



STIKES ADVAITA MEDIKA TABANAN



WEBINAR INTERNATIONAL

"MANAGEMENT OF HEALTHY LIFESTYLE FOR ADOLESCENTS DURING THE COVID-19 PANDEMIC"

WELCOME SPEECH AND OPENING



Prof. Dr. Drs. I Nengah Dasi Astawa, M.Si
(Chairman of the LLDIKTI Region VIII)

WELCOME SPEECH



I Dewa Gede Ary Wirawan, S.S
(Chairman of the Cipta Karya Dharma Foundation)

SCIENTIFIC SPEECH



Dr. Made Dewi Sariyani, S.ST., M.Kes
(Chairman of STIKES Advaita Medika Tabanan)

SCIENTIFIC SPEECH



Ns. Ni Made Sintha Pratiwi, S.Kep., M.Kep
(Nursing Lecturer at STIKES Advaita Medika Tabanan)

SPEAKER:



Ns. Ni Luh Seri Astuti, S.Kep., M.Kep
(Nursing Lecturer at STIKES Advaita Medika Tabanan)



Cokorda Istri Mita Pemayun, S.Km., M.Kes
(Lectures of Midwifery STIKES Advaita Medika Tabanan)



Muhammad Kamil Bin Che Hasan Dean
(Kulliyah of Nursing International Islamic University Malaysia)



Friday
24 December 2021



07.31 Malaysia Time
or 07.30 WITA



Via Zoom Meeting

- FACILITY:**
- E - CERTIFICATE
 - USEFUL KNOWLEDGE

MODERATOR



Ni Putu Mei Sanjiwani
(Nursing Student)



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Telp. : 0361 8879031, (0361)814242, Email :
stikes_ameta@yahoo.co.id

No :111/AD/XII/2021
Attachment : -
Subject : Request as Speaker

To,
Dear.Mr Muhamad Kamil Che Hasan
In
The place

Yours faithfully,

On behalf of the organizing committee of the Seminar STIKES Advaita Medika Tabanan,we express our highest appreciation for your participation in our event.Though this letter,we would like to request you to be one of the speakers for Seminar with the theme “Management of Healthy Lifestyles in Adolescents during the Covid – 19 Pandemic” that will be held on :

Date : Friday, December 24, 2021
Time : 08.30 WITA – Finish (Indonesian Time)
Place : Zoom Meeting

Finally,we would like to take this opportunity to thank for your participation in our event.

Tabanan, 01 Desember 2021
STIKES Advaita Medika Tabanan
Chairman,

Dr. Made Dewi Sariyani, S.ST.,M.Kes
NIK. 090803.0.077



**ORGANIZING COMMITTEE OF SEMINAR INTERNATIONAL
STIKES ADVAITA MEDIKA TABANAN**

Jln. Perkutut No. 25 Pasekan Belodan Tabanan – Bali, Telp. : (0361) 814242, Email : stikes_ameta@yahoo.co.id

This Certificate Is Award To

NOMOR:097/AD/XI/2021

To :

Muhammad Kamil Bin Che Hasan Dean

In Acknowledgement Of Your Participation As

Speaker

At International Seminar “Management Of Healthy Lifestyle In Adolescents During The Covid-19”
Held 24th December 2021 At STIKES Advaita Medika Tabanan,Bali,Indonesia By Virtual Seminar

