

# Health Education As A Means Of Preventing Risky Behavior In Adolescents

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## Abstract

Risk behaviors among adolescents have become a serious concern in urban environments, including in Indonesia, due to their impact on physical and mental health as well as the future development of young generations. Several forms of risk behaviors commonly found among adolescents include premarital sexual activity, exposure to sexual-orientation-related social pressures, drug abuse (NAPZA), alcohol consumption, smoking, physical violence or fighting, bullying, and self-harm behaviors. A lack of knowledge and understanding regarding the dangers and consequences of such behaviors increases adolescents' vulnerability to engaging in them. This community service activity aimed to improve adolescents' knowledge, attitudes, and awareness in preventing and avoiding risk behaviors in RW 08, Sidomulyo Timur Village, Pekanbaru City. The method used was interactive lectures and group discussions using PowerPoint media, accompanied by pre-test and post-test evaluation involving 27 adolescent respondents selected through simple random sampling. The results showed a significant improvement in knowledge where, prior to the intervention, 16 respondents (59%) demonstrated low knowledge and 11 respondents (41%) demonstrated moderate knowledge. After the intervention, knowledge levels increased, with 24 respondents (89%) falling into the good category and 3 respondents (11%) in the moderate category. The 48% improvement indicates that health education is effective in enhancing adolescents' understanding of risky behaviors and in promoting preventive efforts to support healthy growth and positive behavior among youth.

**Keywords:** Adolescents, Risk Behaviors, Sexual Risk Behaviors, Drug Abuse, Alcohol, Smoking, Bullying, Health Education

## Abstrak

Perilaku berisiko di kalangan remaja telah menjadi perhatian serius di lingkungan perkotaan, termasuk di Indonesia, karena dampaknya terhadap kesehatan fisik dan mental serta perkembangan generasi muda di masa depan. Beberapa bentuk perilaku berisiko yang umum ditemukan di kalangan remaja meliputi aktivitas seksual pranikah, paparan tekanan sosial terkait orientasi seksual, penyalahgunaan narkoba (NAPZA), konsumsi alkohol, merokok, kekerasan fisik atau perkelahian, perundungan, dan perilaku melukai diri sendiri. Kurangnya pengetahuan dan pemahaman mengenai bahaya dan konsekuensi dari perilaku tersebut meningkatkan kerentanan remaja untuk terlibat di dalamnya. Kegiatan pengabdian masyarakat ini bertujuan untuk meningkatkan pengetahuan, sikap, dan kesadaran remaja dalam mencegah dan menghindari perilaku berisiko di RW 08, Desa Sidomulyo Timur, Kota Pekanbaru. Metode yang digunakan adalah ceramah interaktif dan diskusi kelompok menggunakan media PowerPoint, disertai evaluasi pre-test dan post-test yang melibatkan 27 responden remaja yang dipilih melalui simple random sampling. Hasil penelitian menunjukkan peningkatan pengetahuan yang signifikan, di mana sebelum intervensi, 16 responden (59%) menunjukkan pengetahuan rendah dan 11 responden (41%) menunjukkan pengetahuan sedang. Setelah intervensi, tingkat pengetahuan meningkat, dengan 24 responden (89%) termasuk dalam kategori baik dan 3 responden (11%) dalam kategori sedang. Peningkatan sebesar 48% menunjukkan bahwa pendidikan kesehatan efektif dalam meningkatkan pemahaman remaja tentang perilaku berisiko dan dalam mempromosikan upaya pencegahan untuk mendukung pertumbuhan yang sehat dan perilaku positif di kalangan remaja.

**Kata kunci:** Remaja, Perilaku Berisiko, Perilaku Berisiko Seksual, Penyalahgunaan Narkoba, Alkohol, Merokok, Perundungan, Pendidikan Kesehatan

## A. INTRODUCTION

Adolescents are a population group that is undergoing an important transition phase from childhood to adulthood, marked by physical, cognitive, psychosocial, and emotional changes. The changes at this stage are so rapid and dynamic that adolescents are a group that is highly vulnerable to various health problems, both physical and mental (Sudarsono, 2020). During this period, adolescents tend to have a strong sense of curiosity, a need for social recognition, a drive to try new things, and a tendency to follow the influence of their peers without considering the long-term consequences. These conditions make adolescents prone to risky behavior that can have a negative impact on their health, psychological development, and future (Adha et al, 2025).

