

## Determinants of Accessing Adolescent Health Services Among School Dropout Adolescents in Lombok, Indonesia: A Mixed Method Study

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**Abstract.** *This study investigates the factors influencing the utilization of adolescent health services among school dropout adolescents in the Sakra subdistrict of East Lombok, Indonesia. Employing a mixed-methods approach, the research combines quantitative data from structured questionnaires with qualitative insights gathered through in-depth interviews. A total of 37 school dropout adolescents, aged 14-19 years, were purposively sampled to participate in the study. The findings from this study underscore the multifaceted factors influencing school dropout adolescents' access to health services in the Sakra subdistrict of East Lombok regency. The six predictors highlighted the importance of knowledge, family support, distance, the role of health professionals, and the recognition of health needs in shaping adolescents' engagement with health services. Addressing these interconnected factors through a comprehensive approach can promote health equity and improve the overall well-being of school dropout adolescents, contributing to healthier communities in the long run.*

**Keywords:** Health Services, Adolescents, Dropouts

### 1. INTRODUCTION

Adolescence is a crucial stage of development for individuals aged 10-19 years (World Health Organisation, 2024), and a vital period for interacting with health care services, as this is when young people transition from receiving care with their parents to seeking it on their own (Harfield et al., 2024; Sawyer, Azzopardi, Wickremarathne, & Patton, 2018). It's important not only to meet their immediate health needs but also to recognize and tackle potential risks for both their future health and that of future generations. Adolescents require age-appropriate information, opportunities to build life skills, equitable, accessible, appropriate, and effective health care, and a supportive and safe environment (Harfield et al., 2024). They also require chances to actively participate in the design and implementation of programs to improve and maintain their health. Expanding such possibilities is critical for responding to adolescents' special needs and rights (World Health Organisation, 2024).

Adolescents gain the most effective from health services customized specifically to their requirements (Garney, Flores, Garcia, Panjwani, & Wilson, 2024). Convincing and raising their awareness in utilizing primary care is the responsibility of all health workers. Government support is also very important in providing health services that are accessible

to every individual (World Health Organisation, 2022). In Indonesia, the adolescent health program, generally known as *Posyandu Remaja* is implemented in a total of 10.374 Primary Health Centers (*Posyandu*) through integrated service post (ISP) or *Posyandu*. The program offers a variety of services, including health consultations, screening for communicable and non-communicable diseases, general health monitoring, scheduled immunizations, and health education (Dinas Kesehatan Kabupaten Lombok Timur, 2023).

In West Nusa Tenggara Province, specifically in East Lombok regency, 35 Primary Health Centers (PHC) are actively implementing family integrated service post (*Posyandu keluarga*), which include adolescent health services. These 35 PHCs are located across 21 subdistricts. *Posyandu Remaja* is a program that not only improves the health of adolescents but also aims to prevent early marriage and stunting in the region. Delivering the programs in the morning in every village presented a challenge for adolescents who attend school. Therefore, health professionals divided the program into location-based services: school-based services for students and village-based services for school dropouts. Given the elevated dropout rates in West Nusa Tenggara Province (Sumardi, 2020), and East Lombok being the regency with the highest rate of school dropouts (Asmiati, Sumardi, Ismail, & Alqadri, 2022), primary care health professionals face the essential yet challenging task of reaching these adolescents. Report from the Regency Health Office of East Lombok indicates the attainment of the program was below the national target at an average of 72% (Dinas Kesehatan Kabupaten Lombok Timur, 2023). One of the subdistricts experiencing these trends was Sakra. These circumstances primarily occurred in villages that provided services to adolescents who had dropped out of school. A midwife and a nurse in charge of the adolescent health program confirmed this. The monthly reports also provided evidence that the average attendance rate in 2023 was 2%. Furthermore, from January to May 2024, the attendance percentages were relatively small, ranging from 0.13%, 0.16%, 0.16%, 0.003%, and 0.004%.