Head Of
STIKES Advaita Medika Tabanan

Dr. Made Dewi Sariyani, S.ST., M.Kes
NIK. 090803.0.077

Asisten Head Off
Student Affairs

Ns. Putu Adi Cahya Dewi, S.Kep., M.Kes
NIK. 090803.0.057

Head Of
Student Executive
Board

I Made Sudana
NIM. 19.11.1.110.001

Tabanan, 24 December 2021
Chairman

Ni Luh Putu Mita Kristina Dewi
NIM. 19.11.1.110.011

Management of Healthy Lifestyle for Adolescents During COVID-19 Pandemic

Muhammad Kamil Che Hasan, PhD, RN

Dean / Assistant Professor

Kulliyyah (Faculty) of Nursing

International Islamic University Malaysia

mkamil@iium.edu.my

COVID-19 Pandemic

- First case: December 2019 in Wuhan, China
- school closures have been enforced nationwide in 166 countries, affecting over 80% of enrolled students (more than 1.4 billion young people) worldwide
- communities were encouraged to limit their mobility and public sports facilities were closed during those time
- UNESCO. COVID-19 impact on education. 2020. <https://en.unesco.org/covid19/educationresponse>. Accessed 6 Jan 2021.

Physical Activity among Adolescent

- Better adipository profiles
 - Cardiometabolic biomarkers
 - Physical fitness
 - Bone health
 - Cognitive function
 - Academic achievements
-
- Poitras VJ, Gray CE, Borghese MM, Carson V, Chaput JP, Janssen I, et al. Systematic review of the relationships between objectively measured physical activity and health indicators in school-aged children and youth. *Appl Physiol Nutr Metab.* 2016;41(6 Suppl 3):S197–239. <https://doi.org/10.1139/apnm-2015-0663>.
 - Chaput JP, Willumsen J, Bull F, Chou R, Ekelund U, Firth J, et al. 2020 WHO guidelines on physical activity and sedentary behaviour for children and adolescents aged 5-17 years: summary of the evidence. *Int J Behav Nutr Phys Act.* 2020;17(1):141. <https://doi.org/10.1186/s12966-020-01037-z>.

Sedentary behaviour

- Lower fitness and sleep quality
 - Unfavourable BMI
 - Higher cardiometabolic risk
 - Lower psychosocial health
-
- Tremblay MS, LeBlanc AG, Kho ME, Saunders TJ, Larouche R, Colley RC, et al. Systematic review of sedentary behaviour and health indicators in school-aged children and youth. *Int J Behav Nutr Phys Act.* 2011;8(98):1–22. <https://doi.org/10.1186/1479-5868-8-98>.
 - Carson V, Hunter S, Kuzik N, Gray CE, Poitras VJ, Chaput JP, et al. Systematic review of sedentary behaviour and health indicators in school-aged children and youth: an update. *Appl Physiol Nutr Metab.* 2016;41(6 Suppl 3):S240–65. <https://doi.org/10.1139/apnm-2015-0630>.

WHO Physical Activity guidelines

- The 2020 World Health Organization (WHO) guidelines recommended that children and adolescents (5–17 years) accumulate an average of 60 min of moderate-to-vigorous physical activity (MVPA) every day and limit the duration of recreational screen time to achieve positive health outcomes
- Bull FC, Al-Ansari SS, Biddle S, Borodulin K, Buman MP, Cardon G, et al. World Health Organization 2020 guidelines on physical activity and sedentary behaviour. *Br J Sports Med.* 2020;54:1451–62. <https://doi.org/10.1136/bjsports-2020-102955>.

