

THE EFFECT OF ADOLESCENT REPRODUCTIVE HEALTH EDUCATION ON ADOLESCENT'S KNOWLEDGE ABOUT PREMARRY SEX BEHAVIOR

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ABSTRAK

Latar Belakang: Menurut data WHO, satu dari lima wanita di dunia telah melahirkan pada usia 18 tahun. Menurut Media Indonesia, 85% anak usia 15 tahun pernah melakukan hubungan seks pranikah. Di Indonesia, pada tahun 2017 (Kuartal I) data kasus infeksi menular seksual dari Januari hingga Maret sebanyak 10.376 orang. Di Kota Bandar Lampung Penyakit Menular Seksual yang dijadikan laporan utama adalah kasus HIV dan AIDS.

Tujuan: Untuk mengetahui pengaruh penyuluhan kesehatan reproduksi terhadap pengetahuan remaja tentang perilaku seksual di SMA "X" Bandar Lampung Tahun 2018.

Metode: Jenis penelitian ini adalah kuantitatif dengan pendekatan one group pre-post test design. Populasi penelitian ini adalah siswa kelas X SMA "X" Bandar Lampung tahun 2018 dengan usia rentan 14,15 dan 16 tahun yang berjumlah 87 responden, sedangkan sampel penelitian sebanyak 46 orang dengan menggunakan Simple Random Sampling. Analisis dalam penelitian ini menggunakan uji-t dependen.

Hasil: Hasil penelitian menunjukkan bahwa rata-rata pengetahuan remaja tentang perilaku seksual sebelum pemberian Konseling Kesehatan Reproduksi di SMA "X" Bandar Lampung tahun 2018 adalah 55,41 dan setelahnya adalah 76,85 dengan p-value pengetahuan yang diperoleh 0,000,

Kesimpulan: Ada pengaruh Penyuluhan Kesehatan Reproduksi Remaja terhadap pengetahuan tentang perilaku seksual remaja di SMA "X" Bandar Lampung Tahun 2018.

Saran agar dinas kesehatan dan dinas pendidikan lebih memperhatikan masalah kesehatan reproduksi remaja, dan diharapkan remaja dapat menghindari perilaku seksual. yang negatif.

Kata kunci: Konseling Kesehatan Reproduksi, Pengetahuan Remaja, Perilaku Seksual

ABSTRACT

Background: According to WHO data, one in five women in the world has given birth at the age of 18 years. According to Media Indonesia, 85% of 15-year-olds have had premarital sex. In Indonesia, in 2017 (Quarter I) data on cases of sexually transmitted infections from January to March were 10,376 people. In the city of Bandar Lampung Sexually Transmitted Diseases that are used as the main reports are cases of HIV and AIDS.

Purpose: To find out the effect of reproductive health counseling on adolescent knowledge about sexual behavior at SMA "X" Bandar Lampung in 2018.

Methods: This type of research is quantitative with a one group pre-post test design approach. The research population is class X students at SMA "X" Bandar Lampung in 2018 with a vulnerable age of 14,15 and 16 years, totaling 87 respondents, while the research sample is 46 using Simple Random Sampling. The analysis in this study uses the t-test dependent.

Results: The results showed that the average knowledge of adolescents about sexual behavior before giving Reproductive Health Counseling at SMA "X" Bandar Lampung in 2018 was 55.41 and after was 76.85 with the p-value of knowledge obtained 0.000,

Conclusion: There is an effect of Adolescent Reproductive Health Counseling on knowledge about adolescent sexual behavior at SMA "X" Bandar Lampung in 201

Suggestion for the health office and education office to pay more attention to adolescent reproductive health problems, and it is hoped that adolescents can avoid sexual behavior. negative ones.

Keywords: Adolescent Knowledge, Reproductive Health Counseling, Sexual Behavior

INTRODUCTION

Adolescent reproductive health according to the Ministry of Health is a healthy condition concerning the reproductive systems, functions and processes possessed by adolescents where they are physically, mentally and socially healthy as a whole, not merely free from disease or disability related to the system, function, and the reproductive process (Kumalasari and Andhyantoro, 2013).

