

HEALTHY LIVING HABITS AMONG ADOLESCENTS DURING THE ENDEMIC PHASE

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ABSTRACT

Facing a disruptive era that full of changes and challenges during the pandemic, psychological strength is needed by adolescents to be able to rise and bounce back to the optimal health functions. Adolescents are one of the high-risk groups in pandemic situation, therefore they need to stay safe and healthy to continue their lives in the future, one of which is by doing healthy lifestyle behavior. In this context, resilience and exposure of adequate health-related information need to be considered by adolescents in performing healthy lifestyle behavior in their daily life. This research aimed to determine the influence of resilience and health-related information exposure on adolescents' healthy lifestyle behavior in endemic era. This research used a descriptive-analytic study with a cross-sectional design. The population were all adolescents in Kediri aged 15-19 years old. The sample was collected by cluster random sampling. The total sample of this research were 111 respondents. The independent variable was resilience and health-related information exposure. The dependent variable was adolescents' healthy lifestyle behavior. Data were collected by using questionnaires and analyzed by using regression with dummy variable. Based on regression analysis, variables that affect the adolescents' healthy lifestyle behavior are resilience and health-related information exposure ($p=0,000$). Adolescents' healthy lifestyle behavior has significant correlation with resilience ($p=0,024$) and health-related information exposure ($p=0,000$). Resilience and health-related information exposure are predictors of adolescents' healthy lifestyle behavior in endemic era. According to the research result, adolescent in Kediri need to raise awareness and practice about resilience and to look for more access to health-related information to maintain or increase their healthy lifestyle behavior in this endemic era.

Keywords: adolescents; healthy lifestyle behavior; health-related information exposure; resilience

BACKGROUND

At this time the world is facing disruption in various aspects of human life (Hu et al., 2020). People in many countries experience impaired life functions and stressful life experiences. People also experience disturbances in various sectors of life, especially in health sector. The COVID-19 pandemic that has occurred since March 2020 is the trigger for this situation (Singh et al., 2020). Several countries in the world, including Indonesia, experienced the second wave of the pandemic which occurred in July with the number of people who were confirmed positive for Covid-19 was 56,757 (covid19.go.id, 2021).

Those obstacles and challenges in the health sector that experienced by various elements of society, are also experienced by adolescents (Oral & Cetinkaya, 2020). Adolescents are the high-risk and vulnerable group who are also experiencing difficult conditions due to the pandemic (Zvolensky et al., 2020). In general, adolescents are in phase of searching for

identity and experience several conditions such as self-instability and various conflicts in fulfilling their developmental tasks. These conditions lead adolescents to experience problems related to their social environment which results in the emergence of health-related issues (Ardic & Esin, 2016; Curtis, 2015; Taylor, 2018). Adolescents are also digital natives who are exposed to a lot of unhealthy behavior especially during the pandemic, for example is doing excessive sedentary behavior. Such behavior can have a negative impact on adolescent health (Park et al., 2020).

Although adolescents are vulnerable group that affected by various unpleasant conditions during the pandemic and during the transition from pandemic to endemic, adolescents remain one of the human resource development's pillars in Indonesia (BKKBN, 2019). Adolescents have role and contributions to participate in country's recovery efforts and community development efforts during pandemic and transition to endemic (Nanggala, 2020; UNICEF, 2020). One of the conditions that need to be fulfilled by adolescents in order to be able to carry out this role is to remain healthy and safe. Adolescents need to survive various difficult events during the pandemic and stay healthy from any kind of diseases and viruses.

As effort to achieve optimal and holistic health in adolescents in order to carry out their contribution to community's recovery and development during pandemic and endemic era, adolescents need to perform healthy lifestyle behavior (Kementerian Kesehatan Republik Indonesia, 2020; Krirkgulthorn et al., 2021). Healthy lifestyle behavior defined as behavior that is performed by individuals to improve or protect their own health by regulating their behavior that related to health condition improvement and to avoidance or prevention of sickness (Pender et al., 2015). Healthy lifestyle behavior is also defined as a set of positive health-related behaviors that are manifested in form of taking care of health in order to create an optimal state of health (Ciupinska & Cypriasiak, 2020). Although it is important for adolescents to adopt healthy lifestyle behavior especially during the pandemic and the transition to endemic, they are currently experiencing difficulties and obstacles in performing healthy lifestyle behavior. During the pandemic there are increasing numbers of adolescents who engaged in unhealthy lifestyle behavior, namely 34% of adolescents experienced increase in appetite, 36% of adolescents consumed unhealthy food, 43% of adolescents did not exercise regularly, 48% of adolescents experienced weight gain, and 60% adolescents have unhealthy eating patterns (Robertson et al., 2021).