During Pandemic

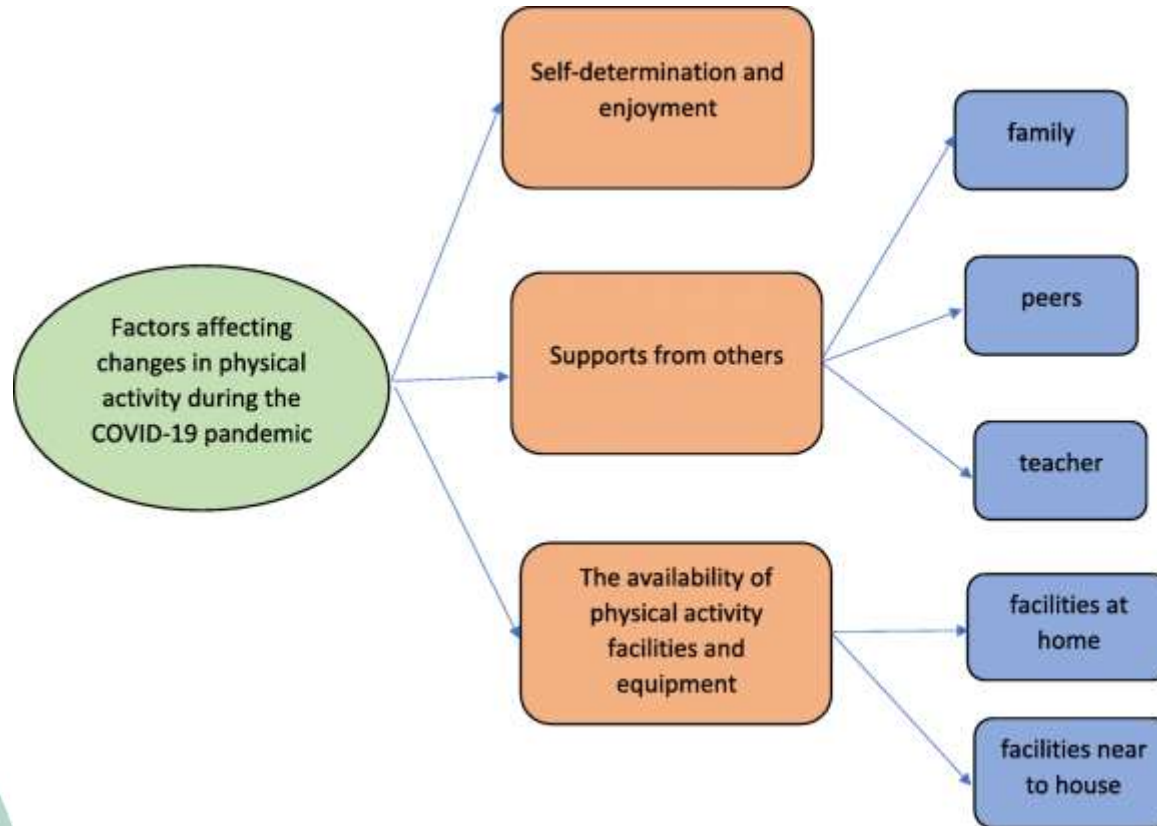
- more than three-quarters (81%) of adolescents did not meet the WHO physical activity guidelines
- over 50% of young people exceeded 2 h/day of recreational screen time, with screen time averaging 3.6 h/day

- Guthold R, Stevens GA, Riley LM, Bull FC. Global trends in insufficient physical activity among adolescents: a pooled analysis of 298 population-based surveys with 1.6 million participants. *Lancet Child Adolesc Health*. 2020;4(1):23–35. [https://doi.org/10.1016/S2352-4642\(19\)30323-2](https://doi.org/10.1016/S2352-4642(19)30323-2).
- Thomas G, Bennie JA, De Cocker K, Castro O, Biddle SJ. A descriptive epidemiology of screen-based devices by children and adolescents: a scoping review of 130 surveillance studies since 2000. *Child Indic Res*. 2020;13(3):935–50. <https://doi.org/10.1007/s12187-019-09663-1>.

What happened to adolescents?

