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BUILDING A PHYSICALLY, MENTALLY, AND SOCIALLY HEALTHY YOUNG GENERATION WITH DPK PPNI AND THE PARIAMAN CITY HEALTH OFFICE AT THE WEST SUMATRA INSTITUTE OF ISLAMIC STUDIES

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ABSTRACT

Young people are strategic assets in determining the future quality and competitiveness of a nation. However, rapid technological advancement, digital transformation, and socio-cultural changes have contributed to increasing challenges related to physical health, mental well-being, and social interaction among university students and adolescents. Sedentary lifestyles, psychological stress, and declining social engagement have become critical issues requiring comprehensive and collaborative intervention. This community service program aimed to enhance young people's knowledge, awareness, and attitudes toward maintaining physical, mental, and social health through a collaborative partnership involving the District Executive Board of the Indonesian National Nurses Association (DPK PPNI), the Pariaman City Health Office, and the Institute of Islamic Studies of West Sumatra (Institut Agama Islam Sumatera Barat). The program employed a Participatory Action Research (PAR) approach through health education seminars, interactive discussions, counseling sessions, and mentoring activities involving university students and the academic community. Program evaluation was conducted using questionnaires, observations, and reflective discussions to assess changes in participants' understanding and awareness before and after the intervention. The findings indicated a

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significant improvement in participants' knowledge of healthy lifestyles, mental health awareness, social responsibility, and the integration of Islamic values into healthy living practices. Participants also demonstrated high levels of enthusiasm and active engagement throughout the program. These findings suggest that cross-sector collaboration between higher education institutions, professional organizations, and government agencies provides an effective strategy for promoting holistic health education among young people. This program contributes to fostering a healthy campus culture while strengthening partnerships that support the development of a generation that is physically healthy, mentally resilient, socially responsible, and spiritually grounded.

INTRODUCTION

Young people are a strategic asset for the nation, and the quality of their lives depends on their physical, mental, and social health. Recent data indicate that mental health issues among Indonesian adolescents and university students continue to increase. National and international studies published between 2019 and 2024 show a significant upward trend, particularly since 2020, reaching a peak in 2023 (Pardede dkk., 2024). Academic pressure, changes in the social environment, excessive social media use, and limited reproductive health literacy are among the factors affecting psychological well-being and contributing to risky behaviors among adolescents (Fransiska dkk., 2026).

Meanwhile, risky social behaviors, including substance misuse, risky sexual behavior, and unhealthy lifestyles, remain real concerns among young people, including university students (Mbayang, 2024). A lack of understanding of the health, legal, and religious implications of such behaviors can lead adolescents to engage in activities that jeopardize their future. Comprehensive education that integrates health, legal, and religious perspectives has been shown to effectively improve young people's knowledge and attitudes toward the risks of risky social behavior (Handoyono dkk., 2024).

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Through the Healthy Living Community Movement (GERMAS), the government has long promoted healthy behaviors based on physical activity, balanced nutrition, and routine health check-ups as promotive and preventive measures However, the implementation of GERMAS on campuses and within health-promoting universities needs to be strengthened through cross-sector collaboration among educational institutions, health professional organizations, and local health offices (Mustafa, 2022).

In response to these conditions, the District Executive Board (DPK) of the Indonesian National Nurses Association (PPNI) at the Pariaman City Health Office, together with the Pariaman City Health Office, initiated a community service activity entitled "Nurses Go to Campus," with the theme "Building a Physically, Mentally, and Socially Healthy Young Generation." The event was held at the West Sumatra Institute of Islamic Studies (IAI Sumatera Barat) in Pariaman City. This activity represents a concrete collaboration among the nursing profession, local government, and an Islamic higher education institution to address the physical, mental, and social health issues faced by young people in an integrated manner (Mamnuah dkk., 2026).

The proposed solutions included: (1) improving physical fitness through group exercise and health screening; (2) providing mental health education through a mental health seminar; (3) educating participants about the prevention of risky social behavior from three perspectives—health, law, and religion; and (4) strengthening a shared commitment to establishing healthy campuses in Pariaman City through the signing of a commitment by university leaders. The expected outcomes were improved student knowledge and awareness of healthy physical, mental, and social lifestyles, as well as an institutional commitment to sustaining the healthy-campus program in Pariaman City (Saleh dkk., 2025).

METHODS AND IMPLEMENTATION

This community service activity was held on Friday, May 22, 2026, starting at 7:15 a.m. Western Indonesian Time (WIB), at the campus of the West Sumatra Institute of Islamic Studies (IAI Sumatera Barat), Pariaman City. The activity was organized through collaboration between

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the Pariaman City Health Office and the District Executive Board (DPK) of the Indonesian National Nurses Association (PPNI) at the Pariaman City Health Office. The academic community of IAI Sumatera Barat participated as both a partner and the primary target group. Participants included students from various study programs, with full support from university leaders, health office officials, PPNI representatives, and the Mayor of Pariaman, who officially opened the event.