We conducted a study in the subdistrict of Sakra, which consists of 12 villages with a significant number of school dropout adolescents, taking into account the circumstances and essential purpose of adolescent health services. This research aimed to explore factors influencing school dropout adolescents utilizing adolescent health services (*Posyandu Remaja*).

## 2. LITERATURE REVIEW

Despite being perceived as a healthy stage of life, the adolescent years are marked by significant morbidity and mortality, with many of these outcomes being preventable or treatable (World Health Organisation, 2024). To foster healthy growth and development, adolescents require comprehensive and age-appropriate information, which has been shown to impact health behaviours significantly (Hidayah, 2021). The provision of health services that are equitable, acceptable, and effective is crucial. Adolescents thrive in environments that are not only safe but also supportive, allowing them to engage meaningfully in the design and delivery of health interventions. Such participation is essential for tailoring health services to meet their specific needs and rights (World Health Organisation, 2024). According to Dinas Kesehatan Kabupaten Lombok Timur (2023), increased health information within communities can lead to improved health-seeking behaviours.

Adolescents' understanding of the availability of adolescent health services significantly influences their access to healthcare (Lisma & Ruwayda, 2021). A lack of awareness about the importance of preventive measures and available health services can lead to the underutilization of healthcare facilities (Asmiati et al., 2022). Previous research (Avelina, Nababan, & Delang, 2023) found that knowledge regarding health services plays a pivotal role in shaping adolescents' behaviours on accessing health services. However, a study by Arfiah (2020) indicates that knowledge alone may not significantly influence healthcare access among adolescents. This research revealed that social and cultural factors strongly influenced actual access, despite high levels of awareness about available healthcare services. Arfiah (2020) argued that peer influence and societal norms had a more direct impact on healthcare-seeking behaviour than knowledge of services.

The accessibility of healthcare facilities is another significant determinant of healthcare access (Fitri, Thiu, & Ningsih, 2023). Geographic location, transportation options, and the availability of services influence individuals' ability to seek care. Rural areas often face challenges such as fewer healthcare providers and longer travel distances to facilities, which can hinder access (Lisma & Ruwayda, 2021). In rural areas, for example, limited transportation options and fewer healthcare providers can create barriers to access (Dinas Kesehatan Kabupaten Lombok Timur, 2023). Meta, Majid, and Ardianti (2023) emphasized that healthcare facilities being within reach is essential for improving healthcare access.

Moreover, family support is a significant enabler of healthcare access for adults. Marvia et al. (2022) found that family support is associated with adherence to healthcare

appointments among adolescents, a factor that remains important for adults who may require assistance or encouragement to manage their health. Avelina et al. (2023) analysed factors affecting the utilization of *Posyandu Remaja* services by adolescents, suggesting that family encouragement can also influence adults to maintain regular health check-ups and follow through with treatments. Contrary to the findings of Marvia, Ayu, Adhi, and Mahfuz (2022) and Avelina et al. (2023), which emphasize the positive impact of family support on healthcare access and adherence, other studies conducted in Indonesia present a different perspective. Studies by Meta et al. (2023) and Pangaribuan (2020) indicate that in the Indonesian adolescent population, family support does not always correlate with better healthcare utilization. These studies argued that while family involvement is culturally significant, individual autonomy has shifted the dynamics of healthcare decision-making.

Health professionals play a vital role in facilitating access to healthcare. The quality of the interaction between healthcare providers and patients can either facilitate or hinder access to healthcare services (Garney et al., 2024). Adolescents are more likely to seek care when they trust their healthcare providers and feel that their needs are understood and respected (Lisma & Ruwayda, 2021). The provider's ability to communicate effectively and provide culturally sensitive care is crucial (Harfield et al., 2024). They are responsible for providing accurate information, compassionate care, and support for adolescents navigating the healthcare system. Garney et al. (2024) highlight the importance of provider perspectives in adolescent healthcare access, which can be extrapolated to adult care, emphasizing the need for professionals to be approachable and understanding. Harfield et al. (2024) also note the importance of culturally competent care, which is crucial for adults from diverse backgrounds.

