

The Relationship between Health Education and the Level of Knowledge of Adolescents About Reproductive Health

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ABSTRACT

Reproductive health has an important point in teenagers' lives but is often ignored. One of the impacts is experiencing sexually transmitted diseases. This triggers various serious health problems caused by teenagers' lack of knowledge about reproductive health. Research Objectives: To determine the relationship between health promotion and the level of knowledge of adolescents about reproductive health. This research method is quantitative with a pre-experimental research design and a one-group pre-posttest design. The sample in this study was 60 respondents according to the inclusion criteria. The sampling technique in this research uses a non-probability sampling method with a proportional sampling technique. The instrument used in this research is a questionnaire sheet taken from (Septiana, 2019) a booklet about reproductive health. This research uses SPSS Test Analysis. The results and analysis of the research show that before the Health Education was carried out there were 57 people with a presentation (95%) with a poor level of knowledge, after being given Health Education there was a significant increase of 40 people with a presentation (67%) with a good level of knowledge. With the average value, P.Value = 0.001 < 0.005, it can be concluded that there is a relationship between Health Education and the level of knowledge of adolescents about reproductive health with a P-Value = 0.001.

INTRODUCTION

Reproductive health is important in teenagers' lives but is often ignored. One of the impacts is experiencing sexually transmitted diseases (1). This triggers various serious health problems. For example, human papillomavirus (HPV) infection can cause cervical cancer, which is one of the most common cancers among women throughout the world. The physical impacts of STDs are not limited to direct infections. Some teens may also experience long-term health problems as a result of the disease, such as chronic pain or ongoing reproductive health problems. It is not only limited to physical health but can also affect their mental and social health. Adolescents infected with STDs often experience social stigma, which can lead to mental health problems such as depression and anxiety. Therefore, teenagers must have good knowledge about reproductive health so that they are better able to make the right decisions regarding their health (2).

According to data from the World Health Organization (WHO), every year around 1 million new STD infections occur throughout the world, and the majority of these infections occur in individuals under 25 years of age (WHO, 2021). Based on the results of the 2020 population census (SP2020), teenagers contributed 16.47 percent to the total population of Indonesia (Central Statistics Agency, 2023). In Indonesia, the prevalence of PMS is alarming, according to a report from the Republic's Ministry of Health. Indonesia states that around 2.5% of the adolescent population is infected with one type of STD (Ministry of Health of the Republic of Indonesia, 2022). This is influenced by the lack of access to information on reproductive health.

West Sulawesi occupies the lowest position in instilling reproductive values and functions in three of the total four indicators, including implementing education about reproductive health with a percentage of 9%, implementing teachings about avoiding promiscuity with a percentage of 22% and teaching about maturing the age of marriage with a percentage of 3% (3).

Based on a survey conducted by the National Population and Family Planning Agency (BKKBN, 2021) of West Sulawesi Province, only 35% of teenagers in the area know about the importance of reproductive health. Meanwhile, in a survey by the Mamuju Regency Population Control and Family Planning Agency (DPPKB), around 65% of teenagers in Mamuju do not have a good understanding of reproductive health (DPPKB Mamuju, 2019).

Education and promotion of Reproductive Health can help overcome this problem. For example, educational programs are carried out in schools and other educational institutions such as Islamic boarding schools. Research (4) shows that teenagers who take part in the reproductive health education program have a good understanding of the risks of STDs and contraceptive methods compared to those who do not take part in the program. With the right approach, it is hoped that teenagers can gain sufficient knowledge to make good decisions regarding their reproductive health (5).

METHOD

This research is quantitative with a pre-experimental research design, one group pre-posttest design. The intervention provided is in the form of adolescent reproductive health education. The population in this study was 140 teenagers at the Ar-Rahamn Kabuloang Islamic boarding school, Kalukku District, Mamuju Regency. The sample in this study was 60 respondents who met the inclusion criteria. a. Minimum junior high school education, b. Young male and female students aged 12-24 years, c. male and female students who are willing to become respondents. The sampling technique in this research uses a non-probability sampling method, namely the purposive sampling technique. The instruments in this research used a questionnaire and an adolescent reproductive health booklet. The analysis test uses the SPSS Paired sample T Test

RESULTS AND DISCUSSION

RESULTS

Respondent Characteristics

Table 1

Distribution of Respondent Characteristics based on gender, age, and education at the Ar-Rahman Islamic Boarding School.

Characteristics	Amount	
	n	%
Age		
12-14 Years	31	51,66
15-17 Years	29	48,34
Gender		
Woman	30	50
Man	30	50
Education		
Junior high school	32	53,33
Senior high school	28	46,67
Reproductive Health Information		
Never	11	18,33
TV/radio	0	0
Health workers	32	53,33
Parent	4	6,67
You	0	0
Newspapers/magazines	0	0
Friend	4	6,67
Teacher	3	5,0
Internet	6	10,0

Source: Primary Data, 2024

Table 1 shows that there were 31 respondents aged 12-14 years with a percentage of (51.66%). There were 29 respondents aged 15-17 years with a percentage of (48.34%). Based on the research results, it can be seen that there were 30 male respondents with a percentage of (50.0%) and 30 female respondents with a percentage of (50.0%). Based on the research results, it can be seen that 32 respondents had a junior high school education with a percentage of (53.33%). There were 28 respondents with high school education with a percentage of (46.67%). Respondents who received reproductive health information never received health information as many as 11 people a percentage (18.33%), Health Officers as many as 32 people a percentage (53.33%), parents as many as 4 people with a presentation (6.67%), 4 friends with presentations (6.67%), 3 teachers with presentations (5.0%) and 6 people with presentations on the Internet (10.0%).

