**ADOLESCENT PROFILE 2021**

**OVERVIEW**

- **270,203,917**
  (Indonesia’s total population)
- **2/3** are of **productive age**

**17%** are adolescents (age 10-19)

**Distribution of adolescent population per main island (age 10-19)**

**POVERTY**

- **10.8%** adolescents live below the poverty line

**Adolescent DALYs ranking**

**Top causes**

- Road injury
- Skin diseases
- Childhood behavioural disorders
- Tuberculosis
- Anxiety disorders

**Adolescent mortality ranking**

**Top causes**

- Road injury
- Tuberculosis
- Interpersonal violence
- Drowning
- Diarrhoeal diseases

**Adolescent mortality rate (death per 100,000 population)**

**Sources:**
ADOLESCENT PROFILE 2021

OVERVIEW

RISK FACTORS

Tobacco use
While the number of adolescent (age 13-15) tobacco users is slightly declining, the number of adolescents who smoke cigarettes is rising

<table>
<thead>
<tr>
<th>Year</th>
<th>Tobacco user (%)</th>
<th>Cigarette smoker (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>28.3</td>
<td>18.8</td>
</tr>
<tr>
<td>2019</td>
<td>19.2</td>
<td>18.3</td>
</tr>
</tbody>
</table>

Nutrition

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010-19</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obese</td>
<td>13%</td>
<td>8%</td>
</tr>
<tr>
<td>Thinness</td>
<td>8%</td>
<td>8%</td>
</tr>
<tr>
<td>Overweight</td>
<td>15%</td>
<td>12%</td>
</tr>
<tr>
<td>Thinness</td>
<td>15%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Air pollution

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2009</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>DALYs/100,000</td>
<td>29.7</td>
<td>20.9</td>
</tr>
<tr>
<td>Deaths/100,000</td>
<td>0.4</td>
<td>0.2</td>
</tr>
</tbody>
</table>

Pandemic: COVID-19

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2020-21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unhealthy diet</td>
<td>29.7%</td>
</tr>
<tr>
<td>Physically active</td>
<td>33.3%</td>
</tr>
<tr>
<td>Social connection</td>
<td>26.1%</td>
</tr>
</tbody>
</table>

Mental health

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010-19</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>13%</td>
<td>17.5%</td>
</tr>
<tr>
<td>Childhood behavioural disorders</td>
<td>0.3%</td>
<td>0.1%</td>
</tr>
</tbody>
</table>

CURRENT POLICIES AND LAWS

Health

Act No. 36 of 2009
Government Regulation No. 109 of 2012
Minister of Health Regulation No. 71 of 2015
Minister of Health Regulation No. 25 of 2014
Act No. 18 of 2014

Youth development

Act No. 40 of 2009
Presidential Regulation No. 66 of 2017

Child protection

Act No. 23 of 2002
Act No. 35 of 2014

Family development

Act No. 52 of 2009

TARGET INDICATORS

Fulfillment of basic services

- To reduce the percentage of age 10-18 who smoke cigarettes
- To reduce the prevalence of obesity among individuals age 18+

Improvement in the quality of children, women and youth

- To augment the Youth Development Index score
- To reduce the prevalence of violence towards women age 15-64

RECOMMENDED ACTIONS

- Evidence generation that meaningfully engages adolescents, including advocacy for age and sex disaggregation
- Advocacy, communication, programme planning, implementation and evaluation involving adolescents as equal partners

Sources:

*Children: 18 years old or younger | **Youth: 16–30 years old
MENTAL HEALTH

Top causes of DALYs (2016)

- Age 10-19
  - #3 Childhood behavioural disorders
  - #5 Anxiety disorders

% SERIOUS CONSIDERATION OF SUICIDE ATTEMPTS

- Age 13-15
  - Male: 4.8% → 6.2%
  - Female: 3.2% → 4.0%

RISK FACTORS

- Gender (DALYs)
  - Childhood behavioural disorders
  - Anxiety disorders

- Age 10-14
  - #1 Childhood behavioural disorders
  - #3 Anxiety disorders

- Age 15-19
  - #5 Childhood behavioural disorders

Prevalence of abusive experience

- Age 13-17
  - Male: 38.6 → 62
  - Female: 20.5 → 61.7

Prevalence of school bullying

- Age 13-15
  - Male: 55.3 → 23.7
  - Female: 44.7 → 19

Sources:

Dr. Brock Chisholm (1954)
INTERPERSONAL VIOLENCE

Adolescent mortality ranking (2016)

*Children defined as U18 y.o. individuals

Increases the risk of cigarette use, alcohol use and suicidal ideation

Prevalence of school bullying (victims)

27% Primary school
32% Junior high school
20% High school

Provinces with most cases of interpersonal violence (both genders) (2016)

1. Central Java
2. East Java
3. West Java
4. South Sumatra
5. Aceh

ATTITUDES (n=278)

57% are afraid/embarrassed to tell others about their mental health condition
22% thought that receiving therapeutical and pharmaceutical interventions have negative impacts on their self confidence and future

CURRENT POLICIES AND LAWS

Act No. 36 of 2009: Right to protection from discrimination and abuse that may harm one’s health
Guarantees good mental health in life