Furthermore, cadres or community health workers, are instrumental in connecting adults with healthcare services, especially in rural or underserved areas. Haritani, Hariadi, Oktresia, Sovia, and Gemantari (2022) discuss the role of health cadres in increasing community visits, which can be relevant for adult populations who may rely on community health workers for information and encouragement to seek care. The study also emphasizes the importance of cadres (community health workers) in promoting healthcare utilization (Winda, Kusnan, & Asriati, 2022). However, Marvia et al. (2022) and Avelina et al. (2023) challenge this perspective by emphasizing that although community health workers (cadres) play an important role, their influence on adolescents' motivation to access adolescents' health services is often limited and affected by various external factors. These evidences

also suggest that addressing other challenges is essential for improving healthcare access, rather than relying solely on the efforts of community health workers.

Recognizing and addressing specific health needs within communities is crucial for tailoring healthcare services and promoting greater access. Sawyer et al. (2018) describe the unique needs of adolescents, which evolve as they enter adulthood. Adolescents experience a range of health issues that are distinct from those of children and adults. Sawyer et al. (2018) further describe adolescence as a period of life that requires special attention in health services due to the onset of mental health issues, the introduction of sexual and reproductive health concerns, and the potential for engaging in risky behaviors. Adolescent health services often overlook or inadequately manage these unique challenges, necessitating the provision of health services tailored to adolescents.

### **3. METHODS**

This study's design, participant selection, and data collection methods are carefully crafted to explore the factors influencing school dropout adolescents utilizing adolescent health services in East Lombok. By employing both quantitative and qualitative approaches, the study provides a comprehensive understanding of the issue, which is essential for developing effective future interventions.

#### **Study Design**

In order to investigate the factors influencing school dropout adolescents' utilization of adolescent health services (*Posyandu Remaja*) in the Subdistrict of Sakra, East Lombok, this study combined a quantitative research method with in-depth interviews.

#### **Participants**

The total number of school dropout adolescents in the subdistrict of Sakra was 100, aged 10-19 years, who either dropped out of primary or high school. The study employed purposive sampling in determining the samples. As a result, only 37 adolescents aged 14-19 years were agreed and recruited to be the participants of this study.

#### **Data Collection**

Data collection was conducted from June to July 2024. Prior to data collection, letters were sent to village governments and health cadres in each village to obtain approval and support for the study. Cadres have helped authors in recruiting participants and distributing informed consent forms. The quantitative data were collected using a structured questionnaire that covered six themes. The themes were knowledge, distance, family support, the role of health professionals, the role of health cadres, and needs for adolescent

health services. The research question for the qualitative component aligns with the aim of the study: “What factors influence the utilization of adolescent health services among school dropouts?”. Interviews were audio-recorded and performed right after the participants filled out the questionnaire. The second and third authors evaluated a selection of transcriptions for precision and thoroughness.

### **Data Analysis**

The statistical analysis was conducted with SPSS. We employed inductive thematic analysis by Braun and Clarke (2006) to examine the interview transcripts. Authors independently performed line-by-line coding on a sample of the transcripts. The interview was recorded with the consent of the participants. The authors transcribed the audio recording from Bahasa Indonesia to English. Authors examine and analyse the transcripts to obtain a thorough understanding of the experiences articulated by the participants. Subsequently, responses were categorized and organized based on thematic elements. The final phase was converting the data into a thematic statement that encapsulates the core concepts of the described experiences.

