



TEENAGER REPRODUCTIVE HEALTH TRAINING FOR JUNIOR HIGH SCHOOL STUDENTS IN BANDUNG

Yulinda^{1*}, Djudju Sriwenda¹, Yulidar Yanti¹

¹ Jurusan Kebidanan Bandung Poltekkes Kemenkes Bandung,

*email: yulinda_aja@yahoo.com

Abstract, Background : The stages of growth and development of adolescents both physically, psychologically and socially progress rapidly, but many adolescents are unable to adjust so that problems arise that have a major impact on the lives of adolescents. Problems that occur include sexual behavior diversion, teenage pregnancy, early marriage, smoking, drug abuse, nutritional problems (obesity, stunting, anemia). Teenager problems occur because of poor family parenting and low knowledge of teenagers.

Methods : The program is designed in the form of community empowerment in the school environment of the Garuda Health Center so that they have independence in solving teenager reproductive health problems. The purpose of community service is to increase the knowledge of teenagers in SMP 1 Pajajaran (partner 1) and SMP YWKA (Partner 2) Bandung City about reproductive health as measured by a questionnaire. Activities are carried out using course, question and answer methods using a booklet guide.

Results : The results of the community service showed an increase in the average knowledge score of 17.5 points for Partner 1 and an increase of 4.5 points for Partner 2. Booklet was used as a tool in Community service activity.

Key words: Reproductive Health, Training, Teenager

Introduction

Adolescence is a period of storm and stress, because teenagers experience many challenges both from themselves and the environment. 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 adjust so that problems arise that have a major impact on their lives.

Problems in adolescents including physical, psychological and social problems are increasing every year. Problems that occur include sexual behavior diversion, teenage pregnancy, early marriage, smoking, drug abuse, nutritional problems (obesity, stunting, anemia, etc.). Based on the results of the 2015 School-Based Health Survey in Indonesia (GSHS) it can be seen that the picture of health risk factors in students aged 12-18 years (junior high school and high school) can be

seen nationally. As many as 41.8% of men and 4.1% of women admitted to having smoked, 32.82% of those who smoked for the first time at the age of 13 years. The same data also shows that 14.4% of men and 5.6% of women have ever consumed alcohol, then 2.6% of men have consumed drugs.

Another description of health risk factors is sexual behavior where 8.26% male students and 4.17% female students aged 12-18 years have had sexual intercourse. Premarital sexual behavior certainly has a broad impact on adolescents, especially related to the transmission of infectious diseases and unwanted pregnancies and abortions. According to the survey, it was found that the reason for premarital sexual intercourse 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). Those reflected the youth's lack of understanding of healthy life skills. The risk of sexual intercourse and the ability to refuse sexual intercourse.

Teenager problems occur because of poor family upbringing and low knowledge of these teenagers. The results of the 2012 KRR IDHS show

that teenager 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 STD symptoms that are less known by adolescents, information about HIV is relatively more received by adolescents even though only 9.9% of girls and 10.6% of boys have comprehensive knowledge about HIV/AIDS. Youth service facilities are also not widely known by teenagers.

Policies regarding teenager reproductive health education still use an understanding of what we (adults) believe teenagers need. Not based on what the needs of youth want, while International Youth Day provides an opportunity to recognize the potential of youth by planning positive things. According to Putri and Rosida (2017) the formation of a youth care community, namely the youth posyandu, is the right solution to increase the knowledge and welfare of adolescents. Along with the increasingly complex problems faced by adolescents and the importance of the role of schools in overcoming these problems. The purpose of this activity is to increase teenager knowledge about reproductive health.

Method

The program is designed as community empowerment in the school environment, the working area of the Garuda Health Center so that they have independence in solving teenager reproductive health problems. The purpose of this community service program is 10 students of YWKA Junior High School and 10 of Pajajaran Junior High School students.

The activity began by measuring the respondent's knowledge about reproductive health, then the respondent participated in the activity of providing information on teenager reproductive health. After seven meetings, the respondent's knowledge was measured again using a questionnaire.

Result and Discussion

Result

Activity of partner 1 (10 students of SMP pajajaran) and partner 2 (10 students of SMP YWKA), have been already done 14 meetings, divided into 7 meetings of each partner

Respondent Characteristics

Tabel 1. Respondent Characteristics

No	Age	Group			
		Partner 1 (n=10)		Partner 2 (n=10)	
		F	%	F	%
1.	13 years	3	30,0	1	10,0
2.	14 years	7	60,0	6	60,0
3.	15 years			3	30,0
Total		10	100	10	100

No	Sex	Group			
		Partner 1 (n=10)		Partner 2 (n=10)	
		F	%	F	%
1.	Male	2	20,0	3	30,0
2.	Female	8	80,0	7	70,0
Total		10	100	10	100

From the table, it can be seen that for the characteristics of the participants from SMP 1 Pajajaran, the age ranges from 13-14 years, most of them are 14 years old (60%) and female (80%). While the characteristics of the participants from YWKA Junior High School are teenagers aged between 13-15 years, most of them are 14 (60%) and female (70%).

