



Multidisciplinary Approach in The Healthy Campus Program: Impact on Physical & Mental Health of University Students

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Abstract. The healthy campus program plays a crucial role in promoting the overall well-being of students by addressing both physical and mental health. A multidisciplinary approach involving psychology, sports medicine, physical education, and public health policies is essential for creating effective programs that integrate physical activities with psychological support. These integrated programs are more successful in enhancing students' health as they address both physical fitness and mental health challenges such as stress, anxiety, and depression. Despite the benefits, implementing such programs in higher education institutions faces challenges, including limited facilities, budget constraints, and low student participation. Therefore, it is important for universities to provide comprehensive and affordable facilities, allocate dedicated budgets for health programs, and develop inclusive policies to ensure the success of Healthy campus initiatives. Additionally, raising student awareness through health education and campaigns is necessary to encourage more active participation and promote a culture of health and well-being. This paper discusses the importance of a multidisciplinary approach to Healthy campus, explores the benefits of integrating physical activities with psychological support, and highlights the challenges and recommendations for enhancing the effectiveness of wellness programs in higher education settings. The findings suggest that well-designed Healthy campus programs not only improve students' health but also contribute to their academic success and overall quality of life.

Keywords: healthy campus, physical health, mental health, student well-being.

1. Introduction

Student health is a crucial aspect in creating a high-quality educational environment (Adriyani et al., 2024). Universities are responsible not only for academic development but also for the well-being of their students, both physically and mentally. According to Anwar & Jannah (2019), optimal health significantly influences academic performance, campus engagement, and the overall quality of students' lives. Therefore, a comprehensive and multidisciplinary approach is essential in building a Healthy campus, focusing not only on physical aspects but also on the mental health of students. One key initiative to achieve this goal is through the implementation of integrated physical activity programs.

Essentially, Healthy campus is not just about providing health facilities but about creating an environment that supports a balance between academic and non-academic life. Structured physical activities, such as sports, fitness classes, or outdoor activities, can serve as a means to achieve this objective (Farochi et al., 2024). These physical activity programs not only enhance students' physical health but also help reduce stress, anxiety, and depression often caused by academic and social pressures. In this regard, a multidisciplinary approach integrates various aspects such as psychology, medicine, sports, and education policy to create a more holistic and effective program.

As time progresses, the pressures faced by students have become increasingly complex. They must manage heavy academic workloads, adapt to campus life, and deal with social challenges that often add to their mental strain. This phenomenon impacts not only their mental health but also their physical well-being. Chronic stress, poor eating habits, and lack of physical activity can lead to long-term health issues such as obesity, diabetes, or musculoskeletal disorders (Mesa, 2022). Therefore, it is crucial to design programs that encourage participation in physical activities while also addressing students' mental well-being.

A multidisciplinary approach in creating a Healthy campus acknowledges the interconnectedness of physical and mental health and emphasizes that these aspects cannot be separated. Integrated programs, based on collaboration between various disciplines such as psychology, sports medicine, health management, and physical education, can provide more effective solutions to student health problems. Research conducted by Nisa et al. (2023) shows that structured and integrated physical activity programs improve physical fitness while also positively impacting students' mental health. However, there are still numerous challenges to overcome in their implementation in higher education.

According to a study by Ridwan et al. (2024), students involved in organized physical activities tend to have lower stress levels, less anxiety and depression, and better physical fitness. Physical activity not only stimulates the production of endorphins, which enhance mood but also improves sleep quality, cognitive function, and reduces anxiety. All these factors contribute to better mental well-being, which in turn can enhance academic performance. Therefore, it is essential to explore further how a multidisciplinary approach can be optimized in creating an effective Healthy campus program.

Despite the numerous benefits, challenges remain in the implementation of such programs. Some universities still fail to fully recognize the importance of student health both mental and physical in supporting academic success (Salawati et al., 2023). Furthermore, issues related to facilities, human resources, and policy support serve as barriers to developing comprehensive programs. Therefore, this study will explore how a multidisciplinary approach can be applied to create a better Healthy campus program, one that focuses not only on physical health but also thoroughly addresses students' mental well-being.

The purpose of this research is to review the existing literature on the multidisciplinary approach in the development of Healthy campus programs, with a focus on their impact on the physical and mental health of students. The results of this study are expected to provide significant contributions to the design of more effective and sustainable campus health policies and serve as a reference for universities in creating an environment that supports the holistic well-being of their students.