## **4. RESULTS**

### **Quantitative results**

**Table 1.** Characteristic of participants

<b>Characteristics</b>	<b>N</b>	<b>(%)</b>
<b>Sex</b>		
Female	20	54 %
Male	17	46 %
<b>Age</b>		
14-16 years	16	43 %
17-19 years	21	57 %

**Table 2.** Knowledge and the utilization of adolescent health services

<b>Knowledge</b>	<b>Estimation</b>	<b>P</b>	<b>Odds Ratio (compared to those who did not utilize <i>Posyandu Remaja</i>)</b>
Knowledge about the availability of <i>Posyandu Remaja</i>	30,000	0,003	3,2 x
Knowledge about <i>Posyandu Remaja</i>	40,000	0,000	5,8 x
Knowledge about activities in <i>Posyandu Remaja</i>	17,417	0,001	3,2 x

The survey results indicate that knowledge has a significant influence on school dropout adolescents' utilization of *Posyandu Remaja* in the Sakra subdistrict. The results show that school dropout adolescents who utilize *Posyandu Remaja* are more likely to have knowledge about the existence of *Posyandu Remaja*. Specifically, adolescents who utilize the service are more likely to have knowledge about the existence of *Posyandu Remaja* in their residential area, know the schedule, and know about the service activities. The likelihood of utilizing *Posyandu Remaja* can increase 3.2 times for adolescents who have knowledge about the service existence, 5.8 times for adolescents who know the *Posyandu Remaja* schedule, and 3.2 times if adolescents know about the service activities.

**Table 3.** Distance and the utilization of adolescent health services

Distance	Estimation	P	Odds Ratio (compared to those who did not utilize <i>Posyandu Remaja</i> )
Distance access to <i>Posyandu Remaja</i>	30,000	0,003	3,2 x

The survey results show that distance has a significant impact on the utilization of *Posyandu Remaja* by adolescents in the Sakra Subdistrict. The analysis results indicate that adolescents who utilize *Posyandu Remaja* are more likely to have a close distance to or access to the *Posyandu Remaja* location. The likelihood of the utilization can increase 3.2 times for adolescents who have closer distance/access to *Posyandu Remaja* compared to those who have a far distance or access.

**Table 4.** Family Supports and the utilization of adolescent health services

Family support	Estimation	P	Odds Ratio (compared to those who did not utilize <i>Posyandu Remaja</i> )
Family supporting the <i>Posyandu Remaja</i>	10,667	0,003	2,2 x
Family encourages adolescents to attend the <i>Posyandu Remaja</i>	17,333	0,001	2,9 x

The survey analysis results indicate that adolescents who utilize *Posyandu Remaja* are more likely to have high family support. Specifically, adolescents who utilize the *Posyandu Remaja* are more likely to have families that support *Posyandu Remaja* activities and families that frequently encourage visits to the *Posyandu Remaja*. The likelihood of utilizing the *Posyandu Remaja* can increase 2.2 times for adolescents with family supports, and 2.9 times for adolescents whose families encourage visits to the *Posyandu Remaja*.

**Table 5.** The role of health professionals and the utilization of adolescent health services

<b>Role of health professionals</b>	<b>Estimation</b>	<b>P</b>	<b>Odds Ratio (compared to those who did not utilize <i>Posyandu Remaja</i>)</b>
Role in providing comprehensive adolescent health services	20,222	0,007	2,2 x

The survey results illustrate that the role of health professionals has a significant influence on the utilization of *Posyandu Remaja* in Sakra subdistrict. The analysis results indicate that the active role of health officers increases the utilization of *Posyandu Remaja* among school dropout adolescents. Specifically, adolescents who utilize the *Posyandu Remaja* are more likely due to the role of officers in making announcements, reminding, providing information related to the *Posyandu Remaja*, and offering good services and counseling to adolescents.