Achieving a healthy condition and implementing healthy lifestyle behaviors in the midst of difficult and challenging situations can be facilitated by several things. In this study, those are assumed by the following: resilience (Bottolfs et al., 2020; Taylor, 2018) and exposure to health-related information (Aulia et al., 2019). Resilience is an individual's ability to make positive adaptations in general, during and after experiencing stress and difficult times (Hendriani, 2019; Zimmerman, 2013). Resilience has important roles when adolescents facing difficult circumstances such as disease outbreaks, disasters, and poverty (Höltge et al., 2021). In addition to resilience, health-related information exposure is also assumed to be able to facilitate adolescents to perform healthy lifestyle behavior (Cahyaningrum, 2018; Gehrau et al., 2021; Manika et al., 2021). Information exposure is one of the basic factors in shaping health-related behavior. Exposure to health-related information made individuals perform certain health behavior. That exposure contributes to individual knowledge, attitude, and behavior to maintain or improve individual's health (Aulia et al., 2019). Health-related information is obtained by individuals through the internet, health workers (Manika et al., 2021), family, friends, mass media (Gehrau et al., 2021), and community (Zhao & Wu, 2021).

The importance of adolescents' role in supporting community's development and recovery during pandemic and endemic by carrying out healthy lifestyle behavior, which in this study is assumed to be facilitated by the existence of resilience and health-related information in

adolescents, is the reason why this research is important to be conducted and investigated further. There are several previous studies that have similar topic with this research. Longitudinal research related to resilience and healthy lifestyle behavior conducted by Nishimi et al stated that resilience counteract and neutralize the negative effects caused by difficult conditions faced by individuals related to the application of healthy lifestyle behavior (Nishimi et al., 2021). Previous research on information exposure has also been carried out, namely quantitative research about the effect of information exposure on preventive health behavior related to Covid-19 (Krirkgulthorn et al., 2021). Although having similar themes and topics to previous research, this research is different from them. This research examines the effect of resilience and health-related information exposure on healthy lifestyle behavior, as well as the contribution of these variables simultaneously and partially to adolescents' healthy lifestyle behavior during endemic times.

METHODS

This research was descriptive-analytic research with cross-sectional design. Research was conducted in Kediri City in September 2021. Research population were all adolescents in Kediri City. Sample was collected by cluster random sampling and the total sample were 111 adolescents as respondents. The independent variable of this research were resilience and exposure of health-related information on adolescents. The dependent variable was adolescents' healthy lifestyle behavior. Data were collected by questionnaires and analyzed using multiple linear regression with dummy variable in significance level $p < 0,05$.

RESULTS

Table 1. Characteristics of respondents

Characteristics	ΣN	$\Sigma\%$
Education		
Undergraduate	11	9.9
Senior High School	36	32.4
Junior High School	64	57.7
Age		
15	64	57.7
16	11	9.9
17	13	11.7
18	12	10.8
19	11	9.9
Case History		
Asthma	2	1.8
Diarrhea	7	6.3
Urinary Infection	4	3.6
Gerd	16	14.4
Gerd and Asthma	1	0.9
Vertigo	2	1.8
Have no disease history	79	71.2
Sex		
Male	49	44.1
Female	62	55.9
Information Exposure Source		
Lecturer	4	3.6
Teacher	4	3.6

Family	15	13.5
Social Media	19	17.1
Have no exposure	69	62.2
Total	111	100

Table 1 shows that respondents' characteristics according to education, age, case history, sex, and information exposure source. The majority respondents based on education are Junior High School students as many as 64 respondents (57.7%). The majority respondents based on age are 15 years old as many as 64 respondents (57.7%). The majority respondents based on case history are respondents with no previous disease history as many as 79 respondents (71.2%). According to sex characteristics, the majority respondents are female with a total of 62 respondents (55.9%). Most of respondents that exposed to health-related information, gain the information through social media (19 respondents or 17.1%), but respondents who are not exposed to health-related information become most of the respondents (69 respondents or 62.2%).