Increasing of Knowledge on Partner 1 and Partner 2 about Reproductive Health

Tabel 2. Increasing of knowledge's mean score on pretest ana posttest at partner 1 and partner 2

Knowledge	Group	
	Partner 1 (n=10)	Partner 2 (n=10)
Mean score on before	56,5	74,5
Mean score on after	74,0	79,0
Increasing of knowledge's mean	17,5	4,5

Based on the table above, it can be seen that there is an increase in the average knowledge score of 17.5 points for Partner 1 and an increase of 4.5 points for Partner 2 after community service activities are carried out.

The Availability of Media

The output of this activity is the availability of a booklet on reproductive health entitled "Teenager Reproduction"

Discussion

Respondent Characteristics

Indonesia's population aged 10-15 years amounted to more than 22 million people, of which there were more than 11,000 males and more than 10,000 females.

Increasing of Reproductive Health Knowledge on Partner 1 and Partner 2

Knowledge is the result of knowing, and this occurs after people have sensed a certain object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch

Information has a big role and impact in a person's life. According to Aristotle, information can be used to change a person's behavior according to what is desired by the information provider. Through information is said to be able to direct someone to the behavior of achieving goals as someone wants. In addition, information can help a person in overcoming a number of problems encountered and make a person better prepared to deal with unfamiliar situations

The results showed that training had an effect on the level of knowledge of reproductive health in junior high school students. Other studies say peer counselor training can increase knowledge by as much as 80%. It is also in accordance with research which states that training is able to increase knowledge during training sessions by 21.6%.

The Availability of Media to Giving Educate About Health Reproductive

The result of this activity is the availability of booklets as a medium for counseling reproductive activities in the form of booklets. Booklet is a medium for conveying health messages in the form of books, both in writing and in pictures.

Booklet is an alternative media for counseling that provides effectiveness and efficiency in the results and process of extension. Booklets are a good educational tool because they are easy to share, adapted to meet the needs of a particular community, and also allow for storage, rereading, and sharing with others.

Advantages of Media Booklet 1. Easy to make and cheap.. The counseling process using booklet media to reach the goal can be done at any time and adapted to the target conditions, 3. This booklet has visual images, beside text so that it can create a sense of beauty and increase understanding and passion in learning, more detailed and clear, easy understandable and not cause misunderstanding 4. Booklet is a practical medium of information. The

booklet is very easy to distribute so it can be directly distributed to the target and covered any people

Weaknesses of Media Booklet: 1. Booklet is a print media so it cannot stimulate sound effects and motion effects. 2. It is easy to fold even though it has been printed on thicker paper but still can be folded because it is made of paper. 3. The feedback is less known and the results are difficult to assess. 4. Booklets are not appropriate when used on targets who have low reading skills or are illiterate. 5. Booklets are less quick to reach the target, if used as the only technique to convey health information to the target

The results showed that the booklet media as an alternative media extension that can increase knowledge.

Conclusions

1. Community service activities have been carried out 7 times for Partner 1 and Partner 2 in accordance with the planning
2. There is an increase in the knowledge of Partner 1 and Partner 2 about reproductive health
3. Availability of a booklet on "Teenager Reproduction" which contains reproductive health as a guide in providing counseling in community service activities

References

1. BPS. 2018. Jumlah permasalahan sosial menurut jenis di Jawa Barat tahun 2016. Diunduh dari <https://jabar.bps.go.id/statictable/2018/03/19/405/>
2. BPS. 2016. Data kependudukan Kota Bandung tahun 2016. Diunduh dari <https://jabar.bps.go.id/statictable/2020/01/6/405/>
3. Tim Penulis Poltekkes Depkes Jakarta I. (2010). Kesehatan remaja: problem dan solusinya. Jakarta: Salemba Medika.
4. Departemen Kesehatan RI. (2000). Materi pelatihan bimbingan dan penyuluhan kesehatan reproduksi remaja bagi petugas kesehatan. Jakarta.
5. Katan , DY, (2014) Pengaruh Pelatihan Terhadap Pengetahuan Dan Keterampilan Kader Tentang Deteksi Dini Pendengaran Dan Penglihatan Anak Balita Di Desa Ambarketawang Wilayah Puskesmas Gamping 1 Sleman Yogyakarta. Tersedia dalam <http://etd.repository.ugm.ac.id/>

6. Pertiwi, Kartika R. Kesehatan reproduksi remaja dan permasalahannya.[pdf], (staff.uny.ac.id, diakses pada 10 september 2017).
7. Risnah , Rosmah, Mustamin, Imam Sofingi (2018) Pengaruh Pelatihan Terhadap Pengetahuan Tentang Gizi Buruk Dan Interprofessional Collaboration Petugas Puskesmas [Http://Journal.Uin-Alauddin.Ac.Id](http://Journal.Uin-Alauddin.Ac.Id)
8. Rusmilawati, Rosihan Adhani, Adenan (2016) Pengaruh Pelatihan Terhadap Pengetahuan Sikap Dan Ketidakrasionalan Pengobatan Diare Non Spesifik Sesuai Mtbs Pada Balita <https://ppjp.ulm.ac.id/journal>