

Integrated Adolescent Health Promotion Through Mental Health Monitoring, Anemia Prevention, And Digital Reproductive Health Education in Rejomulyo Village

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ABSTRACT

Adolescents face various health challenges related to mental health, anemia, and reproductive health due to rapid biological, psychological, and social changes. Limited health literacy and exposure to unverified digital information increase the risk of unhealthy behaviors. This community engagement program aimed to improve adolescents' knowledge, awareness, and preventive behavior through integrated health education interventions. The program combined mental health education using daily mood check cards and breathing relaxation techniques, anemia screening and education, and digital-based reproductive health education (MODEKSI DIGITAL). Activities were conducted in Rejomulyo Village involving adolescents through counseling sessions, interactive discussions, screening activities, and digital learning media. Evaluation methods included observation of participation, discussions, and assessment of knowledge improvement before and after the intervention. Results indicated increased emotional awareness, improved understanding of anemia prevention and balanced nutrition, and enhanced knowledge of reproductive health and responsible digital media use. Participants demonstrated high engagement and positive responses toward the educational activities. Challenges included inconsistent participation and limited emotional literacy among some participants. The integrated community-based approach proved effective in strengthening promotive and preventive health behavior among adolescents. Continuous mentoring and sustainable health education programs are recommended to maintain long-term impact.

Keywords : Adolescent Health, Anemia Prevention, Community Engagement, Mental Health Education, Reproductive Health Education

Received : March 13, 2026

Revised : March 17, 2026

Accepted : March 31, 2026



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INTRODUCTION

The core problem identified from the integrated community-based proposals is the low level of adolescent health literacy across multiple domains, particularly in mental health, anemia prevention, and reproductive health, which is further exacerbated by limited access to accurate health information and high exposure to unverified digital content. Adolescents often

lack the ability to recognize and manage their emotional conditions, demonstrate insufficient knowledge regarding balanced nutrition and anemia prevention, and possess inadequate understanding of reproductive health concepts. This situation is compounded by inconsistent health monitoring behaviors, low self-awareness, and minimal engagement in preventive health practices. Adolescence represents a critical developmental stage marked by significant physical, emotional, and social transitions. During this period, adolescents are vulnerable to multiple health problems, including mental health disturbances, anemia, and reproductive health risks. (Rahmawaty, 2022)

Mental health awareness among adolescents remains limited, and many adolescents struggle to recognize emotional changes and manage stress effectively. Daily mood monitoring has been shown to support emotional recognition and self-reflection, contributing to preventive mental health practices. (Aisyah, 2024)

Anemia is another prevalent health concern among adolescents, particularly due to inadequate nutritional intake and insufficient knowledge regarding prevention strategies. Early screening combined with health education plays an important role in improving preventive behavior.

Moreover, the rapid growth of digital technology exposes adolescents to large amounts of reproductive health information, which is not always accurate. Digital-based education is therefore necessary to improve knowledge and promote responsible media use. (Amalia, 2024)

This community engagement program aimed to integrate mental health promotion, anemia prevention, and reproductive health education into a comprehensive adolescent health intervention.

METHOD

This study used a quasi-experimental design with a one group pre-test and post-test approach. The study was conducted from March to June 2025 in Rejomulyo Village. The population consisted of adolescents aged 12–18 years living in the village. A total of 40 adolescents were selected as samples using purposive sampling based on predetermined inclusion criteria.

The independent variable in this study was health education intervention, while the dependent variables included adolescents' knowledge and health awareness related to the research topic. Data were collected using questionnaires, observation sheets, and screening tools appropriate to the health issue studied. MODEKSI DIGITAL also used to increase knowledge about reproductive health.

Data collection was conducted in three stages: pre-test, intervention, and post-test. Data were analyzed using descriptive statistics and comparative analysis to determine differences in knowledge levels before and after the intervention.

