

Optimizing Poskestren for Reproductive Health Services for Adolescent Female Students at Al Fattah Islamic Boarding School Palembang

Ocktariyana¹⁾, Dian Lestari^{1,2, a)}, and Aprilina¹⁾

¹Jurusan Kebidanan Poltekkes Palembang, Palembang, Indonesia

²PUI-PK Kementerian Kesehatan, Jakarta, Indonesia

^{a)} Corresponding Author: dianlestari@poltekkespalembang.ac.id

Abstract

Optimization is getting a state that gives the maximum value of a process or function. Poskestren are under the supervision of Puskesmas and function as health service posts in Islamic boarding schools providing health monitoring services for residents of Islamic boarding schools. The existence of health post-health cadres as peers who become guides in monitoring health and helping to monitor the health status of peers to be reported to a more authorized level. The young women of Al Fattah Islamic Boarding School are around 12 to 19 years old, living in a regular schedule set by the Islamic boarding school, often making them forget to pay attention to their health and reproductive health. In this community service, the team provides health check-up services and records the information needs needed by young women. This activity was carried out for 4 months and went smoothly. The result was that the knowledge and attitudes of young women towards reproductive health increased.

Keywords: Community service, young women, Islamic boarding schools

INTRODUCTION

Over the past decade, adolescent sexual and reproductive health issues have increasingly become a national agenda. Every day, our health and ability to access health services are influenced by norms, gender roles, relationships, and other conditions under which we are born, grow, work, live, and age. The wider the gap between different social groups, the greater the inequality in their ability to obtain health care. (World Health Organization 2022) The target of the WHO program for adolescents is to have quality access to health services and good access at the beginning of their adolescent development. Universal access to sexual and reproductive health care services and the right to have access to good development. (World Health Organization 2016)

Adolescent reproductive health is a healthy condition of adolescents' reproductive system, function, and process. The healthy condition was free from disease and free from disability and mentally and socio-culturally healthy. Today's adolescent problems, including knowledge and practice at the adolescent stage, will be the basis for healthy behavior later in life. Thus, investing in adolescent reproductive health programs will be beneficial for the rest of their lives. Health services for adolescents include Counseling and Adolescent Reproductive Health Services and counseling, information, and education (IEC) regarding reproductive health. (Pulungan et al. 2009)

The Ministry of Health has a vision of "Creating a Healthy, Independent, and Equitable Society." Efforts from community empowerment in the health sector are called Community-Based Health Efforts (UKBM). There are many kinds, including Poskesdes, Posyandu, Village Medicine Posts (POD), Health Funds, *Unit Kesehatan Sekolah* (UKS), and *Pos Kesehatan Pesantren* (Poskestren). (Kementerian Kesehatan Republik Indonesia 2019)

Islamic boarding school is a community-based Islamic religious education institution both as an academic unit and as a forum for education providers. Islamic boarding schools were initially established with a simple understanding, namely a place for educating students to learn Islamic knowledge under the guidance of a Kiai / teacher/cleric to prepare students as Islamic da'wah cadres who master Islam and are ready to spread Islam. At various levels of society. (Imam Syafe'i 2017)

Islamic Boarding School is one of the religious, educational institutions that grows and develops from by and for the community and plays a role in the development of human resources. It is intended that students, leaders, and managers of Islamic boarding schools, are proficient in various aspects, such as moral and spiritual development. Become innovators and motivators and become role models for the surrounding community to behave in a clean and healthy life. Islamic boarding schools are established in almost all regions; for this reason, it is hoped that this activity can spread evenly throughout Indonesia. (Supriatna, Indasah, and Suhita 2020)

Community empowerment in Islamic boarding schools is an effort so that residents of Islamic boarding schools find problems, plan, and make efforts to solve them by utilizing existing potential according to needs, situations, and conditions. This development effort also helps develop the capacity of the residents of Islamic boarding schools to mobilize independence and togetherness. (Ministry of Health RI 2013)

The target of Poskestren activities are students who will get essential health services, such as promotive and preventive activities, without leaving curative and rehabilitative efforts within the limits of Poskestren's authority. (Ministry of Health RI 2013)

Many related parties still need to consider health conditions in the Islamic boarding school environment. Attention to aspects of access to health services, healthy lifestyle, and environmental health. Efforts to bring health services closer to the residents of Islamic boarding schools through Poskestren. (Farisy and Siswantara 2016) (Kementerian Kesehatan Republik Indonesia 2019)

The purpose of establishing the Poskestren is to realize the independence of the residents of Islamic boarding schools and the surrounding community in maintaining health and improving a 'Pola Hidup Bersih dan Sehat' (PHBS). Also, increasing active participation in implementing health efforts; and providing essential health services for the residents of Islamic boarding schools and the surrounding community. (Rif'ah 2019)

The target of Poskestren activities are students who will get essential health services, such as promotive and preventive efforts, without leaving curative and rehabilitative efforts within the authority of Poskestren. (Ministry of Health RI 2013). In addition, in Poskestren, students are also empowered to be active in improving the health of the surrounding environment by becoming health cadres (*santri husada*) and disaster preparedness cadres (disaster prepared students). (Rif'ah 2019)

The activities of cadre students in Poskestren are getting initial information about health; they can actualize themselves to help residents of Islamic boarding schools and surrounding communities in solving health problems in their environment. At Al Fattah Islamic Boarding School in Palembang, the poskestren have not run optimally, and the lack of medical equipment such as thermo-guns, scales, and blood pressure meters makes the function of the poskestren not optimal. Besides that, there are only male officers, cadres, or poskestren officers.

