Risky Health Behaviour among Young People in Greater Jakarta

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Introduction

Smoking, drinking, and using drugs are major public health problems, and the cause of a number of chronic diseases, including cancer, lung diseases, and cardiovascular diseases. The use of alcohol has resulted in about 2.5 million deaths each year, with a net loss of life of 2.25 million (WHO 2011).

According to the latest WHO report on global tobacco use, smoking prevalence in Indonesia is among the highest in the world, with 46.8 per cent of male and 3.1 per cent of female aged 10 or over classified as being current smoke (WHO 2011). Moreover, according to Indonesia Demographic and Health Survey 2012, eight in ten of men and one in nine of women have smoked at some point in their lives. It also shows that 39 per cent of adolescent men and five per cent of women have consumed alcohol at some time in their lives; four per cent of adolescent men and less than one per cent of adolescent women have used drugs at least once in their lives (Statistics Indonesia (Badan Pusat Statistik—BPS), National Population and Family Planning Board (BKKBK), Kementerian Kesehatan (Kemenkes—MOH), and ICF International 2013).

This paper examines: (1) the association between risky health behaviour; (2) the determinants of risky health behaviour including smoking, drinking alcohol, and using drugs among of young people aged 20-34 years old in Jakarta, Bekasi and Tangerang. This analysis forms the base for an exploration of the potential influence of risky health behaviour on health. The following questions are explored: Does gender affect the pattern of risky health behaviour? How do education levels influence risky health behaviour? Does religion affect risky health behaviour?

Methodology

Data

The study uses the 2010 Greater Jakarta Transition to Adulthood Survey (N=3,006 representative sample of young adults). Respondents aged 20-34 were selected through a multistage probability sampling and 80 from the sample were randomly selected for in-depth interview. This study covered young people living in Jakarta, Tangerang and Bekasi.

Regression method

The study conducts two analyses. First, we use log linear model to explore association between risky health behaviours. Second, logistic regression are applied to investigate predictors that are associated with the probability of having any risk of health behaviour.

Variables

The dependent variables is binary variable. It is equal to 1 if respondant has any of risky health behaviour such as cigarette smoking, alcohol or drug use. The independent variables are sex, age groups, marital status, religion, highest education level, employment status and subjective financial status.

Young people involved in risky health behaviour are predominantly males

Figure 1 shows that male respondents are predominantly engaging in risky health behaviours. The proportion of male is significantly higher than those of female that involved in any risky health behaviour.

- 66.5% of males compared to 4.2% of females have used cigarettes.
- Similarly, 14.3 % compared to 1.5% of male and female, respectively, have used alcohol.
- 18.7 % compared to 1.7% of male and female, respectively, have used drugs.

Risky health behaviour combination

Figure 2 shows that among respondents who have been involved in the number of risky health behaviours.

- Cigarette use only are most popular among risky health behaviours. Around 61% of male respondents and 56% of female respondents involved in using cigarettes.
- The proportion of using single drug only and alcohol only for female is much higher than those for male. Around 15% of female compared to 1.6 % of male use only alcohol; and about 17% of female compared to 3.1% of male use drugs only.
- However, the combination of risky health behaviours, the proportion of male is significant higher than that of female, except for alcohol and drug combination.
- The proportion of respondents involving in all three risky health behaviour for male is also significant higher than those for female (8.6% vs 1.8%)