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To Love Yourself: Psychological Approach to Predict Healthy Lifestyle Behaviour in Adolescents

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Abstract. Adolescents are susceptible to problems and negativity during turbulent times of pandemic. ² In order to function optimally in this situation, adolescents need to focus on positive efforts in some sectors of their life, including the health sector, one of which is by performing healthy lifestyle behaviour. In this research, adolescents make positive efforts when they can love themselves, which is carried out in form of applying self-compassion and participating in

Sources

1 <https://v3.lapor.go.id/instansi/badan-kependudukan-dan-keluarga-berencana-nasional>
INTERNET
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2 <https://www.coursehero.com/file/p5i0mqq/emotional-competencies-in-order-to-function-optimally-in-the-family-and/>
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