



## Adolescent Reproductive Health Counseling Activities on the Level of Knowledge of Students of Mts Al-Ihsan, Padang Tikar Village 2024

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### ABSTRACT

*Background: Adolescence is considered a critical period in the life cycle due to the transition from childhood to adulthood, which is often filled with emotional turbulence. Adolescents experience very rapid changes both physically and emotionally, making them susceptible to the negative impacts of these maturation changes. One of the three main issues in adolescent reproductive health, namely sexuality issues, is greatly influenced by the lack of knowledge adolescents have about their reproductive health. The aim is to determine the effectiveness of reproductive health counseling for adolescents. The method used is a quasi-experiment with a Pre-test and Post-test design, using a questionnaire as the research instrument. The research was conducted in February with a sample of 35 students from MTs AL-IHSAN, Padang Tikar Village, West Kalimantan. The research results show that the knowledge of adolescents after being given counseling on reproductive health is mostly in the good category with a p-value of 0.001. Which means that counseling on adolescents is effective after it has been conducted. Conclusion Based on the results of this study, there is a significant change in the knowledge of adolescents before and after the counseling was conducted.*

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### 1. Introduction

Teenagers are one component of the young generation who have a very large role in determining the future of the nation. During this period there are rapid changes in the physical, cognitive and psychosocial/behavioral and hormonal growth processes. On the other hand, the current increasingly strong flow of information means that teenagers can access all information easily, without filtering which information is correct and which information is wrong. (Ayu & Kurniawati, 2019). The age of teenagers who experience risky ages is precisely in the age range of 15-19 years. It is estimated that in female teenagers around 33.3% and male teenagers 34.5%. (4) According to data, in 2015 around 8.26% of male teenagers in groups and 4.17% of female teenagers had premarital sex. The existence of this premarital sexual behavior makes teenagers very susceptible to sexually transmitted diseases (Suryana et al., 2022)

Adolescence is the period when the development of reproductive organs begins. Period Adolescence is a period that is considered vulnerable in life because it is a period of transition from child life to adult life which is full of turmoil (Aryani et al., 2022). Adolescent reproductive health is defined as

a healthy condition in reproductive systems, functions and processes which includes mental, social and cultural health (Marcheti & Nurasa, 2022).

According to WHO, the global prevalence of adolescents in the world is 1.2 billion (18%) of the total population living on earth (WHO, 2022). On a national scale, the population aged 10 to 24 years is 66.74 million or 24.2% of the 275.77 million population in 2022 (BPS, 2023). Around 16.8 percent of the world's population are adolescents, most of whom live in developing countries, namely 80 percent. Sakernas data shows that 62.89 percent of adolescents in Indonesia aged 15 to 19 years are still in school. This figure results in an estimated spike in society in 2030 and at that time adolescents are at a healthy reproductive age. Juvenile delinquency is a problem that is still very common in Indonesia.

Teenagers are state assets that need special attention. According to Jarssa, Lodebo, Suloro (2) that around 16.8% of the world's population are teenagers, most of whom are in developing countries, around 80%. Sakernas data shows that 62.89% of Indonesian teenagers aged 15-19 years are still school children. This data produces a population projection that will experience a surge in 2030 and at that time teenagers will be of reproductive age. (Susilowati et al., 2023).

The transition from childhood to adulthood brings many changes for adolescents, including rapid physical growth and maturity of the reproductive organs. Unfortunately, these changes are also accompanied by an increased risk of reproductive health problems such as infections, unwanted pregnancies, and STDs. In addition, the use of illegal drugs is also a threat to adolescent health (Jasmira & Herdiansah, 2021). Sexual feelings are a normal part of adolescent development. Unfortunately, not all adolescents have enough knowledge to manage these feelings healthily. As a result, many adolescents experience serious reproductive health problems (Aima & Erwandi, 2024). If adolescents do not understand reproductive health well, they will be more susceptible to sexually transmitted diseases and infections that can endanger their health (Wijayanti & Puspita, 2021). Maintaining reproductive health is an important aspect of life, especially during adolescence.

Reproductive health is important for all of us. Reproductive health is the guidance of physical, mental or social disabilities, not just the absence of disease or disability but all things related to the reproductive system, its functions and processes. (Galbinur & Defitra, 2021). Cases surrounding teenage reproduction are now increasing, due to teenagers' lack of understanding of various aspects of reproduction related to themselves. (Ernawati, 2018).

