



IMPROVEMENT OF ADOLESCENT, ATTITUDE AND ADOLESCENT BEHAVIOR OF REPRODUCTIVE HEALTH THROUGH THE FORMATION OF ADOLESCENT CARE SCHOOLS IN BANDUNG

Yulinda, Djudju Sriwenda, Sri Mulyati¹⁾

¹⁾Bandung Midwifery Department Politeknik Kesehatan Bandung

¹Email:yulindaaja@yahoo.com; sriw3nda@gmail.com; mulyatisri66@yahoo.com

Abstract, Background: Adolescence is a transition in the period of life. In its development adolescents often feel confused because of the transition. The stages of growth and development of adolescents both physically, psychologically and socially progress quickly, but many adolescents are not able to adjust themselves so that problems those have a major influence in adolescent life arise. Along with the increasingly complex problems faced by adolescents and the importance of the role of schools in overcoming these problems, therefore the proposal submitted Ibm Establishment of school care for adolescents to Improve Knowledge, Attitudes and Behaviors of Adolescents about Reproductive Health in the District Health Center Cibodas Kec. Lembang Bandung especially in Mekarwangi High School, Lembang District.

Methods: Descriptive study in community empowerment. The location in Mekarwangi Lembang in Bandung. The sample 29 person. First partner is teacher and second partner is student.

Results: There is a improvement of adolescent, attitude and adolescent behavior of reproductive health through the establishment of adolescent care Schools in Bandung

Conclusion: The Formation of adolescent care Schools to be improved in Bandung to an improvement of adolescent, attitude and adolescent behavior of reproductive health

Keywords: Reproductive Health, adolescent

Introduction

Adolescence is a transitional period in life. In its development, adolescents often feel confused because of the transition period. The stages of growth and development of adolescents both physically, psychologically and socially progress rapidly, but many adolescents are unable to adapt, resulting in problems that have a major impact on the lives of adolescents.

Problems in adolescents including physical, psychological and social problems are increasing every year. Problems that occur include sexual behavior deviations, teenage pregnancy, early marriage, smoking, drug abuse, nutritional problems (obesity, anemia, SEZ).

Lembang District is part of the Kab. West Bandung, which is a city with a very heterogeneous population, is also a service city and a tourist city, so that it becomes an object of domestic tourist visits from all over Indonesia and foreign tourism which has an impact on the social life of its citizens.

Therefore, the city of Bandung cannot be separated from health problems such as adolescent reproductive health. The results of a preliminary survey in Lembang district show an increase in teenagers who are pregnant out of wedlock, the number of teenagers who have girlfriends, the number of teenagers who smoke. This is in line with the results of the 2012 IDHS which showed an increase in the number of adolescents aged 15-24 years who had girlfriends. The results of the BPS survey regarding social problems obtained data on delinquent children: 72, narcotics victims 402, 390, HIV 1,145. The results of the survey showed that more male adolescents stated that they had had premarital sex than women, compared to 2007 the percentage in 2012 tended to increase, except for women aged 15-19 years. From the same survey, it was found that the reasons for premarital sexual relations were mostly because of curiosity or curiosity (57.5% of men) it just happened (38% of women), and was forced by a partner (12.6% of women). This reflects the youth's lack of

understanding of healthy life skills. The risk of sexual intercourse and the ability to refuse relationships they do not want.

Another health problem is the high number of early marriage. According to Riskesdas 2010, 4.8% of women were married at the age of 10-14 years, 41.9% of women aged 15-19 years). The increase in early marriage is accompanied by an increase in pregnancy at a young age. Consequences of pregnant adolescents are often found to be anemia, lack of nutrition, resulting in the possibility of giving birth to low birth weight (LBW) is high, heavy bleeding during the delivery process, prolonged birth, susceptible to infectious diseases, can be fatal. The incidence of toxemia, kidney disease, and heart disease is high among pregnant adolescents. Health programs for pregnant adolescents are really needed including medical services, health nutrition counseling, emotional support, and education.

Another adolescent problem is smoking behavior. The results of research conducted by Komalasari and Hekmi (2000) there are three factors that cause smoking in adolescents, namely psychological satisfaction, parents' permissive attitude towards adolescent smoking behavior and peer influence.

The problem of adolescent is a problem that needs to be considered in national development in Indonesia. Adolescent problems occur because of poor family parenting and low knowledge of these teenagers. The results of the 2012 KRR IDHS show that adolescent knowledge about reproductive health is not sufficient, which can be seen with only 35.3% of female adolescents and 31.2% of male adolescents aged 15-19 years knowing that women can get pregnant with one sexual intercourse. Also with the symptoms of STDs that are less known by adolescents, relatively more information about HIV is received by adolescents even though only 9.9% of girls and 10.6% of boys have comprehensive knowledge about HIV/AIDS. Teenagers' places of service are also not widely known by teenagers.