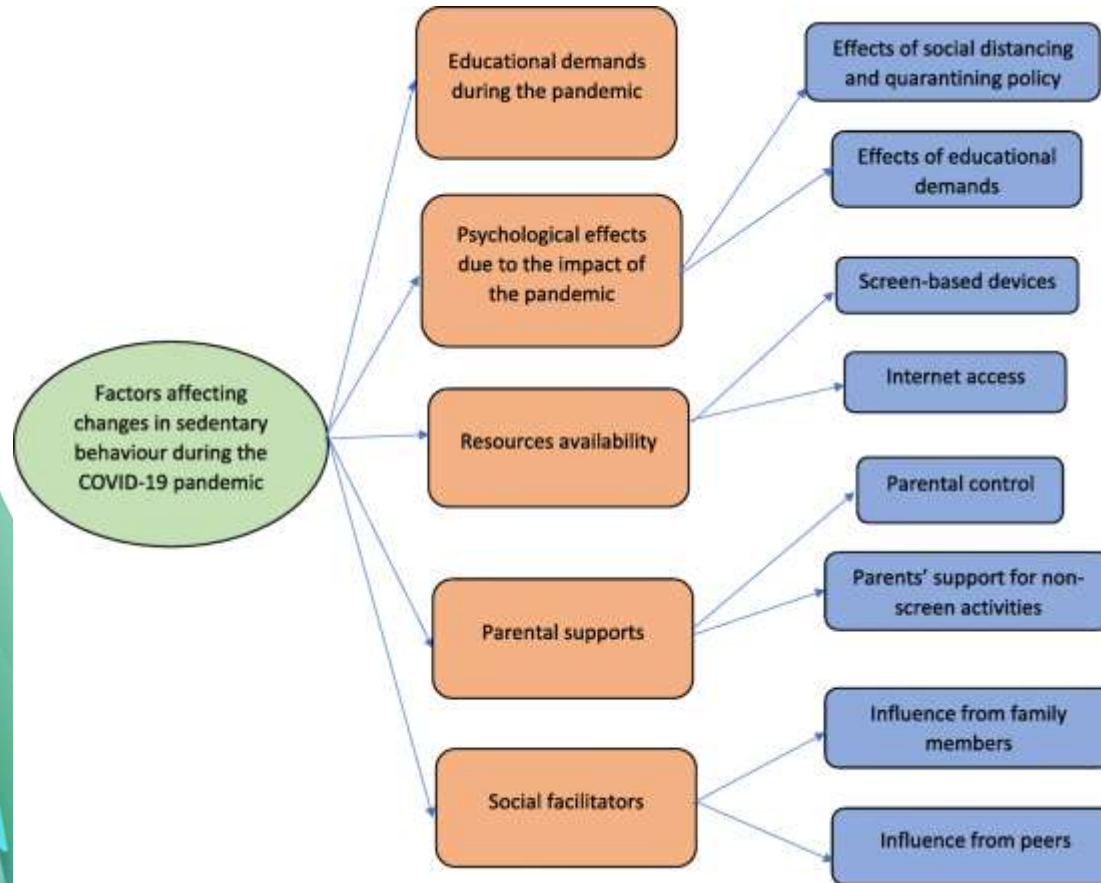
- Social distancing and isolation
- Reduction in physical activity
- Engagement in sedentary behaviour
- Disrupted sleep schedule

Factors affecting adolescents' physical activity



Andriyani, F.D., Biddle, S.J.H. & De Cocker, K. Adolescents' physical activity and sedentary behaviour in Indonesia during the COVID-19 pandemic: a qualitative study of mothers' perspectives. *BMC Public Health* **21**, 1864 (2021). <https://doi.org/10.1186/s12889-021-11931-1>

Factors affecting adolescents' sedentary behaviour



- Andriyani, F.D., Biddle, S.J.H. & De Cocker, K. Adolescents' physical activity and sedentary behaviour in Indonesia during the COVID-19 pandemic: a qualitative study of mothers' perspectives. *BMC Public Health* **21**, 1864 (2021). <https://doi.org/10.1186/s12889-021-11931-1>

During pandemic

- Mental health problems are common among adolescents and greatly influenced by stressful events.
- Increasing in the prevalence and correlates of insomnia, depressive and anxiety symptoms among adolescents during the COVID-19.

