

BOOK REVIEW

THE IMPORTANCE OF UNDERSTANDING ADOLESCENTS ISSUE

Sarah Bakaert. (2016). Hot Topics in Adolescent Health: A Practical Manual For Working With Young People. Boca Raton, Florida: CRC Press.

The Sarah Bekaert's book discusses important topics related to teenage life ranging from puberty,

mental health, smoking and drugs issues to teenage pregnancy and adolescent relations. The purpose of this book is to promote healthy lifestyles for adolescents. In the first chapter, Bekaert begins this book with the theme of puberty defined as a phase in which children physically change into adulthood; this is marked by changes in physical form, for example in women begin to grow breasts, then in men, the chest starts to broaden and other changes caused by puberty. Furthermore, Bekaert also provides information about when a child usually experiences puberty, which ranges from ages 8-13 years for girls and 10-15 years for boys.

In addition to physical changes, this book also provides information that emotional changes can also occur during puberty. Besides, physical changes are usually also followed by the growth of sexual arousal, which often confuses teenagers. Bekaert gives a comprehensive explanation of what puberty is, an explanation supported by pictures so that it makes the topic being discussed is more understandable. What I find interesting is, in this chapter also discussed the problems that often afflict adolescents during puberty, namely the problem of acne and body odour. In discussing acne and body odour, Bekaert gives tips on choosing anti-perspiring

and deodorant soaps so parents or readers can provide credible information for adolescents. Still in the same chapter, Bekaert also provides an explanation of the issue of sexual arousal that will arise in adolescents when experiencing puberty and this is a natural thing, so that support is needed from parents to accompany their children who begin to grow up and provide guidance so that their children do not fall into things that are not desirable. Because, the adolescent placed in risky situations regarding sexuality issues, which they haunted on varies problems like unintended pregnancy, sexual abuse, child marriage and another problem regarding sexuality issues. In Indonesia case, these problems still happen, in child marriage issue for the example, the UNICEF data stated that in 2017 there are "14% of girls in Indonesia are married before the age of 18 and 1% are married before their 15th birthday"

In the second chapter, Bekaert raised the issue of body image. Continuing from the previous discussion on the issue of puberty, the issue of body image raises the theme of how adolescents view their bodies when their physical bodies begin to change due to puberty. This chapter begins the discussion with the fact that the media plays a crucial role in helping

the perception of how the ideal body shape so that many teenagers who try in various ways to shape their bodies by the body shape imaged by the media. Bekaert focuses on several things, namely the influence of the media in body image, issues of the eating disorder, disability, and chronic health conditions associated with body image.

In discussing the influence of the media, Bekaert discusses how toys such as Barbie dolls have provided a little socialization about how humans should shape. Furthermore, a survey conducted by BBC radio on 25,000 people aged 17-34 years found that almost half of the female respondents claimed to skip breakfast to reduce their weight. It reflects on how media influences shaping the body image on adolescent. This Barbie effect not only affects females on how they see the body image but also affects males. There are about one in five young men in their early 20s who take protein supplements for the benefit to get their body bulked up.

The influence of media in shaping body image affects adolescent's diet. Bekaert saw that Anorexia and Bulimia is the most two common eating disorders that happen to adolescents. Anorexia according to Bekaert is usually done by girls, this condition is characterized by an obsession with excess to lose weight. Despite losing a lot of weight, these obsessed teens will still see themselves as fat people and continue to make themselves feel hungry to lose weight. This condition is sometimes exacerbated by excessive physical exercise in order to get the desired body shape. Not much different from Anorexia, Bulimia is also a dietary error that is characterized by overeating even though not feeling hungry (usually done twice a week) then followed by feelings of guilt and anxiety. After that they will try to eliminate the food they have eaten by spewing food, if it does not work it will usually be followed by the use of drugs so that the food can get out of his body immediately.

Bekaert also discussed the issue of disability and chronic health conditions related to body image. In essence, adolescents who have physical disabilities often experience decreased self-confidence in seeing their body image,

this is not much different from adolescents who have chronic diseases in seeing their body image, so this book provides recommendations for parents so they can continue to accompany and become a place for adolescents in complaining, especially about how they perceive their body image and provide positive support to adolescents in looking at their body image.