RESULTS

a. Mental Health Education and Mood Monitoring Program

The mental health education program was implemented to improve adolescents' awareness of emotional conditions and their ability to manage stress. Participants were introduced to a daily mood check card that allowed them to record and monitor their emotional state regularly. In addition, adolescents were taught breathing relaxation techniques as a strategy to control anxiety and emotional tension. (Mawaddah, 2023)

The results of the activity showed that most participants were able to recognize changes in their emotional state after completing the mood monitoring activity for several days.

Adolescents reported that the mood card helped them become more aware of their daily feelings and identify situations that triggered stress or negative emotions. Furthermore, the breathing relaxation technique was considered useful by participants in helping them feel calmer and more relaxed during stressful situations.

During the educational session, adolescents actively participated in discussions and asked questions regarding emotional management, indicating increased awareness and interest in mental health issues.

b. Anemia Screening and Education Among Adolescents

Anemia education was conducted to improve adolescents' knowledge regarding the causes, symptoms, prevention, and health impacts of anemia. Educational sessions were delivered through lectures, discussions, and interactive question-and-answer activities.

The results showed that adolescents initially had limited understanding regarding anemia and its prevention. After the educational intervention, participants demonstrated improved knowledge about the importance of balanced nutrition, iron intake, and healthy lifestyle behaviors to prevent anemia.

Participants also showed greater awareness of the symptoms of anemia such as fatigue, dizziness, and decreased concentration. Through discussions and educational materials, adolescents gained a better understanding of the importance of consuming iron-rich foods and maintaining a healthy diet.

The education program also encouraged adolescents to adopt healthier dietary habits as part of anemia prevention.

c. Digital-Based Reproductive Health Education (MODEKSI DIGITAL)

Digital-based reproductive health education was conducted to improve adolescents' understanding of reproductive health and responsible use of digital media. Educational activities were delivered using interactive presentations, digital learning materials, and visual media. (Putri, 2025)

The results indicated that adolescents initially had limited knowledge about reproductive health and often obtained information from unreliable internet sources. After the intervention, participants showed improved understanding of puberty changes, reproductive health maintenance, and responsible behavior in accessing digital information. (Fitrya Hanissa, 2025)

The use of digital learning media increased participants' interest and engagement during the educational session. Adolescents actively participated in discussions and expressed curiosity about various topics related to reproductive health. (Anggariyanti, 2025)

Participants also reported that the digital education approach helped them better understand sensitive health topics in a more interactive and accessible manner.

d. Community Participation and Program Implementation Outcomes

Overall, the integrated health education program involving mental health promotion, anemia education, and reproductive health education received positive responses from adolescents and community members. Participants showed enthusiasm during educational activities and actively engaged in discussions and practical sessions.

The program contributed to improved adolescent health literacy in several aspects, including emotional awareness, nutrition and anemia prevention, and reproductive health knowledge. In addition, adolescents demonstrated increased motivation to maintain healthy lifestyles and seek accurate health information. (Wulansari, 2025)

However, several challenges were identified during program implementation. Some participants did not consistently complete mood monitoring activities, and scheduling difficulties occasionally affected attendance due to school activities. Despite these

challenges, the majority of participants were able to follow the program activities effectively. (Darmayani, 2025)

The overall results suggest that integrated community-based health education programs are beneficial in improving adolescents' knowledge, awareness, and preventive health behavior.

DISCUSSION

- a. The integrated intervention demonstrated that combining physical, mental, and reproductive health education provides a holistic strategy for adolescent health promotion. Mood monitoring encouraged self-awareness and emotional regulation, supporting preventive mental health approaches.
- b. Anemia education strengthened adolescents' understanding of nutritional health and early prevention. Meanwhile, digital reproductive health education addressed modern challenges related to misinformation exposure among adolescents.
- c. Interactive and participatory learning methods increased engagement and facilitated better comprehension of health information. Community-based education therefore plays an essential role in promoting sustainable adolescent health behavior.

CONCLUSION

Integrated community engagement interventions combining mental health education, anemia prevention, and digital reproductive health education effectively improve adolescent knowledge, awareness, and preventive health behavior. Sustainable educational programs and continuous mentoring are recommended to maintain long-term behavioral change and support adolescent well-being.

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