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# DIGITAL HEALTH EDUCATION: IMPROVING HEALTH LITERACY IN COMMUNITIES THROUGH ONLINE LEARNING PLATFORMS: A SYSTEMATIC REVIEW

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DOI: <https://doi.org/10.61402/sajmr.v3i3.411>

**Keywords:** Digital health education, health literacy, online platforms, healthy lifestyle, digital era.

## ABSTRACT

Digital health education plays an important role in improving people's health literacy in the digital era. Various studies have shown that online learning platforms, such as webinars, apps, audiovisual media and interactive content, are effective in delivering health information. Studies show an increase in knowledge about mental health, healthy lifestyle, digital parenting, and the dangers of smoking after technology-based interventions. However, challenges such as disparities in technology access, varying digital skills and data security remain a concern. Strengthening digital literacy through education using digital media is proven to increase public awareness of the importance of better health, education, and economic life.

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# DIGITAL HEALTH EDUCATION: IMPROVING HEALTH LITERACY IN COMMUNITIES THROUGH ONLINE LEARNING PLATFORMS: A SYSTEMATIC REVIEW

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## ABSTRACT

Digital health education plays an important role in improving people's health literacy in the digital era. Various studies have shown that online learning platforms, such as webinars, apps, audiovisual media and interactive content, are effective in delivering health information. Studies show an increase in knowledge about mental health, healthy lifestyle, digital parenting, and the dangers of smoking after technology-based interventions. However, challenges such as disparities in technology access, varying digital skills and data security remain a concern. Strengthening digital literacy through education using digital media is proven to increase public awareness of the importance of better health, education, and economic life.

**Keywords:** *Digital health education, health literacy, online platforms, healthy lifestyle, digital era.*

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## I. INTRODUCTION

Health education in the digital era is one of the most important aspects in improving the quality of life of the community. The development of digital technology has changed the way health information is delivered and accessed, allowing people to gain health knowledge more quickly, widely and efficiently. However, despite easier access to health information, many challenges arise, such as digital literacy gaps, limited understanding of valid health information, and inability to apply the



knowledge in daily life. This calls for a new approach that integrates digital technology into the health education system to address the needs of modern society.

Various studies have shown that online learning platforms have become an effective tool to improve people's health literacy. For example, research by Alya Rahmadani Hasibuan et al (2024) revealed that the use of digital media such as webinars, health apps and interactive educational content can increase public awareness of the importance of a healthy lifestyle. However, this study also highlighted the gap in the implementation of a healthy lifestyle even though health information is easily accessible online. Therefore, health education through digital platforms must not only deliver information, but also ensure that people can understand and apply this knowledge.

In addition, adequate digital literacy is a key factor in the success of digital-based health education. Firdausi et al. (2023) showed that the introduction and practice of using educational technology can address the digital literacy gap, especially among students. Strong digital literacy enables individuals to optimally utilize technology, including in understanding health information. However, the variation in digital literacy levels in the community is a major challenge that must be overcome in implementing digital health education as a whole.

The importance of digital health education is also evident from research results in various specific health fields. For example, Novi Fitriani et al (2024) found that the use of digital media such as flipbooks can significantly improve adolescent girls' knowledge of menstrual hygiene. This shows that digital media has great potential in delivering relevant health information effectively. On the other hand, research by Sutiawati et al (2024) revealed that educational media such as videos and leaflets were equally effective in improving adolescents' mental health literacy, although there was no significant difference between the two. This finding confirms that the selection of digital media should be tailored to the needs and preferences of the target audience.

However, the implementation of digital health education is not free from challenges, as highlighted in a study by Kurniasih and Elita (2024). These include gaps in technology access, limited digital skills, and lack of technology integration in health education practices. Therefore, a comprehensive strategy is needed to overcome these





barriers, including through strengthening digital literacy, developing engaging educational content, and training for teaching staff. With the right approach, digital health education can be an effective tool to improve the health literacy of the population at large.

