

## Improving Knowledge of Senior High School Adolescents About Reproductive Health Through Health Education

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Received: 20-04-2024

Revised: 13-05-2024

Accepted: 13-05-2024

### ABSTRACT

Reproductive health problems in adolescents are closely related to risky adolescent behavior, one of which is because there are still many adolescents who do not understand reproductive health. This research aims to determine the extent of the increase in knowledge and attitudes of high school adolescents about reproductive health through counseling. This research design uses One Group Pretest and Posttest. The population of this study were all students at SMK Al Falah Mampang Prapatan South Jakarta. The research sample was all X II class students at SMK Al Falah, totaling 100 students. Data analysis uses a test of two dependent means or dependent T test (paired T test). This research instrument uses a questionnaire. The results showed an increase in the mean score of knowledge of high school adolescents after being given education through counseling on Reproductive Health of 0.136 to 0.160.  $p$  value =  $0.000 < 0.005$  which means there is an effect of counseling on reproductive health on adolescent knowledge at SMK Al-Falah Jakarta. Reproductive health counselling efforts on adolescents have an effect in increasing adolescents' knowledge of reproductive health. It is expected that if adolescents know about reproductive health, they will know the impact that will be caused if they do not maintain their reproductive health.

**Keywords:** health education, knowledge, adolescents

### INTRODUCTION

Adolescence is a transitional phase between childhood and adulthood. It is a time for adolescents to discover who they are. They also have to contend with conflicting emotional and social pressures that usually lead to increasingly



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informal sexual relationships. Adolescents will experience rapid physical changes when entering puberty, one of which is the ability to carry out the reproductive process.<sup>1</sup>

Reproductive health problems in adolescents are closely related to risky adolescent behaviour, including smoking, drinking alcoholic beverages, drug abuse, and premarital sexual intercourse. Based on the results of the 2017 SDKI survey, 55% of male adolescents and 1% of female adolescents smoke, 15% of male adolescents and 1% of female adolescents use illegal drugs, 5% of male adolescents drink alcoholic beverages, and 8% of men and 1% of women who have had sexual intercourse while dating.<sup>2</sup>

Lack of knowledge about knowledge about reproductive health will certainly will have an impact on adolescents who will not have adequate life skills, they are at risk of (life skills), they are at risk of have unhealthy behaviours and attitudes especially related to reproductive health. Rem adolescents, both male and female, experience experience various problems related to reproductive health, such as problems such as unwanted pregnancy unwanted pregnancies, sexually transmitted diseases (STDs) (STDs) including Human Immuno deficiency Virus (HIV) infection. According to the World Health Organisation (WHO) about half of HIV infections worldwide occur in young people under the age of 25.<sup>3</sup>

Approximately 111 million cases of of sexually transmitted infections are suffered by the age group under 25 years old. Adolescents are particularly at high risk of STDs including HIV & Acquired Immunodeficiency Syndrome (AIDS), due to their limited knowledge about HIV & knowledge about HIV & AIDS and prevention. About 67% of new cases of HIV/AIDS in developing countries are among among young adolescents (15-24 years old).<sup>4</sup> In addition, approximately 60% of pregnancies that occur in adolescents in developing countries are unintended pregnancies developing countries are unwanted pregnancies and 15

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<sup>1</sup> Hery Ernawati, "Pengetahuan kesehatan reproduksi remaja di daerah pedesaan," *Indonesian Journal for Health Sciences* 2, no. 1 (2018): 58–64.

<sup>2</sup> BKKBN, "Kesehatan Reproduksi dan Usia Dini," 2020, <https://kampungkb.bkkbn.go.id/kampung/20664/intervensi/319319/kesehatan-reproduksi-dan-usia-dini>.

<sup>3</sup> Aminah Aminah, "Hubungan Pengetahuan tentang Kesehatan Reproduksi dengan Perilaku Seksual Pranikah pada Remaja Di SMK PGRI Rangkasbitung," *Jurnal Obstetika Scientia* 6, no. 1 (2018): 179–91.