The community service implementation combined four approaches: (1) promoting physical activity through group exercise; (2) early health detection through health screening and a shared fruit breakfast; (3) health education through seminars and interactive lectures; and (4) strengthening institutional commitment through the signing of a joint commitment and a panel discussion (Wisni dkk., 2026).

RESULTS AND DISCUSSION

The Nurses Go to Campus activity proceeded as planned and was enthusiastically attended by students of IAI Sumatera Barat. The morning group exercise and health screening sessions ran smoothly, allowing participating students to gain an initial overview of their physical health as part of early detection efforts This activity aligns with the principles of the Healthy Living Community Movement (GERMAS), which emphasizes regular physical activity and periodic health check-ups as effective promotive and preventive measures to reduce the risk of non-communicable diseases (Nuraeni dkk., 2026). The tentative program schedule is presented in Table 1.

Tabel 1. Schedule of the Nurses Go to Campus Activity

TIME	ACTIVITY	IMPLEMENTER	PERSON IN CHARGE
07.15-08.15	Group exercise	Students	Organizing committee

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08.15-09.00	Health screening and shared fruit breakfast	PPNI	Organizing committee
09.00-09.20	Opening session; singing of the Indonesian national anthem and PPNI march; prayer; report from the organizing chair; remarks by the Rector of IAI Sumatera Barat; remarks by the Head of the Health Office; opening remarks by the Mayor of Pariaman; signing of the joint commitment; and presentation of souvenirs.	Organizing committee, Rector of IAI Sumatera Barat, Head of the Health Office, Mayor of Pariaman, and PPNI	Organizing committee
09.20-12.00	Seminar on risky sexual behavior from mental health, legal, and religious perspectives, followed by a panel discussion	Ns. Zul Adhani JS. Chan; dr. Mailisa Asri; Hamzah Irvanda, S.Sos., M.Pd	Organizing committee
12.00-selesai	Closing	-	-

The seminar session, held from 9:20 a.m. to 12:00 p.m., featured three speakers who addressed risky sexual behavior from a multidisciplinary perspective: mental health education by Ns. Zul Adhani JS. Chan, legal education by dr. Mailisa Asri, and religious education by Hamzah Irvanda, S.Sos., M.Pd. This three-perspective approach was selected because adolescents can develop a more comprehensive understanding of the risks of risky social behavior when it is explained not only in terms of health, but also law and religious values (Nurfia & Suciliana, 2025). The activity was also documented through a promotional poster, shown in Figure 1, featuring the event identity, theme, and collaborating parties.

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Figure 1. Poster for the "Nurses Go to Campus" activity

Participants showed considerable enthusiasm during the seminar as the material was presented sequentially from three perspectives: health, law, and religion. This multidisciplinary approach strengthened the educational process because students learned not only about the health impacts of risky social behavior, but also its legal consequences and potential conflicts with their religious values. These findings are consistent with reports from similar community service activities showing that interactive education on reproductive health and risky social behavior can significantly improve adolescents' knowledge (Elna dkk., 2025).

The panel discussion involving health office leaders, the organizing chair, and students, shown in Figure 2, provided an open forum for developing a shared commitment to establishing healthy campuses throughout Pariaman City. The forum identified several commitments, including strengthening a healthy-living culture, adopting balanced nutritional practices, avoiding risky behaviors such as smoking and risky social behavior, and actively involving student organizations in maintaining a healthy campus environment. This commitment is an important indicator of program sustainability and aligns with the Health Promoting University

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concept, which positions students as agents of healthy behavior change on campus (Warongan dkk., 2025).

Figure 2. Panel discussion on the shared commitment to establishing a healthy campus



Factors supporting the success of this activity included strong support from the leadership of IAI Sumatera Barat, the direct attendance of the Mayor of Pariaman to open the event, and cross-sector collaboration among the Health Office, the PPNI professional organization, and the higher education institution. Identified barriers included the tight seminar schedule, which limited the time available for interactive discussion with participants, and the need for regular follow-up so that improvements in knowledge could translate into long-term changes in attitudes and behavior, as emphasized in community-based health promotion studies.

The activity concluded with a panel discussion involving Health Office leaders, students, and speakers to formulate follow-up steps for the healthy-campus program. Program success was evaluated descriptively by observing participant engagement, responses during the question-and-answer session, and the written commitment jointly signed by university leaders and relevant cross-sector leaders as a measure supporting program sustainability (Latifah, 2023).

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CONCLUSION

The "Nurses Go to Campus" community service activity, organized by DPK PPNI and the Pariaman City Health Office in collaboration with the West Sumatra Institute of Islamic Studies, successfully improved students' knowledge and awareness of the importance of integrated physical, mental, and social health. The multidisciplinary approach combining health, legal, and religious education helped broaden young people's understanding of the risks of risky social behavior. Meanwhile, group exercise, health screening, and the signing of a joint commitment strengthened physical health promotion and prevention, as well as the sustainability of the healthy-campus program. The main factor supporting the program's success was strong cross-sector collaboration, while the primary barrier was limited time for in-depth interactive learning. Recommendations for sustaining the program include holding similar activities regularly, strengthening students' roles as peer educators, and monitoring and evaluating the implementation of the agreed healthy-campus commitments.

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