## II. LITERATURE REVIEW

Digital health education has become a fundamental prerequisite for enhancing community health literacy in the current digital era. Askrening et al. (2025) emphasize the role of various learning platforms—ranging from webinars to interactive applications—in disseminating health information widely, significantly raising public awareness of healthy lifestyles. Nonetheless, despite easier access to information, gaps in comprehension and practical application of that knowledge remain a major challenge.

Hasibuan et al. (2024) found that although the public frequently accesses health information via digital media, behavioral change toward healthier lifestyles does not always follow increased knowledge. Their qualitative study suggests that digital health education strategies must be more interactive—incorporating quizzes, simulations, and immediate feedback—to ensure that acquired knowledge translates into everyday practice.

A crucial component is digital literacy itself. Firdausi et al. (2023) reported that training in technology use through online learning enhances participants' digital literacy, yet integrating these technologies into daily routines remains difficult. In line with this, Purwanti et al. (2025) demonstrated that video- and presentation-based socialization significantly improved pre-test to post-test scores among health students, underscoring the importance of hands-on practice for successful learning outcomes.

Causio et al. (2025) evaluated the effectiveness of Digital Health Interventions (DHIs) in improving health literacy across diverse populations. Reviewing 39 studies, they showed that mobile apps, web platforms, and telehealth services can increase health understanding, although the magnitude of impact varies according to users' age and socioeconomic status.



Attention to older adults has also grown. Dong et al. (2023), in a single-arm meta-analysis, found that digital literacy interventions – including multimedia tutorials – effectively enhanced technological self-efficacy among seniors, although their effects on specific technical skills warrant further investigation.

Mobile health (mHealth) applications likewise demonstrate broad benefits. Zhang and Zhao (2023) reported that using mobile apps for health education significantly raises eHealth literacy and critical appraisal skills among users with lower educational backgrounds.

Visual-based approaches, such as educational videos, prove particularly effective. Romano and Sari (2024), in their meta-analysis, noted that video-based materials improve comprehension of health content more than traditional print or lecture methods, with consistent effects observed across age groups.

Sutiawati et al. (2024) added that while there was no significant difference between video and leaflet media in raising adolescent mental health literacy, both formats were effective. Therefore, media selection should align with audience preferences to maximize engagement.

On the challenge side, Kurniasih and Elita (2024) and Hasyim (2024) highlight disparities in technology access and variations in digital capability within the general population. They stress the need for ongoing training of educators and the use of inclusive material design to support vulnerable groups.

Looking ahead, the success of digital interventions hinges on user-centered design, cultural adaptation, and theoretical frameworks that foster intrinsic motivation. Emerging strategies such as gamification and algorithmic personalization also show promise for sustaining long-term engagement.

### III. METHODS

This study uses a literature review method that focuses on analyzing various studies related to digital health education and health literacy in the community. Data were obtained by reviewing relevant scientific journals and research reports. These sources were accessed through trusted academic databases, such as Google Scholar, PubMed and ScienceDirect. Keywords such as "digital health education", "health





literacy", "online learning platform", and "technology in health education" were used to optimize the source search. Each selected study was critically analyzed to identify relevant concepts, findings, and recommendations. The results of this method were systematically summarized to provide a comprehensive insight into digital health education and the role of online platforms in improving people's health literacy.

