



EDUCATION USING REPRODUCTIVE HEALTH CLOTHES INCREASING KNOWLEDGE AND ATTITUDE AS A PREVENTIVE MEASURE TEENAGE PREGNANCY

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Abstract

Introduction: Teenager pregnancy is global problem around the world especially in the developing and middle-income countries including Indonesia. In 2017 the SDKI (Survey Demografi Kesehatan Indonesia) reports that 36 out of 1000 babies were born from teenage mothers aged 15-17 years.

Method: This research was held at SMAN 4 Bandung City on March 9, 2023. The type of research used was quasy experimental with a pre-test and post-test design with control group approach. The research instrument used a questionnaire. The sampling technique was simple random sampling with a total sample of 58 teenagers who met the inclusion criteria. Data normality test using Kolmogorov Smirnov and bivariate data analysis using the Wilcoxon test and Man Whitney test.

Objectives: The aim of this research is to determine the effect of sexuality education using reproductive health clothes on the level of knowledge and attitudes as an effort to prevent pregnancy in teenagers.

Result: The result showed that sexuality education using reproductive health clothes affected the knowledge and attitude.

Conclusion: Reproductive clothes can be used as one of the methods to increase the teenager knowledge and awarenes of the reproductive health.

Keywords: *reproductive health clothes, sexuality education*

INTRODUCTION

Adolescents are liable to face various health and social challenges. One of them is starting sexual activities while they do not have adequate knowledge and skills. So that teenagers are at a higher risk of engaging in risky sexual behavior that causes teenage pregnancy. Pregnancy under 20 years of age causes complications such as anemia, unsafe abortion, postpartum bleeding, and mental disorders (such as depression). Pregnant teenagers also suffer negative social consequences and often have to leave school thereby reducing their employability leading to long-term economic implications.¹

According to WHO in 2020, adolescents aged 15–19 years in low- and middle-income countries (LMICs) are estimated to have 21 million pregnancies annually, of which approximately 50% are unintended and result in approximately 12 million births. Birth data for girls aged 10–14 years are not widely available; the limited data available from Angola, Bangladesh, Mozambique, and Nigeria show birth rates in this age group exceeded 10 births per 1000 girls in 2020.² The scope of reproductive health services according to the 1994 International Conference Population and Development (ICPD) in Cairo said every day in developing countries, 20,000 teenagers under the age of 18 give birth. This amounts to 7.3 million births per year.³

In Indonesian Health Demographic Survey (SDKI) in 2017 recorded that 36 out of 1000 babies born were to mothers aged between 15 and 19 years.⁴ The percentage of pregnant teenagers in 2018 was 16.67% based on the Indonesian Youth Development Index.⁵ Meanwhile, according to Riskesdas 2018 in Indonesia, the proportion of women aged 10-19 years who had ever been pregnant was 58.8% and 25.2% were currently pregnant.⁶ In West Java in 2019 as many as 21,499 teenagers aged 16-19 years were married and 56.92% were pregnant and 26.87% were pregnant.⁷ It is said that healthy reproductive age is when women experience pregnancy between the ages of 20 and 35 years. This age is a safe limit in terms of reproduction, and mothers can also get pregnant safely and healthily if they receive good care and safety for their reproductive organs.⁸

Research by Dr. Elvin Gunawan stated that as many as 56 percent of teenage girls in one of the sub-districts in Bandung City admitted that they first had sexual relations outside of marriage when they were under 15 years old. This figure was obtained from 60 teenage girls in one of the sub-districts on the border of Kota 3 Bandung.⁹ Supporting this research, Ucke Sastrawinata conducted research at Immanuel Hospital Bandung which found that the prevalence of teenage pregnancies was 4.5% or 265 teenage pregnancies out of a total of 5888 pregnancies. people who give birth or have an abortion at Immanuel Hospital Bandung.

The prevalence of teenage pregnancy that lasts >20 weeks is 3.71%, and the prevalence of teenage pregnancy for pregnancies that last ≤ 20 weeks is 10.48%. Unmarried teenagers were found in 16.23% of cases and this condition was found to be correlated with a higher incidence of septic abortion (20.83%), preeclampsia, and operative delivery (51.30%).¹⁰ Research results from Kisara in 2020 Regarding knowledge of sexuality and reproductive health, in 3 districts including Denpasar, Bangli and Jembrana, teenagers consistently have good knowledge about puberty and only a few understand about sexuality and the risks of sexual behavior.¹¹ Insufficient knowledge about sexuality and the risks of sexual behavior is one of the causes of teenage pregnancy. Sexuality education is a provision for teenagers in efforts to prevent teenage pregnancy. However, many teenagers face barriers to information about sexuality. Adolescent sexuality and reproductive health must be supported by providing access to comprehensive sexuality education, one of which is through sexuality education. This also means empowering young people to know and exercise their rights, including the

right to postpone marriage and the right to refuse unwanted sexual advances.¹² Quoted from Wahyuni, Tuzzarah's research results, the sense that transmits the most knowledge to the brain is the sense of sight (75-85%), through the sense of hearing (13.5%) and (12%) channeled through other senses.¹³ So the senses of sight and hearing are a compilation of these learning styles so that providing sexuality health education using reproductive health clothing is a method which is considered effective to be carried out through reproductive organ clothing.

METHODS

This research was held at SMAN 4 Bandung when it was implemented in March 2023. The variables of this research include the independent variable, namely sexuality health education using reproductive health clothing media, while the dependent variable is knowledge about sexuality in adolescents. The sampling technique was simple random sampling and the number of samples in this study was determined using an unpaired numerical analytical formula.