**Table 6.** The role of community health workers (Cadres) and the utilization of adolescent health services

<b>Role of cadres</b>	<b>Estimation</b>	<b>P</b>	<b>Odds Ratio (compared to those who did not utilize <i>Posyandu Remaja</i>)</b>
Role in giving information	5,1	0,026	1,2 x
Role in assisting	37,333	0,002	3,9 x

The survey results indicate that the role of cadres has a significant influence on the utilization of *Posyandu Remaja* by school dropout adolescents in Sakra subdistrict. The analysis shows that the active role of cadres increases the utilization of *Posyandu Remaja* among school dropout adolescents. Specifically, adolescents who utilize *Posyandu Remaja* are more likely to be influenced by the role of cadres in providing information and actively assisting health professionals in the implementation of *Posyandu Remaja*. The opportunity for *Posyandu Remaja* utilization can increase 1.2 times among adolescents if cadres actively provide information related to *Posyandu* compared to when cadres do not provide information, and 3.9 times if cadres participate in assisting health professionals in the implementation of *Posyandu Remaja*.



**Table 7.** Needs and the utilization of adolescent health services

Needs towards <i>Posyandu Remaja</i>	Estimation	P	Odds Ratio (compared to those who did not utilize <i>Posyandu Remaja</i> )
The benefit of <i>Posyandu Remaja</i>	30,000	0,003	3,2 x
Accessible health services	24,500	0,005	2,7 x
Increasing health literacy on reproductive health	7,000	0,013	1,5 x
Increasing a healthy lifestyle	31,500	0,003	3,2 x

The survey results show that the needs of adolescents for *Posyandu Remaja* have a significant impact on the Utilization of Adolescents towards *Posyandu Remaja* in Sakra subdistrict. The analysis results indicate that adolescents who utilize *Posyandu* are more likely to aware that they have a need for *Posyandu Remaja*. Specifically, a need for health services, a need for reproductive health information, and a need for information on healthy living. The likelihood of utilizing *Posyandu Remaja* can increase 3.2 times for adolescents who have a need for *Posyandu Remaja*, 2.7 times for adolescents who feel they can easily obtain health services, 1.5 times for adolescents who need reproductive health information, and 3.2 times for adolescents who need information on healthy living.

## Qualitative results

### Knowledge about health and service availability

This predictor suggests that an adolescent's awareness and understanding of health-related issues and service availability are crucial in determining their engagement with health services. Adequate knowledge regarding health and availability of services could, therefore, be a key strategy in improving health service utilization. Six adolescents reported that they never been exposed with the information, saying:

*"We lack information about the program, so we're unsure how to participate. Whenever I visit the Posyandu or Pustu for a health check, I never hear anyone mention it."*

Receiving inadequate information led to unwillingness to visit *Posyandu*:

*"I am unaware of this program. In my village, it's never mentioned. When the village clerk announces Posyandu, it's only for babies and pregnant women."*

Some other adolescents felt that they had inadequate knowledge:

*"We only learned about this program because you asked me about it now. We are familiar with Posyandu services for the elderly, babies, and pregnant women, so it's understandable if we haven't been attending."*

### **Distance or access**

The geographical proximity and ease of access to health facilities are fundamental in influencing the likelihood of service utilization. This factor highlights the importance of the physical availability of healthcare resources within a reasonable distance for adolescents:

*"I visited the Posyandu last year when I had a fever, but that's the only time. It's quite far from my home, making it tiring to walk that distance."*

Some adolescents emphasized by saying:

*"I think this is a beneficial program, but I just learned about it. I need to come when I'm sick, but it's too far, and I don't have a motorbike."*

### **Family support**

The role of the family unit in healthcare decisions and support for seeking health services is significant. This variable may encompass emotional, informational, and practical aspects of support, which can facilitate or hinder service utilization:

*"My mother used to encourage me to attend, but I'm too shy to go alone."*

Some adolescents stated:

*"I went to Posyandu with my mother earlier this year. But that's it, she never asked me anymore"*

One adolescent also added:

*"My sister told me to see midwives in the Posyandu to consult about my irregular period. But I did not make it. I forgot the schedule"*

### **The role of health professionals**

The comprehensive service by healthcare professionals and the involvement community health volunteers (cadres) may directly impact adolescents' use of health services. Their role in providing information, encouragement, and direct assistance is crucial in navigating the healthcare system:

*"The nurse in Pustu (Auxillary health post) have mentioned about this program to me. And last week I attended a seminar about reproductive health and early marriage in the village hall. The nurses and midwives shared about many important knowledge about us, adolescents. I think it was a beneficial program"*

Another adolescent emphasized by saying:

*"The midwife in my village regularly informed me about the program"*

### **The role of community health workers (cadres)**

The decision to come to *Posyandu Remaja* was often influenced by the community health workers (cadres).