2. Research Methodology

This study employs a Systematic Literature Review (SLR) approach to explore and analyze various literatures related to the multidisciplinary approach in building Healthy campus, particularly focusing on its impact on the physical and mental health of university students. SLR is chosen as the methodology due to its ability to identify, evaluate, and integrate the findings from various existing studies, providing a more comprehensive and objective view on the researched topic (Soebiartika & Rindaningsih, 2023). This process involves searching literature from leading academic databases such as Google Scholar, Scopus, PubMed, and others, including journal articles, books, research reports, and other relevant academic sources related to the research theme.

The first step in this research is to define the inclusion and exclusion criteria for selecting articles to be analyzed. The inclusion criteria include articles discussing the multidisciplinary approach in the Healthy campus program, the impact of physical activity on the physical and mental health of students, and studies conducted in higher education settings. Articles that are irrelevant to the topic, such as studies that do not involve students or do not use a multidisciplinary approach, will be excluded from the analysis. Additionally, only articles published in the last five years will be considered to ensure that the data used represents recent research and is aligned with current developments.

After selecting the articles that meet the inclusion criteria, the next step is to conduct an in-depth analysis of the findings. This analysis will categorize the various multidisciplinary approaches applied in Healthy campus programs and identify the benefits and challenges associated with their implementation. The researcher will also evaluate the impact of physical activity on the physical and mental health of students based on the available findings. The results of this analysis will be systematically organized and compiled to provide recommendations for more effective implementation of the Healthy campus program and identify areas that require further research.

3. Result and Discussion

From the literature analysis conducted, it was found that a multidisciplinary approach in developing the Healthy campus program has a significant positive impact on students' physical and mental health. Programs that integrate various disciplines, such as psychology, sports medicine, and physical education, have been shown to improve students' physical fitness while also reducing levels of stress and anxiety (Wahyuningsih, 2015). Structured physical activities, such as scheduled exercise and fitness programs, not only improve cardiovascular health and overall fitness but also have positive psychological effects, such as enhanced mood, reduction in symptoms of depression, and increased self-confidence.

Furthermore, the findings indicate that student involvement in integrated physical activity programs can improve sleep quality and help manage anxiety related to academic pressure. A study by Agustini et al. (2021) emphasizes the importance of physical activity as an effective intervention to reduce mental health issues, such as anxiety and depression, that are often experienced by students during their academic years. Physical activity boosts the production of endorphins, which act as natural happiness hormones, and lowers cortisol levels, a hormone related to stress. This makes the Healthy campus program, which involves physical activities, a crucial strategy for supporting students' mental health.

However, several challenges were also identified in the implementation of the Healthy campus program. According to research by Arni (2023), some universities face limitations in terms of facilities, budgets, and human resources necessary to manage these programs effectively. While many universities have begun integrating physical activities into their curricula or providing better sports facilities, obstacles such as low student participation, insufficient policies, and stigma surrounding mental health prevent students from engaging in these programs. Therefore, this study recommends the development of more inclusive policies and greater support from university administrations to create a more supportive environment for students' physical and mental health.

• Multidisciplinary Approach in the Development of Healthy campus Program

The multidisciplinary approach in the development of the Healthy campus program plays a crucial role as it involves various complementary disciplines. Collaboration between psychology, sports medicine, physical education, and public health policies enables the design of holistic and comprehensive programs. Physical and mental health of students are inseparable, and both interact with each other (Hidayat, 2017). For example, students experiencing stress or anxiety due to academic pressure often also

experience a decline in physical health, such as sleep disturbances or reduced physical fitness. Therefore, programs that combine both physical and psychological aspects can be more effective in providing comprehensive solutions.

A multidisciplinary Healthy campus program also has a greater impact in creating an environment that supports student well-being. The integration of various disciplines, such as psychology, which helps students manage stress, and sports medicine, which enhances physical fitness, creates an atmosphere that supports their personal and academic development (Nasution et al., 2023). With psychological support in physical activity programs, students are not only faced with physical exercises that improve their bodies but are also given opportunities to manage the mental pressures they often face. This enhances their ability to deal with daily challenges, both academically and socially.

The implementation of this multidisciplinary approach also has the potential to improve students' overall lifestyle. In an integrated Healthy campus program, students are not only engaged in structured physical activities but are also provided with information on healthy eating habits, stress management, and the importance of balancing academic and personal life. The success of this approach lies in its ability to create a balance between a healthy body and a stable mind, ultimately contributing to the improvement of students' quality of life. Therefore, the development of a Healthy campus through a multidisciplinary approach is not only about improving physical health but also about creating a culture that supports the mental and emotional health of students holistically

B. Benefits of Integrated Physical Activity on Students' Mental Health

Integrated physical activity within the Healthy campus program has proven to provide significant benefits for students' mental health. Research by Ridwan et al. (2023) shows that participation in structured physical activities, such as regular exercise, yoga, or aerobics, can reduce stress, anxiety, and depression levels that are commonly experienced by students. These physical activities play a key role in stimulating the production of endorphins, the body's natural "feel-good" hormones that reduce anxiety and improve mood. As a result, students who regularly engage in physical programs feel calmer, more positive, and better equipped to manage the pressures they face in their daily lives.

