

The Influence Of Health Education And Counseling On The Level Of Adolescents Knowledge About Reproductive Health In Rejomulyo Village, Kediri City

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ABSTRACT

Reproductive health issues remain a significant concern among adolescents. Data from the Indonesian Demographic and Health Survey (IDHS) in 2012 indicate an increase in premarital sexual behavior among adolescents, which may lead to various negative consequences such as unwanted pregnancy, abortion, sexually transmitted infections, and sexual violence. This condition highlights the importance of health education efforts to improve adolescents' knowledge of reproductive health. This study aimed to determine the effect of health education counseling on adolescents' knowledge of reproductive health. This study employed a quasi-experimental design using a one group pre-test and post-test approach. A total of 20 respondents were selected using purposive sampling. Data were collected using a reproductive health knowledge questionnaire. Health education counseling was provided after the pre-test, followed by a post-test to assess changes in knowledge levels. Data analysis was conducted using the paired sample t-test. The results showed an increase in adolescents' knowledge levels after receiving health education counseling. Statistical analysis revealed a significant difference between knowledge levels before and after the intervention ($p = 0.036$). Conclusion Health education counseling has a significant effect on improving adolescents' knowledge of reproductive health

Keywords: Adolescents, Health Education Counseling, Knowledge, Reproductive Health

INTRODUCTION

Reproductive health problems in adolescents are still an important issue in the health of the Indonesian people. Adolescents are an age group that is vulnerable to risky sexual behavior, especially sexual intercourse before marriage. Data from the latest Indonesian Demographic and Health Survey (SDKI) shows that premarital sexual behavior among adolescents still shows significant numbers—about 10–11% of adolescents have had sexual intercourse before marriage, with variations between regions in Indonesia. This condition risks causing various negative impacts, such as unwanted pregnancy, sexually transmitted diseases, and other psychosocial consequences. This shows the importance of delivering the right information and education so that adolescents have a correct understanding of reproductive health.

Adolescents tend to obtain information from various sources, including mass media, the internet, and socializing. When the source of information received is inaccurate or incomprehensive, it has the potential to form a false perception of sexuality and reproduction. One survey showed that most adolescents get reproductive health information from television and social media, but not all of this information is educational and of quality. This condition is exacerbated by the limitations of systematic reproductive health education in the school environment. Early adolescence is a critical developmental period, during which intense physical, emotional, and social changes occur. At this stage, adolescents urgently need the right

education to be able to understand body changes and manage reproductive behavior wisely. Reproductive health education is one of the effective promotive efforts to increase adolescents' knowledge about biological changes and risks of risky sexual behaviors.

Various studies have shown that health education can improve adolescents' knowledge and attitudes towards reproductive health. For example, previous research has reported that health education counseling is effective in improving students' knowledge of dental and oral hygiene and adolescent reproduction. In addition, the results of another study state that health education interventions are related to increased knowledge and attitudes about sexual behavior in adolescents. This shows that health education, if provided with the right methods, can be an important strategy in efforts to prevent reproductive problems in adolescents.

Based on a preliminary study conducted by researchers on 12 students at school, most of the students admitted that they had never received health education specifically about reproductive health. Some students reported dating experiences that included physical activities such as holding hands and kissing, but their knowledge of reproductive health was still very limited. This condition demonstrates the need for structured health education interventions to improve adolescents' understanding of reproductive issues.

Based on the description above, this study was conducted to determine the effect of health education counseling on the level of adolescent knowledge about reproductive health in Rejomulyo Village, Kediri City.

METHODS

The type of research uses a quasi-experiment with a pre-test and post-test one group approach. The study respondents amounted to 20 respondents in adolescents in Kelurahan Rejomulyo Kota Kediri. selected using the purposive technique

sampling. Data collection was carried out using a reproductive health knowledge questionnaire. Health education counseling is given after the implementation of the pre-test, then a post-test is carried out to assess changes in the level of knowledge. Data analysis used a statistical test paired sample t-test.

RESULTS

Tabel 1.

Frequency of Respondent Characteristics

Features	Groups	
	Intervention	(n)
	<u>20)</u>	
	F	%
Gender :		
Male	3	13.64
Women	17	80.28

Based on table 1, it can be explained that the number of men from all respondents is 13.64% while the number of women is 80.28%, so it can be concluded that the number of female respondents is more than men

Tabel 2.
Differences in respondents' knowledge scores before and after Health Education Counseling on Adolescent Reproductive Health in Rejomulyo Village, Kediri City

Variabel		N	Mean	Hours deviation	ofP
Intervention	Before	20	94.37	6.8	.036
	After	20	97.2	4.3	

Paired Sample T-Test

Based on Table 2.