<sup>4</sup> Ni Komang Novi Suryani dan Kemal Nazaruddin Siregar, "Pengetahuan tentang HIV/AIDS dan Diskriminasi terhadap Orang dengan HIV/AIDS pada Wanita Usia Subur di Indonesia," *Jurnal Ilmiah Kesehatan* 20, no. 3 (2021): 104–10.

unwanted pregnancies and 15 million adolescents have given birth million adolescents have given birth.<sup>5</sup>

According to WHO, the right effort to be made in dealing with adolescent reproductive health is by means of health promotion because it can increase control and improve reproductive health.<sup>6</sup>

Free sex knowledge is important to be given to adolescents, both through formal and informal education. This effort needs to be made to prevent unwanted things. Given that so far many teenagers have obtained their sexual "knowledge" from peers, reading pornographic books, watching pornographic films is a form of discussion of sex that is seen as unnatural.<sup>7</sup>

Information about reproductive health is very important for adolescents, so that adolescents get the right information about reproductive health. One way for adolescents to get the right information about health is to learn by adding character education material. So that reproductive health material can be implicitly included in the training.<sup>8</sup>

Based on the above problems, the author is interested in examining the extent of the influence of providing adolescent reproductive health counselling on the knowledge of high school students in South Jakarta.

## RESEARCH METHOD

The research design used in this study was Quasi Experiment with one group pretest and posttest design. In this study, researchers conducted the first observation (pretest) which allowed researchers to test changes that occurred after the experiment (treatment). The population in this study were all students at SMK Al Falah Mampang Prapatan South Jakarta. The research sample was all X II class students at SMK Al Falah Mampang Prapatan South Jakarta, totaling 100 students. This research was conducted on 21 November 2023. The research instrument used was a questionnaire about knowledge as many as 20 questions

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<sup>5</sup> Vita Raraningrum, Rizky Dwiyanita Yunita, dan Yeni Andriani, "Analisis Implementasi Pemberian Pendidikan Kesehatan Reproduksi Remaja oleh Guru Bimbingan dan Konseling pada SMU X di Kecamatan Genteng Kabupaten Banyuwangi," *Jurnal Ilmiah Kesehatan Rastida* 4, no. 1 (2017): 465–79.

<sup>6</sup> Ova Emilia dan Y S Prabandari, "Supriyati, Promosi Kesehatan dalam Lingkup Kesehatan Reproduksi" (Yogyakarta: Gadjah Mada University Press, 2019).

<sup>7</sup> Sartika Halid, "Pengaruh Penyuluhan Kesehatan Tentang Seks Bebas Pengetahuan Remaja Di Kelas X SMA Negeri 4 Kota Gorontalo," *Angewandte Chemie International Edition*, 6(11), 951–952. 28 (2014): 5–24, <http://repo.iain-tulungagung.ac.id/5510/5/BAB 2.pdf>.

<sup>8</sup> Ervan Johan Wicaksana, Pramana Atmadja, dan Yuli Asmira, "Pengembangan poster kesehatan reproduksi berbasis pendidikan karakter menggunakan canva pada usia remaja sekolah di SMA," *Jurnal Penelitian Dan Pengkajian Ilmu Pendidikan: E-Saintika* 4, no. 2 (2020): 160–72.

about reproductive health. Data analysis used two dependent means or dependent T test (paired T test) to compare the average difference before and after the intervention.

## RESULT AND DISCUSSION

### The Differences in Knowledge Before and After Intervention Health Education

Table 1. The Differences in Knowledge Before and After Health Education Intervention at SMK A Falah Mampang Prapatan, South Jakarta

Variable	Mean	N	Std Deviation	Min	Max
PreTest	0,136	100	0,3552990	2,00	20,00
PostTest	0,160	100	0,284074	3,00	20,00

Based on the results of table 1, it explains that there is a significant difference in adolescents' knowledge about reproductive health before the provision of reproductive health education with an average mean of 0,136 before intervention and after intervention to 0,160.