#### IV. RESULTS

##### 1) Result

**Table 1. Data Charting**

No.	Author/Year/Title	Country	Research Objectives	Type of Research	Methods	Results
1	Hasibuan, A.R., et al. (2024). The Role of Health Education in Increasing Public Awareness of Healthy Lifestyles in the Digital Age	Indonesia	The purpose of this study was to explore community perceptions about the use of digital media in obtaining health information and its relation to changes in healthy living behavior.	Qualitative Research with Case Studies. Case studies were chosen to explore in-depth perceptions from the community regarding the use of digital media in obtaining health information and its impact on changes in healthy living behavior. This approach allows researchers to analyze phenomena in the context of real life, so that the results can describe a reality that is closer to the experience of the research subject.	The method used was a survey and in-depth interviews with 100 respondents to explore the public's understanding of the use of digital media in health. Data was processed using thematic analysis	People are accustomed to accessing health information online, but there is a gap in understanding and implementing a healthy lifestyle. Digital health education programs can increase public awareness and knowledge about healthy lifestyles.
2	Effendy, H. F. (2021) The Effect of Digital Parenting Health Education on Maternal Knowledge and Sleep Needs of	Indonesia	The purpose of this study was to measure the effect of digital parenting health education on maternal	Pre-experimental research with One- Group Pre-test Post-test Design.	Using a pre-test and post-test design to measure changes in	The results showed a significant increase in mothers' knowledge (59%) and fulfillment of children's sleep needs (62%) after



	Preschool Children   Indonesia		knowledge and fulfillment of preschool children's sleep needs.		mothers' knowledge of digital parenting and children's sleep needs. Questionnaires were used as instruments to collect data before and after the educational intervention.	digital health education.
3	Firdausi et al. (2023). Improving Digital Literacy among Students: Introduction and Practice of Using Educational Technology in Communication	Indonesia	The purpose of this study is to evaluate the effect of online learning in improving digital literacy among students, teachers and lecturers.	This type of research is descriptive qualitative research.	The research method used was online learning using the Zoom application for 33 participants consisting of students, teachers, and lecturers. Evaluation was conducted with pre-test and post-test to measure the improvement of digital literacy.	The results showed that there was a significant improvement in the understanding of digital literacy among participants after taking part in the online learning, which also helped them in the application of technology for education and health.
4	Purwanti, E., et al (2025) Improving Digital Literacy for Health Students at	Indonesia	The purpose of this study was to improve the understanding of	Quantitative Research with Pre-test and Post-test Design	This research method is a pre-test	The results showed a significant increase in student understanding scores, from 5.05 in the



	Jenderal Achmad Yani University Yogyakarta through Socialization		digital literacy among health students through technology-based socialization.		and post-test to measure students' understanding of digital literacy before and after socialization using educational videos and PowerPoint. Evaluation was done through questionnaires filled in before and after the socialization.	pre-test to 9.58 in the post-test. Technology-based socialization proved effective in increasing students' awareness of the importance of digital literacy in clinical practice.
5	Judijanto, L., & Zakia, I., (2024). Integration of Digital Technology in Health Learning in the Modern Era	Indonesia	The purpose of this study is to explore the challenges and opportunities in the integration of digital technology in health learning.	Qualitative research with a literature review approach.	This study used a literature review approach to identify studies that addressed technology integration in health education. Interviews were conducted with teaching staff to explore the challenges faced in implementing the technology.	Research results This study found that technology integration in health learning has great potential, but the challenges faced are the gap in access to technology and the readiness of teaching staff.





6	Hashim. M., (2024). Challenges and Opportunities for Health Education in the Digital Age: Building Health Awareness Online	Indonesia	This research aims to explore the challenges and opportunities in digital-based health education and building health awareness through online platforms.	Descriptive Qualitative Research	The methods used were in-depth interviews with health experts and literature analysis to explore the challenges and opportunities in digital-based health education.	The research identifies major challenges related to limited digital skills and access to technology in communities, but also shows great opportunities to build health awareness through more accessible online platforms.
7	Sutiawati, D. N., Sutini, T., Fauziah, M., Purwati, N. H., & Nuraidah, N. (2024). Effectiveness of video and leaflet educational media in increasing adolescent mental health literacy.	Indonesia	The purpose of this study was to evaluate the effect of video and leaflet media on adolescent mental health literacy	This study is experimental with a two-group pretest-posttest design without control. This study aims to evaluate the effectiveness of educational media in the form of videos and leaflets in improving adolescent mental health literacy.	Data were collected through the MHL-q (Mental Health Literacy Questionnaire) questionnaire completed by participants before and after the educational intervention using videos and leaflets. This study measured adolescents' mental health literacy by comparing pretest and posttest results	Although there was no significant difference between the effect of videos and leaflets, both were effective in improving understanding of mental health.