Table 2. Frequency distribution of respondents

Variables	(f)	(%)
Resilience		
High	27	24.3
Medium	67	60.4
Low	17	15.3
Health-related information exposure		
Have exposure	42	37.8
Do not exposure	69	62.2
Healthy lifestyle behavior		
High	16	14.4
Medium	79	71.2
Low	16	14.4

Based on table 2 it can be concluded that respondents who have high level of resilience are 27 persons (24.3%) and respondents who have low level of resilience are 17 persons (15.3%). There are 42 respondents (37.8%) who have exposure to health-related information and 69 respondents (62.2%) who do not have exposure to health-related information. respondents with high healthy lifestyle behavior are 16 persons (14.4%) and respondents with low healthy lifestyle behavior are also 16 persons (14.4%).

Table 3. Crosstabulation of resilience with healthy lifestyle behavior

Resilience	Healthy lifestyle behavior						Total	
	High		Medium		Low			
	Σ	%	Σ	%	Σ	%		
High	6	5.4	20	18.02	1	0.9	27	24.3
Medium	10	9	49	44.14	8	7.2	67	60.4
Low	0	0	10	9	7	6.3	17	15.3
Total	16	14.4	79	71.2	16	14.4	111	100

Based on table 3 it is known that most of the respondents with high level of resilience are respondents who have medium category of healthy lifestyle behavior implementation, as many as 20 persons (18,2%). Respondents with low level of resilience are respondents who have low category of healthy lifestyle behavior implementation, as many as 7 persons (6,3%).

Table 4. Crosstabulation of health-related information exposure with healthy lifestyle behavior

Health-related information exposure	Healthy lifestyle behavior						Total	
	High		Medium		Low			
	Σ	%	Σ	%	Σ	%	Σ	%
Have exposure	15	13.5	27	24.3	0	0	42	37.8
Do not exposure	1	0.9	52	46.9	16	14.4	69	62.2
Total	16	14.4	79	71.2	16	14.4	111	100

Based on table 4 it can be concluded that most of the respondents who have exposure to health-related information are respondents with medium category of healthy lifestyle behavior implementation, as many as 27 persons (24.3%). Respondents who do not have exposure to health-related information are respondents with low category of healthy lifestyle behavior implementation, as many as 16 persons (14.4%).

Table 5. Crosstabulation of education with healthy lifestyle behavior

Education	Healthy lifestyle behavior						Total	
	High		Medium		Low			
	Σ	%	Σ	%	Σ	%	Σ	%
Undergraduate	9	8.1	2	1.8	0	0	11	9.9
Senior High School	6	5.4	30	27	0	0	36	32.4
Junior High School	1	0.9	47	42.3	16	14.4	64	57.7
Total	16	14.4	79	71.2	16	14.4	111	100

Based on table 5 it can be concluded that most of the respondents in undergraduate level of education are respondents with high category of healthy lifestyle behavior implementation, as many as 9 persons (8.1%). Most of the respondents in senior high school and junior high school level of education are respondents with medium category of healthy lifestyle behavior implementation, as many as 30 persons (27%) and 47 persons (42.3%).

Table 6. Crosstabulation of age with healthy lifestyle behavior

Age	Healthy lifestyle behavior						Total	
	High		Medium		Low			
	Σ	%	Σ	%	Σ	%	Σ	%
15	1	0.9	47	42.3	16	14.4	64	57.7
16	0	0	11	9.9	0	0	11	9.9
17	3	2.7	10	9	0	0	13	11.7
18	3	2.7	9	8.1	0	0	12	10.8
19	9	8.1	2	1.8	0	0	11	9.9
Total	16	14.4	79	71.2	16	14.4	111	100

Based on table 6 it is known that most of the 15, 16, 17, 18 years old respondents are respondents with medium category of healthy lifestyle behavior implementation, as many as 47 persons (42.3%), 11 persons (9.9%), 10 persons (9%), and 9 persons (8.1%). Most of 19 years old respondents are respondents with high category of healthy lifestyle behavior, as many as 9 persons (8.1%). It is also known that all respondents who have low category of healthy lifestyle behavior are respondents in 15 years old, as many as 16 persons (14.4%).