Results showed that there was a difference in knowledge after being given the intervention. This is in line with Notoatmodjo (2014) which states that knowledge is a result of knowledge, and this occurs after people perceive an object. Learning together motivates participants to explore knowledge they have by reactivating the knowledge, managing knowledge and then organising the knowledge so that the knowledge gained can be retained.<sup>9</sup>

Effendy (2012) also reveals that the purpose of providing health education is to achieve changes in the behavior of individuals, families, and communities in fostering and maintaining healthy behavior and a healthy environment, and playing an active role in efforts to realize optimal health status.<sup>10</sup>

Based on the results of research conducted by Nilasari (2019) at SMK Negeri 1 Poncol Magetan Regency, on the effect of adolescent reproductive health counseling with the lecture method. This study shows that there is an increase in knowledge after being given counseling, compared to before being given counseling.<sup>11</sup>

<sup>9</sup> Soekidjo Notoatmodjo, *Ilmu Perilaku Kesehatan, Biomass Chem Eng*, vol. 49 (Jakarta: Rineka Cipta, 2014).

<sup>10</sup> Effendy Nasrul, "Dasar-Dasar Keperawatan Kesehatan Masyarakat Edisi 2," 2012.

<sup>11</sup> Nilasari Yuce, "pengaruh penyuluhan kesehatan reproduksi remaja dengan metode ceramah terhadap pengetahuan dan sikap pada siswa Smk N 1 Poncol Kabupaten Magetan" (STIKES Bhakti Husada Mulia Madiun, 2019).

### **The Effect of Health Education on Adolescents' Knowledge about Reproductive Health**

Table 2. The Effect of Health Education on Adolescents' Knowledge of Reproductive Health at SMK Al Falah Mampang Prapatan, South Jakarta

Variabel Pengetahuan	N	Correlation	Pvalue
Pretest & Posttest	100	9,965	0,000

Table 2 shows  $p$  value = 0.000 < 0.005 which means there is an effect of providing reproductive health education to adolescents at SMK Al-Falah South Jakarta.

The intervention provided, namely counseling with the lecture method, can improve respondents' knowledge for the better. Good health counseling will increase students' knowledge of adolescent reproductive health. Therefore, counseling is better packaged more interestingly, the use of media or methods used must be appropriate, so that the counseling conducted can have a good influence on the recipient of the information. The success of a health education is largely determined by the speaker and the media used, so that the material can be delivered in accordance with the expected objectives. Based on the results of the study and several existing theories, it can be concluded that the more a person receives information, the broader knowledge and insight will be so that adolescents know the things they should do and those that should be avoided regarding reproduction. And the higher one's education, the more one's level of knowledge increases. For this reason, the researcher assumes that it is very important to conduct health education to increase adolescents' knowledge about reproductive health so that adolescents avoid negative things that harm adolescents.

The effectiveness of counseling is determined by several factors, including the extension agent, the target, and the process of counseling. Because the extension worker and the process of extension are the same, the determining factor in this study is the target factor, including the socioeconomic level that is too low so that it does not pay much attention to the messages delivered because it is more concerned with more urgent needs and beliefs and customs that have been embedded so that it is difficult to change them.

The method used in providing counseling is the lecture method which is a way of explaining and explaining an idea, understanding or message verbally to the target group. The implementation of counseling in this study was supported by power point media so as to make respondents pay more attention to the counseling material. Health counseling is an activity carried out to increase one's knowledge and abilities, with the aim of changing or influencing human behavior

individually, in groups and communities to be more independent in achieving the goal of healthy living.<sup>12</sup>

## CONCLUSION

The conclusion in this study is that there is an effect of counseling on increasing adolescent knowledge about reproductive health. So it is expected that the school will more often provide information about adolescent reproductive health, this is to minimize adolescents seeking information that cannot be accounted for.

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<sup>12</sup> Diantari Ni Luh Gede, "Pengaruh Penyuluhan Terhadap Tingkat Pengetahuan Remaja Tentang Kehamilan Tidak Diinginkan SMP Negeri 3 Kediri," 2019.

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