Moving More, sitting Less

- COVID-19-related fear was a risk factor for developing insomnia, depressive and anxiety symptoms among adolescents.
- Fortunately, moving more and sitting less are good for sleep and mental health
- Educators should help adolescents to be more physically active in their daily life in the primary prevention of adolescent insomnia, depression and anxiety.
- Lu C, Chi X, Liang K, Chen ST, Huang L, Guo T, Jiao C, Yu Q, Veronese N, Soares FC, Grabovac I, Yeung A, Zou L. Moving More and Sitting Less as Healthy Lifestyle Behaviors are Protective Factors for Insomnia, Depression, and Anxiety Among Adolescents During the COVID-19 Pandemic. *Psychol Res Behav Manag.* 2020 Dec 17;13:1223-1233. doi: 10.2147/PRBM.S284103. PMID: 33364864; PMCID:

Example



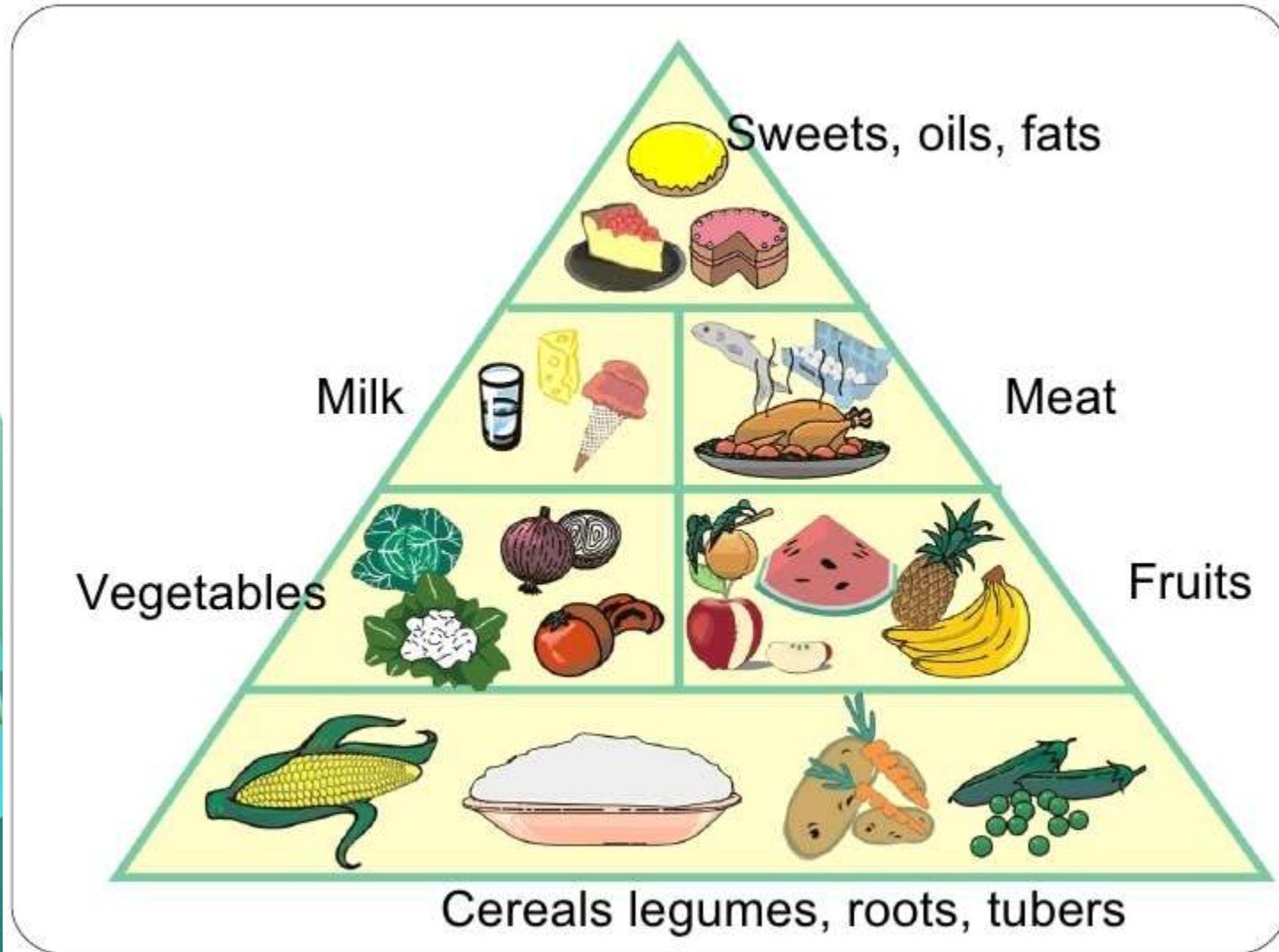
Balanced Diet, Regular Exercise

- More attention should be paid to psychological health among adolescents while combating COVID-19.
- To promote adolescents' mental health, educators should help adolescents develop a healthy lifestyle with balanced diet and regular exercise.

(Chi et al., 2021)

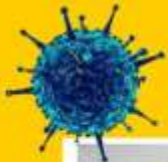
Chi X, Liang K, Chen ST, Huang Q, Huang L, Yu Q, Jiao C, Guo T, Stubbs B, Hossain MM, Yeung A, Kong Z, Zou L. Mental health problems among Chinese adolescents during the COVID-19: The importance of nutrition and physical activity. *Int J Clin Health Psychol*. 2021 Sep-Dec;21(3):100218. doi: 10.1016/j.ijchp.2020.100218. Epub 2020 Dec 24. PMID: 33391373; PMCID: PMC7759093.

Example



Example

EATING HEALTHY FOR ADOLESCENTS



What foods should be in an adolescent's plate every day for a balanced diet?

- Energy rich foods- cereals and millets (such as wheat, rice etc.), fats/oils (nuts, cooking oil, butter etc.), sugars (honey, jaggery etc.)
- Body building foods – pulses (all dals, beans, legumes), eggs, flesh foods (meat, poultry, fish), milk and milk products (curd, paneer etc.)
- Protective foods – seasonal fruits and vegetables (dark green leafy, yellow and orange coloured, citrus etc)

