena sudah sering malakukan dan sekeliling juga melihat (nothing special, I did it often and people also see it.)” (DE3, 17 years).

“...Lebih asik ngumpul sama teman-teman daripada sama keluarga. (It is more fun to hang out with friends than with family.)” (IK2, 18 years).

“...Kalo di lingkungan rumah sih ngga tau ya soalnya kebanyakan anak kecil. (In the neighborhood, my neighbors mostly don’t know because most of them are children)” (AM1, 17 years).

“...Orangtua cuma nasehatin aja sih jangan yang aneh-aneh. (Parents only told me not to do bad things.)” (IK2, 18 years)



### 3.5 People influencing

Based on the results of the interviews, informants' behavior was not risky and risky. The informant revealed that there was an influence from external parties, especially parents related to maintaining relationships, and from religious leaders with frequent listening or watching religious services both directly and online. As for the risk informants, they revealed that they got influence from Celebrity Instagram (celebgram). The statements are presented as follows:

“...Ada sich suka dengerin ceramahnya ust. Hanan Attaki. (I like to hear Ust. Hanan Attaki's tausiyah)” (AM1, 17 years).

“...Saya terinspirasi ibu saya, karena kesabaran dan kesederhanaannya. (I was inspired by my mom because of her patient and simplicity.)” (IK2, 18 years)

Response:

“...Saya terpengaruh oleh orang lain, dari selebgram. Dy pacarannya udah sekitar 5 tahunan. (I am influenced by other people and selebgram. They are in a relationship for about five years.)” (T4, 17 years).

“...Nasihat ortu kalo harus menjaga harga diri dan sabar untuk menghadapi masalah jadi biar gak emosian. Karena saya orangnya kepikiran jadi semuanya dijadiin masalah. (My parents told me to maintain my image and be patient in facing problems calmly.)” (DE3, 17 years).

Based on the results of the study, it is known that adolescents who do not do risky behavior have a good understanding of the effects of risky behavior. Risk behaviors such as smoking, premarital sex, dating violence, drinking alcohol, and consuming illegal drugs have a negative impact on health, both physical and mental health. The level of knowledge about cigarettes is inversely proportional to smoking behavior.

Factors that significantly influence the risky behavior of adolescents based on SKRI 2007 data are knowledge, attitudes, gender, age, education, economic status, access to information media, communication with parents, and the presence of risky behavior friends. The most dominant variable associated with risky behavior in adolescents is gender. Teenage boys have 30 times more chance to smoke, 10 times more to drink alcohol, 20 times more for drug abuse, and 5 times more for pre-marital sex when compared to teenage girls.[6]

According to the Indonesian Reproductive Health Survey (SKRI) in 2007, it was found that 55.2% of teenagers in Indonesia carry out risky behaviors (smoking, drinking alcohol, premarital sex, and drug abuse). The causes of adolescent risk behavior consist of four causes, the existence of family problems, getting a bad role model from family members, getting a bad role model from celebrities (Instagram celebrities), bullying, and unfavorable coping which consider risky behavior as a solution to problems. In smoking behavior, smokers and non-smokers have different knowledge.[7] There are 1.4% of middle and high school teens who experience abuse every day. Sexual harassment or jokes are the second most common type of abuse that is often experienced by middle and high school teens. A total of 4.68% had been beaten, slapped or intentionally physically hurt by his girlfriend. In boys it is 6.95% and 2.54% in girls.[8]

People who influence adolescents in determining whether their behavior are at risk consist of two sources, namely internal and external. Parents have a strong influence in determining the behavior of their children. The tobacco consumption behavior of parents affects significantly the smoking behavior of adolescents.[9] The choice of people from the external environment as influential people greatly determines adolescent behavior. For adolescents who are not at risk, Ustadz or religious leaders are one of the role models in behaving. There is a significant relationship between religiosity and juvenile delinquency. The higher the level of adolescent religiosity, the lower the tendency of juvenile delinquency.[10] They also choose idols who behave exemplary. Meanwhile, adolescents who are at risk, they have friends who behave in the same way, namely smoking, premarital sex, consumption of drugs, even drinking alcohol and violence.

School friends have no more significant influence than friends in the home environment and friends other than in school and home environment towards adolescent smoking behavior.[11] In alcohol consumption, peers have a strong influence on influencing alcohol drinking behavior.[12] They also get access to public figures from programs that are not good. The program conducts risky behavior so that the adolescent adheres to / follows. Peers, environment, and education level significantly influence the smoking behaviour.[13]

Adolescents who behave not at risk and are not at risk have a different way of looking at the benefits of their behavior. For teens who behave not at risk, they argue that risk behavior will not provide any benefits. To maintain good behavior, adolescents behave not at risk of feeling more focused in doing their activities, calmer, and able to maintain family dignity. While for adolescents at risk, they use risky behavior to solve problems they face. That is, smokers assume that smoking can be used as a way to treat themselves from feelings of anxiety and stress due to the problem. But not as expected, smoking actually increases anxiety and tension. The feeling of relaxation is temporary and immediately asks for it again by smoking again. Smoking is not an effective way to overcome mental health problems.[14]

Based on this description, adolescents who do not risk behavior do not have the intention to do any of these risk behaviors. They have good control to stay away from, avoid, and even obey not to do risky actions consistently. Self-control and smoking behavior have a negative relationship, meaning that the stronger the self control, the less likely the possibility of smoking.[10][15]

There is a significant relationship between self control and juvenile delinquency. Good self control is what can bring positive consequences.[10] Adolescent self control of smoking behavior is also influenced by teenagers' perceptions of the type of parenting parents. Adolescents who perceive parenting patterns are not permissive have a higher level of self-control of smoking behavior than adolescents who perceive permissive parenting.[16]

There needs to be strengthening in the distribution of information to adolescents at the school level. This program empowers adolescents to reject smoking laughter and peer pressure.[17] School-based health and cigarette intervention programs have a positive impact on increasing knowledge among Indonesian adolescents.[18] There is a need for denormalization of cigarette consumption and systemic impact interventions to control adolescent smoking behavior.[11] Adolescents need norm education as early as possible.[19][20]

## 2. CONCLUSION

The internal and external factors of adolescents determine whether the teenager will do the risky behavior. A strong collaboration between internal and external factors shapes behavior which is not risky from adolescents, and vice versa.

