

Strengthening youth associations in creating the “Merehat” (be educated literacy in numeracy, technology, and health) generation at SMA Muhammadiyah Bangka Belitung

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Abstract

This community service activity was carried out to introduce an understanding of literacy and numeracy, the use of technology in learning and understanding the importance of adolescent health awareness which is a contribution to the problems in the field, there is a lack of productivity of adolescents in the organization 1) less time to study especially for numeracy literacy content, 2) lack of ability to utilize technology in learning, 3) lack of understanding of adolescents in the organization in handling injuries during activities and lack of awareness of adolescents in maintaining health. The training was conducted at SMA Muhammadiyah Pangkalpinang, and 30 high school students participated. The results of this activity are the presentation of material on understanding literacy and numeracy, an introduction to making flyers with Canva, and an introduction to a healthy lifestyle. This activity has been published in local mass-media articles in Bangka Belitung, and the videos have been uploaded on the official LPPMPP YouTube account of Universitas Muhammadiyah Bangka Belitung. The participants from this event hope that the activity will always be carried out periodically because the participants' feedback was great, indicating a percentage of 83.57%.

Keywords: Youth; Numeracy and Literacy; Technology; Health .

INTRODUCTION

According to the Child Protection Law (UU) a teenager is someone aged between 10-18 years (almost 20% of the population), during adolescence there is what is called a *growth spurt* or rapid growth, also puberty. In this phase, physical growth occurs accompanied by mental-cognitive, psychological development, and the process of reproductive growth and development that regulates sexual function, teenagers who have good health knowledge will also be able to behave in a clean and healthy way (Hikmah & Cahyaningrum, 2020) . Adolescence is vulnerable because it is a transition period where physical and psychological changes occur so that good social support is needed. Social support is one source of well-being that is a protective factor against stress, this support is a positive response that shows that the person feels that they get love, attention, appreciation, and affection (Ibda, 2023) . Adolescence is a period of many activities

carried out in line with the opinion of Juhdeliana et al (2020) said that young people are one of the groups *complicated* in stages environment , they have Lots activities carried out , will but No capable balancing style life that is pattern eating , pattern rest , and patterns life . Activity learning that is done consists of from field academic both academic and non-academic like learning at school , activities extracurricular sports and others. The independent learning policy is the replacement of the National Examination (UN) with the National Assessment (AN). This national assessment is to improve the quality of national education with the Minimum Competency Assessment (AKM) which measures cognitive abilities, both literacy and numeracy mastery. With this AKM, teenagers are required to study harder in order to understand the concept of lessons, especially in literacy and numeracy content. In addition, skills that must be owned power work in the 21st century namely includes 4C (*Critical Thinking, Communication , Collaborative, Creativity*).

From the skills This also reflected in the AKM questions, namely reading data, both data presented with posters or flyers on AKM questions. The importance of understanding the content in presenting data on AKM questions makes it easier for teenagers to fill in the AKM questions presented so that the results of obtaining AKM scores are higher.

Based on the results observation part teenager not enough notice health . In line research by Waluyo & Solikah (2023) Most teenagers pay little attention to healthy eating patterns and diets. Eating patterns is a behavior that influences intake substance nutrition and close the relation with frequency , quantity portion , and type food (Fuadillah et al., 2023) . Unhealthy habits or lifestyles of the community such as smoking, consuming alcohol, eating too spicy food, drinking coffee, stress, lying down after eating, consuming food or drinks that are too sour or obesity factors. For that, it is necessary to have a good physical and health in carrying out activities . The current situation with the development of the era, young ages have been facilitated in carrying out various activities, of course with the support of technology. Although it has been facilitated by technology and everything is instant, it does not mean that teenagers do not maintain physical health and do not develop technological knowledge, so as teenager should awake technology . As technology advances, teenagers also need to increase their motivation to continue to develop, this is in line with research conducted by (Sary & Prasetyo, 2021) that efforts are needed to make teenagers aware of the types of technological needs so that they can use them as learning resources according to their needs.