The goals to be achieved from making this program are as follows:

- Forming health cadres from female students at Al Fattah Islamic Boarding School Palembang
- Provide health education on adolescent reproductive health for female students of the Al Fattah Islamic Boarding School Palembang in 2022.
- Conduct a physical examination and check the menstrual pain scale of Al Fattah Islamic Boarding School Palembang in 2022

METHOD

This activity was initiated by detecting the problems faced by partners in the previous year's research. The solution to these problems is to carry out health check-ups and health education about reproductive health for young women with details: vital sign examination, height, weight measurement, LILA measurement, and haemoglobin test. The stages of activity are as follows:

- Survey Phase

- Determining the location of activities, especially Islamic boarding schools that have not received regular attention from the Puskesmas and there are no daughters of poskestren health cadres to become peers as a companion to the health problems of adolescent girls.
- The Partnership Agreement Stage
- The next step is to agree with the leadership of the Islamic boarding school to provide time for young women to participate in this activity and sign the Cooperation text.
- Together with the young female cadres of the Islamic boarding school, they carry out health checks
- Together with the female cadres of Islamic boarding schools, they carry out health education activities

This community service was carried out for 4 months at Al Fattah Islamic Boarding School in Palembang with repetition of health education once a month according to schedule. Approach methods for this activity are (1) Preparation of service activities; (2) provision of tools and materials, (3) health check-up for adolescent girls and health education on adolescent reproductive health.

The preparation of activities, coordinating with partners, and deliberations with the leadership of the Foundation and the Chairman of Al Fattah Islamic Boarding School. Partners will provide time for youth to attend this activity until it is finished and mutually agree upon a possible implementation time that does not interfere with school and adolescent learning activities at Islamic boarding schools.

RESULTS

After discussing with the manager of the Islamic boarding school, the optimization activity of this Islamic boarding school determined 3 young women to become peer cadres to be fostered and jointly carry out activities. Community service activities began with health checks for all young women, followed by health education about the health of young women in general and reproductive health. The activities took place on June 8, July 8, August 19 and September 22, 2022.

Health Checkup

On June 8, 2022, 96 female students were examined for vital signs, weight, height, LILA examination, HB level examination, and an assessment of the menstrual pain scale for each adolescent student. The response given to the results of the examination regarding the normality of the results of vital signs, BMI status, nutritional status based on the minimum threshold for good nutrition from LILA in adolescent girls, and anemia status.

Knowledge Examination

Adolescent boarding schoolgirls are given a questionnaire on how to maintain their reproductive health, healthy food, how to deal with pain during menstruation.

Provision of Health Education
Table 1. Provision of Health Education

No	Date	Time	Activity
1	Friday, July 8, 2022	09- 11.00 WIB	Health education regarding: - Anemia - How to prevent anemia - Foods that inhibit and help iron

absorption

No	Date	Time	Activity
2	Friday, August 19, 2022	09- 11.00 WIB	Health education regarding: - Good nutrition - Healthy lifestyle that can be done in Islamic boarding schools
3	Wednesday, September 22, 2022	09- 11.00 WIB	Health education regarding: - Menstruation pain - How reduce and to overcome menstrual pain can be done at Islamic boarding schools

Health education activities are carried out 3 times every month with a schedule that is adjusted to the activities of teenagers in Islamic boarding schools. The activity implementation involved 3 midwifery students and 3 female students who became poskestren officers and peer health cadres. Furthermore, these peer-to-peer students were taught to use simple medical devices commonly used by ordinary people, such as digital blood pressure monitors, infrared thermometers, and scales. These students were also asked to become a peer cadre of other female students; if later, some female students were sick. They could check in general and report to the manager of the Islamic boarding school, as well as coordinate with the Kenten Palembang Health Center for their friend's recovery efforts.

At the beginning, the knowledge of young women about reproductive health was low as much as 55%, moderate knowledge by 30%, and high knowledge by 15%. After providing health education 3 times in 3 consecutive months, the results obtained were low knowledge of 5%, moderate knowledge of 15%, and high knowledge of 70%.

DISCUSSION

The data revealed that there was an increase in the knowledge of adolescent girls in Islamic boarding schools after being given health education about reproductive health. This is in line with other research that there is a difference in the level of knowledge before and after reproductive health education (Solihah, Sunarni, and Utami 2022) The effectiveness of a health education is also proven by Shalahuddin et al. (2022) which proves that there is an effect of health education on increasing knowledge before and after the counseling intervention is given.