Furthermore, programs that integrate physical activity with psychological support have a greater impact on students' mental well-being. Counseling, stress management training, or other psychological support provided within the Healthy campus program helps students manage feelings of anxiety and stress in more constructive ways (Nisa et al., 2023). For example, through training to improve stress management skills, students can learn healthier ways to cope with the academic and emotional pressures they experience. The combination of physical activity and psychological support makes students more resilient in facing the challenges they encounter.

The success of integrated physical activity in improving students' mental health is not only seen in the reduction of anxiety or depression symptoms but also in the enhancement of self-confidence. Students involved in physical programs feel more satisfied with themselves because they experience noticeable physical improvements, such as better fitness and increased stamina. This increased self-confidence positively affects their social and academic lives, as students feel more capable of handling

academic tasks and social interactions. Therefore, the Healthy campus program, which combines physical activity with psychological support, contributes significantly to creating an environment that supports students' overall mental well-being.

C. The Impact of Physical Activity on Students' Physical Health

In addition to providing benefits for mental health, integrated physical activity programs within the Healthy campus initiative also have significant positive effects on students' physical health. According to a study by Ridwa et al. (2024), students who regularly engage in sports programs show marked improvements in physical fitness, such as increased muscle strength, flexibility, and stamina. Regular physical activity helps students perform daily tasks with greater energy, reduces fatigue, and enhances overall physical endurance. These improvements are vital for students to better handle the academic and social demands of university life while maintaining a healthy lifestyle.

Moreover, physical activity plays a crucial role in preventing various health issues that students commonly face, such as obesity, hypertension, and musculoskeletal disorders. With an increasing number of students adopting sedentary lifestyles due to long hours of studying or using digital devices, regular exercise can help mitigate the negative effects of such habits. Routine physical activity can reduce the risk of heart disease, diabetes, and other health issues linked to unhealthy lifestyle choices (Trisnowati et al., 2022). This preventive approach ensures that students can maintain sustainable physical health, which ultimately supports their academic success and personal well-being.

D. Challenges in Implementing the Healthy campus Program

Although many universities have implemented the Healthy campus program, several challenges still hinder its effective execution. According to a study by Mesa (2022), the following challenges often arise:

- **Limited Sports Facilities**

One of the main challenges in implementing the Healthy campus program is the limited availability of adequate sports facilities at many universities. Not all campuses have large or high-quality facilities to support routine and diverse physical activities. Some campuses may only have small fields or limited sports rooms, while students' needs for spaces to exercise are larger and more varied. These limited facilities make it less attractive for students to participate in the physical activities offered by the campus. Moreover, many universities lack sufficient sports equipment, further exacerbating the situation. To address this issue, universities need to allocate larger budgets for the development and maintenance of sports facilities and collaborate with external parties, such as fitness centers or sports organizations, to provide more complete facilities for students.

- **Limited Budget and Resources for Health Programs**

Budget constraints represent another significant barrier in the development and implementation of the Healthy campus program. Many universities have limited funding, making it difficult to provide high-quality programs that address all aspects of health, both physical and mental. Budget limitations often only allow for a few types of programs or activities, while other aspects, such as psychological management, counseling, or stress management training, are often overlooked. In addition, the limited budget also affects the availability of competent experts in mental and physical

health, who are crucial for the success of the Healthy campus program. Therefore, universities should seek alternative resources, such as collaborating with external parties, sponsors, or public health organizations, to enhance the quality of the Healthy campus program without overly burdening the university's budget.

- **Low Student Participation in Health Programs**

Despite the availability of various Healthy campus programs, one of the biggest challenges is the low level of student participation. Many students find it difficult to make time for physical activities due to their busy academic schedules, filled with assignments, exams, and other commitments. Some students also feel uninterested or unmotivated to participate in physical activities or the programs offered by the campus. Additionally, the stigma surrounding mental health remains strong, making many students reluctant to join programs focused on mental health, such as counseling or stress management training. They may fear being perceived as weak or unable to handle pressure independently. To improve student participation, universities need to create flexible, engaging programs that cater to students' needs. This can be achieved by offering more varied schedules, providing incentives or rewards for active participants, and raising awareness about the importance of mental health through more open and inclusive campaigns.