## ACKNOWLEDGEMENTS



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## RISKY TEENAGER BEHAVIOR IN A VOCATIONAL HIGH SCHOOL

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### ABSTRACT

Adolescence is a very complex period. Various teen problems haunt when they grow up to become adults. The same teenagers successfully face the challenges of their development so that they are free from a variety of risky behaviors. However, some of them also smoke, consume alcohol, have free sex, commit violence, and use drugs. This research is a qualitative study with a phenomenological approach in which researchers explore and try some risky behaviors in health and factors that influence and how adolescents in vocational high schools end up committing some risky behavior. The results of the study show that teens who do not have risky behavior and who do have some risk behaviors have different understandings related to the impact of these behaviors. People around teenagers influence how teenagers will behave. These influential people can cause teenagers to take risky behavior, such as family problems, get bad examples from parents, family members, peers, and idols. Factors that influence adolescents to end up committing risky behavior are the understanding of the negative effects of risk behavior. The various causes of influential people include parents, peers, religious leaders, idols, perceived benefits, self-control, and intention. The internal and external factors of adolescents determine whether the teenager will do or not risky behavior. Strong collaboration between internal and external factors shapes behavior which is not risky in adolescents, and vice versa.

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## 1. INTRODUCTION

In Indonesia, one-fifth of the population is teenagers who have the opportunity to commit risky behavior without being aware of the long-term consequences of the behavior. They adopt risky behaviors through unhealthy relationships and un directed infonnation. Progress or modernization turns out to have two sides that can be beneficial and / or also detrimental, especially the problem of progress in the field of information technology. The era of globalization and openness of infonnation, such as the internet, makes all forms of information very easy to obtain, even from those who are in small cities.[1]

In adolescence, biological, psychological and social changes occur rapidly. This requires changes in the behavior of adolescents to adjust to their current conditions. In some adolescents, this adjustment process can take place without significant problems because they succeed in recognizing their identity and getting sufficient social support. Both play a role in adolescent adjustment. But, some other teenagers can experience adjustment problems. Difficulties in adolescent adjustment are usually preceded by the emergence of risky behaviors causing adolescent psychosocial problems both on a personal and social level. Adolescent risky behavior makes them often labeled as troubled teenagers and eventually they are treated negatively from their

social environment. Teenage risky behavior is a form of behavior that can endanger the health and well-being of adolescents, even some forms of risky behavior can harm others.[2]

Risky behavior arises because it is influenced by risk factors (Risk factors) that come from within adolescents (level of the individual), from the family (level of the family) and from outside the family (extrafamilial relations). Factors derived from adolescents (level of the individual) are low achievement motivation (low achievement motivation) and low self-esteem (low self esteem), factors of the family (level of the family) are very strict parents (high strictness) and low support and extrafamilial relations are deviant peers and extreme peer orientation.[3]

In Indonesia, adolescents (15-24 years) who had premarital sexual relations in urban areas in 2007 amounted to 0.9% (female) and 6.4% (male), while in rural areas, there were 1.7% women and 6, 3% men. This figure increased in 2012, amounting to 0.9% women and 8.7% of urban men and 1.0% of women and 7.8% of rural men had premarital sexual relations.[4]

Preliminary studies conducted showed that 89.4% of adolescents had carried out risky behaviors for their health, such as smoking, drinking alcohol, premarital sex, dating violence, and consuming drugs. Some of the respondents have good self-confidence, while others have less self-confidence in behavior. In line with these results, some respondents also stated that the role of peers is very important in shaping their behavior, while others do not. Peers have the greatest relationship strength to risky health behaviors. Exposure to information sources about smoking, drinking alcohol, pre-marital sex, dating violence, and consuming drugs with a high category amounted to 75.7% of respondents.

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Based on the results of table 1 data, it was found that the informants obtained in this study consisted of two people who did not carry out risky behavior and two people who did risky behavior. Informants have been educated in the Third Class Vocational School (VOC) (XII). The sex of the informants were women with an average age of 17 amounting to three (75%) and 18 years amounting to one person (25%). The parental education background is divided into four high-level backgrounds in the mother's category. While the education of fathers in the low category is one person and higher education is three people.

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		Smoking/Cigarette	Alcohol	Drugs	Vilolence	Free Sex	
1	The understanding of risky behavior	poor	poor	poor	poor	poor	good (understand the negative effect)
2	Causes	a. Family history b. Trying c. Bullying d. Environment e. Instagram celebrities	a. Trying b. Environment c. Friends	a. Trying b. Environment c. Friends	a. Family history b. Trying c. Bullying d. Environment e. Media	a. Trying b. Environment c. Instagram celebrities	There is an influence from the close ones
3	Influencers	Internal: parents External: peers and idol	Internal: parents External: peers and idol	Internal: parents External: peers and idol	Internal: parents External: peers and idol	Internal: parents External: peers and idol	Internal: parents External: Ustad/ustadzah, peers and idols
4	Benefits	a. Considered as problem solving b. Showing youth identity	a. Considered as problem solving b. Showing youth identity	a. Considered as problem solving b. Showing youth identity	a. Considered as problem solving b. Showing youth identity	a. Considered as problem solving b. Showing youth identity	a. Focus more b. Calmer in behaving c. Maintaining family and own's image
5	Previed Control	Bad	Bad	Bad	Bad	Bad	Good
6	Intention to commit risky behavior	There is one(s).	There is one(s).	There is one(s).	There is one(s).	There is one(s).	none

### 3.1 Teenagers Phenomena in Yogyakarta

The interviews were carried out to informants who were not at risk and at risk. Informants came from students of one of the vocational high schools in Yogyakarta who stated that there are many factors influencing adolescent behavior such as smoking, bullying, disrespectful behavior towards teachers, hanging out at midnight, watching indecent videos, consuming alcohol, consuming drugs and premarital sex. This is supported by interviews with informants who are not at risk:

- “...*Kok masnya masih merokok, kan udah tau kalau merokok itu bahaya (why do you still smoke when you know it's dangerous?)*” (AM1, 17 tahun).
- “...*Saya paling ga suka kalo ada orang yang Bully, kalo saya pas diem, saya mesti di Bully. (I don't like if there is someone bullying me, if I stay quiet, I will definitely be bullied)*” (AM1, 17 tahun).
- “...*Mereka pacaran itu gimana terus salah satu dari mereka itu nonton ga jelas yang di sensor gitu. (They are going out and one of them watch blue movies.)*” (AM1, 17 tahun).
- “...*Dengan guru kayak ngomong sama temennya sendiri. Sering keluar malam, ngerokok juga da yang minum tapi udah pada keluarga semua ini. (They talk to teachers like talking to friends. They often go out late at night, smoke, and drink alcohol. Most of them are already married)*” (AM1, 17 tahun).
- “...*Merokok kan sebenarnya juga rugi, dia gak hanya perokok yang aktif aja tapi yang pasif juga kehirup. (Smoking is actually not good, they are not only active smoker but also passive smoker)*” (IK2, 18 tahun).
- “...*saya diceritain, kalo udah minum rasanya melayang-layang gitu. (I have been told, that after drinking, they will fly.)*” (AM1, 17 tahun).

The results of interviews with informants who did not do risky behavior showed that informants never did things that were risky behavior. It is because they realize that there is a negative impact from this behavior. The response of informants who commit risky behavior:

- “...*kalo ngerokok saya cuma pernah nyobain merokok, cuma diisap bentar kok dan rasanya gak enak. (I have tried smoking and it doesn't feel good.)*” (T4, 17 years).
- “...*Pernah Bully tapi gak pake kekerasan. (I have ever bullied but not with violence)*” (DE3, 17 years).
- “...*penasaran kayak temen-temen bilang, pas minum-minum kayak gitu kayak ngelupain masalahnya. (I am curious because my friends told me that when you are drinking, I will forget all my problems)*” (T4, 17 years).
- “...*waktu SMP di belakang kelas, pernah ngepil, obatnya kecil kayak obat KB, kadang-kadang antimo dicampur BigCola, obatnya dikantongin pake plastic, langsung pusing kalo diajak ngomong juga gak nyambung, maunya tidur terus. (when I was in junior high school, I have ever taken drugs. The pill is small like a family planning pills, sometimes antimo combined with BigCola. The drugs are out in a plastic and after that we'll go fly.)*” (DE,3 17 years).
- “...*rata-rata sekelas udah pernah seks bebas, tapi belum pernah sampai puncak, kalo aku cuma sekedar kayak ciuman gitu. (most of my classmates have ever done free sex, and I only kiss)*” (T4, 17 years).

“...saya penasaran dengan rasanya alkohol, tapi masih ragu-ragu untuk nyoba. (I’m curious to try consuming alcohol, but I still hesitate to try )” (T4, 17 years).

Based on the results of interviews with risky informants, it was found that the informants did this based on resentment towards ridicule from friends so that there was resistance from the informants to defend themselves, besides because of the curiosity that they wanted to experiment, and often did to eliminate problems that are being experienced.

### 3.2 Things that affect teenagers to behave

Based on previous research, non-risky and risky behavior are influenced by several things, namely schoolmates, parents and personal problems. The results of interviews with informants who did not carry out risky behavior were supported by some statements:

“...aku tidak tertarik melakukan hal-hal itu, karena untuk menjaga nama baik diri sendiri (I am not interested doing those things because I need to maintain my image.)” (IK2, 18 years).

“...saya ingin ngindar dari temen-temen yang kayak gitu, karena nasihat orangtua supaya membatasi pergaulan. (I want to avoid friends who are like that because my parents said so)” (AM1, 17 years).

The interviews with informants who were not at risk show that they were not interested and wanted to avoid negative things, for reasons of counseling parents, teachers, and wanting to maintain a good image for themselves. The response of informants who did risky behavior:

“...saya ngerokok, minum, seks bebas karena untuk senang-senang dan ngelupain masalah. Karena saya punya masalah keluarga. Saya ngerasa orangtua saya pilih kasih. (I smoke, drink, free sex because I need to have fun and forget my problems. It is because I have a family problem, they play favorite.)” (T4, 17 years).

“...saya ngerasa kesepian lalu saya lampiasin dengan pacaran. karena dulu mbak saya pernah lari dari rumah karena masalah keluarga juga dan pergi dengan pacarnya. (I feel lonely so I just have a relationship. My big sister had runaway from home because of family problems and ran with her boyfriend.)” (T4, 17 years).

### 3.3 The benefits of not committing risky behavior

The results of the interviews that have been made to the informants show that the benefits of not risky behavior are to make it more focused, calmer and more able to maintain a good name, both for yourself and family. This is supported by the following statements.

“...Pikiran lebih jernih ga kemana mana jadi lebih fokus. (My mind is fresher and I become more focus on things.)” (AM1, 17 years).

“...Nasihat dari orangtua untuk tidak ikut yang aneh-aneh, menjaga nama baik sendiri dan saya selalu ingat orangtua, untuk tidak terjerumus kesitu lebih baik melakukan kegiatan positif. (It is because of my parents’ words for not involving on bad behavior, maintaining my image and they said it’s better to do positive activities.)” (IK2, 18 years).

### 3.4 Environmental opinions regarding risk behaviour

The results of interviews that have been conducted are from the ones done to informants who are not at risk and who are at risk. The informants came from several students at one of the vocational high schools in Yogyakarta. Opinions expressed include:

“...Perilaku berisiko bisa menghilangkan masalah, misal dengan merokok dan pacaran. (Risky behavior can actually get rid of problems, such as smoking and going out.)” (T4, 17 years).

