



PROBLEM CARD EFFECTIVENESS TO INCREASE ADOLESCENT KNOWLEDGE AND ATTITUDES ABOUT PREMARRIAGE SEX IN BOGOR CITY

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Abstract, **Background :** Teenagers who become the next generation in national development face various problems. The most prominent problem among adolescents is the issue of TRIAD KRR (Sexuality, HIV, AIDS, and Drugs). Sexual intercourse carried out on adolescent girls will be able to cause pregnancy in their teens and will result in risks to the mother and the baby. Adolescent girls who are pregnant and give birth at the age of 15-19 years have a 2 times greater risk of dying than those aged 20 years and over. Even more at risk in teenage pregnancies aged less than 14 years, the risk is 5 times greater. Adolescent reproductive health problems occur due to the low knowledge of adolescents about reproductive health. Problem Based Learning (BBM) is an innovation in learning. Thinking skills are optimized through a systematic group or teamwork process so that they can empower, hone, test, and develop their thinking skills on an ongoing basis .

Methods : Training using the BBM method increases knowledge and retains knowledge longer than conventional methods or lectures. The media used in the training are in the form of problem cards containing contextual problems related to the material to be studied. Activities are designed to be carried out over 6 months. Beginning with the formation of a Peer Group consisting of members of PMR and Scouts as Educators as many as 5 people for each partner. PMR and Scout students who have been trained have the opportunity to share about premarital sex independently with their schoolmates and the community service team will observe

Results : The average knowledge and attitude of students in Partner 2 (MAN I) is higher than that of partner 1 (SMK Pesat). In partner 2 (MAN I) there was an increase in knowledge after attending training in the form of a peer group about premarital sex using a problem card. Meanwhile, in partner 1 (SMK Pesat) there was a relatively higher increase in attitude than partner 2 (MAN I).

Keywords : adolescent knowledge, attitudes , premarriage sex, problem cards, teenagers

Background

Teenagers who become the next generation in national development face various problems. The most prominent problem among adolescents is the issue of TRIAD KRR (Sexuality, HIV, AIDS, and Drugs). Based on BKKBN data, from many teenagers in Indonesia, which at that time reached 63.6

million people, one percent of female adolescents and six percent of male adolescents admitted to having had premarital sex. Several studies show that 20 years ago, adolescents who agreed to have premarital sex were around 1.2% - 9.6%, then 10 years later it

rose to above 10% and 5 years later that number rose to 17% (BKKBN (2010)

Adolescent reproductive health problems occur due to the low knowledge of adolescents about reproductive health. 2007 Indonesian Demographic and Health Survey (IDHS) shows that adolescent knowledge about adolescent reproductive health is still relatively low, 47.9% of female adolescents do not know when a woman has a fertile period. The knowledge of teenage boys about wet dreams is only 24.4% (BKKBN, 2012).

A study showed that nearly 60% of all girls are married by the age of 18 years and one-fourth are married by the age of 15 years in South Asia this condition, adolescents need information about reproductive health. BKKBN developed the Generation Planning Program (GenRe) for Youth through the Youth Information and Counseling Center (PIK-Remaja). PIK-Remaja is a forum that is managed from, by, and for teenagers. able to provide information and counseling services on maturing age at marriage, eight family functions, TRIAD KRR, life skills, gender, and advocacy skills as well as KIE (BKKBN, 2006).

The problems that exist are: The Adolescent Reproductive Health Program, especially regarding premarital sex, has not optimally touched on adolescent problems. Adolescents are at a vulnerable age and need important information related to education about adolescent problems. Teenagers need friends to share and find solutions to reproductive health problems, especially premarital sex. Teenagers need a peer group that can encourage and support positive activities.

Method

Beginning with the formation of a Peer Group consisting of 5 students each from PMR and 5 students from Scouts. Empowerment of PMR and Scouts is carried out through training for 2 days (attached schedule). After the Peer Group team was formed, the team shared with a small group of class X students discussing the Pre-Marriage Sect. Each group consists of 1 educator and 2 students of class X. So that in one semester it involves 10 Peer Educators and 20 students of class X, and the total number of Peer educators in this community service is 20 people and 40 peers.

The training method is brainstorming using problem card media. The material for pre-marital sex consists of an introduction to reproductive organs and their functions, pre-marital sex, the role of the environment in preventing pre-marital sex (the role of the family, the role of religion, the role of the media), and the dangers of pre-marital sex. The training activities were carried out 2 days in a row and the next day an evaluation of the educator's ability to convey information to his/her peers. One peer group member has been trained to share with 2 peers/friends.

Results

The knowledge of the training participants about premarital sex before and after the training activities have been carried out pre and post-tests on 10 peer educators in two partners, namely SMK Pesat and MAN 1 Bogor City. The results of the pre-test and post-test evaluations for each partner can be seen in the table below.

Table 1. Average Peer Educator Knowledge and Attitudes Before and After Training.

		Partner 1 (SMK Pesat)	Partner 2 (MAN 1)
Knowledge	Pre test	77.00	79.00
	Post test	75.00	81.00
Attitudes	Pre-test	66.83	78.00
	Pos test	88.00	80.00

When viewed from the data above, the average knowledge and attitude of students in Partner 2 (MAN 1) is higher than partner 1 (SMK Pesat). In partner 2 (MAN 1) there was an increase in knowledge after

attending training in the form of a peer group about premarital sex using a problem card. Meanwhile in partner 1 (SMK Pesat) there was a relatively higher increase in attitude than partner 2 (MAN 1).

Conclusion

Community service activities have been carried out in two partners, namely partner I, SMK Pesat, Bogor City and partner II, MAN I, Bogor City. The average knowledge and attitude of students in Partner 2 (MAN I) is higher than that of partner 1 (SMK Pesat). In partner 2 (MAN I) there was an increase in knowledge after attending training in the form of a peer group about premarital sex using a problem card. Meanwhile in partner 1 (SMK Pesat) there was a relatively higher increase in attitude than partner 2 (MAN I).

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