## 2. Materials and Methods

This study applies a quasi-experimental design with a one group pretest-posttest design. In this study, a questionnaire was given at the beginning (pretest) and after that counseling was carried out. In order to see the effectiveness of counseling, a questionnaire (posttest) with the same questions was given by the researcher after the completion of the counseling. The questionnaire regarding adolescent reproductive health knowledge consisted of 40 questions with 3 answer options. The questionnaire used has been tested for validity and reliability. The study was conducted in February 2024, with a total of 35 respondents consisting of students of MTS AL-IHSAN Padang Tikar Village, West Kalimantan.

## 3. Results

Table 1  
Respondents' knowledge before counseling

Knowledge Level	Number of Respondents	(%)
Good	5 People	14,3 %
Fair	10 People	28,6 %
Poor	20 People	51,1 %

Based on the analysis results, it was found that 5 respondents (14.3%) had good knowledge, 10 respondents had sufficient knowledge (28.6%), and 20 respondents (57.1%) had poor knowledge about adolescent reproductive health.

Table 2  
Respondent Knowledge After Counseling

Knowledge Level	Number of Respondents	(%)
Good	30 People	85,7 %
Fair	5 People	14,3 %
Not Good	0 People	0,00 %
Total	35	100

After conducting counseling, it was found that 30 people (85.7%) of respondents had good knowledge about adolescent reproductive health, 5 people (14.3%) had sufficient knowledge, and none of the respondents had poor knowledge.

#### Discussion

The transition from childhood to adulthood brings many changes for adolescents, including rapid physical growth and reproductive organ maturity. Unfortunately, these changes are also accompanied by an increased risk of reproductive health problems such as infections, unwanted pregnancies, and STDs. In addition, the use of illegal drugs and the emergence of strong feelings of sexuality are also challenges for adolescents (Suryana et al., 2022). Reproductive health is defined as complete physical, mental and social well-being that is not free from disease or disability in all matters related to the reproductive system, its functions and processes (Julianti, 2023).

According to WHO, adolescents are a fairly large age group, with a total of around 1.2 billion or 18% of the total global population (WHO, 2022). Based on data from 2022, of the total population of Indonesia which reached 275.77 million citizens, around 66.74 million people or 24.2% were in the 10-24 year age range (BPS, 2023). According to (Arief Purbono et al., 2015) the prevalence of adolescents is around 16.8% of the world's population, especially in developing countries. In Indonesia, based on Sakernas data, more than 62% of adolescents aged 15-19 years are still in school. Population projections show an increase in the number of adolescents in 2030, which coincides with their productive period. Unfortunately, the problem of juvenile delinquency is still a serious challenge in our country.

As studied by (Susilowati et al., 2023), the lack of adolescent knowledge about reproductive health can trigger various early adolescent reproductive health problems, including STDs and STIs. Therefore, researchers are interested in providing counseling about reproductive health at MTS AL-IHSAN in Padang Tikar Village. The development of adolescence is towards maturity. This process is a process to achieve maturity in various physical, psychological and emotional aspects. From a health perspective, deviant acts that will be worrying are sexual deviations in the form of free sex, the spread of venereal disease, out-of-wedlock pregnancies or unwanted pregnancies among teenagers (Marcheti & Nurasa, 2022).

After providing counseling about reproductive health, it was shown that there was an increase in respondents' knowledge from good knowledge which was initially only 14.3% to 85.7%, as well as a decrease in the level of knowledge from sufficient knowledge from 28.6% to 14.3%, and a decrease in the level of poor knowledge from 57.1% to 0.0%. The results of the Wilcoxon test obtained a p-value of 0.000. This study proves that reproductive health counseling is very effective in increasing adolescent knowledge. A significant increase was seen in the average value of adolescent knowledge after participating in the program. However, the success of this program is also influenced by various other factors, such as the socioeconomic level and beliefs in the customs of the participants. Adolescents with low socioeconomic levels and strong beliefs in customs tend to have more difficulty changing their behavior.

#### 4. Conclusion

The average score of respondents before counseling was (28.6%), with a sufficient level of knowledge. Before counseling, the results obtained were 35 respondents (14.3%) had good knowledge regarding adolescent reproductive health. Based on the results of this study, there was a major change in

adolescent knowledge from before counseling and after counseling. It is recommended that adolescents always get knowledge at school about reproductive health, especially children aged 14-16 years so that they understand that reproductive health is very important. The weakness of this study is that access for teenagers to gain knowledge about reproductive health is very minimal because they live in remote villages.

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