“...Biasa aja, karena sudah sering malakukan dan sekeliling juga melihat (nothing special, I did it often and people also see it.)” (DE3, 17 years).

“...Lebih asik ngumpul sama teman-teman daripada sama keluarga. (It is more fun to hang out with friends than with family.)” (IK2, 18 years).

“...Kalo di lingkungan rumah sih ngga tau ya soalnya kebanyakan anak kecil. (In the neighborhood, my neighbors mostly don’t know because most of them are children)” (AM1, 17 years).

“...Orangtua cuma nasehatin aja sih jangan yang aneh-aneh. (Parents only told me not to do bad things.)” (IK2, 18 years)



### 3.5 People influencing

Based on the results of the interviews, informants' behavior was not risky and risky. The informant revealed that there was an influence from external parties, especially parents related to maintaining relationships, and from religious leaders with frequent listening or watching religious services both directly and online. As for the risk informants, they revealed that they got influence from Celebrity Instagram (celebgram). The statements are presented as follows:

“...Ada sich suka dengerin ceramahnya ust. Hanan Attaki. (I like to hear Ust. Hanan Attaki's tausiyah)” (AM1, 17 years).

“...Saya terinspirasi ibu saya, karena kesabaran dan kesederhanaannya. (I was inspired by my mom because of her patient and simplicity.)” (IK2, 18 years)

Response:

“...Saya terpengaruh oleh orang lain, dari selebgram. Dy pacarannya udah sekitar 5 tahunan. (I am influenced by other people and selebgram. They are in a relationship for about five years.)” (T4, 17 years).

“...Nasihat ortu kalo harus menjaga harga diri dan sabar untuk menghadapi masalah jadi biar gak emosian. Karena saya orangnya kepikiran jadi semuanya dijadiin masalah. (My parents told me to maintain my image and be patient in facing problems calmly.)” (DE3, 17 years).

Based on the results of the study, it is known that adolescents who do not do risky behavior have a good understanding of the effects of risky behavior. Risk behaviors such as smoking, premarital sex, dating violence, drinking alcohol, and consuming illegal drugs have a negative impact on health, both physical and mental health. The level of knowledge about cigarettes is inversely proportional to smoking behavior.

Factors that significantly influence the risky behavior of adolescents based on SKRI 2007 data are knowledge, attitudes, gender, age, education, economic status, access to information media, communication with parents, and the presence of risky behavior friends. The most dominant variable associated with risky behavior in adolescents is gender. Teenage boys have 30 times more chance to smoke, 10 times more to drink alcohol, 20 times more for drug abuse, and 5 times more for pre-marital sex when compared to teenage girls.[6]

According to the Indonesian Reproductive Health Survey (SKRI) in 2007, it was found that 55.2% of teenagers in Indonesia carry out risky behaviors (smoking, drinking alcohol, premarital sex, and drug abuse). The causes of adolescent risk behavior consist of four causes, the existence of family problems, getting a bad role model from family members, getting a bad role model from celebrities (Instagram celebrities), bullying, and unfavorable coping which consider risky behavior as a solution to problems. In smoking behavior, smokers and non-smokers have different knowledge.[7] There are 1.4% of middle and high school teens who experience abuse every day. Sexual harassment or jokes are the second most common type of abuse that is often experienced by middle and high school teens. A total of 4.68% had been beaten, slapped or intentionally physically hurt by his girlfriend. In boys it is 6.95% and 2.54% in girls.[8]

People who influence adolescents in determining whether their behavior are at risk consist of two sources, namely internal and external. Parents have a strong influence in determining the behavior of their children. The tobacco consumption behavior of parents affects significantly the smoking behavior of adolescents.[9] The choice of people from the external environment as influential people greatly determines adolescent behavior. For adolescents who are not at risk, Ustadz or religious leaders are one of the role models in behaving. There is a significant relationship between religiosity and juvenile delinquency. The higher the level of adolescent religiosity, the lower the tendency of juvenile delinquency.[10] Commitment to religious values prevents behaviour adversely affects health and promotes perspective and behaviour healthy ones.[11] Religiosity has a greater role in the acquisition of experience attitudes and positive emotions someone compared demographic characteristics.[12] They also choose idols who behave exemplary. Meanwhile, adolescents who are at risk, they have friends who behave in the same way, namely smoking, premarital sex, consumption of drugs, even drinking alcohol and violence.

School friends have no more significant influence than friends in the home environment and friends other than in school and home environment towards adolescent smoking behavior.[13] In alcohol consumption, peers have a strong influence on influencing alcohol drinking behavior.[14] They also get access to public figures from programs that are not good. The program conducts risky behavior so that the adolescent adheres to / follows. Peers, environment, and education level significantly influence the smoking behaviour.[15] The signs are caused by use alcohol (alcohol) generally will cause courage to lead to abusive behavior, short-tempered, irritable and act brutally.[16]

Adolescents who behave not at risk and are not at risk have a different way of looking at the benefits of their behavior. For teens who behave not at risk, they argue that risk behavior will not provide any benefits. To maintain good behavior, adolescents behave not at risk of feeling more focused in doing their activities,

calmer, and able to maintain family dignity. While for adolescents at risk, they use risky behavior to solve problems they face. That is, smokers assume that smoking can be used as a way to treat themselves from feelings of anxiety and stress due to the problem. But not as expected, smoking actually increases anxiety and tension. The feeling of relaxation is temporary and immediately asks for it again by smoking again. Smoking is not an effective way to overcome mental health problems.[17] Smoking can significantly affect mental health.[18]

Based on this description, adolescents who do not risk behavior do not have the intention to do any of these risk behaviors. They have good control to stay away from, avoid, and even obey not to do risky actions consistently. Self-control and smoking behavior have a negative relationship, meaning that the stronger the self control, the less likely the possibility of smoking.[10][19]

There is a significant relationship between self control and juvenile delinquency. Good self control is what can bring positive consequences.[10] Adolescent self control of smoking behavior is also influenced by teenagers' perceptions of the type of parenting parents. Adolescents who perceive parenting patterns are not permissive have a higher level of self-control of smoking behavior than adolescents who perceive permissive parenting.[20]

There needs to be strengthening in the distribution of information to adolescents at the school level. This program empowers adolescents to reject smoking laughter and peer pressure.[21] School-based health and cigarette intervention programs have a positive impact on increasing knowledge among Indonesian adolescents.[22] There is a need for denormalization of cigarette consumption and systemic impact interventions to control adolescent smoking behavior.[13] Adolescents need norm education as early as possible.[23][24] Moral education and honesty can shape the character of a child at future.[25]

## 2. CONCLUSION

The internal and external factors of adolescents determine whether the teenager will do the risky behavior. A strong collaboration between internal and external factors shapes behavior which is not risky from adolescents, and vice versa.