The third chapter in this book discusses about mental health issues. Teenagers who have mental health problems often find it difficult to fulfil their role in society. This chapter focuses on several factors that influence mental health issues, looking at some of the conditions most often experienced by adolescents regarding mental health issues, and what techniques can be done by professionals to help teens deal with their feelings of stress and provide recommendations for them to contact health workers if needed.

Bekaert gives a list of factors obtained from a report entitled *Mental Health and Young People* (1992), some of which include poverty, having parents who consume alcohol, lack of activity, stress, sexuality issues, not having role models and problems other problems. Furthermore, Bekaert gave an explanation of some conditions that are often experienced by adolescents, including conditions such as family break-ups, adoption issues, bullying, cyber-bullying, young carers, history of abuse, use of alcohol and drugs, discrimination, disability, refugees. Then, Bekaert classifies three conditions that are closely related to adolescent mental conditions. The three conditions are emotional disorders (depression, anxiety, and obsession), hyperactivity (inattention and overactivity), and conduct disorders (awkward, troublesome, aggressive and antisocial behaviour). To close this chapter, Bekaert discusses what can be done in dealing with adolescents who have mental health problems. Talking treatment provides space for teens to share their problems with family or other groups to find out the core problem and find a solution. Medical treatment by professionals must be done if the talking treatment was unsuccessful without eliminating the talking treatment itself.

The fourth chapter in this book discusses about healthy eating. The effect on how adolescents see their body image in previous chapter somehow affects how their diet behavior. Bekaert believes that eating patterns influence health conditions, so it is important to address the issue of healthy eating in a separate chapter. The definition of a healthy diet is based on 8 healthy eating guidelines provided by the British government, namely enjoying the food, eating a variety of foods, eating the right amount, eating foods rich in flour and fiber, multiply eating fruits and vegetables, not eating too much food which contain fat, avoid sweet foods and drink too many drinks containing sugar, and consume alcohol properly.

This chapter deals comprehensively about the nutritional needs needed by teenagers, starting from the substances and vitamins they need, then how the eating habits of adolescents who start skipping breakfast and how their intensity in eating fast food is also discussed in detail in this chapter. Not only that, but this chapter also discusses in detail how teenagers should exercise by paying attention to body mass index and at the end of this chapter Bekaert provides recipes that help to establish the principles of a healthy and balanced diet.

The fifth chapter raises the issue of exercise that is linked to the issue of obesity and those based on research are most vulnerable to obesity. The most vulnerable groups according to this book are women aged 12-18 years, young people of low economic status, young people 16-18 years, those from black and ethnic minority groups, those with physical and mental disabilities, and those with clinical conditions such as depression or diabetes. Unfortunately, not explained further about these most vulnerable groups. Furthermore, Bekaert discussed how schools as crucial actors in the development of the younger generation could provide a platform for young people to exercise in schools for the creation of a healthier younger generation. Then, this book provides an explanation of how much we should exercise.

Furthermore, the interesting thing from this chapter is that Bekaert provides a question-

naire which basically asks how healthy we are, the results will be divided into four categories. This questionnaire is ultimately not only intended for young children, but also parents. After completing the questionnaire, Bekaert encouraged young people to measure total body fat and provide recommendations for sports that young people might do. Some of the sports that are recommended in this book are walking, running, swimming, cycling, exercising as a team, skipping. Each recommended exercise is equipped with a detailed explanation of its use, for example in walking which is categorized as the cheapest sport can improve the condition of your heart and lungs (cardiovascular fitness) and work the muscles of the lower body. It's a weight-bearing activity, so it may improve bone density, yet it's also low impact, putting less stress on the joints than some other forms of exercise.

Furthermore, there is an interesting issue regarding how the relationship between sports and adolescent girls, Bekaert explained that there are several obstacles for young women in doing sports, including the myth that you can be feminine if playing sports, peer pressure, lack of basic skills, fear of feeling incompetent etc. To deal with this problem, Bekaert gave several recommendations to support women who want to exercise, including inviting them to watch sports matches together, making the atmosphere of sports as a fun activity, inviting to simple exercise (because sports are not always in the gym). In closing the chapter, Bekaert explained that exercise must be accompanied by three important things to balance, namely eating healthy food, good sleep, and avoiding using any steroids.

