

Improving the Quality of Islamic Holistic Adolescent Reproductive Health in Adolescent Posyandu Cadres

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Abstract

Posyandu Remaja UPT Puskesmas Ibrahim Adjie is one of the realizations of the government program, where the implementation of activities takes place every Saturday and Sunday in the first week of each month. Technically, the implementation is integrated with various other activities such as posbindu, PPKS, youth organization meetings, or other youth activities. This activity has been running since 2018. The problem of partners raised in the Community Service Activity program is that the role of cadres in the implementation of adolescent posyandu is not optimal, as well as the many problems in adolescent reproductive health. The purpose of this activity is to improve the quality of adolescent reproductive health in an Islamic holistic manner. The methods that have been carried out include; 1) conducting free health checks, giving Fe Tablets and reproductive health counseling, and 2) conducting training for adolescent posyandu cadres. The results of this service stated that a significance value (2tailed) of $0.000 < 0.05$ indicated a significant difference between the pre-test and post-test. This shows a significant increase in knowledge in adolescent posyandu cadres after training on Islamic holistic reproductive health. The conclusion of this activity is very successful and is expected to have an impact on increasing the effectiveness and participation of adolescents in youth posyandu activities.

Keywords: Adolescent, Reproductive Health, Posyandu Remaja

INTRODUCTION

The phenomenon of many teenagers who are trapped in an unhealthy lifestyle, such as premarital sexual behavior, the number of early smokers, drug use, and nutritional problems in adolescents, to the news about a female student quitting school because she is pregnant. A student who is caught using drugs is some of the most frightening adolescent problems for her.

Data from a school-based health survey in Indonesia in 2015 (GSHS) showed health risk factors in students aged 12-18 years (junior and senior high schools) nationally. There were 41.8% of men and 4.1% of women claiming to have smoked; 32.82% of them smoked for the first time at the age of ≤ 13 years; consuming alcohol 5.6 % of women and 14.4 % of men; 2.6% of men have taken drugs. Another health risk factor is sexual behavior, found by 8.26% of male students and 4.17% of female students aged 12-18 years who had sexual intercourse. If there is a pregnancy, it will affect the physical mental and social condition of adolescents, but it can also affect the physical, mental and social conditions of adolescents, but can also increase the risk of infant/toddler death, where pregnancy and childbirth under the age of 20 years have a significant contribution in the morbidity and mortality rate of mothers and babies in Indonesia (Kepmenkes RI, 2017).

Looking at the various existing problems, the analysis also moves to find the root of the problem that triggers the high number of health problems that occur in adolescents to be followed up immediately and requires integrated comprehensive treatment. Posyandu Remaja is one of the programs launched by the government to solve this problem. The establishment of adolescent posyandu is expected to be a forum to facilitate adolescents in understanding adolescent health problems, finding alternative problem-solving, forming adolescent support groups, and expanding the reach of health services, especially for adolescents with limited access to health services. (Ministry of Health RI, 2018)

Posyandu Remaja UPT Puskesmas Ibrahim Adjie is one of the realizations of the government program, where the implementation of activities takes place every Saturday and Sunday in the first week of each month which is technically integrated with various other activities such as posbindu, PPKS (Prosperous Family Service Center), cadet coral meetings, or other youth activities. The youth posyandu at upt Puskesmas Ibrahim Adjie was only running in 2018. (UPT PKM Ibrahim Adjie, 2018)

The problem that arises at the UPT Puskesmas Ibrahim Adjie is the lack of human resources (Resources) in the puskesmas, perasn and adolescent cadres are also lacking in oprimal. So that it is necessary to increase the participation of adolescent cadres in youth posyandu activities. (UPT PKM Ibrahim Adjie, 2018)

In addition to the problems of suboptimal human resources, UPT puskesmas Ibrahim adjie has problems with adolescent reproductive health itself, where many problems still have not been resolved. As the results of the following study stated that there was a relationship between stunting and menarche age in young women aged 10-15 years at the Youth Posyandu working area of the Ibrahim Adjie Health Center with the results of the statistical test obtained p-value of 0.02 (Nurwiliani & Erlinda, 2022).

The problem of partners raised in the Community Service Activity program is that the role of cadres in the implementation of adolescent posyandu is not optimal, as well as the many problems in adolescent reproductive health. Therefore, the author seeks to solve this problem with PKM Efforts to Improve the Quality of Reproductive Health of Holistic Islamic Adolescents in the Cadres of Adolescent Posyandu in the UPT Working Area of the Ibrahim Adjie Health Center in order to produce adolescent cadres who have the capacity to knowledge and skills about Islamic holistic adolescent reproductive health.