Risk taking behavior in adolescents includes various forms of actions that can threaten their own safety and that of others, such as smoking, alcohol and drug use, promiscuity, violent behavior or gang fights, bullying, illegal street racing, excessive use of electronic devices, and lack of physical activity (Gunarsa, 2018). In addition, deviant behavior in the use of social media, such as cyberbullying, body shaming, and online gaming addiction, is also increasingly common. This phenomenon not only harms the physical health of adolescents, but can also interfere with social development, academic achievement, and psychological well-being. Research shows that risky behavior in adolescents contributes significantly to an increase in non-communicable diseases in the future, an increase in accidents, substance abuse, and the emergence of mental health problems such as anxiety, depression, and adjustment disorders (Ali & Asrori, 2012).

According to the WHO, adolescence is a vulnerable period that requires serious attention from families, schools, and communities because this period lays the foundation for the formation of a person's character and long-term habits. Indonesia itself has a large adolescent population, making this issue an important concern in the national health development agenda (Herman & Rozikin, 2025). Data from the Basic Health Research (Riskesmas) shows that smoking rates among adolescents aged 10–18 years remain high, as do alcohol consumption, cases of violence among adolescents, social delinquency, and early pregnancy. These conditions show that adolescent health challenges in Indonesia are still complex and require a continuous preventive and promotive approach (Hurlock, 2004).

In addition to physical and psychological aspects, the emergence of risky behavior is also influenced by social environmental factors. Peers are one of the dominant factors that influence adolescents' decisions and attitudes, especially when they want to gain recognition and acceptance within the group. A dysfunctional family environment, authoritarian or permissive parenting styles, lack of communication between parents and children, and minimal family supervision are also risk factors. In addition, a community environment with access to unhealthy entertainment, public facilities that do not support positive youth activities, and the weak role of community leaders in youth development are also causes of increasing deviant behavior among adolescents (Insani, 2023)

Technological advances and easy access to information via the internet also play an important role in influencing adolescent behavior. Although technology provides great benefits in terms of education, information, and communication, exposure to negative information such as pornographic content, violence, consumerist culture, and promiscuous lifestyles can increase the risk of deviant behavior (Fitriani & Syafiq, 2025). Adolescents who lack self-control, digital literacy, and strong moral support can be easily influenced, thereby increasing the potential for negative behavior. Therefore, mental health literacy and digital literacy are important parts of efforts to prevent risky behavior in adolescents (Garcia et al, 2024).

This condition is also seen among adolescents in RW 08, Sidomulyo Timur Village, Pekanbaru City. Based on initial interviews with health cadres, community leaders, and several parents, it was found that there are still risky behaviors among adolescents in the area. Some of the behaviors that are often found include smoking at an early age, hanging out late into the night, uncontrolled use of electronic devices, excessive gaming, and a lack of involvement in positive activities in the community. In addition, there are also reports of adolescents who are easily influenced by their peers, lack discipline in school activities, and minimal participation in youth organizations or religious activities.

Discussions with local communities indicate that adolescents' lack of knowledge about the impact of risky behavior, lack of health education from parents, and lack of youth development activities in the community are factors that contribute to risky

behavior. Many parents work all day, limiting their supervision of their children's activities. Meanwhile, facilities that support positive activities, such as sports fields, reading rooms, or creative activity centers, are not being utilized optimally. These conditions cause adolescents to spend more time outside the home or in front of their mobile phones without adequate supervision.

On the other hand, some teenagers in RW 08 Sidomulyo Timur show positive attitudes, such as actively participating in religious activities, school organizations, and social activities in the community. However, their numbers are still not dominant, so a holistic approach is needed to raise awareness and knowledge among all teenagers in the area. Education on healthy lifestyles, character building, and increased support from families and the community are important steps in reducing risky behavior.