Holistic care education classes on reproductive health, especially about menstruation, increase the knowledge of adolescents and increase awareness of reproductive health. No less important is the need for a thorough health check, especially to prevent anemia. (Wijayanti, Fitriani, and Maghfiroh 2022)

CONCLUSIONS AND RECOMMENDATIONS

Community service activities have been implemented to optimize the poskestren for reproductive health services for young women at the AL Fattah Islamic boarding school in Palembang, which is carried out smoothly and well. The programs that have been carried out are:

- Development of health cadres for poskestren
- Adolescent girls' health check-ups
- Health Education
- Submission of medical equipment

- The community assistance and support are relatively high, where the community is willing to help implement the program so that the community can take the benefits

The community service activities carried out by lecturers and students of the Palembang Polytechnic Midwifery Study Program at the AL-Fattah Islamic Boarding School in Palembang are expected to help improve the quality of adolescent health. Suggestions for all parties to be able to play an active role in coordinating the health of adolescent girls in Islamic boarding schools.

ACKNOWLEDGMENTS

We express our gratitude to Allah Subhanahu Wa Ta'ala, Head of Health Polytechnic, Ministry of Health, Palembang, Al Fattah Islamic boarding school, and Ministry of Health Indonesia.

REFERENCES

- Farisy, Faishal, and Pulung Siswantara. 2016. "Faktor Yang Berhubungan Dengan Niat Dan Perilaku Santri Pesantren Al Fitrah Untuk Terlibat Aktif Dalam Poskestren." *Jurnal Ilmiah Kesehatan Media Husada* 5(2): 129–42.
- Imam Syafe'i. 2017. "PONDOK PESANTREN: Lembaga Pendidikan Pembentukan Karakter." *Jurnal Pendidikan Islam* 8.
- Kementerian Kesehatan Republik Indonesia. 2019. "Tingkatkan Kesehatan Santri, Kemenkes Bina Pesantren Sehat." *Kementerian Kesehatan Republik Indonesia Website*. <https://www.kemkes.go.id/article/view/19010900002/tingkatkan-kesehatan-santri-kemenkes-bina-pesantren-sehat.html> (September 27, 2022).
- Ministry of Health RI. 2013. 16 *Peraturan Menteri Kesehatan Republik Indonesia Nomor 1 Tahun 2013*.
- Pulungan, Aman B, Damayanti R Syarif, Hartono GUnardi, and Hadiono D Puspongoro. 2009. "Child Health Department School Of Medicine University Of Indonesia And Adolescent Task Force Indonesian Pediatric Society The 2 Nd Adolescent Health National Symposia: Current Challenges In Management."
- Rif'ah, Erwin Nur. 2019. "Pemberdayaan Pusat Kesehatan Pesantren (Poskestren) Untuk Meningkatkan Perilaku Hidup Bersih Dan Sehat." *Warta Pengabdian* 13(3): 96–105.
- Shalahuddin, Iwan, Indra Maulana, Theresia Eriyani, and Sandra Pebrianti. 2022. "Health Education About Anaemia in the RESSPRO Program (Healthy and Productive School Youth) at Himah Cipta Karsa Vocational School Garut." *Abdimas Umtas: Jurnal Pengabdian Kepada Masyarakat* 5(1): 1972–78. <https://journal.umtas.ac.id/index.php/ABDIMAS/article/view/1997/1082> (October 6, 2022).
- Solihah, Rosidah, Neli Sunarni, and Asmarani Sri Utami. 2022. "Smart Teens with Reproductive Health Digital Pocket Book." *ABDIMAS: Jurnal Pengabdian Masyarakat* 4(2): 905–9. <https://journal.umtas.ac.id/index.php/ABDIMAS/article/view/1476/722> (October 6, 2022).
- Supriatna, Lalu Dedy, Indasah Indasah, and Byba Melda Suhita. 2020. "Program Promotif Poskestren Terhadap PHBS Santri Di Pondok Pesantren." *Holistik Jurnal Kesehatan* 14(3): 332–37.
- Wijayanti, Aida Ratna, Inna Sholicha Fitriani, and Sholihatul Maghfiroh. 2022. "Islamic Menstrual Holistic Care Education Class for Young Women during the Covid 19 Pandemic." *ABDIMAS: Jurnal Pengabdian Masyarakat* 4(2): 782–87.
- World Health Organization. 2016. *The Global Strategy For Women's Children's And Adolescent's Health (2016-2030)*.
- . 2022. "Finding the Gaps in Meeting Adolescent Health Needs in Nepal." *World Health Organization's News Room*. <https://www.who.int/news-room/feature-stories/detail/finding-the-gaps-in-meeting-adolescent-health-needs-in-nepal> (September 27, 2022).

APPENDIX



Figure 1. Health Check-Up



Figure 2. Adolescence Counseling