The current generation of teenagers is very familiar with the world of digital-based technology and the use of gadgets is part of their lifestyle, even social media users reach 93% of teenagers (Leuwol et al., 2021) . According to Handayani & Saraya (2022) with the amount social media users , as well as development

technology that is not can dammed , generation young must wise , intelligent and obedient law in use technology , no only That , teenagers need to have the ability to filter information in online media and can be educational agents at least for the formation of their own character and then in the environment where they interact . With Technological literacy of teenagers is not left behind with the development of the times. However, this is contrary to observations in the field of SMA Muhammadiyah Pangkalpinang is an example where teenagers of the Muhammadiyah association gather. SMA Muhammadiyah Pangkalpinang is one of 14 high schools in Pangkalpinang, Bangka Belitung Islands Province. Although located in an archipelago, internet access is quite smooth. Students in high schools including teenagers of the Muhammadiyah association who need positive activities such as additional lessons on numeracy literacy content, training in making presentation materials, and training in handling injuries and health education, this activity is called MERHAT. This MERHAT activity is very much needed so that the AKM assessment, especially for SMA Muhammadiyah Pangkalpinang. From the results of the interview, there are still teenagers when learning do not understand and cannot solve numeracy literacy questions well, as evidenced by the results of the AKM score which is still low. With the implementation of additional lessons, literacy and numeracy skills will give better results. In addition, teenagers have not utilized technology in learning even though we are in the era of globalization and information. This use of learning media based on Technology Information (IT) becomes A needs and demands . Here picture teenager association in learning Still using cardboard media :



Figure 1. Percentage in learning

From picture 1, it can be seen that the youth of the association are still using cardboard media in the presentation of material. However, they have not utilized technology for learning. To create a generation that is literate in technology numeracy requires a fit physique and education related to a healthy lifestyle. in order to be ready to carry out daily activities, health education and injury management training are needed for youth in the organization. In line with the research results from Susanti et al. (2024) that all school residents are responsible for student health, including the students themselves, and it is necessary to carry out socialization to maintain health by implementing breakfast habits. Strengthening youth in the organization is the main focus in this community service activity. With additional numeracy literacy tutoring activities, injury and health education training, and poster and flyer design training to realize the MEREHAT generation (Numeracy, Technology, and Health Literacy Literate) which is a concern in the fields of education, technology and health. The following is documentation of learning in class:



Figure 2. Learning Activities in Class

The picture above shows that classroom learning activities do not yet include increasing literacy and numeracy content, so additional time is needed for learning and additional tutoring related to interesting literacy (mathematics) and numeracy (English) so that teenagers understand and are meaningful to them. Furthermore, when there are additional sports and extracurricular activities that require attention to handling injuries, such training needs to be implemented. The following picture shows:



Figure 3. Sports Activities

From Figure 3, there needs to be training in handling injuries and health education for teenagers if injuries occur during activities and education related to adolescent health. From field observations, there is a lack of productivity of adolescents in the association 1) lack of study

time, especially for numeracy literacy content, 2) lack of ability to utilize technology in learning, 3) lack of understanding of adolescents in the association in handling injuries during activities and lack of awareness of adolescents in maintaining health.

Positive activities are essential for 4C skills to be achieved. materialize through activity strengthening teenager association For realize MEREHAT generation (literacy numeracy, technology and health) . Of course, through this strengthening training, the aim is for the youth of the association to understand the importance of literacy numeracy, technology and health, and can utilize the knowledge that has been given to realize the MEREHAT generation and 21st century skills can achieved . Therefore, to realize the MEREHAT generation (Numeracy, Technology, and Health Literacy Literate) it is necessary to have training with the hope that the youth of the organization have the awareness to become quality youth by advancing education, utilizing technology, and maintaining physical and mental health. The main focus of this activity is numeracy, technology, and health literacy, the final hope of this activity is that youth can understand and apply literacy, numeracy, technology and health in supporting the realization of the "MEREHAT" generation which is ready to compete at the national and international levels.

IMPLEMENTATION METHOD

The PKM activity was carried out at SMA Muhammadiyah Pangkalpinang City with participants consisting of 30 high school students. This training refers to three core activities, namely the theme of literacy and numeracy, the theme of technology, and the theme of health. The method of implementing community service in general is depicted in the following diagram:

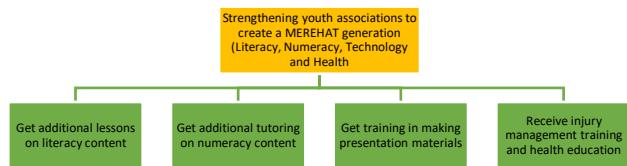


Diagram 1. Community service activities

The methods and stages in implementing community service are first identifying the needs of partners, then designing, training, and implementing activities. From the existing problems, there is then an offer of solutions with details of the stages of activities as follows:

1. Additional literacy content lessons, This activity is given to youth organizations. Participants are given training related to lesson materials, especially literacy content. This activity is expected to be a provision for preparation and reference for the AKM exam.
2. Additional numeracy content lessons, This activity is given to youth of the association. Participants are given training related to lesson materials, especially numeracy content. This activity is expected to be a provision for preparation and reference for the AKM exam.
3. Training in making presentation materials with the Canva application to face increasingly sophisticated technological competition. This activity is also given to youth organizations whose activities are designing materials so that learning becomes interesting
4. Injury handling training and health education. This activity is given to youth of the association to be aware of the importance of health and to cope when injured during sports or activities.

In order to facilitate this strengthening activity, partner participation is required in implementing the program activities.

1. Providing additional lessons on literacy content,
2. The provision of additional lessons on numeracy content by partner participation is

by sending participants totaling around 15-30 people. The implementation of this program will also be assisted by a team of students.

3. Training in creating presentation material designs, partner participation is by sending youth participants from the association totaling around 15-30 people, the implementation of this program is accompanied by a team of lecturers.
4. Injury training and health education, partner participation in this activity is by sending around 15-30 youth participants, the implementation of this activity is by presenting resource persons and accompanied by a team of lecturers and assisted by a team of students.

After the methods, stages, and participation of partners in the youth strengthening activities of this organization, of course there is an evaluation and sustainability of the program, namely: 1. Evaluation is carried out through performance assessments and simulation results in the form of questionnaires for participants in the preparation, implementation, and evaluation processes in the mentoring carried out so as to provide an overview of the achievements that have been obtained by each participant and group for the activities and training carried out. 2. The sustainability of the program in the field after the PKM activity is completed is as a volunteer program for students to teach and serve, in addition to being a forum for local youth to care more about education, utilize technology in learning and life, and be aware of the importance of health. The benefits of the additional tutoring program content literacy and numeracy can practice student become more understand questions literacy numeracy (PISA & TIMSS) scale international and follow activity learning especially in the curriculum independence , training program making percentage with application canva can practice student make presentation and introduction product as well as to float potential student each according to its own talents and interests them , and training programs Handling injury and education health beneficial For knowing healthy eating patterns and diets, as well as habits/lifestyles in society.

RESULTS AND DISCUSSION

This community service was carried out by providing several training activities for students at SMA Muhammadiyah Pangkalpinang in February. This activity is a support to improve students' understanding of literacy and numeracy, as well as introducing technology media in learning, as well as introducing the importance of maintaining health and handling injuries.

Material introduction activities

Introduction of material is given to high school students to know the things that need to be understood. The material presented is literacy material, numeracy material, introduction to making canva. This material is explained to students in the form of powerpoint presentations and assignments that are discussed together.

Tabel 2.1 Kecakapan Abad XXI	
KETERAMPILAN	DEFINISI
Literasi Baca-Tulis	Kemampuan membaca, memahami, dan menggunakan bahasa tulisan.
Numerasi	Kemampuan untuk menggunakan angka dan simbol lain untuk memahami dan mengekspresikan hubungan kuantitatif.
Literasi Sains	Kemampuan untuk menggunakan pengetahuan dan prinsip ilmiah untuk memahami lingkungan dan menguji hipotesis.
Literasi Digital	Kemampuan untuk menggunakan dan menciptakan konten berbasis teknologi, termasuk komunikasi dan berbagi informasi, menjawab pertanyaan, berinteraksi dengan orang lain dan memrogram komputer.
Literasi Finansial	Kemampuan memahami dan menerapkan aspek konseptual dan ihwal keuangan dalam kegiatan keseharian.
Literasi Budaya dan Kewargaan	Kemampuan memahami, menghargai, menganalisis, dan menerapkan pengetahuan tentang kebudayaan dan kewargaan.

