

ABSTRACT

DESIGNING A PROMOTIONAL VIDEO "STETES" AS A HEALTHY LIFESTYLE PATTERN AMONG LATE TEENAGERS

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Indonesia is a country with a high population level. Various groups of people in Indonesia have their own problems, one of which is health problems among late adolescents. Health problems among late adolescents are caused, in part, by unhealthy lifestyles, so research is needed to maintain health from future illnesses. This research uses descriptive qualitative methods with data collection techniques in the form of documentation, journals or articles, literature studies, and questionnaires. The aim of this research is to provide information and motivation to late teens about the importance of a healthy lifestyle and preventing the body from getting sick in the future. It is hoped that the research carried out will produce results in the form of motivation for young people to adopt a healthy lifestyle starting from a healthy eating pattern with "stetes" products as well as maintaining sleep patterns and exercising so that their body's health is maintained from various diseases.

Key words: Healthy lifestyle, Disease, Late adolescence, Health

References :

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