## ACKNOWLEDGEMENTS


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## BIOGRAPHIES OF AUTHORS

	<p>My name is Suci Musvita Ayu, I'm a lecturer at the Faculty of Public Health, Ahmad Dahlan University, Yogyakarta</p>
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 A portrait of Marsiana Wibowo, a woman wearing a red hijab and glasses, standing in front of a banner with text like 'CONFEREN', 'RON', 'SCI', 'DE', 'IT', 'HOT', and 'A.J'.	<p>My name is Marsiana Wibowo, I'm a lecturer at the Faculty of Public Health, Ahmad Dahlan University, Yogyakarta</p>
 A portrait of Liena Sofiana, a woman wearing a purple hijab, against a blue background.	<p>My name is Liena Sofiana, I'm a lecturer at the Faculty of Public Health, Ahmad Dahlan University, Yogyakarta</p>

# RISKY TEENAGER BEHAVIOR IN A VOCATIONAL HIGH SCHOOL

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## ABSTRACT

Adolescence is a very complex period. Various teen problems haunt when they grow up to become adults. The same teenagers successfully face the challenges of their development so that they are free from a variety of risky behaviors. However, some of them also smoke, consume alcohol, have free sex, commit violence, and use drugs. This research is a qualitative study with a phenomenological approach in which researchers explore and try some risky behaviors in health and factors that influence and how adolescents in vocational high schools end up committing some risky behavior. The results of the study show that teens who do not have risky behavior and who do have some risk behaviors have different understandings related to the impact of these behaviors. People around teenagers influence how teenagers will behave. These influential people can cause teenagers to take risky behavior, such as family problems, get bad examples from parents, family members, peers, and idols. Factors that influence adolescents to end up committing risky behavior are the understanding of the negative effects of risk behavior. The various causes of influential people include parents, peers, religious leaders, idols, perceived benefits, self-control, and intention. The internal and external factors of adolescents determine whether the teenager will do or not risky behavior. Strong collaboration between internal and external factors shapes behavior which is not risky in adolescents, and vice versa.

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## 1. INTRODUCTION

In Indonesia, one-fifth of the population is teenagers who have the opportunity to commit risky behavior without being aware of the long-term consequences of the behavior. They adopt risky behaviors through unhealthy relationships and un directed infonnation. Progress or modernization turns out to have two sides that can be beneficial and / or also detrimental, especially the problem of progress in the field of information technology. The era of globalization and openness of infonnation, such as the internet, makes all forms of information very easy to obtain, even from those who are in small cities.[1]

In adolescence, biological, psychological and social changes occur rapidly. This requires changes in the behavior of adolescents to adjust to their current conditions. In some adolescents, this adjustment process can take place without significant problems because they succeed in recognizing their identity and getting sufficient social support. Both play a role in adolescent adjustment. But, some other teenagers can experience adjustment problems. Difficulties in adolescent adjustment are usually preceded by the emergence of risky behaviors causing adolescent psychosocial problems both on a personal and social level. Adolescent risky behavior makes them often labeled as troubled teenagers and eventually they are treated negatively from their

social environment. Teenage risky behavior is a form of behavior that can endanger the health and well-being of adolescents, even some forms of risky behavior can harm others.[2]

Risky behavior arises because it is influenced by risk factors (Risk factors) that come from within adolescents (level of the individual), from the family (level of the family) and from outside the family (extrafamilial relations). Factors derived from adolescents (level of the individual) are low achievement motivation (low achievement motivation) and low self-esteem (low self esteem), factors of the family (level of the family) are very strict parents (high strictness) and low support and extrafamilial relations are deviant peers and extreme peer orientation.[3]

In Indonesia, adolescents (15-24 years) who had premarital sexual relations in urban areas in 2007 amounted to 0.9% (female) and 6.4% (male), while in rural areas, there were 1.7% women and 6, 3% men. This figure increased in 2012, amounting to 0.9% women and 8.7% of urban men and 1.0% of women and 7.8% of rural men had premarital sexual relations.[4]

Preliminary studies conducted showed that 89.4% of adolescents had carried out risky behaviors for their health, such as smoking, drinking alcohol, premarital sex, dating violence, and consuming drugs. Some of the respondents have good self-confidence, while others have less self-confidence in behavior. In line with these results, some respondents also stated that the role of peers is very important in shaping their behavior, while others do not. Peers have the greatest relationship strength to risky health behaviors. Exposure to information sources about smoking, drinking alcohol, pre-marital sex, dating violence, and consuming drugs with a high category amounted to 75.7% of respondents.

## 2. RESEARCH METHOD

This research is qualitative research with a phenomenological approach. Phenomenological studies focus on one's subjective experience and interpretation of the world. The results of this study illustrate the structure of one's experience that they display with awareness, without theory, subtraction, or assumptions from other scientific disciplines.[5] The research subjects consisted of the main subjects, namely vocational high school students who had risky behavior (2 people) and vocational high school students who did not have risky behavior (2 people). The instrument in this qualitative research is the researchers themselves. While the research tool used is the guideline for in-depth interview focus group discussion, log book, and the log book is used as a tool to record information obtained during the research process, and an audio recorder is used to record the interview process. The data collection techniques used were interviews and focus group discussion (FGD).

