



## THE AMBASSADOR OF ADOLESCENCE REPRODUCTIVE HEALTH

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### ABSTRACT

**Abstract, Background.** Adolescents need information about the changes that occur in themselves. However, teenagers often feel uncomfortable or taboo to discuss issues of sexuality and reproductive health with parents or teachers. They feel more comfortable when they are discussing with their friends. Peers or peer groups have an influence on the lives of adolescents. The influence given by peer groups varies from information, advice, or sharing experiences about their teenage life. Adolescents need to be prepared so as to have an adequate understanding of reproductive health. The aim of this community service was formed Adolescent Reproductive Health Ambassador group at SMPN 40 Bandung who first partner namely Palang Merah Remaja (PMR) members of class eight and nine as many as 13 people, and second partner namely PMR members of class seven as many as 10 people.

**The method** implemented is in accordance with management, namely the preparation, implementation and monitoring of evaluation activities. Preparatory activities were carried out by holding workshops on module preparation, assessment and licensing, then the formation and formation of the KRR ambassadors, followed by the assistance of the KRR ambassadors, as well as monitoring the evaluation of the implementation of the KRR Ambassadors by the community service team.

**The results** of this PkM activity were the formation of Adolescent Reproductive Health Ambassadors consisting of PMR members of class eight and nine as many as 13 people, and second partner namely PMR members of class seven as many as 10 people, who had been trained by the PkM team, as well as the implementation of partner KRR Ambassador 2 assistance conducted by Ambassador KRR Partner 1 and accompanied by a PkM team, students and teacher of SMPN 40 Bandung.

**Conclusion.** Teenagers are forerunners for new life in the future. Adolescent health status, especially reproductive health and healthy sexual behavior during adolescence encourage a generation of quality.

**Keyword :** The Ambassador Adolescence Reproductive Health, Community ServiceBackground:

## Background

The behavior of today's youth tends to be less supportive of the creation of quality adolescents, especially those related to risky behavior. Adolescents need information about the changes that occur in themselves, especially reproductive health. They need to know what to do and what to avoid. However, adolescents often feel uncomfortable or taboo about discussing sexuality and reproductive health issues with their parents or teachers.

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Adolescents need to equip themselves with knowledge about reproductive health so that they can behave positively. Adolescent behavior will be influenced by the health information. In Putriani's research (2010) that 32.3% of adolescents get reproductive health information from friends, this is because when they are teenagers they usually feel comfortable when they are with their friends compared to their parents. The 2012 IDHS showed that more than half of women discussed this with their friends (53%).<sup>3</sup>

For teenagers, peers are someone who is often used as a place to vent because they are considered the safest, so that in conveying problems they become more open. In addition, adolescents tend to spend most of their time with peers rather than with family. In this regard, adolescents need to be prepared to have an adequate understanding of reproductive health.

One of the steps that can be taken is to provide guidance and counseling that focuses on negative attitudes towards unhealthy sexual behavior by collaborating with peers or peer groups.

Peers or peer groups turned out to have an influence on the lives of teenagers, not least in terms of adolescent sexuality. The influence given by peer groups varies from information, advice, examples and encouragement to teenagers to have sexual relations.<sup>2</sup>

The results of Hartnett's research (2007) in Muslikah (2013) state that peer groups have a stronger influence than parents in terms of forming attitudes and values. One of the potential factors for student success is the selection of peers.<sup>3</sup>

According to Ulfah's research (2015) states that social environmental factors which include parental education, caregiver status and sources of information affect the free sex behavior of SMK adolescents in Yogyakarta City.<sup>4</sup>

The results of the trial state that there is an effective peer guidance model to develop negative attitudes towards unhealthy sexual behavior in adolescents. The peer guidance model is rational, understanding, goals, assumptions, intervention targets, stages and training materials, BK teacher competencies and roles, system support, as well as evaluation and indicators of success.<sup>3</sup> Suriani's research (2015) states that there is a difference in the mean value between measurement of pre-test knowledge by measuring post-test knowledge, that the delivery of adolescent reproductive health education by peer groups has an effect on increasing adolescent knowledge at SMP Negeri Dua Lhoksukon, North Aceh Regency.<sup>5</sup>

Based on the above background, the team carried out Community Service or Pengabdian kepada

Masyarakat (PkM) Formation of Adolescent Reproductive Health Ambassadors at SMPN 40 Bandung City.