Table 7. Crosstabulation of case history with healthy lifestyle behavior

Case history	Healthy lifestyle behavior						Total	
	High		Medium		Low			
	Σ	%	Σ	%	Σ	%	Σ	%
Asthma	0	0	1	0.9	1	0.9	2	1.8
Diarrhea	0	0	5	4.5	2	1.8	7	6.3
Urinary Infection	0	0	1	0.9	3	2.7	4	3.6
Gerd	0	0	13	11.7	3	2.7	16	14.4
Gerd and Asthma	0	0	1	0.9	0	0	1	0.9
Vertigo	0	0	0	0	2	1.8	79	71.2
Have no disease history	16	14.4	58	52.3	5	4.5	2	1.8
Total	16	14.4	79	71.2	16	14.4	111	100

Based on table 7 it is known that respondents who do not have previous disease history are respondents who have high and medium level of healthy lifestyle behavior, as many as 16 persons (14.4%) and 58 persons (52.3%). Respondents who have asthma, diarrhea, urinary infection, gerd, and vertigo are respondents who can not perform high level of healthy lifestyle behavior (0 respondents).

Table 8. Crosstabulation of sex with healthy lifestyle behavior

Sex	Healthy lifestyle behavior						Total	
	High		Medium		Low			
	Σ	%	Σ	%	Σ	%	Σ	%
Male	4	3.6	35	31.6	10	9	49	44.1
Female	12	10.8	44	39.6	6	5.4	62	55.9
Total	16	14.4	79	71.2	16	14.4	111	100

Based on table 8 it is known that most of the male and female respondents have medium level of healthy lifestyle behavior, as many as 35 persons (31.6%) and 44 persons (39.6%). The high level of healthy lifestyle behavior are performed by female respondents, as many as 12 persons (10.8%), and the low level of healthy lifestyle behavior are performed by male respondents, as many as 10 persons (9%).

Table 9. Crosstabulation of information exposure source with healthy lifestyle behavior

Information exposure source	Healthy lifestyle behavior						Total	
	High		Medium		Low			
	Σ	%	Σ	%	Σ	%	Σ	%
Lecturer	4	3.6	0	0	0	0	4	3.6
Teacher	1	0.9	3	2.7	0	0	4	3.6
Family	5	4.5	10	9	0	0	15	13.5
Social Media	5	4.5	14	12.6	0	0	19	17.1
Have no exposure	1	0.9	52	46.8	16	14.4	69	62.2
Total	16	14.4	79	71.2	16	14.4	111	100

Based on table 9 it is known that respondents that have health-related information exposure from family and social media are respondents who perform healthy lifestyle behavior in high level, as many as 5 persons (4.5%) for family source as well as social media source. Respondents who perform healthy lifestyle behavior in low level are respondents who do not have information exposure from any sources, are as many as 16 persons (14.4%).

Statistic Test

To determine the predictors that influence healthy lifestyle behavior in adolescents, regression tests are performed. From the test results, the values obtained are shown in table 10.

Table 10. The statistic tests

Independent Variables	R	R square	Significant (simultaneous)	P	B
Resilience	0.745	0.554	0.000	0.024	0.300
Health-related information exposure				0.000	12.861
					B constant: 117.431

Based on table 10, it can be concluded about the result of regression test:

1. $R = 0.745$ indicates that there is strong correlation between resilience and information exposure with healthy lifestyle behavior, equal to 74.5%.
2. $R \text{ square} = 0.554$ indicates that the effect contribution of resilience and health-related information exposure to healthy lifestyle behavior is 55.4%, while the remaining 44.6% is influenced by other variables not examined in this research.
3. Resilience and information exposure also have a significant effect simultaneously on healthy lifestyle behavior ($\text{Sig.} = 0.000$).
4. From resilience variable, the p-value is $0.024 < \alpha = 0.05$. Based on p value < 0.05 , H_1 is accepted. It means there is significant influence between resilience toward adolescents' healthy lifestyle behavior.
5. From health-related information exposure variable, the p-value is $0.000 < \alpha = 0.05$. Based on p value < 0.05 , H_1 is accepted. It means there is significant influence between health-related information exposure toward adolescents' healthy lifestyle behavior.
6. Resilience variable has $B = 0.300$. It means that every 1 unit increase in resilience will increase healthy lifestyle behavior by 0.300.
7. Health-related information exposure variable has $B = 12,861$. It means if there is a change on information exposure status from not exposed (0) to exposed (1), it will result in a difference of 12,861 in adolescent healthy lifestyle behavior.
8. The regression equation from analysis results is $Y = 117.431 + 0.300 (X_1: \text{resilience}) + 12.861 (X_2: \text{information exposure})$. Prediction of healthy lifestyle behavior when influenced by resilience is $117.431 + 0.300 = 117.731$. Prediction of healthy lifestyle behavior when influenced by health-related information exposure ($X_2=1$) is $117.431 + 12.861(1) = 130.292$, while if not exposed to health-related information ($X_2=0$) is $117.431 + 12.861(0) = 117.431$.

