

## **CHAPTER V**

### **CONCLUSION AND RECOMMENDATIONS**

#### **5.1 Conclusion**

The Semarang City Government has demonstrated a strong commitment to preventing and managing Non-Communicable Diseases (NCDs) among adolescents through well-coordinated and integrated policies. With the implementation of various programs such as Perilaku Hidup Bersih dan Sehat (PHBS), Gerakan Masyarakat Hidup Sehat (GERMAS), Layanan Warga Semarang Sehat Setiap Waktu (LAWANGSEWU), Pelayanan dan Edukasi Kesehatan Pelajar Terpadu (PITERPAN), and Virtual Activity Link Semarang Sehat (VALAS), as well as the transformation of early NCDs detection services, the government has provided comprehensive efforts to protect adolescents from NCDs risks. Concrete steps such as integrating primary healthcare services, community education, regular health screenings at schools, physical activity programs, and promoting healthy lifestyles through social media demonstrate the seriousness of the government in addressing these health issues. Thus, the Semarang City Government has succeeded in creating an environment that supports adolescents in adopting healthy lifestyles and reducing the risk of NCDs. Continuous monitoring, evaluation, and policy adjustments are essential to ensure the sustainability of NCDs prevention and management efforts in the future.

The problem of non-communicable diseases in adolescents has become a serious concern in many countries, including Indonesia. NCDs, such as heart disease, diabetes, and obesity, have a significant impact on adolescent health and

can continue into adulthood. Therefore, it is important to evaluate the extent to which adolescents are protected from NCDs and identify the factors that influence this situation. Various studies show that adolescents are vulnerable to risk factors for NCDs. One common risk factor is poor diet, including consumption of fast food that is high in fat, sugar and salt. Apart from that, lack of physical activity is also a serious problem among teenagers, because many of them spend their time in sedentary activities, such as playing computer games or using gadgets. Apart from diet and physical activity, smoking and drinking alcohol are also the main risk factors for NCDs in adolescents. Many teenagers start smoking or drinking alcohol at a very young age, and this can have detrimental effects on their health in the future.

Data shows that adolescent awareness about the dangers of NCDs is still low. Their knowledge about healthy lifestyles and the negative impact of risk factors for NCDs is often lacking. Some teens may also not have adequate access to appropriate health information. In addition, environmental factors also play an important role in protecting adolescents from NCDs. An environment that supports a healthy lifestyle, such as easily accessible and available sports facilities, as well as the availability of healthy food in schools and the surrounding environment, can help teenagers adopt a healthier lifestyle.

It is important for governments, schools, families and society as a whole to work together to protect adolescents from NCDs. Comprehensive health education should be provided in schools to increase adolescent knowledge about the importance of a healthy lifestyle and the dangers of NCDs. In addition, strict

regulations regarding the advertising of unhealthy food and drinks to teenagers must be implemented. In addition to prevention efforts, it is also important to provide easy access to quality health services for adolescents. This includes regular health check-ups, counseling on healthy lifestyles, and appropriate support for adolescents who have been affected by NCDs.

In addition, actively involving adolescents in the planning and implementation of health programs is also important. Teenagers must feel heard and have an active role in the fight against NCDs. This can be done through a participatory approach that involves adolescents in decision making regarding health programs aimed at them. Overall, protecting adolescents from NCDs requires a comprehensive approach involving various stakeholders. By raising awareness, providing appropriate health education, creating a supportive environment, and involving youth in the decision-making process, we can move towards a healthier society and protect young people from the burden of NCDs in the future. However, change will not happen instantly. It will take time, sustained efforts, and collaboration between governments, educational institutions, families, and communities to create significant change in protecting adolescents from NCDs. Additionally, individual awareness and involvement is also important. Every teenager needs to take responsibility for their own health and adopt a healthy lifestyle.

In this study, Researchers faced several limitations in this study. Firstly, there was a lack of comprehensive data on non-communicable diseases, especially among adolescents in Semarang City, hindering in-depth analysis. Additionally, the

services provided by relevant institutions were inconvenient and rigid, impeding active involvement in disease prevention. Furthermore, scheduling meetings with key stakeholders proved challenging, hampering effective coordination in addressing non-communicable diseases. Moreover, limited collaboration beyond internal partnerships and insufficient engagement with diverse community stakeholders constrained the effectiveness of prevention efforts. Inadequate data collection methods also hindered the availability of comprehensive data for analyzing disease prevalence and impact. Overall, these limitations hampered the progress and effectiveness of non-communicable disease prevention initiatives.

In conclusion, adolescents are still vulnerable to NCDs, and their protection against these diseases remains a challenge. However, with a comprehensive approach, involving various stakeholders, and increasing youth awareness and knowledge, we can improve this situation. It is important for all of us to work together to create an environment that supports healthy lifestyles for youth, provides easy access to health services, and provides comprehensive health education. In this way, we can protect young people from the burden of NCDs and create a healthier future for them.

## **5.2 Recommendations**

Research shows that the Semarang City Government can carry out its role and function well in dealing with non-communicable diseases among teenagers in Semarang City. However, based on the research conducted, there are still challenges and obstacles that must continue to be addressed by various parties, therefore, suggestions that researchers can provide include:

- a. The Semarang City Government should broaden its collaboration beyond internal partnerships and engage more with diverse community stakeholders, especially adolescent organizations and health-focused institutions to enhance participation in non-communicable disease prevention. Collaborating with diverse stakeholders, including the private sector and NGOs, is crucial for optimizing resources and fostering community involvement in decision-making for sustainable progress. Implementing proactive strategies to engage adolescents throughout the program lifecycle, including planning, implementation, and evaluation phases, will ensure their perspectives and needs are adequately addressed, fostering greater program relevance and effectiveness.
- b. Increasing the frequency and depth of program evaluation to generate robust evidence is imperative for informed decision-making and continual improvement of interventions. It is essential for the Semarang City Government to prioritize this aspect, as it serves as a cornerstone for assessing the effectiveness and impact of non-communicable disease

prevention initiatives, thus facilitating evidence-based policy formulation and program optimization.

- c. Prioritizing budget allocation and exploring diversified funding sources are crucial endeavors. Securing sustained financial support for program activities is essential for long-term impact and scalability. By allocating resources strategically and seeking alternative funding avenues, the Semarang City Government can ensure the continuity and effectiveness of non-communicable disease prevention initiatives, thereby maximizing their reach and impact within the community.
- d. To improve services to the community, the Semarang City Government is expected to adopt a more open and communicative approach in conveying information. Using smoother and clearer language in communication can help create better understanding between the government and society. Implementing transparency in providing information will also strengthen public trust, thereby creating a more positive relationship between the government and its citizens.