It is the protective and body building foods that helps in growth and improves immunity.



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Example

EXERCISES FOR KIDS



1. Planks



2. Push-ups



3. Crunches



4. Cycling



5. Lunges








6. Running

American Heart Association

25 WAYS TO GET MOVING AT HOME

- Run in place for 30 seconds
- Dance party for 1 minute
- Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)
- Jumping jacks for 30 seconds
- Do the hokey pokey
- See how many squats you can do in 15 seconds
- Stretch your hands high over your head
- Arm circles forward for 30 seconds, arm circles backward for 30 seconds
- Stand on one leg, put your hands up, put your hands out to the side
- 5 lunges on the right leg, 5 lunges on the left leg
- Practice spelling, do a squat for every vowel
- Run in place for 30 seconds, check your heart rate
- Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter
- Practice math problems, do a jumping jack every time the answer is an even number
- 20 leg lifts
- Read standing up
- Stand up, touch your toes
- One-minute yoga
- 10 frog jumps
- Standing mountain climbers for 30 seconds
- 30-second plank
- High knees for 30 seconds

A Cross-Sectional Study on Bullying and Psychological Disturbances among Malaysian School Children

Muhammad Lokman Md Isa¹, Nurfatin Aina Mocktar², Wisam Nabeel Ibrahim^{3,4}, Mohd Said Nurumal¹, Muhammad Kamil Che Hasan^{1*}

¹Kulliyyah of Nursing, International Islamic University Malaysia, Kuantan 25200, Malaysia

²National Heart Institute, Kuala Lumpur 50400, Malaysia

³Department of Biomedical Science, College of Health Sciences, Qatar University, Doha 2713, Qatar

⁴Biomedical and Pharmaceutical Research Unit, Qatar University Health, Qatar University, Doha 2713, Qatar

Abstract

Background: Bullying is a common violence in school and has become a major public health and global concern. Bullying influences mental health and is identified as a leading factor of depression. Therefore, this study aimed to identify bullying prevalence and its association toward psychological disturbances (stress, anxiety, and depression).

