

## Efforts To Improve Adolescent Reproductive Health Skills At Azzahra Islamic Smp It School Kutacane

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### ABSTRACT

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Skills regarding reproductive health in adolescents can measure the level of knowledge, attitudes and actions of adolescents regarding reproductive health issues. Adolescents need to understand their reproductive health, so that adolescents know their bodies and reproductive organs. Good knowledge and attitudes about adolescent reproductive health are the basis for adolescents to be able to avoid negative risks such as unhealthy sexual behavior and sexually transmitted diseases. This research aims to identify reproductive health skills in adolescents at SMP IT Azzahra Islamic School Kutacane. The sample studied was 46 people. This research was conducted at SMP IT Azzahra Islamic School Kutacane in September 2023. Data collection was carried out using a questionnaire compiled by the researcher himself based on literature review, observations and interviews with students consisting of demographic data, a questionnaire to measure teenagers' skills regarding reproductive health, and a questionnaire to measure teenagers' knowledge and attitudes about reproductive health using a Likert scale. The results showed that 16 respondents (34.79%) had good skills about adolescent reproductive health, while 29 respondents (63.04%) had sufficient skills about adolescent reproductive health, and 1 respondent (2.17%) had knowledge not enough. The research results showed that 1 respondent (2.17%) had a good attitude about adolescent reproductive health, while 45 respondents (97.83%) had a fair attitude about adolescent reproductive health. The conclusion obtained from this research is that efforts to improve adolescent reproductive health are quite good.

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### 1. INTRODUCTION

Adolescence is a transition period between childhood and adulthood which begins with puberty, namely changes in growth and development both physically, psychologically and intellectually. Gemari (2013), the number of teenagers reaches around 65 million people or 25 percent of the 255 million population. According to the 2018 Population Census, the 10-19 year age group is 43.5 million or around 18% of the population (Granich, 2014).

Adolescent Reproductive Health (KRR) is a government program in the socio-cultural development sector, which aims to increase knowledge, attitudes and behavior of adolescents in reproductive health. The main focus of the KRR program in Indonesia is to realize changes in adolescent behavior through the provision of reproductive health information and services (Sarwanto, 2020).

Adolescents need to understand their reproductive health, so that adolescents know their bodies and reproductive organs, understand the function and development of their reproductive organs correctly, understand their physical and psychological changes, protect themselves from various risks that threaten their health and safety, prepare for a bright future, and develop responsible attitudes and behavior regarding the reproductive process. Teenagers have easy access to information accessing global information, on the one hand the impact can provoke/encourage teenagers to adapt various unhealthy habits, such as the use of illegal drugs, even now there is a tendency for free sex to be identified with the modern lifestyle (Siregar, 2018).

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Several studies show that the level of adolescent skills regarding reproductive health is still low, such as research which states that out of 73 students, 72.2% of them have inadequate skills regarding adolescent reproductive health. The level of adolescent skills regarding reproductive health influences adolescent behavior in maintaining their reproductive health (Nasution, 2020).

From these data it can be concluded that since they were teenagers, they may not have received knowledge about reproductive health from an early age. By providing an understanding of sex education from adolescence, it is hoped that it can prevent them from negative risks and by providing information about sexuality that is honest, on target, complete and adapted to their age maturity, it can bridge teenagers' curiosity about many things, information about sexuality that is free in the mass media (Gunarsa, 2013).

Low levels of adolescent skills regarding reproductive health can result in the risk of negative sexual behavior. As a result of sexual risk behavior, teenage pregnancies and abortions can occur which have the potential to increase the maternal mortality rate. So far, adolescent reproductive health services have focused on knowledge factors, other factors are considered not urgent (Azwar, 2015).

Based on research results by Granich (2018), factors that influence adolescent sexual behavior consist of internal and external factors. Internal factors include: negative adolescent norms, knowledge of sexual behavior, and a promiscuous lifestyle, while external factors consist of negative peer influence, disharmonious interactions with family, and a risky environment. Peers are proven to be the most dominant factor in influencing adolescent sexual behavior. They are afraid of being left by their boyfriend if they refuse to have sex. Often, peers are the main source of reference for teenagers in terms of attitudes, behavior and lifestyle. If peers are bad, then other teenagers are at risk of imitating them (Fan, H, 2016).

According to the results of the researcher's survey, of the 16 students interviewed there were still 6 who had insufficient knowledge about reproductive health skills. Teenagers' lack of knowledge about reproductive health is seen as a factor that plays a role in giving rise to attitudes that place teenagers as a group at high risk of unhealthy sexual behavior and sexually transmitted diseases (Gunarsa, 2013). Observing this, researchers feel it is important to conduct research on adolescent knowledge and attitudes about reproductive health and what is also called adolescent reproductive health skills.