Mekarwangi High School is one of the schools in Lembang sub-district that cannot be separated from adolescent problems. Based on the results of preliminary interviews with the head of the Cibodas Public Health Center, Lembang District and the Principal of the Mekarwangi High School. Mekarwangi High School is a school with problems for teenagers. Many teenagers in the blooming fragrance area come from divorced parents, so that their parenting style is not good. Knowledge, attitudes and behavior of adolescents about reproductive health is lacking. According to Putrid and Rosida (2017), the formation of a youth care community, namely youth posyandu, youth posyandu is the right solution to improve youth welfare.

Along with the increasingly complex problems faced by adolescents and the importance of the role of schools in overcoming these problems,

the lbm proposal for the establishment of youth care schools was proposed to improve Adolescent Knowledge, Attitudes and Behaviors about Reproductive Health in the Cibodas Health Center area, Kec. Lembang Bandung, especially at Mekarwangi High School, Lembang District. The establishment of this youth care school is a means for the formation of the next youth posyandu.

Methods

This Methods is a Descriptif study in community empowerment. The location in Mekarwangi Lembang in Bandung. The sampel 29 person. First partnet is lecture and second partner is student.

The program is designed in the form of community empowerment in the school environment in the work area of the Cibodas Health Center so that they have independence in solving their own problems in terms of adolescent reproductive health problems.

Program Implementation are:

1. Preparation

The preparation are permission to Kesbapollinmas Kab. West Bandung for lbM . Community service activities, permit and Coordination with Head of Puskesmas Cibodas Lembang, permission with the principal of Mekarwangi High School

2. Partner activity 1 (Teacher):

Activities that have been carried out for partner 1 are: Socialization, pre-test, sosialization on about reproductive health concepts, Youth concept, The concept of problems in adolescents, problems with youth health care and how to deal with them, how to wash hands and make soap. Assistance in health check facilitation activities. Assistance in counseling facilitation activities. post-test healthy class competition assessment.

3. Partner Activities 2 (Student):

Activities that have been carried out for partner 2 are: Socialization about activity, pre-test, reproductive health concepts, sosialization about youth concept, concept of problems in adolescents problems with youth health care and how to deal with them, how to wash hands and make soap. Assistance in health check facilitation activities. Assistance in facilitation of extension activities. healthy class competition assessment, post test.

Results and Discussion

Community service activities have been carried out according to the plan starting from assessment, licensing, socialization of activities, counseling to partners 1 and 2, mentoring of adolescent health ambassador facilitators. Activities

have been carried out as many as 14 activities. Based on the results of the pretest and posttest, the following results were obtained:

Table 1. Knowledge, Attitude and Behavior Score on Partners 1

No	Variable	Average score before activity (n=9)	Average score after activity (n=9)	Score Improvement
1	Knowledge	78	83	6%
2	Attitude	67	77	13%
3	Behavior	29	86	66%

Based on the table 1, there is an increase in knowledge (6%), attitude (13%) and behavior (66%) in partner 1 after the community service activity.

Table 2. Knowledge, Attitude and Behavior Score on Partners 2

No	Variable	Average score before activity (n=20)	Average score after activity (n=20)	Score Improvement
1	Knowledge	55	72	24%
2	Attitude	65	69	6%
3	Behavior	43	86	50%

Based on the table 2, there is an increase in knowledge (24%), attitude (6%) and behavior (50%) in partner 2 after the community service activity.

Based on research by Katan DY (2014), the provision of training was able to increase the knowledge for early detection from the majority of cadres having moderate knowledge to the majority of having high knowledge. Likewise with the skills aspect, there is an increase in skills after receiving training.

The results of Risnah's research (2018) show that content analysis informs that the training has been going well and is able to increase participants' knowledge. The results of statistical tests showed that knowledge before training had an average of 4.50 and after training had an average of 4.467.

The results of Rusmilawati's research (2016) used the chi-square test with $\alpha = 0.05$ and Odds Ratio (OR). The chi-square test showed a relationship between training and knowledge ($p=0.000$), training with attitudes ($p=0.011$) and training with irrational diarrhea treatment ($p=0.001$). The OR value indicates that knowledge is a variable that is influenced by training, is OR = 162,000.

The results of other studies Zarnila (2014) show that there is an increase in the average value of average knowledge and skills before and after training. Average value-the average knowledge

increased by 3.47 after being given training and the average score.the average skill increased by 22.35 after being given training.

Conclusion

Community service activities have been carried out 14 times for partner 1 and partner 2. There is an increase in knowledge of partners 1 and 2 after the activity is carried out. There is an increase in Attitudes in partners 1 and 2 after the activity is carried out, There is an increase in behavior in partners 1 and 2 after the activity is carried out.

It is hoped that the establishment of schools that care about reproductive health will continue to be carried out to improve adolescent reproductive health

Competing Interest

The authors of this paper have no competing interest to report.

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