

Port Cities Development in Fostering Healthy Youth Participation

Learning from the Historical Journey of SSEAYP (The Ship for Southeast Asian and Japanese Youth Program)

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Abstract

Healthy citizens are part of the driving forces to build and develop better, learning from the issue which has occurred globally in recent years and how we progress gradually throughout the challenges of inclusivity, diversity, and sustainability. In the 2021 publication, UN-Habitat has addressed the importance of collaboration, during the crisis, between the city's authority or government with various stakeholders: private companies, local citizens, especially youth-led organisations and communities. As the growing generations of the present and future society and economy, undoubtedly youth is an essential element of the population in any city. The countries of ASEAN (Association of Southeast Asian Nations) have been situated at the crossroads of maritime trading routes and cultural exchange hubs. Their populations, including the youth – young people at the productive age of around 18 to 30 years old, are inevitably influenced by spaces amplifying the urban capacity, infrastructures supporting the socio-economic activities, and policies shaping the citizens' behaviour. Learning from SSEAYP (The Ship for Southeast Asian and Japanese Youth Program), considered the most historical and influential youth exchange program in the region, which aims to promote the spirit of leadership, friendship, and mutual understanding, the journey has led youth, citizens of ASEAN and Japan, in connecting one port city to another port city. In this research paper, the unique relations, which seem to be rarely associated before, between port cities, as part of urban development, youth participation, and healthy citizens, are studied with an idea of SSEAYP as the multilateral platform of their significant linkage. Its design, history, and community are presumed to be fundamentally affected by the development of visited port cities, positively influencing the growth and well-being of youth. They also have the potential of becoming a key driver or diplomacy tool for the city's authority and national government to initiate betterment and improvement of their urban policy and infrastructures. Expectantly, the exploration and comprehension of this study might support the achievement of our envisioned healthy city and the well-being of society.

Keywords

Port Cities, Urban Development, Youth Participation, Healthy Citizens, SSEAYP, ASEAN and Japan

1. Introduction

1.1. Findings

Port cities development is historically significant to the country's progression as it influences the establishment of interconnected regions in various sectors to drive the urban agglomeration, affecting the future society and economy, with youth population as one of the essentials.

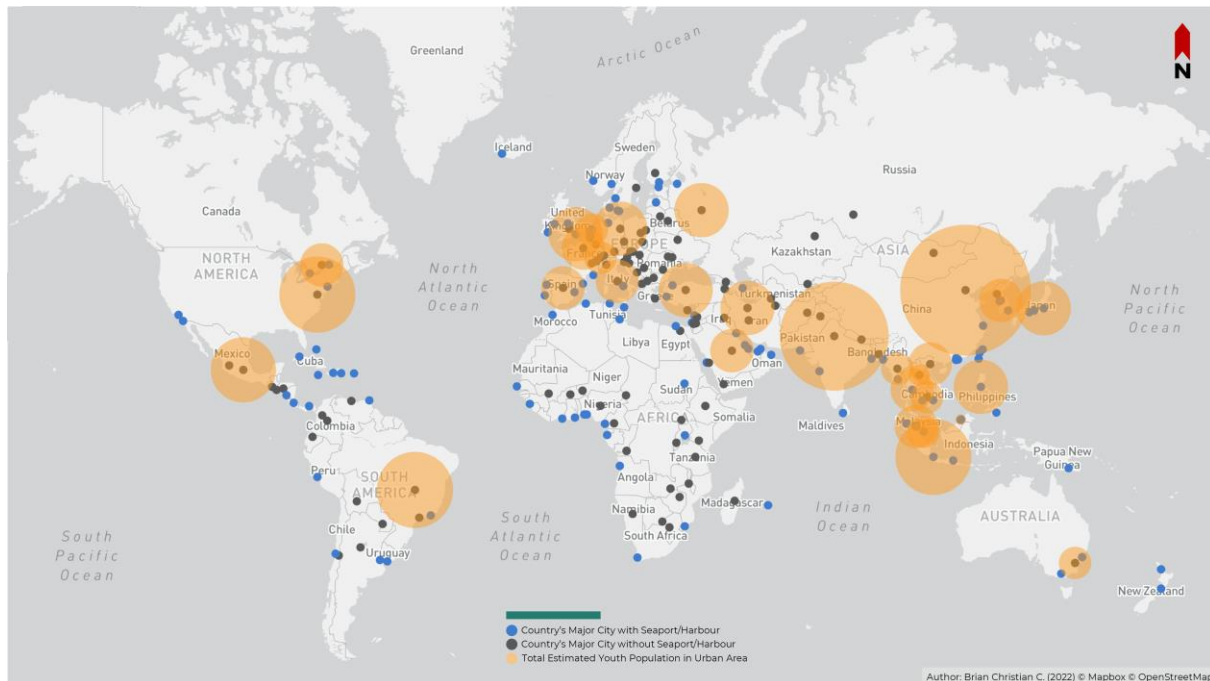


Figure 01. Map of World's Major Cities and Largest Youth Population in Urban Area. Source: United Nations & World Bank (Author's Analysis). Output: Mapbox Studio & Microsoft Publisher (Author's Design)^[1].