## 1. RESULTS AND ANALYSIS

From the data collection that has been carried out in Yogyakarta by involving students from the Yogyakarta "A" Vocational School.

Table 1. Frequency Distribution of Characteristics of Informants Based on Gender, Age, Maternal Education Level and Father's Education Level

	Variable	Frequency	Percentage (%)
Age	17 years	3	75
	18 years	1	25
Gender	Male	0	0
	Female	4	100
Maternal Education	Low (PS-JHS)	0	0
	High ( SHS-College)	4	100
Paternal Education	Low	1	25
	High	3	75
Behavior	Risky	2	50
	Not Risky	2	50

Based on the results of table 1 data, it was found that the informants obtained in this study consisted of two people who did not carry out risky behavior and two people who did risky behavior. Informants have been educated in the Third Class Vocational School (VOC) (XII). The sex of the informants were women with an average age of 17 amounting to three (75%) and 18 years amounting to one person (25%). The parental education background is divided into four high-level backgrounds in the mother's category. While the education of fathers in the low category is one person and higher education is three people.

Table 2. Analysis Results

No	Indicator	Riskv					Not risky
		Smoking/Cigarette	Alcohol	Drugs	Vilolence	Free Sex	
1	The understanding of risky behavior	poor	poor	poor	poor	poor	good (understand the negative effect)
2	Causes	a. Family history b. Trying c. Bullying d. Environment e. Instagram celebrities	a. Trying b. Environment c. Friends	a. Trying b. Environment c. Friends	a. Family history b. Trying c. Bullying d. Environment e. Media	a. Trying b. Environment c. Instagram celebrities	There is an influence from the close ones
3	Influencers	Internal: parents External: peers and idol	Internal: parents External: peers and idol	Internal: parents External: peers and idol	Internal: parents External: peers and idol	Internal: parents External: peers and idol	Internal: parents External: Ustad/ustadzah, peers and idols
4	Benefits	a. Considered as problem solving b. Showing youth identity	a. Considered as problem solving b. Showing youth identity	a. Considered as problem solving b. Showing youth identity	a. Considered as problem solving b. Showing youth identity	a. Considered as problem solving b. Showing youth identity	a. Focus more b. Calmer in behaving c. Maintaining family and own's image
5	Previed Control	Bad	Bad	Bad	Bad	Bad	Good
6	Intention to commit risky behavior	There is one(s).	There is one(s).	There is one(s).	There is one(s).	There is one(s).	none

### 3.1 Teenagers Phenomena in Yogyakarta

The interviews were carried out to informants who were not at risk and at risk. Informants came from students of one of the vocational high schools in Yogyakarta who stated that there are many factors influencing adolescent behavior such as smoking, bullying, disrespectful behavior towards teachers, hanging out at midnight, watching indecent videos, consuming alcohol, consuming drugs and premarital sex. This is supported by interviews with informants who are not at risk:

- “...*Kok masnya masih merokok, kan udah tau kalau merokok itu bahaya (why do you still smoke when you know it's dangerous?)*” (AM1, 17 tahun).
- “...*Saya paling ga suka kalo ada orang yang Bully, kalo saya pas diem, saya mesti di Bully. (I don't like if there is someone bullying me, if I stay quiet, I will definitely be bullied)*” (AM1, 17 tahun).
- “...*Mereka pacaran itu gimana terus salah satu dari mereka itu nonton ga jelas yang di sensor gitu. (They are going out and one of them watch blue movies.)*” (AM1, 17 tahun).
- “...*Dengan guru kayak ngomong sama temennya sendiri. Sering keluar malam, ngerokok juga da yang minum tapi udah pada keluarga semua ini. (They talk to teachers like talking to friends. They often go out late at night, smoke, and drink alcohol. Most of them are already married)*” (AM1, 17 tahun).
- “...*Merokok kan sebenarnya juga rugi, dia gak hanya perokok yang aktif aja tapi yang pasif juga kehirup. (Smoking is actually not good, they are not only active smoker but also passive smoker)*” (IK2, 18 tahun).
- “...*saya diceritain, kalo udah minum rasanya melayang-layang gitu. (I have been told, that after drinking, they will fly.)*” (AM1, 17 tahun).

The results of interviews with informants who did not do risky behavior showed that informants never did things that were risky behavior. It is because they realize that there is a negative impact from this behavior. The response of informants who commit risky behavior:

- “...*kalo ngerokok saya cuma pernah nyobain merokok, cuma diisap bentar kok dan rasanya gak enak. (I have tried smoking and it doesn't feel good.)*” (T4, 17 years).
- “...*Pernah Bully tapi gak pake kekerasan. (I have ever bullied but not with violence)*” (DE3, 17 years).
- “...*penasaran kayak temen-temen bilang, pas minum-minum kayak gitu kayak ngelupain masalahnya. (I am curious because my friends told me that when you are drinking, I will forget all my problems)*” (T4, 17 years).
- “...*waktu SMP di belakang kelas, pernah ngepil, obatnya kecil kayak obat KB, kadang-kadang antimo dicampur BigCola, obatnya dikantongin pake plastic, langsung pusing kalo diajak ngomong juga gak nyambung, maunya tidur terus. (when I was in junior high school, I have ever taken drugs. The pill is small like a family planning pills, sometimes antimo combined with BigCola. The drugs are out in a plastic and after that we'll go fly.)*” (DE,3 17 years).
- “...*rata-rata sekelas udah pernah seks bebas, tapi belum pernah sampai puncak, kalo aku cuma sekedar kayak ciuman gitu. (most of my classmates have ever done free sex, and I only kiss)*” (T4, 17 years).

“...saya penasaran dengan rasanya alkohol, tapi masih ragu-ragu untuk nyoba. (I’m curious to try consuming alcohol, but I still hesitate to try )” (T4, 17 years).

Based on the results of interviews with risky informants, it was found that the informants did this based on resentment towards ridicule from friends so that there was resistance from the informants to defend themselves, besides because of the curiosity that they wanted to experiment, and often did to eliminate problems that are being experienced.