According to the World Health Organization (WHO), adolescents are people aged 12 to 24 years. Adolescence is a transition from childhood to adulthood. That is, the process of introduction and knowledge of reproductive health has actually begun at this time, where adolescents begin to experience several changes that occur both physically, psychologically, and socially. This transitional period is referred to as puberty which often confuses teenagers because it does not have a clear place, does not belong to the group of children, and does not also belong to the adult group (Syatiawati et al., 2017).

Based on data from the Indonesian Health Profile (2018), the population in Indonesia is 265.1 million people and the number of adolescents is 66.9 million, which means that 1 in 4 people in Indonesia are teenagers and according to data from the Indonesian Demographic and Health Survey (2018).) reported that about 33.3% of girls and 34.5% of boys aged 15–19 had started dating before they were 15 years old.

The results of the Indonesian Health Demography survey (2012) found that 29.5% of boys and 6.2% of girls had touched or stimulated their partners, 79.6% of boys and 71.6% of girls had held hands. with their partners, and 48.1% of boys and 29.3% of girls had kissed on the lips.

Adolescents who do not have adequate knowledge about reproductive health are at risk for negative premarital sexual relations. Twenty-five percent of adolescents aged 15 years have had sexual intercourse which resulted in sexually transmitted diseases (STDs) and unwanted pregnancies (WHO, 2011), Chandra-mouli (2013). Many studies have reported that 66-75% of adolescents have had sexual intercourse while in high school (Somers 2012).

Lack of education on matters related to reproduction can in fact trigger unwanted things. Maturity of sex organs in adolescents can have a negative effect if adolescents are not able to control their sexual stimulation, so they are tempted to have premarital sex. This is exacerbated by the existence of various myths about sexual behavior that develop in society where discussions about sex education are taboo so that it can have bad consequences, one of the things that often happens due to lack of socialization and education is unwanted pregnancy, which triggers abortions which result in abortion. on the loss of adolescent lives (Kumalasari and Andhyantoro, 2013). Apart from that, it can also cause sexually transmitted diseases such as gonorrhea, chlamydia, trichomoniasis, syphilis, genital herpes, and HIV/AIDS (Prawirohardjo, 2014).

Reproductive health problems show a lack of knowledge about reproductive health. Education about reproductive health is one solution to prevent this from happening (BKKBN, 2012). Efforts to convey information to adolescents can be done with health promotion efforts. Health promotion methods can be carried out in various ways and various methods, including lectures, discussions, seminars and using media such as AVA, leaflets, booklets, posters and so on. Each promotion method has its own advantages and disadvantages. This is also influenced by factors of education level, socioeconomic, age, environment, culture, and information media. The two most frequently used methods in the use of promotional media are leaflets and AVA (Notoatmodjo. 2013).

Several studies on counseling using leaflet media can increase public health knowledge and behavior. This is supported by the results of research from Wustha Bachruddin, et al (2017), namely that there is an effect of counseling using leaflets about the dangers of free sex on increasing adolescent knowledge about free sex, using the Wilcoxon sign rank statistical test with a sample of 37 people. Obtained ($\alpha=0.05$) and obtained p value 0.000.

Based on the preliminary study that has been carried out, the researcher will conduct research at SMA "X" Bandar Lampung because the geographical location of the school is in the city center which is known to have a higher level of

adolescent sexual behavior than schools located in villages and the high school has not received education for a long time. reproduction health. From the results of a pre survey conducted by researchers at SMA "X" Bandar Lampung in 2018, the results of interviews with 10 students only 3 people who knew the dangers of adolescent sexual behavior.

The purpose of this study was to determine the effect of reproductive health counseling on adolescent knowledge about premarital sex behavior at SMA "X" Bandar Lampung in 2018.

RESEARCH METHODS

The type of research is quantitative research with the research design used is pre-experimental, with a one group pre-post test design approach, namely the subject group is observed before the intervention, then observed again after the intervention (Notoadmojo, 2012). The population in this study were all students of class X at SMA "X" Bandar Lampung in 2018. The sample in this study was 46 people, the number of samples was determined using the Slovin formula. The sampling technique used in this study used simple random sampling, namely simple random sampling, namely by drawing lots.