Locations of the world's major cities could be identified with the location pattern at either coastal areas or river proximity. Of the 150 countries with the highest estimated nominal GDP (Gross Domestic Product) and estimated national population as of 2020, a total of 225 major cities, including the capital city of each country, are listed based on their demographic and economic aspects. It has been identified that there are 114 port cities (the country's major cities with seaport or harbour) which account for more than half of the listed major cities. Those 225 major cities comprise approximately 902 million population, reaching almost 1 billion population or around 1/7 of the total global population. Among them, 517 million population, or around 57.3% of the major cities population, live in those port cities; for Southeast Asian countries, most were planned and reconstructed by the Europeans during the colonial period (Wang, Jia, 2016).

The youth population is increasing from year to year in this modern era, rapidly for developing countries such as in the Southeast Asia region. The demographic bonus could be a gift to the countries where it is occurring, a condition in which an economically active population exceeded the economically dependent (UN-Habitat, 2013, Cities of Youth: Cities of Prosperity, p.4). From the map above, the location pattern could be observed that most agglomerated youth populations are in countries with port cities as their largest cities. Consolidating the data from 30 countries with the highest economic and demographic parameters, including 10 countries of the ASEAN (Association of Southeast Asian Nations), with UN World Urbanization Prospects and Population Pyramids 2020, there is a total of around 637 million youth population (age between 18 to 30 years old) living in urban areas, with the weighted average of urbanization rate reaching 70.3% for those countries.

These findings have started the presumption on the importance of port cities development and urban youth population. The health and well-being of young people at such productive age are part of the driving forces to build the cities and develop the countries for the betterment. In Southeast Asian nations, learning from one of the most historical and influential youth exchange programs in the region is an aim to explore and comprehend those associated elements in urban development, supporting the achievement of our envisioned healthy city and the well-being of society.

1.2. Terms

In this Research Paper, several terms related to the program as a learning point, are considered uncommon. Therefore, those terms and abbreviations are explained descriptively to give understanding to readers from various backgrounds, countries of origin and sectors of expertise.

SSEAYP (The Ship for Southeast Asian and Japanese Youth Program) is an annual youth exchange program organised by the Cabinet Office of Japan and governments of Southeast Asian countries to promote friendship and mutual understanding among the youths of those participating countries, to broaden their perspective on the world, and to strengthen their spirit of youth leadership, practical skills, and international collaboration. Since its inception in 1974, the program has organised a total of 46 international voyages attended by youth delegations sent by governments of respective members. SSEAYP is sponsored by the Cabinet Office of Japan and supported by the member countries of ASEAN. The program brings together more than 300 selected youths each year from ASEAN member countries and Japan, providing them with the unique opportunity to live together on board the ship and with the host or foster family during the country visit. SSEAYP started in January 1974 based on Joint Statements issued between Japan and the first five ASEAN countries (established in 1967): Indonesia, Malaysia, Philippines, Singapore and Thailand. In 1985, Brunei Darussalam joined the program, a year after they officially became a member country of ASEAN. Vietnam followed to join the program in 1996, while Laos and Myanmar joined in 1998, then lastly, Cambodia in 2000.

PY (Participating Youth), the SSEAYP country's selected youth delegates, have various activities to be conducted during the 2-month program (usually from October to December). On-Board Activities are activities conducted on the ship while sailing from country to country (Japan and ASEAN member countries), comprise of DG (Discussion Group – themes or topics vary from year to year, but mainly based on the trending worldwide issues or the UN SDGs), SG (Solidarity Group), PYS (Participating Youth Seminar), VA (Voluntary Activity), NP (National Presentation), and Flag Hoisting Ceremony. Meanwhile, the POC (Port-of-Call) Activities are activities conducted during the country visit, also called the Country Program, which varies by order of visits depending on the designed sailing route each year, comprising of Courtesy Calls – with the prime ministers and government officials, Institutional Visits, Local Youths Interactions, and Homestay Program. The official working language for SSEAYP is English, although some of the PYs is fluent in Japanese and other languages of the ASEAN member countries as well. Each year after the program, the PYs as the goodwill ambassador of ASEAN and Japan are expected to conduct the PPA (Post-Program Activity) in their country for social contribution and community development, based on the result or solutions offered by the DGs, which are agreed with the contingent.

2. Theories, Methods, and Objectives

2.1. Urban Theories

Several urban and community theories are used as the fundamental ideas and hypotheses in this study, along with the thought process to conduct the analysis and conclude the research. Community-building efforts tend to focus on some combination of 4 major strategies: leadership development, organisational development, community organising, and fostering collaborative relations among organisations (Chaskin et al., 2001). The strategies could link together cities of different sizes and countries in a joint programme dealing with quality of life and health in urban areas; an empirical inquiry trying to measure these advantages was run recently on the "Healthy City" network of the WHO (Capello, 2000). The phenomenon could be explained as urban agglomerations as the ordered urban systems evolved along industrialization and city-centred regional development; one or two large cities acting as the core and connecting to the other peripheral cities via highly developed transportation and information networks to form an integration of urban agglomeration (Cui, 1992).