The sixth chapter of this book discusses the issue of alcohol and illegal drugs that are often found in the world of adolescents. This chapter focuses on how state regulations, in this context the British government, dealing with alcohol and drug issues. In addition, this chapter focuses on presenting statistics on young people related to alcohol and drugs and focuses on how the professionals who work with young people, can provide information that fits their school curriculum. In looking at the issue of drugs,

the local government has a strategy called Drug Action Teams (DATs) which focuses on four issues, namely treatment-reducing drug use and drug-related offending treatment and support; reducing drug-related death through harm minimization, Young people-preventing today's young people from becoming problematic drug users, Communities-Reducing drug-related crime and its impact on communities, and Supply-reducing the supply of illegal drugs.

Related to the curriculum, Bekaert explain about what kind of information should given to adolescents in accordance with the existing curriculum at school. This is important for professionals who work with young people to understand their knowledge base so that they can provide the right information according to their age. Furthermore, this chapter describes the statistics of drug users, alcohol and cigarettes along with the dangers resulting from the three products. Not only that, but the method to stop smoking is also discussed by providing good and easy-to-understand information to be distributed to young people who are already addicted to cigarettes so that they can stop smoking and can feel the benefits as described in this book. In closing this chapter, Bekaert presents the types of drugs and their dangers to our body and mental condition.

The seventh chapter focuses on ethical issues related to how it is supposed to be when we are work with teenagers. In discussing this issue, Bekaert explained the definition of consent and age-related debates appropriate for children to recognize the term consent. Bekaert defines consent as a form of permission or approval to do something. In this context, Bekaert provides illustrations with the medical treatment of children. In medical treatment, the consent of the patient needed even though the patient is still under the age of 16 years, this itself does lead to debate whether a child under the age of 16 must ask for their approval or approval should be requested from their parents.

Bekaert also discussed the issue of consent in sexual behaviour, in regulations in the UK, those who were 16 years old were considered able to play the issue of consent concerning

sexual relations. Those under the age of 16 and having sexual relations will be deemed to have committed illegal actions based on existing regulations in the UK. The issues raised by Bekaert, who find this is quite exciting but often forgotten. As a researcher, it is essential to apply this issue by seeking approval from adolescent informants if they are part of the research.

In the realm of research, there is a concept called ethical clearance which aims to protect research subjects from physical, psychological, social, and legal consequences as a result of participating in research. Furthermore, there are three principles in the research ethics clearance, namely respect for individuals, expediency, and justice. Information about consent also needs to continue to be provided to young people so that they understand that they have the right to accept or reject treatment regarding research issues. However this article more recommend to continue to seek approval from the child, because this has guaranteed in the Children's Act 1989 which gives children the authority to refuse or approve a form of treatment

The eighth chapter entitled adolescent relationships and sexuality issues begin with questions about how to encourage adolescents to have healthy and constructive relationships. Also, in the initial discussion explained that being single is not a condition that needs to be regretted and can be used as a phase to identify whom they are before starting to establish relationships with others. This chapter seeks to provide knowledge for adolescents to be able to negotiate relationships as discussed in the previous chapter, evaluating whether relationships are good or bad, and also to give adolescents views on matters that influence attitudes and sexual activity in a relationship.

To achieve the goals outlined above, Bekaert begins this chapter with a discussion of curricula related to sexuality issues. The curriculum means talking about the policies that exist in schools to ensure each child gets information related to sexuality issues. This curriculum policy will not appear if it not supported by state policy, so in this chapter, Bekaert also discusses state policy in providing curriculum

related to information on sexuality issues. At the end of this chapter, Bekaert describes the influence of three important actors concerning sexual behaviour, namely parents, friends and the media.

These three factors, according to Bekaert, have a big hand to adolescent sexual behaviour. For example, if a child comes from a family with a strong religious background, there will be a discourse not to have sexual relations before marriage. From the friendship factor, chats about sexuality issues often cause children to be confused about the amount of less credible information, and the last factor from the media, Bekaert explains that TV, movies and magazines often show the glamorous side of sexuality without the support of credible information. From these three conditions, Bekaert provides recommendations to be able to provide information related to sexuality issues so that children can determine their attitudes related to sexuality issues.

