

Point of View

Using values of local wisdom for family healthcare of adolescents in the Indonesian context

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Globalization with the value of modernization has changed the behaviour and values of a nation, hardened and killed local values of local wisdom¹, especially the value and structure of families with adolescent children. Adolescents consider the value of local wisdom too binding, traditional, and out of date². This condition has an impact on the quality of life of adolescents and results in increasingly fading national cultural values and the culture of the local wisdom of the family. Family as the first social institution, plays a role in instilling the value of local wisdom in childcare³. Family healthcare as a form of primary family service in the community can provide a method of care in facilitating healthy family development⁴ through the planting and preservation of the value of local wisdom in family institutions. Therefore, an invention of a new method is needed in the provision of family healthcare in achieving healthy, independent, and productive families in achieving their development cycle following the national character.

Local wisdom is a paradigm and concept of knowledge and methods of life in the form of local social actions⁵ which are reflected in the values and behaviour of a nation. Juvenile delinquency and adolescent deviant behaviour can be prevented if adolescents can filter modernization with the value of local wisdom. Universalization and diversities are crucial issues in globalization. Therefore the values of the nation, such as harmony and mutual

cooperation could be used in response to any changes in the environment without losing national identity^{6,7}. Integration and internalization of the value of local wisdom into the family will be able to overcome adolescent social problems that will affect adolescent growth both physically, psychologically, socially, culturally, and spiritually to realize healthy and prosperous adolescents.

National cultural values need to be sustained by the character and mentality of adolescents in the order of family institutions as a solid foundation in development¹. The development of healthy, productive, adolescents who can compete globally cannot be separated from family participation. Communication within the family⁸ will shape the attitudes and behaviour of adolescents⁹; therefore families as social institutions have roles and functions to maintain the value of local wisdom through the implementation of structure¹⁰, processes, family functions in achieving the task of developing families¹¹⁻¹³ as a family as system approached¹⁴. The task cycle of family development with the adolescent is an important issue for parents' attention because the family environment is an essential factor in the development of adolescents¹⁵. The failure of the family in instilling the values of local wisdom in the family structure will have an impact on the failure of adolescent development maturity, future family formation, and the risk of adolescent developmental disorders, social life problems, and impaired adolescent welfare. For this reason, it is necessary to form a new method in providing family nursing care in instilling the values of local wisdom in the family.

The issue of the need for a mental revolution in Indonesia, in general, can be done through a primary approach through prevention and health promotion with family development activities through family nursing care. The new values that are beginning to be adopted and developed by adolescents today have eroded and turned off the value of local wisdom resulting in the emergence of problems in Indonesian adolescents' lives today, such as juvenile delinquency (fighting, smoking and alcoholic drinks) and juvenile deviant

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behaviour [drug use, Lesbian, Gay, Bisexual, Transgender (LGBT) issues among adolescent, and extramarital sexual behaviour] that have an impact on school dropouts and criminal law problems. There is a need for a mental revolution in the Indonesian people. A healthy mentality and a healthy character following the World Health Organisation (WHO) definition both physically, psychologically and socially can be formed in the family. The family as the first social institution has an important role in maintaining the value of the nation's locally wisdom and internalizing that value on family values and norms to be instilled in children as part of the family. However, in reality, today, families in Indonesia have begun to lose their essential role in carrying out the functions of honing, and nurturing children due to various factors such as socio-economic problems, changes in the role of fathers and mothers, and the development of family systems from traditional to modern. This results in families being no longer comfortable places for children, but sometimes places for child abuse or child violence and domestic violence problems.

The invention of a new method of adolescent family health care based on local wisdom with a family approach as a system will be able to restore the essential functions of the family as a social institution in realizing the family norms of adolescents who develop positively and with character. This method can be developed by integrating family health care and family therapy with an approach to internalizing the value of local wisdom on the structure, processes, and functions of the family in achieving the family development task cycle. Family assessment and family circle with a transcultural approach through an emphasis on aspects of religion and philosophy of life, ethnicity, values, beliefs, outlook on life is the culture of adolescent based on local wisdom. The preparation of healthcare interventions in addressing adolescent health problems is also adjusted to the cultural values of the local community with an emphasis on maintaining the culture, cultural negation, and cultural reconstruction in accordance with the transcultural nursing model¹⁶ by paying attention to the values of local wisdom.

Thus, the family with the task of adolescent family development will be able to be independent in carrying out the structure and function of the family by always adapting positively to any changes in the family's internal and external environment to achieve family health and family welfare tasks. On the other hand, the development of a family health care system will be a form of development of primary health care in families and communities as part of the health care system in Indonesia.

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