2.2 Research Methods

Along with the data analysis using a qualitative and quantitative approach, spatial visualisation will also be used in this research to display the existing location and regional interconnection. From various research and reference, the collections of data are categorized based on their aspects, indicators and parameters: geographic, economic-demographic, urban development, youth participation, and healthy citizens. After the calculation and analysis of the consolidated data, scoring is conducted according to their presumed relevance and estimated significance. Furthermore, a correlation test is applied to those variables: Economic-Demographic and Urban Development with Youth Participation and Healthy Citizens, to value the Pearson Product Moment.

Information processed in this study are not limited to the data published by the United Nations and World Bank, which were mentioned in the earlier section, but also data from various related index: CIM (Cities in Motion) Index 2019 by IESE, the qualitative scope of CDI (City Development Index) and CPI (City Prosperity Index), GHS (Global Health Security) Index 2021 by NTI, YDI (Youth Development Index) ASEAN and Global, UNDP HDI (Human Development Index), YWI (Youth Well-Being Index) by CSIS, and the historical data of SSEAYP officially compiled by the Cabinet Office of Japan and the author. From the largest scope of 150 countries to selected 30 countries for the findings, the consolidation and scoring process is focused on the 11 countries of SSEAYP: Japan and 10 ASEAN member countries.

2.3 Common Objectives

In the track of Healthy People, by the 58th ISOCARP World Planning Congress, the aim is to focus on the well-being of all segments of society that will explore place-based and socio-spatial planning, and the element of community, including the youth population (people at the productive age of around 18-30 years old) as the vital part of both developed and developing cities. The WHO defines a healthy city as defined by a process, not an outcome; it is one that continually creates and improves its physical and social environments and expands the community resources that enable people to mutually support each other in performing all the functions of life and developing to their maximum potential.

As a learning point in this study, SSEAYP is the multilateral platform of those variables' linkage. Its design, history, and community are presumed to be fundamentally affected by the development of visited port cities, positively influencing the growth and well-being of youth. They also have the potential of becoming a key driver or diplomacy tool for the city's authority and national government to initiate betterment and improvement of their urban policy and infrastructures. The healthy cities are presumed to be created by healthy people and *vice versa*, with the way of thinking and working includes involving youth in decision-making, having interconnection with various urban elements, especially the community development; it is fully aligned with the 2030 Agenda for Sustainable Development.

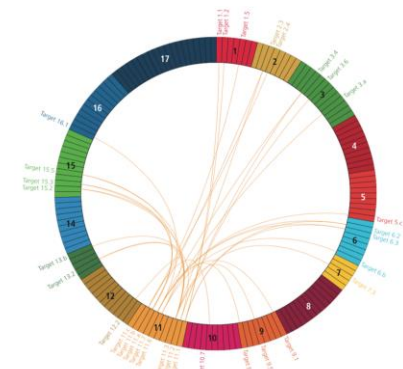


Figure 02 [Left]. The UN Sustainable Development Goals^[2]. Figure 03 [Right]. The Nexus of SDG11 - Sustainable Cities and Communities. Source: United Nations. Output: Microsoft Publisher.

3. Hypothesized Scheme of Associations



Figure 4. The Hypothesized Scheme of Associations. Source: Freepik.com (Various Graphic Designers)^[3]. Output: Adobe Photoshop & Microsoft Publisher (Author's Design).

The development of cities, especially port cities in this study, is significantly influencing the economic and demographic aspects of agglomerated urban areas, including the youth participation to enhance the growth and diplomacy of nations in creating healthier communities, aligned with the UN Sustainable Development Goals. This idea or hypothesis is derived from the described findings and terms, along with the abstract amalgamation of previously mentioned urban theories, research methods, and common objectives. Hence, hypothesized scheme of those associations is illustrated to visually define the possible unique relations, which seem to be rarely associated before, between port cities, as part of the urban development, youth participation, and healthy citizens through SSEAYP as the benchmark program. The thought process is initiated to support, in rather a general way, how cities will have to find innovative ways to build the necessary skills and knowledge to enable their youth to work in the future economy (UN-Habitat, 2021, Cities and Pandemics; Towards a More Just, Green, and Healthy Future, p.77).