Preventing risky behavior among adolescents requires a collaborative approach between educational institutions, health workers, families, and communities. Schools play a role in providing adolescent health education, improving counseling and psychological support, and facilitating positive extracurricular activities. Families play a key role in guiding and supervising their children's behavior, setting a positive example, and maintaining good communication (Dewi et al, 2025). Communities and local governments need to play a role in providing facilities and youth development programs, including sports, creativity, religious activities, and skills training. Health workers also have a role in providing education on reproductive health, mental health, substance abuse prevention, and healthy living (Kartono, 2019).

Given the importance of this issue, it is necessary to provide guidance and education to adolescents in RW 08 Sidomulyo Timur to increase their knowledge, awareness, and skills in avoiding risky behavior. An educational approach through counseling, group discussions, skills training, and positive community-based activities is expected to have a real impact on shaping healthy mindsets and behaviors among adolescents. With increased knowledge and awareness of the consequences of risky behavior, it is hoped that adolescents will be able to make wiser decisions, have better self-control, and actively participate in positive activities in their community.

Through this community service program, counseling on risky behavior among adolescents is carried out as a first step to encourage healthy, productive, and positive

character development among adolescents (Lathifah, 2023). This program is also expected to build collaboration between adolescents, families, schools, and communities in creating an environment that supports positive and optimal adolescent development. In addition, this activity serves as a momentum for the local community to increase awareness of adolescent growth and development and ensure that they receive support from a healthy, safe, and productive environment (Nuraenah, 2023).

Thus, it can be concluded that risky behavior among adolescents is a strategic issue that requires serious attention from various parties, including families, schools, health workers, and the community. Appropriate educational and guidance interventions are key to preventing deviant behavior among adolescents. Through planned educational and mentoring activities in RW 08 Sidomulyo Timur, it is hoped that adolescents will gain a better understanding of the risks of negative behavior and be able to develop healthy lifestyle patterns that will benefit their future.

## **B. METHODS**

This community service activity was carried out in RW 08, Sidomulyo Timur Village, Pekanbaru City, and involved local teenagers. The activity took the form of a health education session on "Preventing Risky Behavior among Youth in RW 08 Sidomulyo Timur." The session was conducted through a lecture using a PowerPoint presentation containing material on the types of risky behavior among youth, the impact on physical and mental health, and prevention strategies.

Before the counseling session began, participants were given a pre-test sheet to measure their initial knowledge of risky behavior among adolescents. Next, the material was delivered using an interactive lecture method, accompanied by illustrative images and educational information. In addition, participants were given the opportunity to take part in a question and answer session to deepen their understanding and clarify any points that were not yet clear.

To reinforce the educational message, participants were also given posters containing key points on efforts to prevent risky behavior among adolescents as a source of information they could refer to at home. After the educational session was over, participants were again asked to complete a post-test for evaluation purposes. The

pre-test and post-test scores were compared to see the increase in participants' knowledge about risky behavior in adolescents after participating in the counseling activity. Through this approach, it is hoped that health education can increase adolescents' understanding, awareness, and positive attitudes in preventing risky behavior and supporting the formation of healthy lifestyles in the RW 08 Sidomulyo Timur neighborhood.

### **C. RESULTS**

The Results of the educational activities on preventing risky behavior among adolescents in the RW 08 Sidomulyo Timru area showed positive results. During the activities, the adolescents appeared enthusiastic and actively participated in the delivery of material through lectures using PowerPoint, interactive discussions, and question and answer sessions. In addition, the adolescents also received posters as supplementary educational materials to help them review the key points about preventing risky behavior independently after the activity ended.

Based on the results of the evaluation through pre-test and post-test completion, there was a significant increase in understanding of the forms of risky behavior in adolescents and their impact on physical, mental, and social health. In addition, participants also showed an increase in knowledge about how to prevent negative behaviors such as substance abuse, promiscuity, violence, smoking, and gang fighting. The post-test scores were higher than the pre-test scores, indicating an increase in knowledge after the education was provided.