					across two groups that received different media. Data were analyzed using descriptive statistical tests to assess the change in scores between the two groups.	
8	Fitriani, I., Djannah, S. N., & Trisnowati, H. (2024). The effectiveness of digital media in improving adolescent health literacy about the dangers of smoking.	Indonesia	This study aims to assess the effectiveness of digital media in improving adolescent health literacy regarding the dangers of smoking.	Literature review	This study analyzed published articles and related research on the use of audiovisual-based digital media to deliver health information to adolescents. The analysis process involved sorting relevant articles from various scientific journals and research reports related to this topic.	Audiovisual-based digital media proven effective in improving adolescent health literacy on the dangers of smoking
9	Fitriani, N., Lindayani, E., & Akhmad, A. (2024).	Indonesia	This study aims to analyze the effect of digital	This study used a quasi-experimental	Total sampling technique	There is a significant influence on the level of knowledge about



	The effect of health education using digital flipbook media on the level of knowledge of menstrual hygiene of adolescent girls in the working area of Kotakaler Health Center.		flipbook media in increasing knowledge about menstrual hygiene.	design with a one-group pretest-posttest design. This design was used to evaluate changes in participants' knowledge after being given intervention using digital flipbook media on menstrual hygiene.	was applied to select 70 respondents from adolescent girls in the working area of Kotakaler Health Center. The instrument used was a pretest and posttest questionnaire, which served to measure their knowledge about menstrual hygiene before and after being given health education through digital flipbooks. Data were analyzed using the Wilcoxon test to determine whether there was a significant difference in knowledge between pretest and posttest.	menstrual hygiene, with the Wilcoxon test results showing a sig value of 0.000 (<0.05).
10	Daulay, L. S., Mardianto, M., &	Indonesia	This research aims to highlight the importance of	Qualitative Research	Data were collected through a	The introduction of literacy in early childhood is essential





	Nasution, M. I. P. (2023).		children's health literacy in the digital age.		literature review that included articles and books relevant to the topics of child mental health and digital literacy. Analysis was conducted using thematic analysis to identify trends and patterns in children's health literacy acquired through the use of digital technology.	to reduce the negative impact of internet use, as well as support better mental health.
11	Kurniasih, N., & Elita, R. F. M. (2024). Strengthening digital literacy in utilizing online learning platforms.	Indonesia	This research aims to improve digital literacy to optimize the use of online learning platforms.	This research is a community service (PKM) that aims to improve digital literacy among students and the general public to optimize the use of online learning platforms.	The research method is an online talk show conducted through YouTube and Zoom channels, involving 50 participants. This study used a survey to measure the participants' improvement in using the features of	The research found that the program successfully improved participants' ability to access and use online learning platform features, and encouraged positive digital creativity.



					online learning platform and developing their digital creativity.	
12	Oshada. (2024). Challenges and opportunities for health education in the digital age: Building health awareness online.	Indonesia	Explore the challenges and opportunities of health education in the digital age.	This study used a qualitative approach with a narrative and interpretive design to explore the challenges and opportunities in health education in the digital era. This approach allowed us to understand the in-depth perceptions of experts, practitioners and the public regarding the role of health education on online platforms.	This study used narrative and interpretive analysis that collected data from scientific literature, community surveys, and interviews with health and information technology experts. This technique helped the researcher to identify the dynamics that lie behind the formation of health awareness through digital media, as well as the challenges and opportunities that arise in the implementation of digital-based health	This research reveals the challenges of building health awareness through online platforms, by collecting data from various sources.



