

Increasing Reproductive Health Knowledge in Adolescents

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Abstract

Adolescent reproductive health is a healthy condition that concerns the reproductive system, functions and processes possessed by adolescents. In Ranggalasari Village there are still many teenagers who do not know more about reproductive health. The implementation of this community service aims to help adolescents in Ranggalasari Village who need a broader view of reproductive health so that they are able to protect themselves from reproductive health problems and also to empower adolescents in general health aspects and reproductive health in particular so that they can grow and develop into teenagers who are responsible for social behavior and sexual behavior. This community service activity was carried out in October 2022. The focus of this community service activity is increasing public knowledge, especially adolescents, regarding reproductive health. The community conducts a pre-test before providing counseling with the aim of getting an overview of community knowledge, especially adolescents, regarding reproductive health. Counseling is carried out offline, including counseling on reproductive health. The community returned to post-test after being given counseling with the aim of knowing the description of community knowledge after being given counseling. As a result, after being given counseling, people's knowledge about reproductive health has increased. This activity ran smoothly and the community was very enthusiastic about listening to the extension.

Keywords: Reproductive Health, Adolescence, Puberty, Knowledge, Adolescent Boys and Girls

INTRODUCTION

Teenagers are someone who grows into adulthood including mental, emotional, social and physical maturity. Where adolescents have a high sense of curiosity and are experiencing a development process in preparation for entering adulthood. Adolescents are a group that is susceptible to diseases of the reproductive organs (Ohee, 2019). Because of the lack of attention and education as well as the lack of knowledge in adolescents which results in the occurrence of diseases of the reproductive organs. Even though there are subjects in school that explain reproductive organs, they only explain their parts and functions. (Dinkes Kabupaten Sumedang, 2019). Other matters such as maintaining the health of the reproductive organs were not discussed. (Mesra, 2016). Therefore, if adolescents are not given education, there may be neglect and they do not take good care of their reproductive health. (Afriani & Kes, 2019).

Adolescence is one of the periods of human development. This period is a period of change or transition from childhood to adulthood which includes biological, psychological and social changes. Teenage age usually starts at the age of 10-13 years and ends at the age of 18-22 years. Meanwhile, according to WHO, adolescents are individuals who are experiencing a transitional period which gradually reaches sexual maturity, experiences a mental change from a child's soul to an adult, and experiences a change in economic conditions from dependence to being relatively independent. There are two main aspects of change in adolescents, namely physical or biological changes and psychological changes. (Mahmudah et al., 2016)

Adolescence begins with very rapid growth and is usually called puberty. With these rapid changes, observable physical changes occur, such as height and weight gain, commonly called growth, and sexual maturity as a result of hormonal changes. (Kadir et al., 2022). Adolescence is also a period of transition between childhood and adulthood. (Aisyah & Fitria, 2019) The transition period often confronts the individual concerned in a confusing situation, on the one hand he is still a child and on the other hand he must behave like an adult. This can

lead to conflicts within adolescents which often lead to a lot of strange, awkward behavior, and if not controlled will lead to delinquency in adolescents, one of which is the risk of risky sexual behavior.(Panonsih et al., 2020).

METHOD

This community service activity was carried out in Ranggalasari Village, Surian District, Sumedang Regency on October 30 2022 offline. The target of this community service is the youth of Ranggalasari Village. In carrying out community service through direct meetings (offline), the method used is counseling and discussion. (Kadir et al., 2022) This counseling activity was started by conducting a pre test, then continued with counseling material for 45 minutes. After giving the material, the community again conducted a post test with the aim of knowing the effectiveness of the extension activities on public knowledge about reproductive health. Community enthusiasm can be seen from the presence of the community during the counseling and discussions during the activity.(Tasikmalaya et al., n.d.)