Based on the characteristics of teenage respondents at the Ar-Rahman Islamic boarding school, it was found that the majority of respondents were 12-14 years old (51.66%). Meanwhile, there was no difference in gender between male and female respondents (50.0%), the majority of respondents' education was junior high school (46.67%), while those who had received the most health information from health workers (53.33%).

Univariate Analysis

Table 2

Frequency distribution of respondents based on the level of knowledge of adolescents before and after being given health education regarding reproductive health.

Variable	Pre-Test		Post-Test	
	n	%	n	%
Knowledge				
Good	0	0	40	67
Enough	3	5	20	33
Not enough	57	95	0	0

Source: Primary Data, 2024

Table 2 above shows that respondents who had poor knowledge before being given Health Education were 57 people with a presentation (59%), 3 people had sufficient knowledge with a percentage (5%), after being given Health Education respondents had good knowledge as many as 40 people with a percentage (67%), sufficient knowledge as many as 20 people with a percentage (33%).

Based on the characteristics of adolescent respondents at the Ar-Rahman Islamic boarding school, it was found that the level of knowledge of adolescents before being given Health Education, respondents found that their knowledge was poor (95%) and after being given Health Education, respondents found that their knowledge was good (67%).

Bivariate Analysis

Frequency of adolescent knowledge about reproductive health before and after being given Health Education.

Table 3

Frequency distribution of the relationship between Health Education and the level of knowledge of adolescents regarding reproductive health

Production Health Knowledge	Mean	Std. dev	P-Value
Pretest	2,95	0,220	0,001
Posttest	1,33	0,475	

* Paired Sample T Test

Based on the analysis of the paired T-Test, the average knowledge result before being given Health Education was 2.95, and after being given Health Education, the average knowledge was 1.33. The results of the statistical test analysis obtained a p-value = 0.001 <0.005, so it can be concluded that there is a significant average in knowledge before and after being given reproductive health education to adolescents.

DISCUSSION

1. The relationship between Health Education and the level of knowledge of adolescents about reproductive health

To assess the relationship between Health Education and the level of knowledge of adolescents at the Ar-Rahman Islamic boarding school, a paired T-test was carried out. The statistical test obtained shows that the p-value = 0.001. Based on the results of these statistical tests, it can be concluded that H_a was accepted and H_o was rejected, in other words, a significant relationship was found between health education and the level of knowledge of teenagers at the Ar-Rahman Kabuloang Islamic Boarding School. In the research, Health Education was provided 4 times a month. Previous research shows that there is a relationship between health promotion and the level of knowledge of adolescents. This can be seen from the results of statistical tests which obtained a value of $p=0.000$ (6). This research is in line with research conducted by (7), namely obtaining a p-value of 0.001 ($p<0.05$), and it can be concluded that there is a difference between before (pretest) and after (posttest) reproductive health promotion was given to adolescent knowledge.

Age is an important factor that influences teenagers' knowledge. According to Jean Piaget's theory of cognitive development, teenagers are at the formal thinking stage, where they are starting to be able to think abstractly and carry out more complex analyses. Research by (8) shows that as teenagers get older, their ability to understand more complex concepts also increases. Older teenagers tend to have broader and deeper knowledge than their younger peers.

The sources of information that teenagers get greatly influence their knowledge. In today's digital era, teenagers have greater access to various sources of information, including the internet, social media, and books. According to research by Setiawan (2022), teenagers who actively seek information from various sources tend to have broader knowledge compared to those who only rely on information from one source. Apart from that, extension

equipment is very important to help the implementation of the extension run smoothly so that it is easily understood by the public. Extension aids are extension tools or equipment needed by an extension agent to facilitate the process of conveying messages during the extension activities carried out according to Waryana (2019) quoted in (Salsabilah & Mulyanto, 2022). Booklets are a form of presentation of independent learning materials that are systematically arranged into the smallest learning units to achieve learning objectives presented in a guide format. The health education carried out by researchers used the lecture method with the help of booklet media. The use of media in health education aims to increase attention to the information conveyed and increase the knowledge of counseling participants.

CONCLUSION

Based on the results of research on the relationship between Health Education and the level of adolescent knowledge about adolescent health in Islamic boarding schools, it can be concluded that there is a relationship between Health Education and the level of knowledge of adolescents in the Ar-Rahman Kaboloang Islamic boarding school.

It is hoped that further research will be carried out to explore the effectiveness of various methods of reproductive health education. Apart from that, the impact of the reproductive health education program that has been implemented is the basis for developing better programs in the future and making a positive contribution to the reproductive health of adolescents in Indonesia.

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