The type of data used in this study is primary data. Primary data were obtained directly from the sample as research subjects by using a questionnaire before and after being given reproductive health counseling using leaflets where the questionnaire contained several series of questions to assess adolescent knowledge about sexual behavior. The data collection process was

carried out for 1 day. Prior to conducting the research, respondents will be explained about the objectives, benefits and informed consent of the study to avoid respondents dropping out during the research. The instrument in this study was the pre-test and post-test question sheets with the same questionnaire.

Univariate analysis to describe the level of knowledge before and after the intervention of reproductive health counseling using leaflet media is presented in the distribution of frequency and percentage of each variable. Bivariate analysis was conducted to determine the effect of reproductive health counseling between the independent variable and the dependent variable, namely knowledge before and after being given reproductive health counseling intervention using leaflet media. Statistical test using Wilcoxon.

RESULTS AND DISCUSSION

Univariate Analysis

Based on table 1, it can be seen that the average knowledge of adolescents about sexual behavior before giving Reproductive Health Counseling at SMA "X" Bandar Lampung is 55.41 (95% CI: 52.06 -58.76), median 53.00 and standard deviation of 11.28 and a minimum value of 40 and a maximum of 73. The results of the analysis of the average score of adolescent knowledge about sexual behavior after providing reproductive health counseling at SMA "X" Bandar Lampung was 76.85 (95% CI: 74.79 - 78.90), the median is 80.00 and the standard deviation is 6.92 and the minimum value is 60 and the maximum is 86.

Table 1.
Adolescent Knowledge About Sexual Behavior at SMA "X" Bandar Lampung

Variabel	Mean	Median	SD	Min-max	95% CI
Pengetahuan Sebelum	55,41	53,00	11,28	40-73	52,06 – 58,76
Pengetahuan sesudah	76,85	80,00	6,92	60-86	74,79 – 78,90

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Table 2.
The Effect of Adolescent Reproductive Health Counseling on Knowledge About Adolescent Sexual Behavior at SMA "X" Bandar Lampung

Pengetahuan	Mean	SD	Mean Rank	P value	N
Sebelum	55,41	11,28	23,0	0,000	46
Sesudah	76,85	6,92			

Based on table 2. It is known that the average value of adolescent knowledge about

sexual behavior before giving Adolescent Reproductive Health Counseling at SMA "X" Bandar

Lampung is 55.41. Meanwhile, the average knowledge of adolescents about sexual behavior after giving Adolescent Reproductive Health Counseling at SMA "X" Bandar Lampung is 76.85 with a mean rank of 23.0. The result of p value obtained is 0.000, so it can be concluded that there is an effect of Reproductive Health Counseling on Knowledge about Adolescent Sexual Behavior in SMA "X" Bandar Lampung.

DISCUSSION

Adolescent Knowledge about Sexual Behavior before Giving Reproductive Health Counseling

The results showed that the average knowledge of adolescents about sexual behavior before providing reproductive health counseling at SMA "X" Bandar Lampung in 2018 was 55.41 with a minimum value of 40 and a maximum of 73 and the results of the study after being given reproductive health counseling at SMA "X" Bandar Lampung The year 2018 is 76.85 with a minimum score of 60 and a maximum of 86.

According to Notoatmodjo knowledge can be obtained from educational factors. The level of formal education is the basis of intellectual knowledge possessed by a person in line with the theory of Budiman and Riyanto (2013) which says that knowledge is influenced by education, information/mass media, socio-economic, cultural, environmental, experience and age.

Teenagers are the future of a country, instilling attention on them must provide great benefits in the future. It is even better if it is linked to other aspects such as health, and coordinated education is integrated in effective adolescent development programs so as to increase the success of developing their potential (Bartholomew et al, 2011).

Based on the results of the study, it was known that before being given reproductive health counseling, many teenagers did not know about negative sexual behavior, this indicates that there are still many parents or the public who think that sex education is a taboo subject to discuss so that it has a bad impact on the teenagers themselves because not equipped with sufficient knowledge, this encourages teenagers to look for information about sex in other places such as the internet whose truth can not be accounted for, so that it can trigger the teenager to try to do it to fulfill curiosity so that it can have bad consequences such as the occurrence of unwanted pregnancies, triggering abortion and can even experience sexually transmitted diseases such as syphilis, gonorrhea

and HIV & AIDS. Therefore, health education by providing counseling to adolescents about the dangers of sexual behavior can be an important determinant of basic health both during adolescence and adulthood (WHO, 2012).