The stages of community service activities to socialize the introduction of adolescent reproductive health consist of planning, implementation and evaluation with the following elaboration:

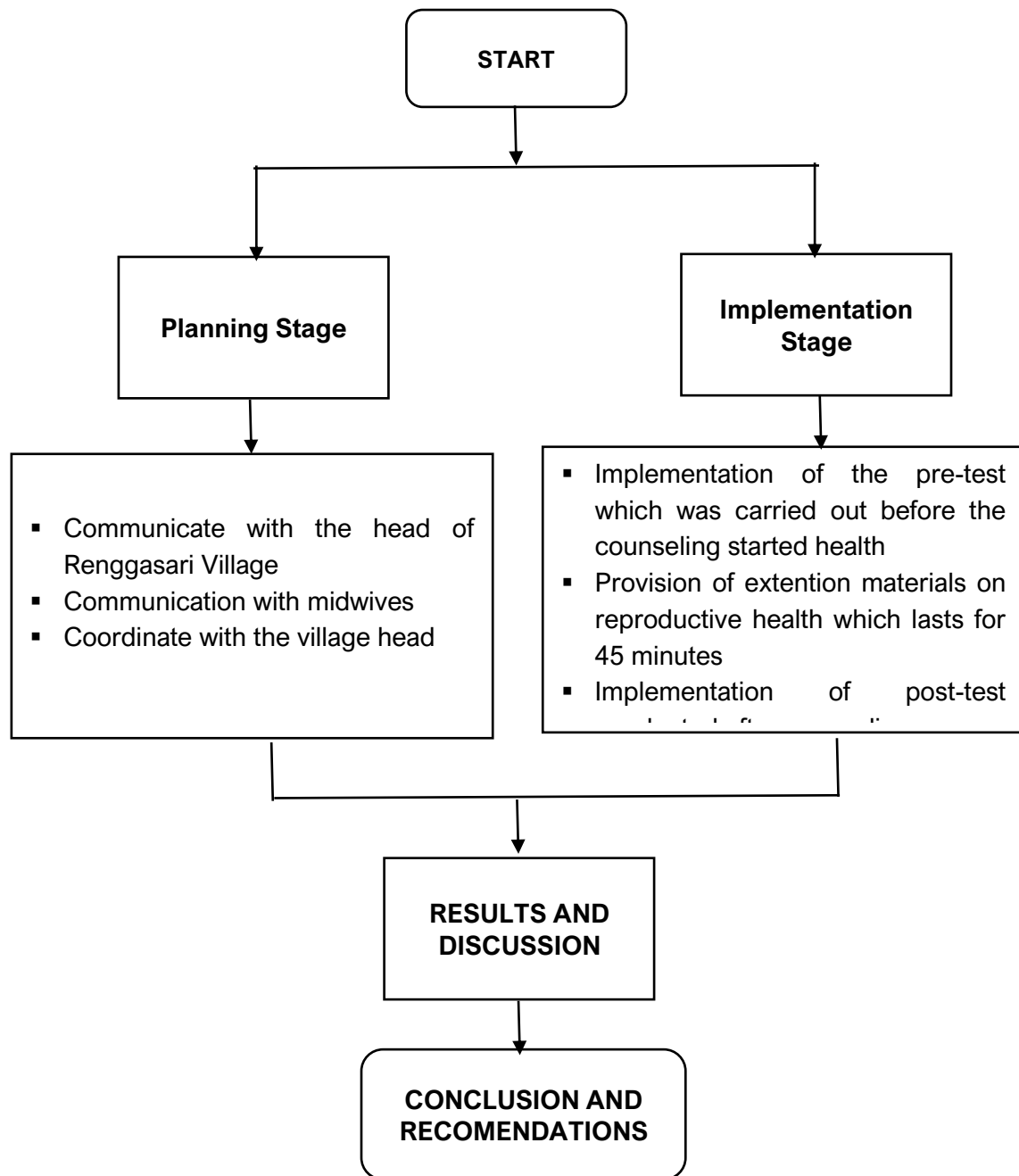


Figure 1. The stages of Community service activities

Planning Stage

Preparations for this community service activity have been carried out since early October 2022 including:

- Communicate with the head of Renggasari Village and ask for permission to carry out community service. This stage was carried out smoothly because the Head of Renggasari Village agreed with the theme raised in the counseling on Reproductive Health
- Communication with midwives and cadres in Renggasari Village and was immediately directed to contact the Youth Posyandu there
- Conduct literature review and discussion among group members regarding Reproductive Health and how to maintain reproductive health properly.
- Coordinate with the village head, village midwife, and cadres, as well as youth there regarding this implementation