In conclusion, the number of respondents to be studied was 58 respondents. The data collection technique was taken from primary data collected by researchers regarding the level of knowledge and attitudes of teenagers using questionnaire. the knowledge and attitude data were distributed normally using kolmogorov and smirnov, so the data proceeded with wilcoxon test.

RESULTS AND DISCUSSION

Table 1. Distribution of Knowledge and Attitude Before and After being given Sexuality Education

Statistica l Value	Knowledge Score				Attitude Score			
	Reproductive Heath Clothes Group n=58		X-Banner Group n=58		Reproductive Heath Clothes Group n=58		X-Banner Group n=58	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Min	62,5	82,5	65	82,5	62,5	82,5	65	82,5
Max	80	100	87,5	100	80	100	87,5	100
Mean	68,06	92,75	73,58	90,62	72,15	96,59	74,74	93,10
SD	4,33	4,39	3,74	5,73	3,76	3,59	4,02	4

Source: Primary Data, 2023

Based on the research results, it showed reproductive health clothes increased average value knowledge of 58 respondents after being given sexuality education. This is supported by research by Bunga (2022) that learning requires fun learning activities, one of which is using story apron media, which is a fun media because it can attract attention, cognitive and independence development so that they can increase knowledge.¹⁴ Apart from that, Ivanna's research (2022) states that conveying it with pictures also makes the material interesting and easy to digest. This is proven by the post-test results showing a sharp increase compared to the pre-test scores from the results of the service carried out in Depok with counseling material regarding reproductive health using aprons or clothes.¹⁵ Supported by research according to Matutu (2019) quoted from Terry, that aprons are also capable of increase a person's understanding of something.¹⁶ The results of the study also showed that there was an

increased in knowledge among 58 respondents after being given sexuality health education using x-banner. Research supported by Thalib, et al (2019), Damayanti, et al (2018), Christina Oktaviani (2017), and 75 Silvana, et al (2017) concluded that x-banner media succeeded in influencing and inviting someone to carry out the content of the message promoted in x-banner media.¹⁷ Apart from that, Fida's research results (2015) concluded that X-banners would be more effective when used in the classroom compared to outside the classroom.¹⁸ The results of Hana's (2014) research concluded that the X-banner has an influence on the promotion of library services because it displays a promotional display, the message and the intensity of the presentation are short, concise and clear.¹⁹

Table 2 The Effect of Sexuality Education Using Reproductive Health Clothes and X-Banners on Knowledge and Attitudes

Intervention	Knowledge				Attitudes			
	Mean		Different Mean	p value	Mean		Different Mean	p value
	Before	After			Before	After		
Reproductive Health Clothes	68,06	92,75	24,69	0,000*	72,15	96,59	24,44	0,000*
X-Banner	73,58	90,62	17,04	0,000*	74,74	93,10	28,36	0,000*

Source: Primary Data 2023

This is in line with research by Sumiati (2020) showing that there is an influence of using aprons with pictures on children's social skills. This can be seen from the comparison of the average pretest and post-test scores. In $t_{count} = 23.89$, while $t_{table} = 2.10$. This means that $t_{count} > t_{table}$ or $23.89 > 2.10$. So, it can be concluded that graphic aprons or clothes can improve skills and shape attitudes.²⁰ This research is in line with Rica (2018) in that the results of her research show that apron media can influence knowledge, attitudes and compliance significantly.²¹ And supported by research by Christina (2017), good research results can be found, because it shows that students' attitudes regarding a campaign in x-banner media are positive, so that x-banners are considered effective as promotional media.²²

Tabel 3 Differences in the Effect of Providing Sexuality Education on Knowledge and Attitudes

	Median (min-max)		P Value
	Reproductive Health Clothes	X-banner	
Increase in knowledge scores before and after intervention	24 (8-40)	20 (0-32)	< 0,000*
Increase in attitude scores before and after intervention	25 (15-37,5)	17,5 (5-27,5)	< 0,045*

Source: Primary Data 2023

This shows that teenagers who were given health education about sexuality using kespro clothes experienced a higher increase in knowledge and attitude scores compared to teenagers who were given health education about sexuality. Because when using reproductive media, the reproductive shirt is placed on the student so that the student can feel the location and know the name of the reproductive organs and their functions, and even know the process. This is in line with Mashuri's (2018) research that apron/shirt media can increase student activity and learning outcomes and result in increased students' pre-posttest scores.²³

Based on the results of the research and discussion presented by Miftahul (2017), it can be concluded that by implementing children's listening skills using aprons with pictures on them, students can improve well.²⁴ Supported by research by Syamsul (2019) that learning through the science apron media which is carried out systematically and continuously (treatment) has a significant influence in increasing knowledge. Learning about sexuality by wearing reproductive organ clothes makes students understand more because when they wear clothes (aprons) during learning, it is considered interesting and fun and more touching, and students' imaginations are stronger because there are pictures on the clothes, they wear so that learning about reproductive organs and the function is more optimal and easier to remember. Compared to when learning using an x-banner, students can only see it without being able to wear it so that students know the exact location of the organ and its function. This is in line with research that aprons (clothes) for reproductive organs make it easier for students to understand each reproductive organ and its function.²⁵

CONCLUSION

Based on the research results, it can be concluded that there has been an increase in knowledge and attitudes of teenagers before and after being given sexuality education using kespro clothing as a medium so that it can be a health promotion strategy to provide information about sexuality education for the prevention of teenage pregnancy.

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