E. Recommendations for the Development of the Healthy campus Program

Based on the findings of the research, several recommendations can be made to enhance the effectiveness of the Healthy campus program. The key recommendations to implement are:

- **Provision of More Comprehensive and Affordable Sports Facilities**

One of the main recommendations for developing the Healthy campus program is to provide more comprehensive and affordable sports facilities. Universities need to ensure that the available sports facilities are not only adequate in number but also in quality. Providing larger sports rooms, complete sports equipment, and fitness facilities that are easily accessible to all students will greatly support the success of the Healthy campus program. Additionally, universities should consider the cost factor in providing these facilities so that the expenses do not become a barrier for students to participate. As an additional step, universities can collaborate with external parties, such as fitness centers or local sports communities, to provide a wider range of facilities without significantly burdening the campus budget. With sufficient facilities, students will be more motivated to participate in various sports programs offered by the university.

- **Integration of Physical Activities with Psychological Approaches**

A more effective Healthy campus program should integrate physical activities with in-depth psychological approaches. While physical activity plays a significant role in improving bodily health, its impact on students' mental health can be limited if not accompanied by psychological support. Therefore, universities should provide programs that not only focus on physical fitness but also include counseling, stress management training, and self-awareness improvement. This approach could include counseling sessions that help students cope with anxiety or depression, as well as training that teaches healthy ways to manage stress and emotions. By combining both aspects, universities can create a more supportive environment for holistic well-being, enhancing students' quality of life and preparing them to face academic and personal challenges more effectively.

- **Policy Support and Allocation of Specific Budget**

To ensure the sustainability and success of the Healthy campus program, universities need to increase stronger policy support. An important step is allocating a specific budget for student health programs, including both physical and psychological support. Without adequate funding, these programs will struggle to develop and meet the needs of students. Universities must also involve various stakeholders in the planning and implementation of the Healthy campus program, including health and psychology experts, as well as student organizations. This collaboration will ensure that the programs can accommodate the diverse needs of students and reach a broader audience. Universities can also leverage external resources, such as sponsors, non-governmental organizations (NGOs), or government support, to obtain additional funds that can support the development of more effective and inclusive Healthy campus programs.

- **Intensive Health Campaigns and Education**

Raising students' awareness of the importance of maintaining physical and mental health is a crucial step in developing the Healthy campus program. Universities need to run more intensive health campaigns, not only promoting physical activities but also emphasizing the importance of mental health maintenance. These campaigns can be conducted through various channels, such as social media, seminars, workshops, or special events that educate students about the benefits of exercise and healthy ways to manage stress. Additionally, more structured health education, including training on nutrition, time management, and relaxation techniques, should be provided to ensure that students have the skills necessary to maintain a balance between academic life and their well-being. With a more comprehensive campaign and intensive health education, students will be more motivated to take care of their health, both physically and mentally.

- **Creation of Flexible and Accessible Programs**

To ensure that more students can participate in the Healthy campus program, universities need to create flexible and accessible programs for all students. Considering that students have busy class schedules, physical and psychological programs should be adjusted to more flexible times, such as offering sessions that can be attended at various times, whether in the morning, afternoon, or evening. Additionally, these programs should be easily accessible in terms of location and cost. If possible, universities can provide digital platforms for sports programs or online counseling that allow students to participate even if they cannot attend in person on campus. In this way, the Healthy campus program will be more inclusive and capable of reaching students from various backgrounds and conditions.

4. Conclusion

The Healthy campus program is a crucial initiative in creating an educational environment that supports the overall well-being of students, both physically and mentally. A multidisciplinary approach involving collaboration across various fields such as psychology, sports medicine, and public health policies has proven to be more effective in improving the holistic health of students. Programs that integrate physical activities with psychological support not only focus on physical fitness but also on managing stress, anxiety, and other mental health challenges commonly faced by students.

However, the implementation of Healthy campus programs still faces several challenges, such as limited sports facilities, restricted budgets, and low student participation rates. To address these issues, universities need to provide more comprehensive and affordable facilities, allocate specific budgets for student health programs, and create policies that ensure the sustainability of these programs. Additionally, increasing student awareness about the importance of maintaining both physical and mental health through more intensive health campaigns and education is essential.

With the recommendations provided, it is hoped that universities can develop more effective and inclusive Healthy campus programs that not only meet students' needs but also foster an environment that supports their well-being in facing academic and daily life challenges. The success of this program will have a positive impact on students' quality of life and enhance both their academic performance and overall health.

5. Conflict of Interest

The author(s) declared no conflict of interest.

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