Figure 4. Literacy Materials for the 2019 School Literacy Movement Master Design Book

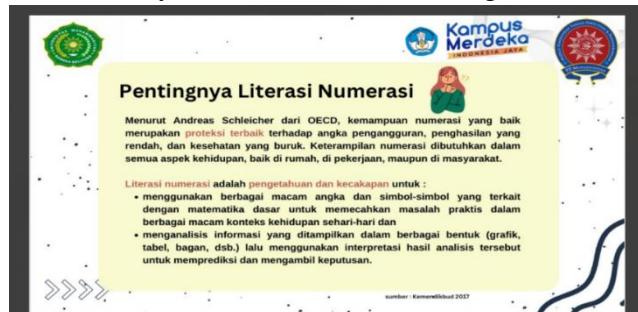


Figure 5. Numeracy Literacy Material

Figures 4 and 5 are presentation materials about the importance of understanding literacy and the need for numeracy literacy given to students at SMA Muhammadiyah Pangkalpinang. They welcomed it and felt that this knowledge was new knowledge. Because they were not familiar with understanding literacy and numeracy. And they got new knowledge about the introduction of the meaning of literacy and numeracy.

Furthermore, this presentation also provides examples of daily activities that can be used as knowledge about numeracy, such as the following picture:



Figure 6. Numeracy Literacy Material

Figure 6 above is an example of the implementation of numeracy literacy in everyday life obtained from games designed to introduce the understanding of numeracy literacy.



Figure 7. Materials for making Canva

Figure 7 is an initial explanation of the introduction of technology in learning, namely the introduction of making canva. Canva is generally widely used by teenagers. However, this activity needs to be trained continuously to improve students' creativity skills in designing various needs with canva, including one of which is making flyers.



Figure 8. Photo of community service activities

Healthy living introduction activities and injury management practices

Furthermore, the activities provided in the training are an explanation of the need for a healthy life. In this activity, a healthy lifestyle is explained, then students are invited to practice for the introduction and handling of injuries.



Figure 9. Photo of community service activities

Practical activities of making flyers by students

On the next day there were training and practice activities for students, namely making flyers with Canva. After students received exposure to the material on the previous day, then students were divided into groups to try making flyers using Canva.



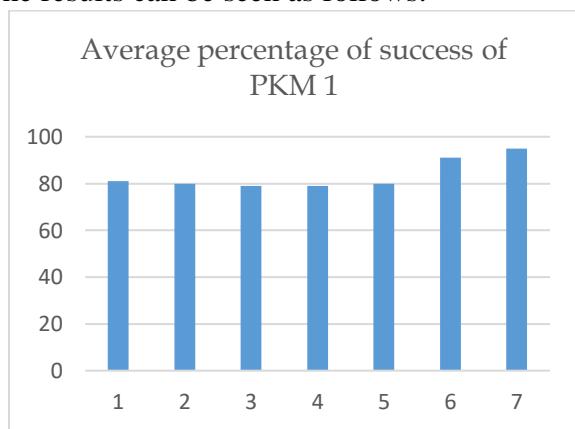
Figure 10. Photo of community service activities

The following is an example of student work in the practice of making flyers with Canva:



Figure 11. Results of Practice with Canva

This training was also reported through the local mass media of Bangka Belitung with an article entitled [Unmuh Babel Lecturers Create a Resting Generation](https://babel.tribunnews.com/2025/04/07/dosen-unmuh-babel-wujudkan-generasi-merehat) [BaBelnews.id](https://babel.tribunnews.com/2025/04/07/dosen-unmuh-babel-wujudkan-generasi-merehat) <https://www.youtube.com/shorts/zqaSGTOSxFY>. After being given training materials, students then get practical materials on making canva, students are then given a questionnaire to fill in the evaluation results and satisfaction with the training process. The results can be seen as follows:



Graph 1. Average percentage of activity success

With the results above, graph 1 shows that the satisfaction of the participants is 83.57%, which means that the participants feel satisfied with the

activities carried out and provide benefits for all. And suggests that similar activities should be carried out routinely and continuously.

CONCLUSION

After the entire series of community service activities for SMA Muhammadiyah Pangkalpinang students showed a positive response from the participants, namely an average of 83.57%, which means that the participants felt they had benefited in terms of knowledge and practice from the three implementations of the activities. Students received exposure to materials on literacy and numeracy, and received practical materials on making Canva flyers. Not only that, this activity was also widely publicized through news articles in the mass media and activity videos uploaded to the official YouTube of the Research and Community Service Institute of the University of Muhammadiyah Bangka Belitung.

SUGGESTION

Suggestions that can be considered for further activities include conducting training related to literacy skills, technology and health impacts, especially students' mental readiness.

THANK-YOU NOTE

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