IMPROVING DIGITAL HEALTH LITERACY FOR YOUNG PEOPLE IN ISLAMIC BOARDING SCHOOLS: A COLLABORATIVE EDUCATIONAL WORKSHOP INITIATIVE

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Background

Improved digital health literacy is an important factor in promoting better health outcomes and reducing inequalities in access to health services. But, the adoption of digital health resources among the young adults population living in islamic boarding schools may be hindered by limited access to and exposure to digital healthcare technologies.

Given their higher susceptibility to infectious diseases because of the dense living conditions and limited access to healthcare services, enhancing digital health literacy among this specific population is particularly important.



Methodology

A quantitative approach with a pre- and post-test design

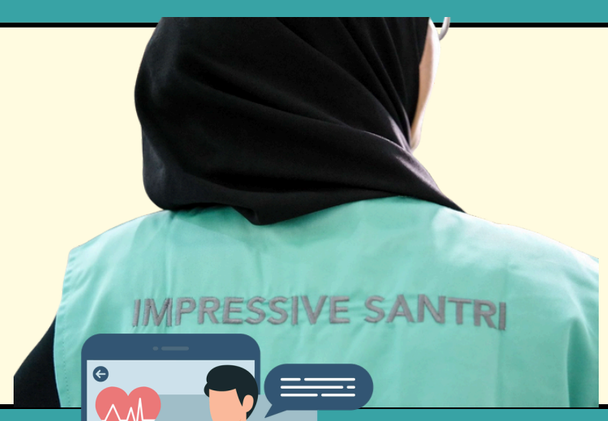
Workshop was conducted in May 2023 with a one-year follow-up

77 participants
aged 18-30 years old from various islamic boarding schools in Semarang, Indonesia

Kirkpatrick program evaluation model with three-level domains (learning, behaviour, and result)

Result

98%
of participants have better confidence in navigating the digital health sphere

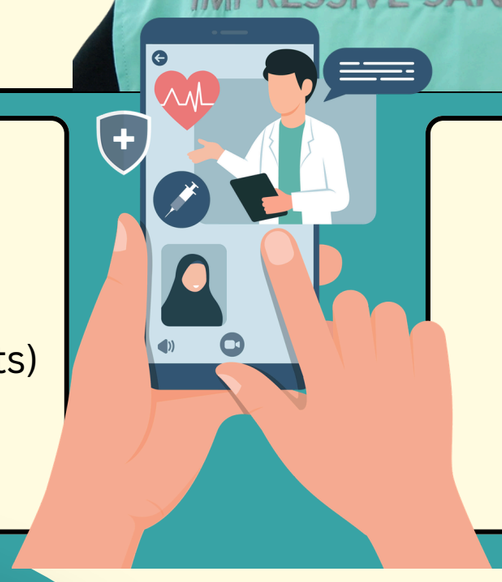


The level of satisfaction

96.6% for seminar delivery

96.0% for practical session

41.6%
(32 of 77 workshop participants)
completed the one year follow-up survey



100% reported accessing reliable sources for health information

71.8% reported actively using health applications on their mobile phones



Conclusion

This study showed that the educational workshop, using a combination of seminars, case studies, and practical sessions contributed to an improved knowledge and self-reported behaviour in enhancing digital health literacy and skills among young people in islamic boarding schools.

Key insights

"The collaborative efforts among stakeholders is important in increasing digital health literacy, which is essential for effective health promotion and education"

This workshop was organized by Impressive Santri, a non-profit organization based in Indonesia. Researchers and health professionals were also involved in delivering the educational materials. The financial support was secured from Youth Experts: Tech for Health (YET4H).

References: Maulany RF, et al. Indones J Pharm Nat Prod. 2021;31(4); Heydari, et al. BMC Res Notes. 2019;12:388; Svendsen, et al. BMC Public Health. 2020;20:565; Rahman H, et al. Idea Pengabdian Masyarakat. 2021;1(1):25-30; Asparian, et al. Abdi Dosen J Pengabdi Pada Masy. 2020;4(3):261-9.

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