DISCUSSION

Based on the results of the study, it can be further explained about the discussion on the effect of resilience and health-related information exposure on healthy lifestyle behavior in adolescents.

The results showed that resilience had effect on healthy lifestyle behavior, which was indicated by $p=0.024$. Resilience affects healthy lifestyle behavior in adolescents by the resilience process that occurs within adolescents (Taylor, 2018). Resilient adolescents experience resilience process by identifying difficulties or problems that arise related to the implementation of healthy lifestyle behavior, which often happens during pandemic and endemic times. After making the identification, adolescents make a realistic assessment of their ability to deal with difficulties or problems effectively. Furthermore, adolescents try to understand the situation they face, and adapt or modify their behavior according to the situation (Kim et al., 2019a; Zimmerman, 2013), which in this case is related to healthy

lifestyle behavior.

The resilience process that related to adolescents' healthy lifestyle behavior involves a dynamic interaction between assets and resources owned by adolescents. This process will directly fight the risk factors that prevent adolescents from carrying out healthy lifestyle behavior (Ellis et al., 2017; Ungar, 2021). Challenges and difficulties arise in various aspects of adolescents' life during the pandemic and endemic period, namely health, personal, social, educational, environmental, and economic aspects. Resilience in adolescents has contribution in helping adolescents perform healthy lifestyle behavior, by neutralizing the negative effects of problems or difficulties related to the implementation of healthy lifestyle behavior, helping adolescents adopt positive health-related behaviors and attitudes, helping adolescents respond the problem in a balance and calm way, helping adolescents experience healthy and positive emotions and avoid negativity related to healthy lifestyle behavior, helping adolescents adapt to situations related to healthy lifestyle behavior, providing safe effect (comforting effect) on adolescents to bounce back to healthy lifestyle behavior, raising adolescents' awareness in turning difficulties or problems into challenges or opportunities when they perform healthy lifestyle behavior, and being a buffer or protector for adolescents when facing problems or difficulties in healthy lifestyle behavior implementation (Höltge et al., 2021; Taylor, 2018; Ungar, 2021; Wagnild & Collins, 2009).

The results of this study are in line with study conducted by Nishimi et al (Nishimi et al., 2021). Their longitudinal research states that in general, resilient individuals tend to adopt healthy lifestyle behavior, have ideal body weight and have good health condition. The study revealed that resilience can counter the negative impact of difficult life experiences on the implementation of adolescents' healthy lifestyle behavior. Therefore, adolescents can bounce back from negative life experiences and able to perform healthy lifestyle behavior.

In addition to resilience, the research results also showed that information exposure has effect on healthy lifestyle behavior, which was indicated by $p = 0.000$. Adolescents who are exposed to health-related information tend to know and understand about health that can be achieved through healthy lifestyle behavior, therefore, adolescents tend to be able to perform healthy lifestyle behavior in their daily lives. Information related to health can be obtained by adolescents from various sources and media, such as internet platforms through websites and social media, television, radio, newspapers, magazines, books, scientific journals, brochures, leaflets, as well as information obtained directly from health workers, friends, family, and community (Cahyaningrum, 2018; Gehrau et al., 2021; Zhao & Wu, 2021).

Information exposure is also one of the enabling factors in health behavior theory that proposed by Lawrence Green. As an enabling factor, that is a factor that allows individuals to carry out the process of healthy lifestyle behavior, information exposure can directly affect healthy lifestyle behavior. Information exposure determines individual attitudes and behavior regarding to the behavior that aims to maintaining, enhancing, and improving their health (Aulia et al., 2019; Novitamanda et al., 2020; Simanjuntak, 2017). Health-related information exposure tends to lead individuals to conduct a behavioral response that is also related to health, which can be manifested in the form of preventive behavior in general or preventive behavior by vaccination, as happened during the Covid-19 pandemic (Manika et al., 2021). Exposure to health-related information makes individuals tend to engage in healthy lifestyle behaviors such as exercising or doing physical activity regularly, consuming vegetables and fruit, adopting a balanced diet, avoiding smoking, and not consuming alcohol excessively (Adiba et al., 2020; Shen et al., 2018). This happens because there is a mechanism by which individuals receive the information (information acquisition) which also involves the existence of reinforcement and normative reminders related to the content of the information, as well as the cognitive processes carried out by individuals in deciding their healthy behavior (Shen et al., 2018).