METHOD

In carrying out this activity, the servicer uses the method of training of trainers for posyandu cadres which consists of stages, namely: 1) Field observation, which is the stage of activity where the waiter makes observations to explore accurate information by seeing and dialogue directly with the field responsible for managing the youth posyandu at the UPT Puskesmas Ibrahim Adjie. 2) Program socialization: This stage contains the service activity plan presented in the forum. 3) Implementation of the Youth Posyandu Program. 4) Training of Youth Posyandu Cadres. 5) The evaluation stage is carried out to see the effectiveness of training, which is filled with activities to give impressions and messages, and post-tests from the aspects of knowledge and skills of adolescent posyandu cadres. Measurement of the success of this service with an understanding test using pre-test and post-test, then the results are measured and analyzed to see its significance using the T-Test The confidence level is 95% p-value < 0.05.

RESULTS AND DISCUSSION

The PkM activity that has been carried out at the Youth Posyandu of the UPT PKM Ibrahim Adjie Work Area is carried out in 2 activities. These include:

Youth Posyandu Activities

This youth posyandu activity was attended by adolescent boys and teenage girls. The team's contribution in this youth posyandu activity was to conduct several free health checks at the RW 08 Youth Posyandu for the collaboration of the service team with UPT PKM Ibrahim Ajide. The results of the examination are as table 1.

Table 1. Overview of Adolescent Anthropometry in RW. 08

Examination	Katgeori	Sum	Presented (%)
Gender	Woman	14	70
	Man	6	30
	TOTAL	20	100
Height	140-150	6	30
	151-160	6	30

Examination	Katgeori	Sum	Presented (%)
	161-170	6	30
	≥ 171	2	10
	TOTAL	20	100
Weight Loss (KG)	30-40	1	5
	41-50	15	75
	51-60	2	10
	≥ 61	2	10
	TOTAL	20	100
Abdominal Circumference	60-70	15	75
	71-80	2	10
	81-90	2	10
	≥ 91	1	5
	TOTAL	20	100

From the table above, it shows that 70% of those present at youth posyandu activities are adolescent girls. The height of teenagers is more than 170 as much as 10%, while the others are at 30%. The highest juvenile body rate is 75% around 41-50 Kg. adolescent abdominal circumference is between 60-70 cm as much as 75 %. The following is a picture at the time of the anthropometric examination.



Figure 1. Examination of abdominal circumference

The picture above is one of the activities in the implementation of the youth posyandu, namely conducting an abdominal circumference examination. This anthropometric measurement is still carried out by health workers, but the cadres of adolescents should have been able to independently. As in the service carried out by Isni K in 2021, the community empowerment program through anthropometric measurement training activities as an effort to prevent adolescent nutritional problems during the Covid-19 pandemic has been well achieved. There was an increase in adolescent knowledge about adolescent nutrition problems and simple anthropometric measurements, which were shown by the results of statistical tests (p value = 0.002). Then, there is an increase in adolescent skills as evidenced by accuracy in taking anthropometric measurements and interpretations in accordance with the guidelines on the observation sheet (Isni, K and Qomariyah, N, 2021)

After obtaining anthropometric data, then the author analyzed the BMI as for the results were as table 2.

Table 2. Prevalence of Adolescent Nutritional Status in Rw. 08

IMT	Sum	Presented (%)
Underweight : <18,5	9	45
Normal : 18,5-24,9	10	50
Grease : 25.0-29.9	0	0
Obesity : >30	1	5
TOTAL	20	100

From the table above, it is stated that the nutritional status of adolescents is mostly in normal conditions, namely as much as 50%, but the underweight condition is quite high, namely as much as 45%, of course this is a problem for adolescents.

The impact that will be experienced by adolescents when experiencing malnutrition, such as in adolescents who are malnourished or too thin will affect reproduction. Failure to achieve optimal nutritional status will have an impact on the current nutritional and health status and also have an impact on the nutritional status of the next generation. Meanwhile, adolescents who are more nutritionally malnourished or obese will be at a higher risk of degenerative diseases, such as hypertension, diabetes mellitus, coronary heart disease and others (Mardalena, 2019).

Table 3. Prevalence of Adolescent Blood Pressure in RW. 08

Blood pressure	Systolic	Sum	Presented (%)	Diastolic	Sum	Presented (%)
Normal	<120	12	60	<80	10	50
Pre Hypertension	120-139	8	40	80-89	6	30
Hypertension Tk. 1	140-159	0	0	90-99	4	20
Hypertension Tk. 2	>160	0	0	>100	0	0
TOTAL		20	100	TOTAL	20	100

Based on the table above, it was found that the prevalence of adolescent blood pressure in RW.08 was mostly within normal limits although some experienced a diastolic increase of 90-99 by 20%.



