

Overview of Reproductive Health Knowledge among Adolescents at SMAN 2 Sumedang in 2023

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ABSTRACT

Adolescence is a phase or transition period from childhood to adulthood, during this period there is usually physical, psychological, and intellectual development. Besides that, there are problems that often arise among adolescents today, such as sexuality problems and pregnancy outside of marriage, making them vulnerable to infection with sexually transmitted diseases, HIV and AIDS. It is important for a teenager to know about reproductive health. This study aims to determine whether there is a relationship between reproductive health knowledge and adolescent dating behavior at SMAN 2 Sumedang with a total sample of 96. This study is a quantitative study with descriptive survey design. Reproductive health knowledge data were analyzed with univariate statistics. The results showed that the level of reproductive health knowledge is included in the good criteria as many as 96 (100%). Having good reproductive health knowledge can affect future health status and behavior.



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1. INTRODUCTION

Reproductive health is a state of overall health including physical, mental and social life related to the tools, functions and processes of reproduction. The thought of reproductive health is not a condition free from disease but how a person can have a safe and satisfying sexual life before and after marriage. According to the Indonesian Health Regulation Number 25 of 2014, adolescents are defined as the population in the age range of 10-18 years and according to the Population and Family Planning Agency (BKKBN) the age range of adolescents is 10-24 years old and unmarried. From the above definitions, it can be concluded that adolescence is a phase or transition period from childhood to adulthood, usually occurring in the age range of 10 to 18 years. During adolescence, there is usually physical, psychological, and intellectual development. It becomes part of the human development period. Human development from birth to death can be grouped into several categories. Humans can be categorized by age, namely infants, children, adolescents, and adults. According to the World Health Organization (WHO) in 2015, the number of adolescents reached 1.2 billion (Angrainy et al.2020), according to the 2015 Inter-Census Population Survey, Indonesian adolescents aged 15-24 years numbered 42 million (Rahma, 2018). Statistical data in 2018 that the population in West Java Province is 11,358,740 (Irnawati, 2016) while according to the Central Bureau of Statistics of West Java Province in 2017, And according to the Sumedang district statistical center, the number of adolescents in Sumedang Regency is 98,325 adolescents. These are people aged 14 to 19 years. of these females 47,740 and males as many as 50,585.

The results of SDKI 2012 KRR in Dewi, Sari, & Pratiwi (2021) show that adolescents' knowledge of reproductive health is inadequate, which can be seen with only 35.3% of female adolescents and 31.2% of male adolescents aged 15-19 years knowing that women can become pregnant with one sexual intercourse. Similarly, the symptoms of STDs are not well known by adolescents. Information about HIV was relatively more widely received by adolescents, although only 9.9% of adolescent girls and 10.6% of boys had

comprehensive knowledge about HIV-AIDS. Adolescent services were also not widely known by adolescents. Reproductive health information can be obtained by adolescents from various media. Sources of health information greatly influence reproductive health knowledge and self-confidence of adolescents (Oh, et al. 2005). Reproductive health education is very important in providing understanding and information about the mechanism of sexual intercourse, helping to decide the state of sexual feelings and fears experienced by adolescents (Neinstein, et al., (2008).

According to the researchers, the knowledge of SMA N 2 Sumedang students regarding reproductive health is good because the students answered the questionnaire given by the researchers correctly. Based on the preliminary study that researchers got at the time of initial data collection at SMAN 2 Sumedang, researchers took 30 students including 15 students and 15 female students and there were 20 of them who did not know about reproductive health and dating behavior and 10 people knew about reproductive health and dating behavior. Based on the above problems, researchers are interested in conducting research with the aim of knowing the description of knowledge of students and female students at SMAN 2 Sumedang on reproductive health.

2. METHODS

This type of research is quantitative research. This research design uses a descriptive survey design. In this study, a sample of 96 students out of 277 students was obtained. This sampling uses purposive sampling technique where the method of returning the sample is selected according to certain criteria. The data analysis of this study includes univariate analysis in the form of frequency distribution and percentage.

3. RESULT AND DISCUSSION

3.1 Results

A. Univariate Analysis

1) Reproductive health and opposite sex relationships

Table 1 Reproductive Health

Criteria	Frequency	Percentage (%)
Good	96	100%
Simply	0	0%
Less	0	0%
Total	96	100%

Source: Primary Data, 2023

From the table above, it can be seen that the level of reproductive health knowledge of SMA N 2 Sumedang students is classified as good as 96 (100%).

3.2 Discussion

A. Overview of reproductive health knowledge among adolescent

The level of reproductive health knowledge of SMA N 2 Sumedang students is classified as good as 96 (100%). These results are in line with research conducted by Dewi, Sari, & Pratiwi (2021) showing that most respondents' knowledge of adolescent reproductive health (63.8%) is in the good category.

Knowledge about reproductive health is basic knowledge that must be understood by adolescents. Adolescence is a transition period from childhood to adulthood. This means that physically adolescents can reproduce, but psychologically, socially, and economically they are not ready to have children and build a family. Therefore, knowledge about reproductive health is important for them.

Adolescents who are more aware of the importance of maintaining reproductive health are less likely to experience pregnancy at an early age. As we know, getting pregnant in adolescence is at risk of giving birth to premature babies and low birth weight (LBW) which is closely related to the risk of stunting. Unfortunately, in Indonesia, adolescents' knowledge about reproductive health is still low. Based on data from the National Population Family Planning Agency (BKKBN) (2018), only 17.1% of adolescent girls and 10.4% of adolescent boys know correctly about the fertile period and the risks of pregnancy. A 2017 report from the Indonesian Ministry of Health also noted that only 20% of adolescents aged 15-24 years knew information about HIV, or other sexually transmitted diseases, such as chlamydia, syphilis, trichomoniasis, herpes and others.

One of the reasons is that reproductive health is often considered a taboo, because it is only associated with sexual relations. In fact, reproductive health has a broad scope, such as the reproductive system, functions, and processes, including education about menstruation, education related to sexually transmitted diseases, and so on.

According to A. Wawan and Dewi M (2011), one of the internal factors that influence knowledge is age. Age is the age of the individual starting from birth to repeated years. Meanwhile, according to Hurclok (2017) the more age, the level of maturity and strength of a person will be more mature in thinking and working. One of the external factors that influence knowledge is that the data shows that adolescents' interest in knowing about reproductive health is very high, this can be caused because reproductive problems are a trending issue among adolescents, which is also supported by the availability of information facilities in the community. With the results shown in the table above, there is an increasing opportunity to achieve the goal expected in the International Conference on Population Development/ICDP held in Cairo in 1994, which is that by the end of 2015, 90% of all adolescents have received information about sexual and reproductive health.

4. CONCLUSIONS

Based on the research that has been conducted by researchers, it can be concluded that the level of reproductive health knowledge of high school students at SMAN 2 Sumedang is classified in good criteria as many as 96 (100%).

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