The results of this research are in line with research conducted by Krirkgulthorn et al (Krirkgulthorn et al., 2021). Quantitative survey research conducted by Krirkgulthorn stated that exposure to health-related information has positive relationship with preventive health behavior. In addition to stating the results that there is relationship between exposure to information related to Covid-19 and preventive health behavior, the research also states that preventive health behavior does not have significant relationship with the perceived effect of Covid-19 on individuals.

From the results of the study, it is also known that resilience and health-related information exposure simultaneously affect healthy lifestyle behavior in adolescents ($p = 0.000$). Adolescents who are resilient and exposed to health-related information tend to have positive attitude and the ability to bounce back to the normal condition when experiencing difficulties and challenges related to implementation of healthy lifestyle behavior during pandemic and endemic times. This refers to the existence of protective effect for adolescents that enables adolescents to rise from stressful situations so that they can perform healthy lifestyle behavior (Ellis et al., 2017; Kim et al., 2019b). Resilience and exposure to information help adolescents accept and respond to difficult situation and also normal situation related to the implementation of healthy lifestyle behavior in a calm, prepared, and balanced way. Therefore, it will enable adolescents to perform healthy lifestyle behavior in their daily lives. Because of the buffering effect produced by resilience (Ungar, 2021) and understanding about how to perform healthy lifestyle behavior that adolescents gain from exposure to health information (Shen et al., 2018), it enables adolescents to experience positive emotions and attitudes, and neutralize the negativity that arise when performing healthy lifestyle behavior in the midst of pandemic or endemic. Adolescents who are exposed to health-related information will be able to know and understand about health condition that can be achieved through healthy lifestyle behavior. Therefore, adolescents tend to be able to perform this behavior in their daily lives (Adiba et al., 2020).

The results of this research are in line with research conducted by Wang (Wang et al., 2019). The research stated that resilience has important role in shaping healthy lifestyle behaviors in adolescents. Adolescents who experience difficult and challenging childhood, and have resilience within themselves tend to behave in healthy lifestyle, such as doing physical activity and regular exercise, applying good sleep and rest patterns, consuming fruit, vegetables, and balanced nutritious foods, using safety equipment when driving, not smoking, not using drugs, not having risky sex, and not consuming excessive alcohol. Research that also reveals similar results to this research is conducted by Shen et al (Shen et al., 2018). Their quantitative research states that healthy lifestyle behavior is influenced by exposure to information received by individuals. Individuals who are exposed to health-related information tend to not smoke, adopt a healthy lifestyle, and perform routine physical activity in their daily lives. Based on the results of this research and several previous research, it can be confirmed that resilience and exposure to health-related information have effect on healthy lifestyle behavior adopted by adolescents.

CONCLUSION

From the results of the research, it was concluded that healthy lifestyle behavior in adolescents was influenced by resilience and exposure to health-related information. At this time, adolescents need to perform healthy lifestyle behavior so that adolescents can have an optimal and holistic health to contribute to community recovery and development during the pandemic and transition to endemic. Adolescents' healthy lifestyle behavior is influenced by resilience. Resilience protect adolescents and become adolescents' buffer system when they experience difficulties or problems in performing healthy lifestyle behavior. In addition to resilience, adolescents' healthy lifestyle behavior is also influenced by health-related

information exposure in adolescents. Adolescents who are exposed to health information tend to be able to perform healthy lifestyle behavior referring to their knowledge and understanding of health. From the research results, some suggestions can be proposed, namely that further research can be carried out on healthy lifestyle behavior, resilience, and exposure to information in contexts or methods that are different from this research. As additional suggestion are efforts should be made by stakeholders or policy makers of health promotion to develop sustainable programs that improve healthy lifestyle behavior among adolescents with the holistic and integrative approach that makes adolescents become aware of the importance of resilience and health-related information.

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CONFLICTS OF INTEREST

There is no conflict of interest.

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