

# The Health Educator For Youth (Hey) Project: Need Assessment Of Activities In Mental Health

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“ENHANCING PUBLIC HEALTH STRATEGIES DURING INDUSTRIAL  
REVOLUTION 4.0 AND THE COVID-19 PANDEMIC”

# PROGRAMME BOOK & ABSTRAK BOOK

October, 26<sup>th</sup>-28<sup>th</sup> 2021

FACULTY OF PUBLIC HEALTH UNIVERSITAS AIRLANGGA



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**52<sup>nd</sup> Asia-Pacific Academic Consortium for Public Health (APACPH) Conference**  
*ENHANCING PUBLIC HEALTH STRATEGIES DURING INDUSTRIAL REVOLUTION 4.0 AND  
THE COVID-19 PANDEMIC*

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**Pre-Conference : October 26, 2021**

*Faculty of Public Health, Airlangga University, Surabaya, Indonesia*

**Conference : October 27-28, 2021**

*Shangri-La Hotel, Surabaya, Indonesia*





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# Welcome Messages

**52<sup>nd</sup> Asia-Pacific Academic Consortium for Public Health (APACPH) Conference**  
*ENHANCING PUBLIC HEALTH STRATEGIES DURING INDUSTRIAL REVOLUTION 4.0 AND  
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**WELCOME MESSAGE  
FROM APACPH PRESIDENT'S**



Dear colleagues and friends,  
Greetings and *Selamat Datang!*

On the advent of the 52nd APACPH Conference, I am honored to welcome you as the president of this internationally recognized organization. The conference, for which we have gathered to be held for the next two days, is graciously hosted by the University of Airlangga, here in Surabaya. My heartfelt congratulations goes to the host for organising a very significant event. The theme this year is “Enhancing Public Health strategies during Industrial Revolution 4.0 and the Covid-19 Pandemic”, and we are expecting participants from a broad range of health related backgrounds. We hope this conference will promote and bring positive benefits to the locality and also to the community, not just in Surabaya but throughout the world of healthcare.

This is a meeting of hearts and minds, between physicians, public health officials, researchers, students and teachers. It’s an auspicious prospect and a great opportunity, not only to consider the evolution of public health, but to contribute to it. If expectation runs high, it is with good reasons. In the course of the last decades, APACPH has developed into an organization which has raised the bar for public health standards and community awareness worldwide. Having been launched in 1984 with only five executives, APACPH now boasts representatives from a hundred of the largest and most influential public health institutions in this part of the world.

The goal of the Consortium is to achieve the highest possible level of health of the respective populations of all the nations of the Asia-Pacific region. Ideally, through research, education, strategic actions, as well as gatherings like this - APACPH can help improve the quality of life for thousands by addressing major public health challenges throughout the Asia-Pacific region; including to face threats from the newly emerged Covid-19 pandemic. Among the many challenges, we need to make sure health to be provided to all people, regardless of their social and financial conditions.

While the goals of this organization include striving for widespread improvement in public health, APACPH itself continues to evolve; the spirit of cooperation being an integral aspect of its effectiveness. APACPH has been working hard to be an organization that helped expand communities’ knowledge in public health and through its annual conference, knowledge is shared between member countries. With that being said, the role to educate and spread the awareness of adapting the new normal is crucial. The practice of the new normal is indeed vital and timeless, and a significant factor in the evolution of public health.

My most sincere gratitude goes to all members, supporters and sponsors for all the activities that have been going on in the past, present and future. I do hope, APACPH can aim higher, particularly in this new era. I would like to appreciate every member’s effort for the prosperity of APACPH and I wish your active participation for the future of APACPH. I look forward to a successful, enjoyable meeting in this lovely setting and wish all the delegates and participants fruitful deliberations, knowledge and experience sharing. Once again, a warm welcome to you all, and thank you for participating.

Kind regards,

A handwritten signature in black ink, appearing to read 'Wah Yun Low', written over a white background.

**Professor Wah Yun LOW, PhD  
President, Asia Pacific Academic Consortium for Public Health (APACPH)**



# APACPH EXECUTIVE COUNCIL MEMBERS

**52<sup>nd</sup> Asia-Pacific Academic Consortium for Public Health (APACPH) Conference**  
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### APACPH EXECUTIVE COUNCIL MEMBERS

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## The Health Educator For Youth (Hey) Project: Need Assessment Of Students' Knowledge, Attitudes And Participation On Peer Education Activities In Mental Health

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**Background:** Adolescence are at risk of experiencing mental health problems. Indonesia has the highest number of people with emotional disorders and depression. Patients with emotional disorders aged 15-24 years in East Java were 7.32% and depression was 4.94%.

**Aim:** The purpose of this study was to analyze the relationship between knowledge about mental health and attitudes about peer educators on student participation in peer education activities.

**Method:** This study was a cross sectional study conducted with the participation of students (12-18 years) in nine senior high schools in Surabaya, Indonesia (N = 375). This study used an online survey to assess students' knowledge of mental health and their attitudes and participation in peer education activities.

**Results:** More than 54.9% of students had low knowledge of mental health and negative attitudes toward peer educators. The statistical test results showed that there was no relationship between knowledge ( $p = 0.652$ ) and student participation in peer education activities, while there was a relationship between attitudes ( $p = 0.006$ ) and student participation in peer education activities.

**Conclusions:** Students had a low level of knowledge in regards to mental health issues. The result also showed negative attitudes that contributes to their doubts about participating in peer education activities. These results showed that the peer education program needs to improve the quality of peer educators and the quality of mental health materials. The HEY program can be a solution to improve the quality of peer educators in improving adolescent mental health. Schools need to show commitment in providing support to ensure the sustainability of the program. It is recommended to optimize the existing peer educator program through peer educator capacity building. The purpose of peer educator capacity building should not only emphasize on increasing knowledge, but also in shaping positive attitude and behavior through continuous mentoring of peer educator programs.

**Keywords:** knowledge, attitude, peer educator, mental health, students, good health and wellbein

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