4. Data Consolidation and Analysis

4.1. The Geographic, Economic, and Demographic Aspects

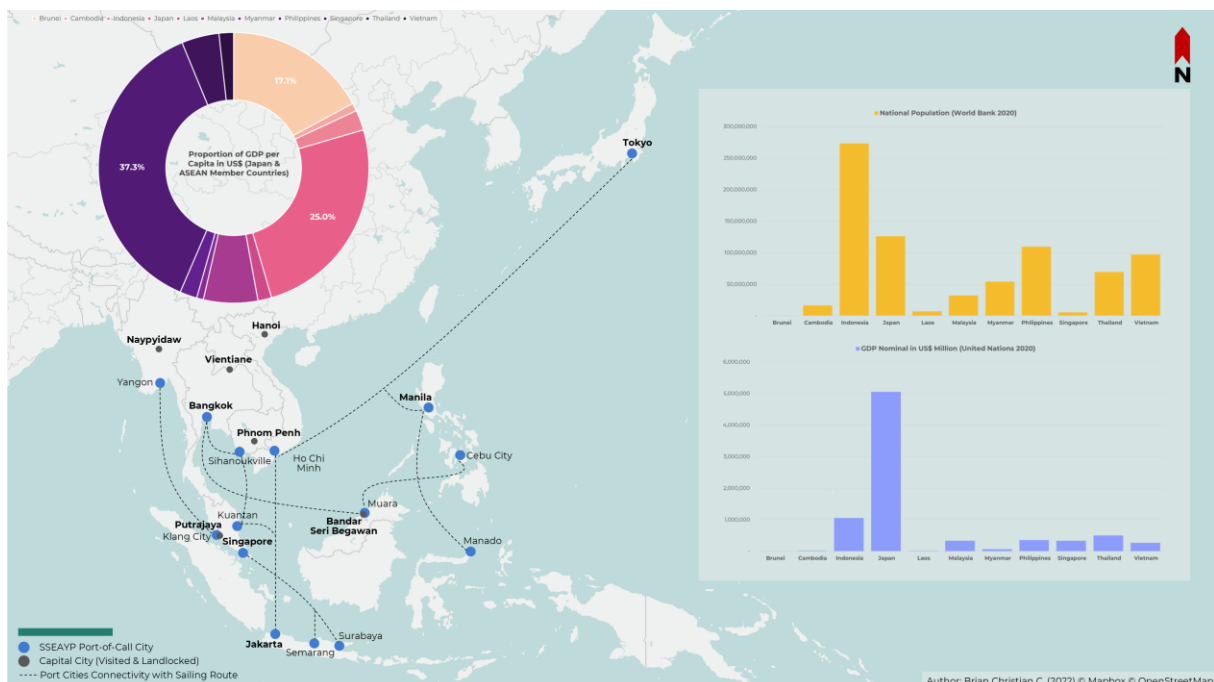


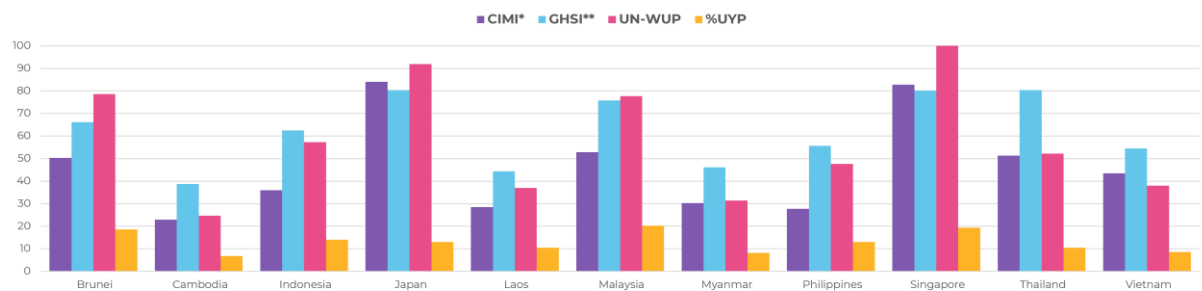
Figure 05. Infographic of Economic and Demographic Aspects (Japan and ASEAN Member Countries). Source: United Nations, World Bank, and Cabinet Office of Japan (Author's Analysis). Output: Mapbox Studio, Microsoft PowerPoint, and Microsoft Publisher (Author's Design).

The map above displays the area scope or geographic exposure of SSEAYP, the 10 ASEAN member Countries and Japan. Among the 21 cities which have been visited as part of SSEAYP (for 46 consecutive years), 15 cities are categorized as the port cities which have been visited through the POC; 6 other cities are the landlocked capital cities which have been visited for the Courtesy Calls, commonly accessed by aeroplane after the cruise arrived at closest harbour area or direct international flight from the other visited country. Laos is the only country which has never been visited through the POC due to its geographical condition of being a landlocked country. Despite the condition, Vientiane, the capital city of Laos, has been visited several times only for Courtesy Call through the flight from its surrounding countries.

SSEAYP participating countries are significantly diverse, not just in their history and culture, but also in terms of demographic and economic aspects. For the primary demographic indicator, among those 11 countries, Indonesia has recorded the highest national population reaching around 273 million, while Brunei has recorded the lowest national population reaching around 473 thousand as of 2020. For the primary economic indicator, among those 11 countries, Japan has recorded the highest GDP nominal reaching around 5,057 billion US\$, while Brunei has recorded the lowest GDP nominal reaching around 12 billion US\$ as of 2020. The combination of those indicators resulted in the calculation of GDP per Capita with Singapore (37.3%), Japan (25.0%), and Brunei (17.1%) as the countries with the largest proportion among the SSEAYP participating countries. From the surface-level condition of both demographic and economic aspects, it gives the idea of urban agglomeration as an area of concentrated population and economic activities which are closely connected via a convenient transportation network and other infrastructures (Ni, 2008). In a similar perspective, it is also suggested that the interconnectivity among various cities was increasing dramatically due to highly developed social productivity and market economy (Teaford, 2006).