					education. ..	
13	Marbun, E. S. B., Destiani, T. S., & Rachman, I. F. (2024). Improving health, education and economy with digital literacy in SDGs 2030.	Indonesia	This research aims to examine the use of digital media to improve health, education and economy.	This research is a literature review that focuses on analyzing literature sources related to the use of digital media in improving health, education, and the economy, especially among generation Z born in the era of digitalization.	The research involved collecting and analyzing relevant literature, including academic articles, books, fatwa documents and other publications that address digital economic development strategies and digital literacy. Academic databases and article search platforms such as Google Scholar were used to optimize the search and selection of relevant literature sources.	Digital media can improve health, education and the economy, but the risks must be used wisely.
14	Simanjuntak, M. M. (2022). Analysis of the urgency of using digital literacy in the implementation of education during the pandemic in junior high schools.	Indonesia	The purpose of this study is to identify and analyze the urgency of using digital literacy in the implementation of education	The type of research used is qualitative with a literature study approach and direct observation. This study also used interviews	This research uses a literature study to review previous studies relevant to	The results show that digital literacy is urgently needed and a priority that should be developed in education, especially during the pandemic that necessitates online learning. Based on





			during the pandemic at the junior high school level. This research also aims to evaluate the extent to which digital literacy is a necessity in supporting online learning in junior high schools.	to collect data from teachers in junior high school.	the topic of digital literacy in online education. In addition, direct observations to schools and interviews with 12 teachers in junior high schools were conducted to obtain information regarding the implementation of digital literacy in learning activities during the pandemic.	interviews with teachers, it was found that although digital literacy is considered important, many teachers do not fully understand and master digital technology, both in the use of devices and in digital-based teaching. This results in not all students getting optimal learning through digital literacy. This study suggests that further training be provided to teachers in junior high schools to improve their ability to use technology in the online learning process.
15	Putro, G. S., Arfiany, A., & Yasni. (2024). Social impact analysis of the implementation of technology-based service programs in rural areas	Bangladesh	This study aims to assess the social impact of a technology-based program in rural areas   Mixed methods   Surveys, questionnaires, in-depth interviews   Technology-based program	Mixed methods	Survey, questionnaire, in-depth interview	Technology-based programs deliver positive social impacts in education, health and economics, with increased rural business incomes and access to health services.

## 2) Analysis

Research results from Hasibuan et al. (2024) showed that although most people are accustomed to accessing health information through digital media, there are still gaps in their understanding and implementation of proper healthy lifestyles. The study concluded that although digital media provides easy access to information,



digital-based health education strategies need to be improved to better ensure people can implement the knowledge gained in their daily lives. Therefore, there needs to be innovation in a more interactive and practice-based approach to address this issue.

Effendy (2021) showed that digital parenting health education had a significant impact on mothers' knowledge about parenting and meeting the sleep needs of preschool children. Maternal knowledge increased, and this was proven to help fulfill children's sleep needs better. This study confirms the importance of utilizing digital platforms to support the role of parents in educating children, especially in critical aspects of parenting. Technology-based interventions provide an effective and accessible way to provide useful parenting information.

Research results from Firdausi et al. (2023) showed that the introduction of educational technology through online activities can significantly improve learners' digital literacy. While there is an increased understanding of the use of technology in communication, this study also revealed that there are challenges in fully integrating technology in learners' daily learning lives. Therefore, more intensive efforts are needed to ensure that digital literacy can be properly implemented outside the classroom.

Purwanti et al. (2025) revealed that socialization of digital literacy through lectures and direct discussions succeeded in increasing students' understanding of the importance of digital literacy in the context of clinical practice. The significant increase in pre-test and post-test scores indicated that this socialization could improve the digital awareness and skills of health students. The study also identified challenges in terms of variation in digital skills among participants, which should be a focus in future digital literacy programs.

Judijanto, L., & Zakia, I., (2024). also noted major challenges in terms of gaps in technology access, faculty readiness, and data security issues. These challenges need to be addressed to ensure the effectiveness of technology in digital health education, especially in areas with limited access to technology.

Hasyim (2024) found that through social media and health apps, people can be more accessible to relevant health information. However, barriers such as limited



access to technology and varying digital skills are major obstacles to the widespread implementation of health education.