During the activity, adolescent involvement was quite good, with most participants responding actively during the question and answer session and being able to identify examples of risky behaviors that often occur among their peers. They were also able to mention preventive measures that can be taken, such as choosing healthy social circles, improving self-control, and engaging in positive activities in the community.

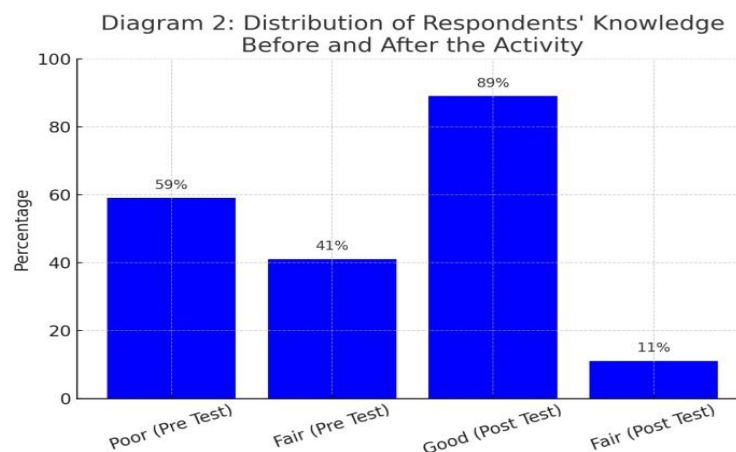
Thus, this educational activity proved to be effective in increasing adolescents' knowledge and awareness of the importance of preventing risky behavior from an early age. This education also had a positive impact on adolescents' ability to recognize the

dangers of deviant behavior and encouraged them to be better able to protect themselves and apply healthy lifestyles and positive behaviors in their daily lives.

**Table 1**  
**Distribution of Respondents' Characteristics**

Respondents' Characteristics	Frequency (n)	Percentage (%)
Age	7	25.9
11-14 years	15	55,6
15-17 years	15	18.5
18-20 years	5	18.5
Total	27	100
Gender	19	70.4
Male	8	29.6
Female	27	100

Based on the table 1, it can be seen that the majority of research respondents were aged 15-17 years, totaling 15 people (55.6%), aged 11-14 years, totaling 7 people (25.9%), and aged 18-20 years, totaling 5 people (18.5%). The majority of respondents were male, namely 19 people (70.4%), while only 8 people (29.6%) were female.



Based on the graph, it can be seen that during the pre-test, most respondents had a low level of knowledge, with 16 people (59%) having insufficient knowledge and 11 people (41%) having adequate knowledge. After the educational activities were conducted, there was a significant increase in the post-test results, with 24 respondents (89%) having good knowledge and only 3 respondents (11%) in the adequate category. This indicates that the educational activities were effective in improving respondents'

knowledge, as evidenced by the shift in knowledge categories from inadequate to good following the intervention.



Figure 1. Adolescents fill out pre-test and post-test questionnaires



Figure 2. The speaker delivered the education using PPT Media



Picture 3. Giving reward to adolescents



Figure 4. Group photo session

#### **D. CONCLUSION**

The educational activities were carried out smoothly and successfully achieved the desired objectives. There were 27 teenage participants. The participants were very enthusiastic about listening and asking questions about psychosocial development and how to stimulate it. Based on the evaluation, there was an increase in the participants' knowledge scores regarding risky behavior in teenagers and how to prevent it.

The results of this community service activity are expected to have a positive impact on increasing the knowledge and awareness of teenagers in RW 08 Sidomulyo Timur regarding various forms of risky behavior, such as smoking, drug abuse, alcohol, promiscuity, LGBT, gang fights, bullying, and self-harm. This activity is expected to encourage teenagers to develop healthy and responsible behaviors and be able to reject negative influences from their surroundings. It is also hoped that the village administration, community leaders, and parents can play an active role in providing ongoing guidance and supervision of the behavior of teenagers in the area.

In addition, similar activities can be continued and developed in the form of counseling, group discussions, and life skills training to strengthen the character and independence of teenagers in RW 08 Sidomulyo Timur.

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