4.2. Urban Development: ASEAN Member Countries and Japan

Cities have their administrations and governance systems. However, more cross-sector integration would be needed to address contemporary challenges like liveability, climate change, environmental protection, natural resource management, and inclusive and sustainable urban development (Asian Development Bank, Creating Liveable Asian Cities, 2021, p.108). Those are presumed to be several of the reasons why consolidating the data of various aspects, as interconnected elements in a city as a massive system, is important to define the state and the progress of urban agglomerations outcome. In this context, the selection of consolidated data is extracted from CIM (Cities in Motion) Index, GHS (Global Health Security) Index, and the UN WUP (World Urbanization Prospects) with the calculated proportion of the youth population in 11 SSEAYP participating countries. Despite being compared on the chart as per country, the urban development indexes and indicators are dominantly represented by each capital city as the country's presumed largest city.



*CIMI 2019 includes 174 cities across 80 countries, most likely to be selected based on their data availability, information accessibility, and urban mobility. Hence, several countries: Myanmar, Cambodia, Laos, and Brunei are not listed in this index. The CIMI 2019 figures displayed on the chart for those 4 countries are calculated and estimated by the Author in linear correlation with the overall score of their GHSI 2021. **The GHSI 2021 figures displayed on this comparison bar chart are not the overall score but calculated through selection based on the relevance and significance to the topic or related aspects of this Research Paper.

Figure 06. Comparison of Urban Development and Youth Population (Japan and ASEAN Member Countries).
Source: IESE, NTI, and United Nations. Output: Microsoft PowerPoint (Author's Design).

The IESE Cities in Motion Index (CIMI) analyses the level of urban development in 9 related dimensions: Human Capital, Social Cohesion, Economy, Environment, Governance, Urban Planning, International Outreach, Technology, Mobility and Transportation. Both Tokyo (84.11), in Japan, and Singapore (82.73) has the highest score in CIMI 2019 as they are widely recognized and statistically proven as the most advanced cities and developed countries among the other SSEAYP participating countries. Quite a statistical gap compared to Kuala Lumpur (52.83) in Malaysia, Bangkok (51.35) in Thailand, and Bandar Seri Begawan (50.25) in Brunei Darussalam; even more significant gap with the rest of those comparisons which were scored below 50, partly due to the high social and economic discrepancy in the urban area.

Meanwhile, the NTI Global Health Security Index (GHSI) measures the capacities of 195 countries to prepare for epidemics and pandemics; how the infrastructures, policies, and operations are planned and developed to support public health and urban resilience. They are grouped into 6 categories: Prevention, Detection, Response, Healthiness, Norms, and Risks. Due to the focus of this study, relevance and significance, not all of their indicators are included in the data consolidation to define urban development from such a perspective. There are 12 indicators among those categories which are involved in the calculation: (1.6) Immunisation, (2.2) Laboratory Supply Chains, (3.1) Emergency Preparedness and Response Planning, (3.6) Access to Communications Infrastructure, (4.1) Health Capacity in Clinics, Hospitals and Community Care Centres, (4.2) Supply Chain for Health System and Healthcare Workers, (5.3) International Commitments, (6.1) Political and Security Risk, (6.2) Socio-Economic Resilience, (6.3) Infrastructure Adequacy, (6.4) Environmental Risks, and (6.5) Public Health Vulnerabilities. There are 3 countries: Myanmar, Laos, and Cambodia which scored below 50 in GHSI 2021; these countries are also the latest countries to join SSEAYP due to their status in becoming a member of ASEAN.

For the urbanisation level of SSEAYP participating countries, again Singapore (100) and Japan (91.90) have scored the highest indicating their well-developed facilities and utilities, advanced progress of third-sector economic activities, as well as urban governance and public policies. But in the other hand, the estimation of the urban youth population shows different results as Malaysia scored the highest with around 20.3% youth population (productive age of 18 to 30 years old) living and working in the urban area; Singapore scored the second highest with 19.3% urban youth population, following the fact that the whole nation is considered as an urban area. This phenomenon is caused by the difference in population pyramids or age division as a developed country like Japan significantly has more elders and adults compared to most of the developing countries in Southeast Asia with demographic bonuses such as Indonesia and the Philippines.

4.3. Youth Participation: International Collaboration and Social Contribution

From 1974 to 2019, Japan and the ASEAN member countries selected their best youth, men and women, to participate in SSEAYP, becoming the national delegate to represent the nation for the missions of friendship and mutual understanding. SSEAYP is one example of a non-virtual multilateral platform of youth participation to enhance international collaboration and social contribution with the primary exposure of those 11 participating countries. Youth participation speaks directly to the sustainability of democratic representation as it concerns the modern dilemmas of young people, their expression of dissent, their affirmations, their hopes and despairs (Tisdall, 2014). Consequently, it is a phenomenon that encompasses online and offline spaces, traditional democratic dialogue and direct action, formal youth networks and councils and informal groupings (The Commonwealth, 2020, Global Youth Development Report, p.59). For social contribution, active youth participation and grassroots community initiatives are influential in many countries; in some cases, youth-led organisations successfully mobilised to provide basic infrastructure and services in underserved settings by partnering with the government, international agencies and the private sector (UN-Habitat, 2021, Cities and Pandemics; Towards a More Just, Green, and Healthy Future, p.63).