## 2. METHOD

The research is analytical with quantitative data, with a cross sectional design which aims to analyze efforts to improve reproductive health skills in adolescents. This research uses a research approach that is carried out simultaneously, to determine the relationship between the independent variable and the dependent variable, the measurements are carried out jointly (Notoatmodjo, 2015). The population in the research were all students at SMP IT Azzahra Islamic School Kutacane in September 2023, with a total population of 524 students. The sample in this study were 3rd grade junior high school students using a random sampling method (if the population is less than 100 people, then the research is population research, but if the population is > 100 people, between 10-15%) can be taken, so that a sample of 52 people is obtained (Arikunto, 2016). However, there were those who did not meet the criteria, namely 6 people aged > 15 years. Thus the number of samples in this study was 46 people.

## 3. RESULTS AND DISCUSSION

Univariate and bivariate analysis to describe the presentation of data from several variables in the form of a frequency distribution table including Age, Gender, Source of Information regarding adolescent reproductive health. Based on the results of research conducted at SMP IT Azzahra Islamic School Kutacane in 2023, the following data was obtained: Frequency Distribution of Respondents Based on Demographic Data at SMP IT Azzahra Islamic School Kutacane

| No | Demographics      | (n) | (%)   |
|----|-------------------|-----|-------|
| 1. | Age               |     |       |
|    | 12 – 13 years old | 21  | 45,65 |
|    | 14 – 15 years old | 25  | 54,35 |

| No | Demographics            | (n) | (%)   |
|----|-------------------------|-----|-------|
| 2. | Gender                  |     |       |
|    | Man                     | 12  | 26,09 |
|    | Woman                   | 34  | 73,91 |
| 3. | Resources               |     |       |
|    | Magazine                | 8   | 17,39 |
|    | TV                      | 14  | 30,43 |
|    | Newspaper               | 6   | 13,04 |
|    | Friends of the same age | 12  | 26,08 |
|    | Counseling              | 4   | 8,69  |
|    |                         | 2   | 4,37  |
|    | Total                   | 46  | 100   |

From the table above, it can be seen that the majority of respondents aged 14-15 years were 25 people (54.35%), according to gender the majority were women 34 people (73.91%) and according to the source of information they knew about reproductive health from various sources and the majority from television. 14 people (30.4%). Frequency Distribution of Adolescent Reproductive Health Skills at SMP IT Azzahra Islamic School Kutacane

| No | Skills     | (n) | (%)   |
|----|------------|-----|-------|
| 1  | Good       | 16  | 34,79 |
| 2  | Enough     | 29  | 63,04 |
| 3  | Not enough | 1   | 2,17  |
|    | Total      | 46  | 100   |

Based on the table above, it can be seen that 16 respondents (34.79%) have good skills regarding adolescent reproductive health, while 29 respondents (63.04%) have sufficient skills regarding adolescent reproductive health, and 1 respondent (2.17%) have less skills regarding adolescent reproductive health. Frequency Distribution of Respondents' Attitudes Regarding Adolescent Reproductive Health Skills at SMP IT Azzahra Islamic School Kutacane

| No | Attitude   | (n) | (%)   |
|----|------------|-----|-------|
| 1  | Good       | 1   | 2,17  |
| 2  | Enough     | 45  | 97,83 |
| 3  | Not enough | 0   | 0     |
|    | Total      | 46  | 100   |

Based on the table above, it can be seen that 1 respondent (2.17%) has a good attitude about adolescent reproductive health, while 45 respondents (97.83%) have a fair attitude about adolescent reproductive health, and no respondents have a poor attitude about reproductive health teenager.

## Discussion

Efforts to Improve Adolescent Reproductive Health Skills at SMP IT Azzahra Islamic School Kutacane in 2023. The results showed that the majority of respondents' skill level regarding reproductive health regarding adolescents was sufficient (63.04%). The results of this research are different from research conducted by Sarwanto and Ajik (2020), on 400 teenage workers at PT. Flower Indonesia Pasuruan, East Java, stated that the skills of young workers were still low (only reached 50%). This difference in results is possible due to differences in the educational levels of teenagers where the majority of teenagers' last education is junior high school.

Adolescent skills regarding adolescent reproductive health were identified with statements number 5-11, of the 7 statements more than (63%) respondents were able to answer correctly 5 of them and 2 statements where the majority of respondents answered incorrectly. This is in accordance with the results of research conducted by Siregar (2018) on IT Azzahra Islamic School Kutacane Middle School students. Therefore, it is necessary to provide counseling or place advertisements to explain adolescent reproductive health, so that efforts can be made to improve adolescent reproductive health skills.

The majority of teenagers already know about adolescent reproductive health. This can be seen from as many as (89.13%) and (73.91%) respondents knowing that adolescent reproductive health is important to know and can be prevented by not having premarital sexual relations and by not having

sexual relations, especially with boyfriends. (69.56%) know that reducing the frequency of sexual relations and (63.04%) know that social contact can improve adolescent reproductive health. Adolescents' Attitudes towards Efforts to Improve Adolescent Reproductive Health at SMP IT Azzahra Islamic School Kutacane in 2023

The research results showed that in general the attitude of respondents towards adolescent reproductive health was good (2.17%) and (97.83%) of respondents had a fairly good attitude. This is not in accordance with the results of research conducted by Sarwono (2020) on 94 teenagers at SMP IT Azzahra Islamic School Kutacane which showed that 71 respondents (75.53%) had good attitudes about reproductive health in teenagers, while those who had good attitudes as many as 23 respondents (24.47%).