Implementation Stage

The implementation of this program is carried out with offline counseling including:

- Implementation of the pre test which was carried out before the counseling started with the aim of knowing the community's knowledge about reproductive health before being given counseling material. The pre-test was carried out by distributing questionnaires directly about reproductive health knowledge in a number of ten question items to the public attending the counseling.(Wilandika, 2021).
- Provision of extension materials on reproductive health which lasts for 45 minutes. The material presented included definitions, causes, characteristics, types of diseases and ways to maintain reproductive health. The media used in this counseling are in the form of PowerPoint and brochures.
- Implementation of Post test conducted after counseling is completed with the aim of knowing the effectiveness of counseling activities on public knowledge about reproductive health (Ruwayda et al., 2022).

RESULTS AND DISCUSSION

The community service program in Ranggalasari Village in an effort to increase youth knowledge about reproductive health and how to maintain reproductive health has gone well with the following activities.

Counseling on Reproductive Health

This counseling activity was carried out on October 30, 2022 at the Ranggalasari Village hall, 25 participants took part in this activity, consisting of Ranggalasari village youth, village midwife, and village head. The first lecture started at 09.00 WIB. Counseling is an activity to spread messages with the aim of increasing knowledge. Counseling activities on Reproductive Health are one form so that adolescents can maintain their health and maintain their reproductive health properly. Balanced nutrition is a daily diet that contains nutrients in the type and amount according to the body's needs, taking into account the principles of diversity or variety of food, physical activity, cleanliness, and ideal body weight (BB). Nutritional status is a state of the body as a result of food consumption and the use of nutrients (Almatsier, 2013).

Nutritional status is also defined as health Counseling or depiction of the definition of Reproductive Health is the material presented. The youths were invited to have one perception about what Reproductive Health is. Reproductive health is complete physical, mental and social well-being in all matters related to reproductive systems and functions and processes and not just conditions that are free from disease and disability. In addition to the definition, adolescents must also know what factors affect reproductive health and also what are the psychological aspects of adolescent reproductive health.(Abdurrachim, 2015)

Counseling about Puberty

This counseling activity was carried out on October 30 2022 at the Ranggalasari Village Hall, Surian District, 25 participants took part in this activity, consisting of Ranggalasari village youth, village midwives, and the village head. This counseling started after the material on reproductive health was finished. Teenagers are given an understanding of puberty and how the characteristics of puberty are in girls and boys.

The media used for counseling are given picture illustrations so that it is easily understood and understood by teenagers in Ranggalasari village. The teenagers looked enthusiastic listening and listening to the presentation of the material presented. There are even some of them who note the important essence of the presentation.

Adolescent knowledge about Reproductive Health

At this stage, the level of knowledge of adolescents was measured before and after the provision of counseling on Reproductive Health.

The level of knowledge of adolescents before being given counseling about reproductive health. Most answered yes as much as 56% and those who answered no were as much as 24%. Most of those who answered 'yes' were 64% and those who answered no were 8%. The data revealed that there was an increase in the knowledge of adolescents in Ranggalasari Village after being given counseling. Also decreased the number who answered no. This means that most teenagers understand and know after attending counseling.

CONCLUSIONS AND RECOMMENDATIONS

Community service activities in Ranggalasari Village, Surian District went well. This activity received a good and positive response from the youth and the community in Ranggalasari Village. Also provide new knowledge for teenagers. They stated that they got new knowledge and understanding of how important it is to maintain reproductive health in order to avoid various diseases as well as explanations about puberty and its characteristics. The results of the post test given to adolescents showed an increase after adolescents were given counseling. There were no obstacles during the implementation of this community service activity. The community hopes that there will be another counseling session regarding new material that is relevant to the conditions of Ranggalasari Village. (Sasanti, 2019)

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APPENDIX



Figure 2. Counseling on reproductive health to adolescents



Figure 3. Post test after being given counseling