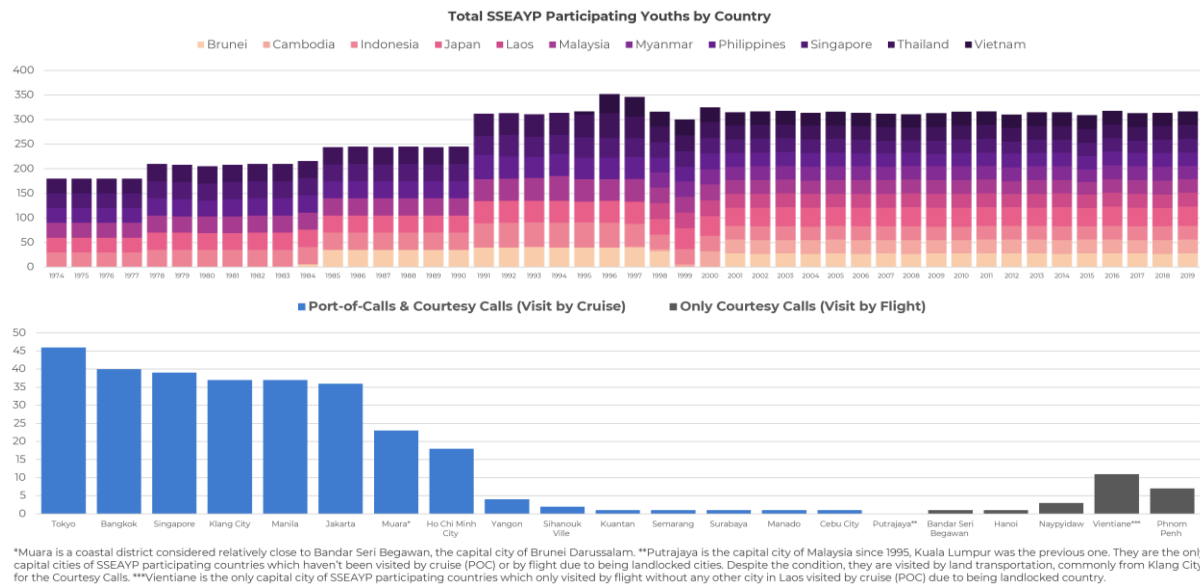


Figure 07 [Top]. SSEAYP Participating Youths by Country (1974-2019). Figure 08 [Bottom]. SSEAYP Visited Cities by POCs and Courtesy Calls. Source: Cabinet Office of Japan. Output: Microsoft PowerPoint (Author's Design).

The number of PYs in SSEAYP is increasing from the first journey until the latest edition, as well as the participating country which officially joined ASEAN a year before premier participation in the program. In total, there have been 12,834 SSEAYP PYs from 11 countries with an annual standard of 28 delegates for each ASEAN member country, equally 14 men and 14 women in a contingent; except for Japan, as the host country, to have 38 PYs per contingent. The standard has been applied since the year 2000, which marked the commencement of SSEAYP in the 21st century and the completion of 10 ASEAN member countries. For several years, there were cases of some countries which couldn't send the contingent up to the requested number of delegates due to unexpected issues such as medical conditions or family urgency. After 46 consecutive years of SSEAYP, Japan has sent the highest number of Participating Youth – called JPY (1,723 delegates), with Indonesia Participating Youth or IPY (1,542 delegates) as the second highest to be recorded participating in this prestigious international youth exchange program.

Since the first edition of SSEAYP in 1974, when the legendary cruise “MS Nipponmaru” embarked from Bangkok in Thailand, the program has facilitated the youth delegates and emerging leaders of Japan and ASEAN member countries to sail overseas, becoming the symbol of friendship and mutual understanding. Counting from the historical data of Port-of-Calls, Tokyo, as the capital city and largest port city of Japan, has been recorded with a total of 46 POCs; always visited either as the assembly point or the finish line. Meanwhile, the port cities of the first ASEAN member countries: Bangkok (40 POCs), Singapore (39 POCs), Klang City (37 POCs), Manila (37 POCs), and Jakarta (36 POCs) have been visited more than 35 times or above 75% of the 46 consecutive years of SSEAYP. Up until now, as an archipelago and maritime nation, Indonesia is the only SSEAYP participating country with 4 port cities that have been visited through the Port-of-Calls: Jakarta, Semarang, Surabaya, and Manado.