Methods: This cross-sectional study was conducted in three secondary schools in Kuantan. After obtaining consent from parents/guardians, participants were asked to answer a self-administered questionnaire, including School Climate Bullying Survey, Depression Anxiety Stress Questionnaire-21, Patient Depression Questionnaire, and Generalized Anxiety Disorder. Demographic data were self-reported. Data were analyzed using SPSS version 20.0, and chi-square and correlation tests were conducted for variables.

Results: A total of 207 students were included in this study. Of respondents, 50.7% were boys and 49.3% girls, and the majority (92.8%) were Malays. Of students, 63.2% were involved in bullying problems through the school years, with verbal bullying as the highest (55.1%). Bullying is significantly associated with stress ($p = 0.045$), anxiety ($p = 0.018$), and depression ($p = 0.012$).

Conclusions: School children in Kuantan continue to be involved in bullying. The current study supported that involvement with any bullying activity was associated with psychological disturbances including anxiety, stress, and depression.

Keywords: bullying, child, cross-sectional study, Malaysia, psychology

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Does physical activity and body weight status determine musculoskeletal health among adolescents in Malaysia? ☆

Muhammad Kamil Che Hasan ^a, Fikriy Abdullah ^a, Mohd Khairul Zul Hasymi Firdaus ^a, Farrah Ilyani Che Jamaludin ^b  

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<https://doi.org/10.1016/j.enfcli.2020.09.010>

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Abstract

This study was conducted to examine the association between physical activity (PA) and body weight status among adolescents in rural and urban areas. This cross-sectional study involved 257 adolescents aged 13–19 years, randomly selected from secondary schools around Kelantan, Malaysia. Body weight and height were measured and body mass index (BMI) was calculated. The students completed the International Physical Activity Questionnaire – Short Form, to assess their physical activity. Ethical clearance was obtained from respected bodies. Adolescents in the urban area had significantly higher BMI (p -value < 0.001) and lower physical activity (p -value < 0.001) than adolescents in the rural area. A significant association also found between BMI and PA in both urban and rural areas. In conclusion, more physically active adolescents had lower BMI than who are less physically active. Being physically active could lower the body weight and BMI, hence improve musculoskeletal health, and could reduce co-morbidity.

Importance of Good Health during Adolescence

- Good health (physical, emotional, social, and spiritual) enables young people to make the most of their teenage years.
- Some adolescents' unsafe choices or vulnerable situations can have immediate, life-threatening, and costly consequences.
- Being healthy in adolescence provides the foundation for adult health status. Life-long patterns of healthy behaviors are established at this time.
- Unhealthy adolescent behaviours can become long-term risk factors for chronic health conditions in adulthood.
- Mixed messages and expectations from adults and the media regarding adolescent independence, responsibilities, and sexuality make it all the more important to help guide youth as they grapple with life's new complexities.

References

- Lu C, Chi X, Liang K, Chen ST, Huang L, Guo T, Jiao C, Yu Q, Veronese N, Soares FC, Grabovac I, Yeung A, Zou L. Moving More and Sitting Less as Healthy Lifestyle Behaviors are Protective Factors for Insomnia, Depression, and Anxiety Among Adolescents During the COVID-19 Pandemic. *Psychol Res Behav Manag.* 2020 Dec 17;13:1223-1233. doi: 10.2147/PRBM.S284103. PMID: 33364864; PMCID: PMC7751784.
- Chi X, Liang K, Chen ST, Huang Q, Huang L, Yu Q, Jiao C, Guo T, Stubbs B, Hossain MM, Yeung A, Kong Z, Zou L. Mental health problems among Chinese adolescents during the COVID-19: The importance of nutrition and physical activity. *Int J Clin Health Psychol.* 2021 Sep-Dec;21(3):100218. doi: 10.1016/j.ijchp.2020.100218. Epub 2020 Dec 24. PMID: 33391373; PMCID: PMC7759093.

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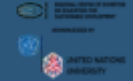


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THANK YOU!