The ninth chapter of this book focuses on the issue of contraceptive use among young people. At the beginning of the discussion, Bekaert discussed the myths that arise among young people related to pregnancy that have implications for the lack of use of contraceptives to prevent pregnancy because they have more confidence in the myths that develop among them. With this condition, the issue of abstinence raised so that young people can avoid sexual relations before marriage to avoid unwanted pregnancy and sexually transmitted diseases. However, the abstinence approach becomes futile if an excellent discussion does not accompany it. Abstinence itself defined as a condition where a person must refrain from sexual intercourse. The abstinence approach itself is considered ineffective in America, which still faces the problem of high pregnancy rates in adolescents. In essence, providing comprehensive information related to contraceptive issues for adolescents is a must so that adolescents have information and can behave with a sense of awareness and responsibility. This book also clearly explains what contraception is and what types of contraception are.

The tenth chapter of this book focuses on the discussion of sexual health issues, so in this chapter, Bekaert provides a comprehensive explanation of the types of diseases that attack the human reproductive organs and their symptoms. The signs and symptoms in this chapter is very well explained and have a good reliability. It is essential to give reliable information about types of diseases that affects reproductive organs because many people have limited knowledge about their reproductive health and feel shy to ask other people, and also when the people try to find information on internet, many people trapped in the wrong information regarding their health because not every information on internet have a good reliability information.

The eleventh chapter in this chapter discusses the issue of teenage pregnancy. Bekaert sees that five factors influence teenage pregnancy. The five factors are Education, Poverty, Motivation, Family and Friends, and Partners. In terms of education, the primary disposition expressed by Bekaert is the higher the level of education a person eats, the lower the likelihood of teenage pregnancy. From the poverty factor, Bekaert explained that the level of risk to become a mother in adolescence is more likely to occur in women with parents who do not have a job, and usually, this condition continues so that a concept called a cycle of poverty formed. The motivation factor is closely related to education; adolescents who have the motivation to continue to hone their abilities tend to avoid teenage pregnancy than teenagers who do not have the motivation to hone their abilities. Family and friends factors influence how a teenage mother's decision to give birth or not. This decision also was taken from the influence on how the views around the phenomenon of birth in adolescent mothers. The last factor, namely the partners of adolescent girls, gives influence on the decision of teenage mothers to get pregnant or to not pregnant and give birth or choose to have an abortion.

The final and concluding chapter in the twelfth chapter Bekaert raised the issue of the Gang and the criminal aspects attached to it. The focus of this chapter is to look at

how gang culture first emerged among young people, then look at which young people are at risk of being influenced by the existence of gangs and find solutions to help young people avoid or get out of the Gang. The Gang defined as a group that is usually on the streets where crime and violence is an inseparable part of its existence. In this chapter, Bekaert also explains the Geng's organizational structure to try to understand how the operations of the Gang can work. Furthermore, Bekaert explained the factors that made teenagers decide to enter the Gang, including factors such as Poverty, Lack of Support, Influence of Media, and Prejudice factors. In essence, Bekaert, through his writings in this chapter, tried to encourage teenagers to avoid the Gangs because it could have fatal consequences for their future.

This book has comprehensively provided the reader with knowledge about what topics need to be known to understand the current condition of adolescents. Paying attention to adolescents means paying attention to the future of a nation. In the context of Indonesia, which is currently preparing for a demographic dividend, issues related to youth are essential to discuss. Of the 12 topics discussed in this book, the topic of sexuality issues is a topic that seems to be considered a taboo until now so that the young generation of Indonesia has a limited understanding of topics related to sexuality. Unlike London, which has policies related to sexuality education curricula in schools, Indonesia does not currently have a curriculum related to sexuality education. The topic of sexuality is still limited given through biology lessons, but Pakasi and Kartikawati (2013) see that the discussion in sexuality education in schools is still limited to biological terms and constructs the topic of sexuality as a controversial, taboo and dangerous thing. If this condition continues, Indonesia's young generation will grow up with minimal information regarding sexuality, and it will be worried that they will fall into undesirable things, such as unwanted pregnancy, sexually transmitted disease and other harmful things.

This book is giving the reader about manual practical on how supposed to be when

the reader decides to work with adolescents. But, besides, this book also becomes vital as a useful guide for parents, teachers, and adolescents themselves understand topics related to youth. Bekaert, through this book, has provided a very comprehensive explanation with many guides and pictures that will make it easier for readers to understand the issues discussed in this book.

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