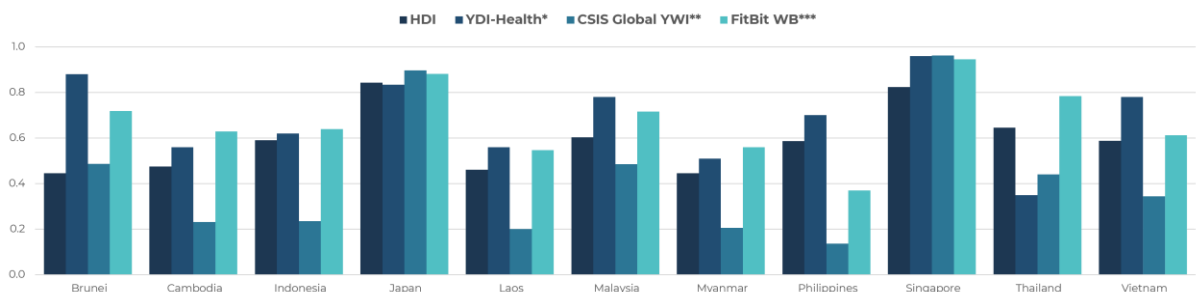
Post-Program Activity, as the international collaboration initiatives and social contribution activities, based on the Discussion Group output and contingent consensus, is conducted each year by the SSEAYP delegates and alumni in those 11 participating countries. With the goals to grow together and give solutions to society, they could be implemented from the grassroots community level to the government stakeholder's involvement, with the support and supervision of the SSEAYP alumni association in each country e.g., SSEAYP International Indonesia Inc. for Indonesia.



Figure 09. Documentation of SSEAYP: Cultural Exchange, The 44th Contingent of the Republic of Indonesia, Discussion Group's Presentation, On-Board Official Ceremony, The Cruise "MS Nipponmaru", Welcoming Celebration in Port City. Source: SSEAYP 2017 & 2019 (Author's Documentation). Output: Adobe Photoshop & Microsoft Publisher (Author's Design).

4.4. Healthy Citizens for Sustainable Cities and Communities

How we plan for, manage, and anticipate urbanisation will shape development trajectories and the lives of millions. To meet the needs of our planet and people, cities must be supported and governed to be sustainable, resilient green, healthy, just, inclusive, and safe (ASEAN, 2021, The ASEAN: The Road to Sustainable Cities, p.11). In the context of the youth population as the driving forces and transformation agents in various urban agglomerations, these include the need to promote a sustainable platform for youth engagement; it is also presumed that healthiness and well-being could be achieved through active youth participation and capacity development.



*The ASEAN YDI (Youth Development Index) Domain 2: Health and Well-Being is involving all the ASEAN member countries, except for Japan. Hence, the figure of Japan YDI is estimated with Singapore as the benchmark due to relatively similar economic and demographic characteristics. **CSIS Global YWI (Youth Well-Being Index) only involves countries with above-average youth population; ASEAN member countries figure is estimated with presumed economic and demographic characteristics. ***Best Cities for Well-Being Around the World by FitBit (TechTalk Currys UK) only selected 77 major cities across the globe for the measurement; only Japan, Indonesia, Thailand, and Malaysia are calculated with their original methodology.

Figure 10. Comparison of Human Development and Health Well-Being (Japan and ASEAN Member Countries). Source: UNDP, ASEAN, CSIS, and FitBit. Output: Microsoft PowerPoint (Author's Design).

Merging the index of human and youth development, along with health and well-being, Singapore (0.92) and Japan (0.86) are again significantly excelling the other SSEAYP participating countries, proving the successfully planned and implemented urban development to create sustainable cities and communities. While the ASEAN YDI 2015 included only 4 domains: Health, Education, Employment, and Participation for their measurement, CSIS Global YWI 2014 has more specified indicators to measure the well-being of the youth population, mainly in countries considered to have massive urban populations. Youth well-being is defined by Citizen Participation, Economic Opportunity, Education, Health, Information Communication Technology, as well as Safety and Security. Related to the main theme, the associations between the variables of economic-demographic aspects, urban development, youth participation, and healthy citizens are gradually established through the data consolidation and comparison of various indicators.