*"I sometimes attend the Posyandu if reminded by the cadre, but I mainly go to check my blood pressure, weight, and to get Sangobion (iron supplement)."*

For some adolescents, they might have other external factors impeding their visit to *Posyandu*. But the cadre has a significant role in encouraging the adolescents to utilize the adolescent health services.

*"I found out about this program from my neighbor, who is a health cadre. She invited me to join, so I occasionally attend Posyandu, but not regularly, as I have many household chores."*

#### **Need for adolescent health services:**

The perceived or actual need for services can drive utilization rates. This need may reflect the demand for specific health services for them:

*"I didn't know the program's name, but I used to attend Posyandu for health checks when called by the health cadres. But I might go next month to check my health condition."*

Some adolescents deserve a well-explained information to have a better understanding about the program:

*"I don't feel the program is for me. I prefer visiting the Primary health centre or Auxiliary health post for health services, where the midwife and nurse are always available, and if the doctor available, they will prescribe me some medication."*

## **5. DISCUSSION**

The study aimed to explore factors that influence school dropout adolescents to access adolescent health service provided in the Sakra subdistrict of East Lombok regency. The empirical investigation into the factors influencing the utilization of adolescent health services among adolescents in Indonesia provides significant insights into the determinants of health service engagement. The analysis revealed all six predictors exhibited statistically significant correlations with adolescent health service (*Posyandu Remaja*) utilization.

The impact of knowledge about adolescent health program and the availability of health services on adolescents' engagement with health services in subdistrict of Sakra has been highlighted through the significant positive correlation between knowledge and adolescent health service utilization. This finding is consistent with studies that have shown adolescents who have good knowledge have a better willingness to attend *Posyandu Remaja* (Avelina et al., 2023; Lisma & Ruwayda, 2021). While most adolescents possess a commendable understanding of *Posyandu* and actively participate, there remains a necessity for them to further augment their knowledge of *Posyandu Remaja*. This can be facilitated

by *Posyandu* cadres or *Posyandu* officials by the provision of instruction, counseling, or comprehensive materials, hence enhancing adolescents' motivation to participate in the service activities.

The positive correlation between family support and adolescent health service utilization suggests a positive relationship where higher family support levels increase the need for health services. This indicates that family dynamics influence adolescents' healthcare decisions. The relationship between family support and adolescents' interest in participating in the adolescent health service, in accordance with studies by Arfiah (2020) and Lisma and Ruwayda (2021) that identified one of the factors that can influence adolescents' interest in participating in adolescent health service is the reinforcing factor, which includes support from the family. Family support can take the form of advice, encouragement, and providing facilities that can enhance adolescents' interest in participating in adolescent health program activities. This is also supported by the earlier research by Iqlima Dwi, Makhfudli, and Denok Jua (2018), which states that adolescents who receive support from their families to participate in *Posyandu Remaja* activities have a higher attendance rate compared to adolescents who do not receive family support. This is in line with the theory proposed by Friedman (1997), which states that the support given by families to adolescents can take the form of providing motivation and supporting every positive activity undertaken by the adolescents, so that the adolescents can feel valued and noticed by their families.

The study determined that distance does significantly affect the propensity of school dropout adolescents to seek adolescent health services. Consistent with studies by Meta et al. (2023) and Lisma and Ruwayda (2021), this research determined that distance is considered a significant factor for adolescents in accessing the adolescent health services. Distance is a critical determinant of healthcare access, particularly in rural and remote areas (Mseke, Jessup, & Barnett, 2024). Adolescents residing in rural and remote communities often face significant challenges due to the long distances they must travel to reach healthcare facilities. This can lead to delays in seeking care, reduced frequency of visits, and in some cases, complete avoidance of necessary medical attention.