According to Verhaak (2016), skills regarding an object will become attitudes if the skills are accompanied by a readiness to act. According to Green, quoted from Notoatmojo, (2014), skills are a predisposing factor for behavior which consists of 3 domains, namely knowledge, attitude and psychomotor, so researchers assume that the attitude of the teenagers who are respondents in this research is quite likely the majority is related to the adequate reproductive health skills of teenagers.

In this study, adolescents' attitudes regarding adolescent reproductive health were assessed in 2 aspects, namely attitudes towards efforts to improve adolescent reproductive health skills and attitudes towards efforts to prevent sexual behavior. If we look at the respondents' answers to statements regarding adolescent attitudes towards adolescent reproductive health, 14 respondents (30.4%) agree that there is discrimination against groups at high risk of adolescent sexual behavior, this is in accordance with the opinion of Hurlock (2015), who states that discrimination occurs not only in people who live with sexual behavior but also in groups of people who have promiscuity tendencies in teenagers such as sex workers. Providing information to students about how teenage reproductive health is spread will help them from this virus and providing information to the public about ways in which casual sex is not spread will protect everyone from unnecessary discrimination.

A total of 6 respondents (13.04%) agreed that everyone deserves to suffer sexual behavior because of the sins they have committed. Sexual behavior does not actually belong to a group of people, but everyone can do it. It's just that there are certain groups who have a high risk of infection, and people who have unsafe sex (Gunarsa, 2013).

This respondent's opinion can illustrate how they respond to promiscuity among teenagers, in other words there are still respondents who discriminate against certain groups who in reality are at high risk of infection. According to Nasution (2020), news about promiscuity and free sex in the media is mostly packaged in moral discourse, the news conveyed by the media regarding adolescent reproductive health issues generally revolves around issues of sexual behavior that does not conform to norms, but not unsafe sexual behavior. as behavior that carries a high risk of transmitting venereal disease (Nasution, 2020).

The results of Granich's research (2014), from Elisabeth Hospital, Semarang, Central Java, on 450 students (145 female students and 305 male students) who were in the second grade of private junior high schools in Semarang aged 13-15 years concluded that many students feels himself far from the reach of free sex. This shows that so far teenagers have not received comprehensive information about reproductive health because according to statistical data, teenagers are a group that is prone to promiscuity, so teenagers should be aware of sexual promiscuity for their own group (Siregar, 2018).

Adolescents' attitudes towards efforts to prevent venereal disease were identified with 7 statements. There were 12 respondents (26.08%) who agreed with the statement which stated that mothers who suffer from premarital sex need to abort the pregnancy to avoid transmitting venereal disease to the unborn baby. Different facts emerged from research conducted by Sarwanto & Ajik (2020) on 400 teenage workers at PT. Flower Indonesia Pasuruan, East Java, which stated that (93%) did not agree or even strongly disagreed if mothers affected by venereal disease were allowed to get pregnant. Other research that contradicts the results of this research is research conducted on 55 students at the University of North Sumatra, showing that there were 41 people (74.5%). The act of aborting a pregnancy is an illegal act, even though the child in the womb is most likely infected with a venereal disease (Siregar, 2018).



According to Fan, H (2016), attitude as an affective aspect includes the willingness and motivation to integrate knowledge in one's life. Researchers assume that the attitude of teenagers at SMP IT Azzahra Islamic School Kutacane is good because they have received skills regarding adolescent reproductive health through counseling that respondents have received. The validity of the questionnaire in this study has not been tested, so it is hoped that future research can create a questionnaire that is more valid and uses words that are better understood by teenagers.

#### 4. CONCLUSION

Based on the results of research on efforts to improve adolescent reproductive health skills at SMP IT Azzahra Islamic School Kutacane in 2023, the following conclusions were drawn: Based on the research conducted, it can be concluded that 16 respondents (34.79%) have good skills regarding reproductive health adolescents, 29 respondents (63.04%) had sufficient skills regarding adolescent reproductive health, and there was 1 respondent (2.17%) who had insufficient skills regarding adolescent reproductive health. Based on the research results, it was found that 1 person (2.17%) had a good attitude about adolescent reproductive health and 45 respondents (97.83%) had a fairly good attitude about adolescent reproductive health. For the principal of SMP IT Azzahra Islamic School Kutacane in 2023, it is hoped that there will be more outreach about adolescent reproductive health in order to improve adolescent reproductive health skills at SMP IT Azzahra Islamic School Kutacane aimed at teenagers in particular and create advertisements or banners about adolescent reproductive health so that teenagers do not associate wrongly and engage in premarital sex. For students at SMP IT Azzahra Islamic School Kutacane, there can be an increase in adolescent reproductive health skills by seeking positive information such as from teachers, health workers and parents so that they do not make mistakes in negative interactions.

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