### 3.2 Things that affect teenagers to behave

Based on previous research, non-risky and risky behavior are influenced by several things, namely schoolmates, parents and personal problems. The results of interviews with informants who did not carry out risky behavior were supported by some statements:

“...aku tidak tertarik melakukan hal-hal itu, karena untuk menjaga nama baik diri sendiri (I am not interested doing those things because I need to maintain my image.)” (IK2, 18 years).

“...saya ingin ngindar dari temen-temen yang kayak gitu, karena nasihat orangtua supaya membatasi pergaulan. (I want to avoid friends who are like that because my parents said so)” (AM1, 17 years).

The interviews with informants who were not at risk show that they were not interested and wanted to avoid negative things, for reasons of counseling parents, teachers, and wanting to maintain a good image for themselves. The response of informants who did risky behavior:

“...saya ngerokok, minum, seks bebas karena untuk senang-senang dan ngelupain masalah. Karena saya punya masalah keluarga. Saya ngerasa orangtua saya pilih kasih. (I smoke, drink, free sex because I need to have fun and forget my problems. It is because I have a family problem, they play favorite.)” (T4, 17 years).

“...saya ngerasa kesepian lalu saya lampiasin dengan pacaran. karena dulu mbak saya pernah lari dari rumah karena masalah keluarga juga dan pergi dengan pacarnya. (I feel lonely so I just have a relationship. My big sister had runaway from home because of family problems and ran with her boyfriend.)” (T4, 17 years).

### 3.3 The benefits of not committing risky behavior

The results of the interviews that have been made to the informants show that the benefits of not risky behavior are to make it more focused, calmer and more able to maintain a good name, both for yourself and family. This is supported by the following statements.

“...Pikiran lebih jernih ga kemana mana jadi lebih fokus. (My mind is fresher and I become more focus on things.)” (AM1, 17 years).

“...Nasihat dari orangtua untuk tidak ikut yang aneh-aneh, menjaga nama baik sendiri dan saya selalu ingat orangtua, untuk tidak terjerumus kesitu lebih baik melakukan kegiatan positif. (It is because of my parents’ words for not involving on bad behavior, maintaining my image and they said it’s better to do positive activities.)” (IK2, 18 years).

### 3.4 Environmental opinions regarding risk behaviour

The results of interviews that have been conducted are from the ones done to informants who are not at risk and who are at risk. The informants came from several students at one of the vocational high schools in Yogyakarta. Opinions expressed include:

“...Perilaku berisiko bisa menghilangkan masalah, misal dengan merokok dan pacaran. (Risky behavior can actually get rid of problems, such as smoking and going out.)” (T4, 17 years).

“...Biasa aja, karena sudah sering malakukan dan sekeliling juga melihat (nothing special, I did it often and people also see it.)” (DE3, 17 years).

“...Lebih asik ngumpul sama teman-teman daripada sama keluarga. (It is more fun to hang out with friends than with family.)” (IK2, 18 years).

“...Kalo di lingkungan rumah sih ngga tau ya soalnya kebanyakan anak kecil. (In the neighborhood, my neighbors mostly don’t know because most of them are children)” (AM1, 17 years).

“...Orangtua cuma nasehatin aja sih jangan yang aneh-aneh. (Parents only told me not to do bad things.)” (IK2, 18 years)



### 3.5 People influencing

Based on the results of the interviews, informants' behavior was not risky and risky. The informant revealed that there was an influence from external parties, especially parents related to maintaining relationships, and from religious leaders with frequent listening or watching religious services both directly and online. As for the risk informants, they revealed that they got influence from Celebrity Instagram (celebgram). The statements are presented as follows:

“...Ada sich suka dengerin ceramahnya ust. Hanan Attaki. (I like to hear Ust. Hanan Attaki's tausiyah)” (AM1, 17 years).

“...Saya terinspirasi ibu saya, karena kesabaran dan kesederhanaannya. (I was inspired by my mom because of her patient and simplicity.)” (IK2, 18 years)

Response:

“...Saya terpengaruh oleh orang lain, dari selebgram. Dy pacarannya udah sekitar 5 tahunan. (I am influenced by other people and selebgram. They are in a relationship for about five years.)” (T4, 17 years).

“...Nasihat ortu kalo harus menjaga harga diri dan sabar untuk menghadapi masalah jadi biar gak emosian. Karena saya orangnya kepikiran jadi semuanya dijadiin masalah. (My parents told me to maintain my image and be patient in facing problems calmly.)” (DE3, 17 years).

Based on the results of the study, it is known that adolescents who do not do risky behavior have a good understanding of the effects of risky behavior. Risk behaviors such as smoking, premarital sex, dating violence, drinking alcohol, and consuming illegal drugs have a negative impact on health, both physical and mental health. The level of knowledge about cigarettes is inversely proportional to smoking behavior.

Factors that significantly influence the risky behavior of adolescents based on SKRI 2007 data are knowledge, attitudes, gender, age, education, economic status, access to information media, communication with parents, and the presence of risky behavior friends. The most dominant variable associated with risky behavior in adolescents is gender. Teenage boys have 30 times more chance to smoke, 10 times more to drink alcohol, 20 times more for drug abuse, and 5 times more for pre-marital sex when compared to teenage girls.[6]

According to the Indonesian Reproductive Health Survey (SKRI) in 2007, it was found that 55.2% of teenagers in Indonesia carry out risky behaviors (smoking, drinking alcohol, premarital sex, and drug abuse). The causes of adolescent risk behavior consist of four causes, the existence of family problems, getting a bad role model from family members, getting a bad role model from celebrities (Instagram celebrities), bullying, and unfavorable coping which consider risky behavior as a solution to problems. In smoking behavior, smokers and non-smokers have different knowledge.[7] There are 1.4% of middle and high school teens who experience abuse every day. Sexual harassment or jokes are the second most common type of abuse that is often experienced by middle and high school teens. A total of 4.68% had been beaten, slapped or intentionally physically hurt by his girlfriend. In boys it is 6.95% and 2.54% in girls.[8]