Figure 2. Blood pressure check

The picture above is one of the activities in the implementation of the youth posyandu, namely conducting a blood pressure check

Table 4. Prevalence of Adolescent Hemoglobin Test Results in RW. 08

Hemoglobin	Sum	Presented (%)
Non-Anemia : 12	17	85
Mild Anemia : 11-11.9	1	5
Moderate Anemia : 8-10.9	2	10
Severe Anemia : < 8	0	0
TOTAL	20	100

Based on the table above, it states that some have moderate anemia, which is as much as 10%. Although the percentage is small, this is a problem for teenagers. There are many factors that affect anemia in adolescents, one of which is junkfood food intake and menstruation for girls. Anemia can cause various impacts on adolescents, including lowering the body's resistance so that it is easily affected by disease, decreased activity and learning achievement due to lack of concentration (indartanti D and Kartini A, 2014).



Figure 3. Hemoglobin Examination

The picture above shows the Hemoglobin examination process during the juvenile posyandu, after the examination, the teenagers are given Fe Tablets.

➤ **Youth Posyandu Cadre Training**

The results of the pre-test comprehension test and test post on the cadres of the youth posyandu were obtained as follows:

Table 5. Changes in the Level of Knowledge of Adolescent Posyandu Cadres

Questionnaire	Mean	SD	CI 95%	P-Value
Pra Tes	10.84	2.713	-3.992 s.d -1.692	0.000
Post Test	13.68	0.946		

***Uji T test**

A significance value (2tailed) of 0.000 < 0.05 indicates a significant difference between pre-test and post-test. This shows that there is a significant increase in knowledge in adolescent posyandu cadres after being given training on Islamic holistic reproductive health.

This is in line with the results of the service carried out by Ngaisyah in 2018 that the training is quite effective in improving the skills and capacities of posyandu cadres, especially balanced nutrition education and assessment and monitoring of nutritional status. It is evident from the ability of adolescent posyandu cadres related to measuring weight, height, filling kms and balanced nutrition education, there is an increase before and after being given training (Ngaisyah & Wahyuningsih, 2018)

Good knowledge will also provide a good attitude towards the reproductive health of adolescents themselves. Adolescent cognitive changes affect adolescents' patterns of behavior, where adolescents are all-curious and encourage adolescents to do things that are considered interesting without seeing the good or bad of the action (Afritia et al., 2019).

This can strengthen that the existence of adolescent posyandu can be one of the means in increasing adolescent knowledge about reproductive health. With the existence of a adolescent posyandu, adolescents will find it easier to access information and can be a forum in helping to solve adolescent problems, especially regarding reproductive health (Afritia et al., 2019).

Adolescent posyandu has a very positive impact on the health status of adolescents, for this reason, adolescent posyandu activities are carried out by all regions that meet the requirements (Mulyati & Lestari, 2021).



Figure 4. Provision of Adolescent Reproductive Health Materials

The picture above is one of the activities in providing training materials. The materials presented include: material 1 islamic holistic adolescent reproductive health, material 2 puberty, material 3 adolescent posyandu, material 4 chronic energy deficiency and anemia in adolescents, material 5 mental health, material 6 juvenile delinquency, material 7 sexual deviance.

It is time for the community together with parents, educators and professionals to unite steps to understand, manage and invite adolescents to develop themselves positively and constructively, so that in the future they can grow into a mature, mature and quality young generation. It takes intensive and integrative efforts in interpreting adolescent behavior, not only what is displayed, but also the meanings that are often hidden behind their appearance. The urgency in understanding the dynamics of adolescent development is actually a form of reasonable attention and affection from parents and the community towards them, so that adolescents can feel the concern of the family and the environment for their existence. Another benefit that can be obtained is knowing and knowing the potential of adolescents, so that parents can channel precisely their interests and talents, as well as anticipate and prevent the presence of symptoms of psychosocial disorders that may occur (Yanti & Lailiyana, 2021).

CONCLUSIONS AND SUGGESTIONS

The implementation of this community service went smoothly according to the author's expectations. The activity took place as planned by the author, As for the conclusions of the activities, among others:

- In the adolescent posyandu activity in Rw.08, the results of the medical examination found that the adolescents who were underweight were 45%, hypertension level 1 diastol was 20%, and those with moderate anemia were 10%.
- In the training activities for adolescent cadres, it was found that there was a significant increase in knowledge in adolescent posyandu cadres after being given training on Islamic holistic reproductive health.

- The results of this training evaluation found that the average satisfaction from this training activity was 98.14% (3.93), meaning that the participants stated that they were very satisfactory in the implementation of this service.

That way it can be concluded that this service activity runs very successfully and is expected to have an impact on increasing the effectiveness and participation of adolescents in youth posyandu activities.

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