Another predictor that has a significant influence on the utilization of adolescent health services was the role of health professionals. The results suggested that the active role of health professionals increases the utilization of *Posyandu Remaja* among adolescents. This is in line with the previous study by Lisma and Ruwayda (2021) highlighted the crucial role of health professionals play in influencing adolescents' access

to healthcare services. Their influence extends through direct interactions, educational efforts, and the creation of supportive healthcare environments (Backes & Bonnie, 2019).

The existence of a relationship between the role of cadres and the willingness of adolescents to participate in the adolescent health services is in accordance with the previous studies. Arfiah (2020), Muliati and Yusuf (2020), and Meta et al. (2023) found that cadres play an important role in the implementation of adolescent health program. Cadres have the task of increasing the awareness and willingness of adolescents to participate in the program.

Finally, recognizing the needs for health services is a significant predictor for the utilization of *Posyandu Remaja*. The findings indicate that adolescents who are more aware of their health needs are more likely to seek out and utilize health services effectively. A qualitative study by Fleary and Joseph (2020) also identified that health literacy plays a critical role in adolescents' recognition of their health needs. It encompasses the ability to obtain, process, and understand basic health information and services needed to make appropriate health decisions. Adolescents' ability to recognize their health needs is a fundamental step in the process of seeking healthcare services (Backes & Bonnie, 2019; Sawyer et al., 2018).

Ultimately, achieving equity in health services for school dropout adolescents requires a multifaceted approach that considers the various influences on their access to care. By understanding and addressing the barriers they face, stakeholders can implement strategies that promote health equity and improve the overall health and well-being of this vulnerable population. This not only benefits the individuals directly affected but also contributes to the broader goal of creating healthier communities.

## 6. CONCLUSION

The findings from this study underscore the multifaceted factors influencing school dropout adolescents' access to health services in the Sakra subdistrict of East Lombok regency. The significant correlations identified. All six predictors highlight the importance of knowledge, family support, distance, the role of health professionals, and the recognition of health needs in shaping adolescents' engagement with health services.

Adolescents who possess a strong understanding of available health programs, such as *Posyandu Remaja*, are more likely to utilize these services effectively. This emphasizes the need for ongoing educational initiatives aimed at enhancing health literacy among adolescents, which can be facilitated by health professionals and cadres. Furthermore, the positive impact of family support illustrates the critical role that familial encouragement

plays in motivating adolescents to seek necessary health services. Distance remains a significant barrier. The active involvement of health professionals and cadres is also crucial, as their engagement can foster a supportive environment that encourages adolescents to utilize health services. Ultimately, recognizing health needs is a vital predictor of service utilization, reinforcing the necessity for targeted interventions that enhance adolescents' awareness of their health requirements. Addressing these interconnected factors through a comprehensive approach can promote health equity and improve the overall well-being of school dropout adolescents, contributing to healthier communities in the long run.

To our knowledge, this is the first study that examines the utilization of adolescent health services among school dropouts in Indonesia. Therefore, there is still limited evidence regarding determinants affecting the utilization of adolescent health services among school dropouts.

## **LIMITATION**

While this study provides valuable insights into the factors influencing school dropout adolescents' access to health services in the Sakra subdistrict of East Lombok regency, several limitations must be acknowledged. Firstly, the sample size may limit the generalizability of the findings. The current sample may not fully represent the broader adolescent population, particularly those from varying socio-economic backgrounds or geographical locations. Secondly, the study's design restricts the ability to draw causal inferences between the identified predictors and health service utilization. Future research should consider a wider range of factors, including socio-economic status, cultural beliefs, and mental health, to provide a more nuanced understanding of the barriers and facilitators to health service utilization.

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