People who influence adolescents in determining whether their behavior are at risk consist of two sources, namely internal and external. Parents have a strong influence in determining the behavior of their children. The tobacco consumption behavior of parents affects significantly the smoking behavior of adolescents.[9] The choice of people from the external environment as influential people greatly determines adolescent behavior. For adolescents who are not at risk, Ustadz or religious leaders are one of the role models in behaving. There is a significant relationship between religiosity and juvenile delinquency. The higher the level of adolescent religiosity, the lower the tendency of juvenile delinquency.[10] Commitment to religious values prevents behaviour adversely affects health and promotes perspective and behaviour healthy ones.[11] Religiosity has a greater role in the acquisition of experience attitudes and positive emotions someone compared demographic characteristics.[12] They also choose idols who behave exemplary. Meanwhile, adolescents who are at risk, they have friends who behave in the same way, namely smoking, premarital sex, consumption of drugs, even drinking alcohol and violence.

School friends have no more significant influence than friends in the home environment and friends other than in school and home environment towards adolescent smoking behavior.[13] In alcohol consumption, peers have a strong influence on influencing alcohol drinking behavior.[14] They also get access to public figures from programs that are not good. The program conducts risky behavior so that the adolescent adheres to / follows. Peers, environment, and education level significantly influence the smoking behaviour.[15] The signs are caused by use alcohol (alcohol) generally will cause courage to lead to abusive behavior, short-tempered, irritable and act brutally.[16]

Adolescents who behave not at risk and are not at risk have a different way of looking at the benefits of their behavior. For teens who behave not at risk, they argue that risk behavior will not provide any benefits. To maintain good behavior, adolescents behave not at risk of feeling more focused in doing their activities,

calmer, and able to maintain family dignity. While for adolescents at risk, they use risky behavior to solve problems they face. That is, smokers assume that smoking can be used as a way to treat themselves from feelings of anxiety and stress due to the problem. But not as expected, smoking actually increases anxiety and tension. The feeling of relaxation is temporary and immediately asks for it again by smoking again. Smoking is not an effective way to overcome mental health problems.[17] Smoking can significantly affect mental health.[18]

Based on this description, adolescents who do not risk behavior do not have the intention to do any of these risk behaviors. They have good control to stay away from, avoid, and even obey not to do risky actions consistently. Self-control and smoking behavior have a negative relationship, meaning that the stronger the self control, the less likely the possibility of smoking.[10][19]

There is a significant relationship between self control and juvenile delinquency. Good self control is what can bring positive consequences.[10] Adolescent self control of smoking behavior is also influenced by teenagers' perceptions of the type of parenting parents. Adolescents who perceive parenting patterns are not permissive have a higher level of self-control of smoking behavior than adolescents who perceive permissive parenting.[20]

There needs to be strengthening in the distribution of information to adolescents at the school level. This program empowers adolescents to reject smoking laughter and peer pressure.[21] School-based health and cigarette intervention programs have a positive impact on increasing knowledge among Indonesian adolescents.[22] There is a need for denormalization of cigarette consumption and systemic impact interventions to control adolescent smoking behavior.[13] Adolescents need norm education as early as possible.[23][24] Moral education and honesty can shape the character of a child at future.[25]

## 2. CONCLUSION

The internal and external factors of adolescents determine whether the teenager will do the risky behavior. A strong collaboration between internal and external factors shapes behavior which is not risky from adolescents, and vice versa.

## ACKNOWLEDGEMENTS


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## BIOGRAPHIES OF AUTHORS

	<p>My name is Suci Musvita Ayu, I'm a lecturer at the Faculty of Public Health, Ahmad Dahlan University, Yogyakarta</p>
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 A portrait of Marsiana Wibowo, a woman wearing a red hijab and glasses, standing in front of a banner with text like 'CONFEREN', 'RONA SCI', 'DE', 'HOT', and 'A.J'.	<p>My name is Marsiana Wibowo, I'm a lecturer at the Faculty of Public Health, Ahmad Dahlan University, Yogyakarta</p>
 A portrait of Liena Sofiana, a woman wearing a purple hijab, against a blue background.	<p>My name is Liena Sofiana, I'm a lecturer at the Faculty of Public Health, Ahmad Dahlan University, Yogyakarta</p>



# UNIVERSITAS AHMAD DAHLAN

## KOMITE ETIK PENELITIAN (KEP UAD)

Jl. Prof. Dr. Soepomo, S. H, Yogyakarta Telp (0274) 563515, Ekstension 3310.

**Surat Persetujuan Etik (*Ethical Approval*)  
Untuk Penelitian yang Menggunakan Manusia sebagai  
Subjek Penelitian**

PERSETUJUAN ETIK (*ETHICAL APPROVAL*)

**Nomor : 011803033**

Yang bertanda tangan di bawah ini, Ketua Komite Etik Penelitian Universitas Ahmad Dahlan, setelah dilaksanakan pembahasan dan penilaian, dengan ini memutuskan protokol penelitian yang berjudul: "**Studi Fenomenologi Perilaku Beresiko pada Remaja Tingkat Atas di Kota Yogyakarta**"

yang mengikutsertakan manusia sebagai subjek penelitian, yang diajukan oleh:

Ketua Pelaksana/ Peneliti Utama: **Suci Musvita Ayu, S.KM., M.PH**

Anggota: **Marsiana Wibowo, S.KM., M.PH**

**Liena Sofiana, S.KM., M.Sc**

dapat disetujui pelaksanaannya. Persetujuan ini berlaku selama 1(satu) tahun setelah *Ethical Approval* dikeluarkan.

Pada akhir penelitian, laporan pelaksanaan penelitian harus diserahkan kepada KEP UAD. Jika ada perubahan protokol dan/atau perpanjangan penelitian, harus mengajukan kembali permohonan kajian etik penelitian (amandemen protokol).

Yogyakarta, **09 April 2018**

Komite Etik Penelitian

Universitas Ahmad Dahlan,



**Dr. dr. Akrom., M.Kes.**