SSEAYP Participating Country	Economic-Demographic			Urban Development				Youth Participation				Healthy Citizens			Weighted Scoring Result
	%POP 2.5%	%GDP 2.5%	%GPC 5%	CIMI 10%	GHSI 15%	UN-WUP 10%	UYP 5%	%POC 15%	%PYS 5%	YDI-P 10%	G-YDI 5%	HDI 5%	YDI-H 5%	G-YWI 5%	
Singapore	0.72	4.22	37.31	82.73	80.09	100	19.32	13.59	11.41	65.00	87.50	82.30	96.00	96.14	60.45
Japan	15.91	62.80	25.00	84.11	80.38	91.87	12.99	16.03	13.43	60.62	81.60	84.30	83.34	89.66	59.60
Malaysia	4.08	4.18	6.49	52.83	75.83	77.70	20.26	13.24	11.78	59.00	77.50	60.30	78.00	48.53	47.66
Brunei	0.06	0.15	17.12	50.25	66.14	78.55	18.58	8.01	8.22	54.00	77.70	44.50	88.00	48.66	44.55
Indonesia	34.47	13.14	2.41	35.96	62.46	57.29	14.01	13.59	12.01	70.00	69.60	59.00	62.00	23.53	41.05
Thailand	8.80	6.23	4.49	51.35	80.43	52.16	10.47	13.94	11.84	35.00	70.40	64.60	35.00	44.09	40.43
Philippines	13.81	4.49	2.06	27.73	55.70	47.68	13.07	13.24	11.65	67.00	60.30	58.70	70.00	13.63	36.51
Vietnam	12.27	3.37	1.74	43.49	54.53	38.05	8.56	6.27	5.47	50.00	74.40	58.80	78.00	34.48	35.74
Myanmar	6.86	0.87	0.81	30.23	46.12	31.45	8.23	1.39	4.85	90.00	61.00	44.50	51.00	20.62	32.04
Laos	0.92	0.24	1.64	28.49	44.38	36.94	10.52	0	4.89	25.00	59.50	46.10	56.00	20.11	25.67
Cambodia	2.11	0.31	0.94	22.92	38.81	24.67	6.76	0.70	4.45	19.00	68.50	47.50	56.00	23.15	23.01

Note: %POP (Proportion of National Population), %GDP (Proportion of GDP Nominal), %GPC (Proportion of GDP per Capita), CIMI (IESE Cities in Motion Index), GHSI (NTI Global Health Security Index - Selected Indicators), UN-WUP (United Nations World Urbanization Prospects), UYP (Urban Youth Population - Based on UN-WUP and Population Pyramids), %POC (Cumulative Proportion of SSEAYP Port-of-Call), %PYS (Cumulative Proportion of SSEAYP Participating Youths), YDI-P (ASEAN Youth Development Index: Participation), G-YDI (The Commonwealth Global Youth Development Index), HDI (UNDP Human Development Index), YDI-H (ASEAN Youth Development Index: Health), G-YWI (CSIS Global Youth Well-Being Index). The Best Cities for Well-Being Around the World by FitBit (TechTalk Curry's UK) isn't included in the weighted scoring calculation due to lack of data and information (only involving 4 SSEAYP Participating Countries).

Figure 11. Scoring Table of Consolidated Data (SSEAYP Participating Countries). Source: UN, WBG, IESE, NTI, ASEAN, The Commonwealth, UNDP, CSIS, and Cabinet Office of Japan (Author's Analysis). Output: Microsoft Excel & Microsoft PowerPoint (Author's Design).

The scoring table displays consolidated data related to the development of cities, especially port cities in this study, which are significantly influenced by the economic and demographic aspects of agglomerated urban areas, including youth participation as the driving force to enhance the growth and diplomacy of nations in creating healthier communities. Weighted scoring is applied as some of the variables presumed to have more relevance or significance to prove the hypothesis and associations: 10% for Economic-Demographic, 40% for Urban Development, 35% for Youth Participation, and 15% for Healthy Citizens. The result is aligned with the current development state of the SSEAYP participating countries such as in population characteristics and market activities, port cities' infrastructure and urban policy, youth involvement and community building, as well as the public accessibility for a healthy lifestyle and supported well-being.

5. Conclusion

5.1. Association

SSEAYP Participating Country	Merged Variables Test 1	Merged Variables Test 2
	Economic-Demographic & Urban Development	Youth Participations & Healthy Citizens
Singapore	66.5	54.4
Japan	67.0	52.2
Malaysia	51.9	43.4
Brunei	49.2	39.9
Indonesia	41.4	40.7
Thailand	47.1	33.8
Philippines	34.2	38.8
Vietnam	34.5	37.0
Myanmar	27.5	36.6
Laos	27.7	23.7
Cambodia	22.0	24.0
	Pearson Product Moment	r = .89

Pearson Product Moment $r=.89$ indicates a significant correlation between merged variables of Economic-Demographic and Urban Development with merged variables of Youth Participations and Healthy Citizens. Through the description and analysis of the learning point: SSEAYP (The Ship for Southeast Asian and Japanese Youth Program), the associations between Port Cities Development, Collaborated Youth Participations, and Healthy Citizens Establishment are mutually identified.

Figure 12. The Correlation Test (r) on Merged Variables. Source: Author's Analysis. Output: Microsoft Excel.

5.2. Recommendation

A sustainable multilateral platform or program to increase youth participation, international collaboration, and social contribution is important to be included as part of achieving the envisioned healthy city and the well-being of society. Supported by the sufficient establishment of port cities facilities and utilities, as the conventional access of connectivity among regions and sectors, the social productivity and market feasibility will become more prepared to create and accommodate better places and spaces for the urban youth population to grow both personally and the community. While the condition positively influences the productivity and well-being of youth, it also becomes a diplomacy tool for the city's authority and government to improve their urban policy and infrastructures for the accomplishment of healthy cities.

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^[2] The UN SDGs were set up in 2015 by the United Nations General Assembly (UN-GA).

^[3] Graphic Designers in Freepik.com: VectorPocket, PCHVector, RedGreyStock.