Showing that the value of $p = 0.036$ ($p < 0.05$), it can be explained that there is a difference in knowledge about reproductive health in the intervention group after counseling is carried out

DISCUSSION

The results showed that there was an increase in the average knowledge score between 94.37 before being given health education counseling and after being given health education by 97.2. The results of the statistical test using paired samples showed $p\text{-value} = 0.036$ ($p < 0.05$) so that it can be concluded that there is an effect of health education counseling on increasing adolescents' knowledge about reproductive health.

Health education is a planned and continuous process to facilitate changes in individual and group behavior through improving knowledge, attitudes, and skills that support the achievement of optimal health degrees. Health education does not only focus on the delivery of information, but also aims to form individual awareness and ability to make the right decisions related to healthy living behaviors, both at the individual, family, and community levels (Notoatmodjo, 2018). In its implementation, health education can be carried out through several methods, including individual education methods, group education, and mass education.

The health education counseling used in this study is included in the group education method. This method was chosen because it is considered effective in reaching a relatively large number of targets and can be applied to groups with diverse educational backgrounds. Health education counseling allows interaction between the material giver and the participant, so that health messages can be conveyed more clearly and easily understood. In the delivery of materials, the use of supporting media such as presentation slides and visual images plays an important role in helping to clarify abstract reproductive health materials.

Some recent research shows that the use of media in health counseling can increase participants' interest, attention, and understanding of the material presented. Visual media has been proven to be able to help participants understand the concept of health more concretely, especially in adolescent age groups who are at certain stages of cognitive development. Adolescents begin to be able to think logically and abstractly, but still need real and visual examples to reinforce understanding (Hockenberry & Wilson, 2019; Potter & Perry, 2021).

Previous research results also show that health education counseling has an effect on improving adolescents' knowledge and attitudes. Research by Frantin et al. (2019) reported that reproductive health education is able to improve the knowledge and attitudes of junior high school students. These findings are in line with Rijal's (2020) research which states that health education about reproductive health has an effect on increasing adolescents' knowledge and attitudes related to sexual behavior. In addition, recent research in Indonesia also shows that a good level of knowledge about reproductive health is related to more responsible sexual behavior in adolescents (Nasution & Sari, 2021).

Knowledge is the result of a learning process obtained through experience and information, both formally and informally, involving the function of the five senses. Knowledge has an important role in shaping a person's behavior, because behaviors based on knowledge tend to last longer than behaviors that are not based on adequate understanding (Notoatmodjo, 2018). Recent international research has also shown that increased health knowledge contributes to more positive health behavior changes in adolescents (WHO, 2022).

The imparting of knowledge about reproductive health is very important given in adolescence, given that this period is characterized by significant physical, physiological, and psychological changes, particularly related to reproductive function. In addition, adolescents also experience rapid emotional, cognitive, social, and moral development, so they are in a phase that is vulnerable to environmental influences (Kusmiran, 2020). Without adequate knowledge and good emotional control, adolescents are at risk of negative impacts such as unwanted pregnancies, sexually transmitted diseases, and other risky behaviors.

Based on Piaget's theory of cognitive development, adolescents are at a formal operational stage, which is the stage in which individuals begin to be able to think abstractly, critically, and logically. At this stage, adolescents tend to question existing norms and rules and have high curiosity. Therefore, providing correct and comprehensive information about reproductive health is very important so that adolescents are not easily influenced by wrong information from the mass media and the internet that is easily accessible today (Santrock, 2021).

The success of health education counseling is greatly influenced by several factors, including the competence of the material provider, the delivery method, the media used, and the characteristics of the target. Health extension workers are required to be able to deliver material creatively, communicatively, and in accordance with the stage of development of participants. The use of a variety of methods and media is highly recommended so that participants' attention is maintained and the purpose of counseling can be achieved optimally (Ministry of Health of the Republic of Indonesia, 2022).

CONCLUSION

There is an effect of health education counseling on reproductive health on increasing adolescents' knowledge after counseling is carried out, namely through the results of a post test in the form of a questionnaire.

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