### Methods

Community service is carried out at SMPN 40 Bandung with the method of establishing a Reproductive Health Ambassador (KRR). The activity was carried out by the PkM team by involving students from the Department of Midwifery, Poltekkes, Ministry of Health, Bandung. The stages of establishing a KRR Ambassador are starting with the preparation of activities consisting of licensing, preparation of materials in various media used for training for partners, compiling booklets for partner guidance, preparing pre and post test questions, and arranging meeting schedules.

After the preparations were completed, the PkM team formed 2 partner groups, each with a total of 5 to 10 students per group, who were then referred to as Youth Reproductive Health Ambassadors (KRR Ambassadors). Group 1 consists of ninth grade and group 2 of Eighth grade.

The first group was collected to be given initial material aimed at providing sufficient knowledge for students regarding reproductive health and its problems. The second group received material and guidance from the first group who was accompanied by the PkM team through counseling, discussion via WA group.

### Results

#### 1. Formation of Adolescent Reproductive Health Ambassadors (KRR)

The recruitment process for the Ambassadors was made up of 13 members of the Youth Red Cross (PMR) grades 8 and 9. This was done based on input from the principal and Counseling Guidance Teachers, as well as PMR supervisors at SMPN 40

Bandung City, as a form of the PMR management work program. Another reason was that they were appointed as KRR Ambassadors because so far they are considered to have good commitment and ability as peer counselors, so it is hoped that the KRR Ambassador program can run as expected and as a forum to improve the reproductive health of adolescents at SMPN 40.

#### 2. Adolescent Reproductive Health Ambassador Training.

After the recruitment of KRR ambassadors who were selected to become peer educators, the next step was the Adolescent Reproductive Health training conducted by the IbM activity implementation team and students. The training aims to prepare KRR ambassadors as peer educators in knowledge transfer and counseling on adolescent reproductive health. The media used for this activity is the provision of material using modules, booklets, power points and videos. Providing material with lecture, discussion and role play methods.

The implementation of IbM activities in the form of delivering material in the mother's class training for partner 1 has been completed, as for the implementation of the mother class on partner 2, which was carried out by

PMR members as KRR Ambassadors have reached 90% of the targeted activities. The training activities have

The results of the evaluation of the implementation of this IBM activity include:

1. The peer educator package in the form of Adolescent Reproductive Health Ambassador materials in the form of powerpoints, videos and booklets is available and given to Adolescent Reproductive Health ambassadors as a provision in providing services to their friends.

2. Adolescent Reproductive Health Ambassador Partner 1 has been formed with a total of 13 members. The formation of the KRR Ambassador began with the implementation of a pre test and ended with a post test to see the development of knowledge.
3. The results of the pre test with an average test score of 74.16, a maximum of 82.5 and a minimum of 45. And the results of a post test with an average value of 74.16 for a maximum test of 97.5 and a minimum of 82. There was an increase in the value of 17.5. This proves that there is an increase in the knowledge of the trainees.
4. The assistance of partner 1 to partner 2 has been carried out for 3 meetings.
5. The number of partners 2 who have participated in the mentoring program is 10 people.

## Conclusions

The implementation of the PKM Formation of Adolescent Reproductive Health Ambassadors in 2019 at SMP 40 Bandung has been carried out according to schedule. This activity produced KRR Ambassadors for partner 1 and the implementation of mentoring has been carried out for partner 2. The results of the evaluation of the activities proved the increase in knowledge of the training participants. Students and the school benefit from this activity because the material presented is in accordance with the needs of teenagers.

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