Extension is an activity of communicating an idea or knowledge to a person or a number of people to be accepted with awareness, by presenting a demonstration of how to apply it. Extension activities are communication activities marked by the process of disseminating knowledge from an extension worker (communicator) to the target community with the aim of increasing knowledge (Notoadmojo, 2013). The function of extension is as a liaison that describes the process of delivering knowledge from its source to people who need it.

The function of counseling in this study is to convey information about the dangers of sexual behavior in adolescents and aims to provide reproductive health education so that adolescents are expected to have sufficient knowledge so that adolescents can make the right decisions in sexual behavior and of course can avoid the dangers of free sex behavior. According to research that has been done by researchers, it is known that the results of adolescent knowledge scores after being given reproductive health counseling have increased.

The results of this study are in accordance with Notoatmodjo's opinion which states that new behavior, especially in adolescents, begins in the cognitive domain in the sense that the subject knows in advance about the stimulus in the form of a material object that causes an inner response in the form of an attitude. Finally, the stimulus, the object that has been known and fully realized, will cause a further response, namely in the form of action against the stimulus or object. Knowledge is the first step of a person to determine his attitude and behavior. So the level of knowledge will greatly affect the acceptance of a program (Notoatmodjo, 2012).

This is also in line with the results of research (Katharina (2018), which is that there is an effect of reproductive health counseling through audio-visuals with knowledge results after counseling. It is known that the results of the Paired Sample T-Test show that the T count < T table ($-10.74 < -2.042$) and the results of statistical tests obtained p value of $0.0001 < \alpha (0.05)$. According to Notoatmodjo (2013), a person's level of knowledge is influenced by educational factors, namely the guidance given by one person to the development of others so that the person becomes

aware. The research above shows that there has been a change in knowledge as expected from reproductive health counseling. It is hoped that this knowledge can change the attitude of high school youth towards dangerous sexual behavior. This increase in knowledge is due to the provision of information, in which there is a learning process. The learning process according to Notoatmodjo (2013), can be interpreted as a process to increase knowledge, understanding, and skills that can be obtained through experience or doing studies (teaching and learning process).

Educated adolescents are better able to manage reproductive health and maintain their own health so that in the end they can apply it in their family. This underlies the importance of education for adolescents, especially reproductive health education with counseling, one of which is a key important aspect of overall health for both boys and girls (WHO, 2012). By learning, it is hoped that they will be able to explore what is hidden within them by encouraging them to think and develop their personality by freeing themselves from their ignorance. changes in behavior, individuals, families, and communities as the main targets of health education in fostering healthy behavior and a healthy environment and playing an active role in efforts to improve optimal health degrees in accordance with the concept of health so as to reduce morbidity and mortality.

CONCLUSION

From the results of research that has been carried out at SMA "X" Bandar Lampung in 2018, it is known that the average score of adolescents who have not been given reproductive health counseling is lower than adolescents who have been given reproductive health counseling, meaning that there is an effect of reproductive health counseling on increasing knowledge adolescents about adolescent sexual behavior at SMA "X" Bandar Lampung in 2018 with a p value of 0.000. The results of this study are in line with notoadjomo's opinion which states that one of the factors that influence one's knowledge is education, and information/mass media, reinforced by Suprpto & Fahrianoor's theory, that extension activities are communication activities marked by the process of spreading knowledge from an extension worker. (communicator) to the target community with the aim of increasing knowledge.

SUGGESTION

It is hoped that the research on the influence of adolescent reproductive health counseling can

become an illustration especially for the health office and education office in order to further improve monitoring, socialization and providing information on a regular basis both to the community and adolescents in schools related to reproductive health, sexual behavior and how to prevent it. Sexually Transmitted Diseases (STDs), both from the way of transmission and how to prevent it by utilizing trusted sources of knowledge such as the program from the Ministry of Health (PKPR).

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