Act No. 40 of 2009: Empowerment to improve the quality of mental health and spirituality

Act No. 35 of 2014: Provision of comprehensive health care services and protection from abuse for children*

Act No. 18 of 2014: Attempt to actualize every individual’s optimal mental state

Minister of Education & Culture Regulation No. 82 of 2015: Prevention of and countermeasures against violence at school

Minister of Women Empowerment & Children Welfare Regulation No. 8 of 2014: Anti-violence policies as one indicator of a child-friendly school

*Children: 18 years old or younger

The number of adolescents who smoke cigarettes is increasing

**Current cigarette smokers (2019)**

<table>
<thead>
<tr>
<th>Age 13-15</th>
<th>2014</th>
<th>2.5%</th>
<th>2019</th>
<th>2.9%</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Age 15-24</th>
<th>2014</th>
<th>33.9%</th>
<th>2019</th>
<th>35.5%</th>
</tr>
</thead>
</table>

**Cigarette smokers and social economic status (2017)**

- #1: Upper Middle
- #2: Middle

**Cigarette smokers and geographical location (2017)**

- More female smokers reside in urban areas
- More male smokers reside in rural areas

**Cigarette smokers and education attainment (2017)**

- No schooling experience #1
- Did not complete primary school #1
- Did not complete primary school #2
- Completed primary school #2

**Adolescents (age 15-19) who started smoking cigarettes before age 15 (2017)**

<table>
<thead>
<tr>
<th>Gender</th>
<th>2014</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>55.5%</td>
<td>57.4%</td>
</tr>
</tbody>
</table>

### TOBACCO

#### Secondhand smoke Age 13-15

- **Exposure at home**
  - 2019: 57.8%
  - 2014: 57.3%
- **Exposure in open public space**
  - 2019: 67.2%
  - 2014: 63.9%
- **Exposure in closed public space**
  - 2019: 66.2%
  - 2014: 60.1%

#### Cessation Age 13-15

- **Overall**
  - 2014: 81.8%
  - 2019: 81.1%
- **Tried to stop**
  - 2014: 68.1%
  - 2019: 81.9%

#### Received help/advice to stop smoking Age 13-15

- The number of girls who received help/advice to stop smoking decreased over time.
- The number of boys who received help/advice to stop smoking increased over time.

#### Attitude (2019)

- Students who think that it is difficult to stop once people start smoking tobacco:
  - 2014: 27.8%
  - 2019: 28.8%
- Students who feel that smoking helps people to feel more comfortable in social situations:
  - 2014: 12.1%
  - 2019: 8.1%

#### Most effective media for tobacco marketing (2019)

- **#1** TV ads or promotion
- **#2** Ads or promotion at points of sale
- **#3** Outdoor media

#### Most effective media for anti-tobacco messages (2019)

- **#1** Messages in media
- **#2** Health warnings on packages
- **#3** Messages at sporting or community events

#### Smokers

- 2019
  - 46.3% thought about quitting smoking because of health warnings on cigarette packs
  - 60.5% Age 13-15

#### Non-smokers

- 2019
  - 39.4% thought about not starting to smoke because of health warnings on cigarette packs
  - 35.8% Age 13-15

#### CURRENT POLICIES AND LAWS

- **Government Regulation No. 109 of 2012**
  - Protection for children and adolescent from the use of tobacco products
- **Minister of Health Regulation No. 71 of 2015**
  - Smoking as one behavioural risk factor that is modifiable

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QUIT SMOKING NOW!
Ever since Indonesia’s first COVID-19 cases were confirmed in early March 2020, the pandemic’s direct and indirect effects on adolescent health have become increasingly evident. This is likely to continue for the foreseeable future.

**POVERTY**

- **34%** of unemployed individuals are 15-24 y.o.
- **11.3%** of individuals who experience reduction in working hours are age 15-24 y.o.
- **Males** are more impacted than **females**
- **More individuals in urban areas** of all ages are impacted than those in rural areas

**School closure**

- >13,000 High schools
- >19,000 Junior high schools

Shifted to online learning (belajar dari rumah) due to COVID-19

**Sources:**
- 1. Kemendikbud (2020)
- 2. BPS (2020)
Social relationships

Age 15-19 (n=176)

- 63.1% had fewer opportunities to express opinions than pre-COVID.
- 74.2% had more support from friends than pre-COVID.
- 55% had less attention from parents or caregivers than pre-COVID.

Relationship with family

- 25% More distant from family, 21% Closer to family.
- 25% More distant from family, 19% Closer to family.

Social distancing

- 93% are negatively impacted (mental health condition) by distance from family.
- 70% are negatively impacted (mental health condition) by distance from friends.

Dietary habits

Age 15-19 (n=2558)

- 40% Consume less variety of foods due to economic factors.
- 30% Consume less egg and plant-based protein.
- 30% Consume less fruits, vegetables, meat and poultry.

Physical activity

Age 15-19 (n=2558)

- 22% are more active than pre-COVID.
- 49% are less active than pre-COVID.
OVERVIEW

DALYs & Mortality Rate


Risk Factors


Prevalence


TOBACCO


COVID-19


Risk Factors


Prevalence


Risk Factors


Prevalence


Risk Factors