Sutiawati et al. (2024) revealed that although there was no significant difference between the effect of video and leaflet media, both were effective in improving adolescents' mental health literacy. This study shows that despite different media choices, both can function effectively in conveying important information about mental health. This indicates that media selection should be tailored to the targeted audience to achieve optimal results.

Research by Fitriani et al. (2024) revealed that the use of audiovisual-based digital media proved to be very effective in improving adolescents' health literacy regarding the dangers of smoking. Media such as educational videos and other visual content help adolescents to understand the health risks associated with smoking. This study confirms that digital media can be used effectively to improve adolescents' understanding of important health issues, especially in terms of smoking.

Fitriani et al. (2024) showed that the use of digital flipbook media was very effective in increasing adolescent girls' knowledge about menstrual hygiene. With the Wilcoxon test results showing significant values, this study emphasizes the great potential of digital-based media in providing education on topics that are often considered sensitive. The results also show that digital media can be used to deliver health information in a way that is more interesting and easily understood by adolescents.

Sardiani Daulay et al. (2023) found that the introduction of strong literacy can have positive benefits for children's mental health, helping them avoid harmful behaviors that can arise from unwise internet use. This research emphasizes the importance of support from parents, teachers and communities to develop healthy digital literacy in children.

Kurniasih & Elita (2024) showed that the digital literacy strengthening program through online talk shows successfully improved participants' ability to access and use online learning platforms. These results suggest that digital literacy can play an important role in optimizing learning in the digital era. However, despite the





improvement, there are still challenges related to the limitations of digital creativity and participants' ability to utilize the platform optimally.

Oshada (2024) found that although there are great opportunities to expand the reach of health education through online platforms, challenges such as technology access gaps and limitations in digital skills remain barriers. Therefore, there needs to be a more comprehensive approach to ensure that digital health programs can reach all levels of society.

Marbun et al. (2024) note that digital media allows this generation to more easily access information related to various aspects of their lives. However, a key challenge that arises is the risk posed by the unwise use of digital media, which can detract from the positive benefits that should be gained.

Simanjuntak (2022) points out that digital literacy is an urgent need in the implementation of online education, especially at the junior high school level during the pandemic. Although digital literacy is recognized as important by teachers, the reality is that there is still a significant gap in the understanding and mastery of technology among educators. Interviews with 12 teachers revealed that many teachers have not fully utilized digital literacy in their teaching, leading to an uneven learning experience among students. This highlights the need for further training for teachers to effectively utilize technology and ensure optimal online learning, especially in the context of a pandemic that is forcing the education system to adapt quickly.

Research results from Putro et al. (2024) showed that technology-based programs have had a positive social impact in rural areas. In education, the use of digital platforms has improved student test scores, and in health, telemedicine significantly reduced travel time to medical facilities. The program has also increased access to digital financial services which has resulted in increased income for rural businesses. However, there are still challenges related to the diversity of access and acceptance of technology in more remote areas.

## V. CONCLUSION AND SUGGESTION

Based on the results of the 15 journals analyzed, it can be concluded that digital health education plays a very important role in improving people's health literacy in



the digital era. The use of digital media, such as health apps, webinars, educational videos, and online learning platforms, has proven effective in improving people's understanding of health issues, including healthy lifestyles, mental health, and menstrual hygiene. However, despite easier access to health information, many challenges arise, such as gaps in understanding and applying this knowledge in daily life. Gaps in digital literacy, variations in digital skills among individuals, and limited access to technology are the main barriers that need to be overcome to maximize the benefits of digital health education.

It is important to remember that digital technology is not a single solution to health problems, but a very potential tool that can be used to support and strengthen existing health systems. Therefore, efforts to improve digital literacy through inclusive and audience-driven education programs are needed. To this end, further development of technology-based health education curricula, as well as empowering communities to improve their digital skills, are important steps in meeting this challenge. With a more appropriate approach tailored to the social and cultural context, digital health education can significantly contribute to improving people's quality of life in various sectors, including health, education and economy.

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