

## **Reproductive Health Education: Sexually Transmitted Infections in SMPIT Ishlahul Ummah Bogor**

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### **Abstrak**

It is estimated that every year there are 333 million new cases of sexually transmitted infections worldwide. The highest cases of sexually transmitted infections occurred at the age of 20-24, followed by the adolescent age group, namely 15-19 years. This risk occurs because adolescents have a dangerous period, namely where adolescents are vulnerable to various dangers, including a sense of wanting to imitate something that ends in imitating inappropriate things. After all, teenagers tend to be unable to distinguish which things are allowed or not to be done. These STIs will significantly impact the lives and health of children, youth, and adults. Therefore it is necessary to provide education on the prevention of Sexually Transmitted Infections among adolescents to increase adolescent knowledge of Sexually Transmitted Infections. At SMPIT Ishlahul Ummah Leuwiliang, Bogor Regency, there are 53 people. This community service activity is carried out using a survey method in the form of interviews with 30% of students. The intervention activities were carried out for 1 day through direct lectures and active discussions with students. Based on the pretest, it was concluded that the level of knowledge of students and students about IMS was still relatively low, and based on the posttest, the results could conclude that the level of knowledge of students and students about IMS was relatively high. By increasing students' knowledge and understanding, this intervention activity is expected to be able to apply to themselves.

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## **INTRODUCTION**

Sexually Transmitted Infections are currently an infectious disease epidemic that is of concern in various countries, especially in developing countries such as Indonesia. Sexually Transmitted Infections (STIs) are infections that are transmitted through sexual intercourse, either through the vagina, mouth, or anus. This infection can be caused by bacteria such as syphilis, fungi, viruses such as herpes and HIV, or parasites such as lice. (Matahari and Utami 2018). STIs can cause long-term health problems if not treated. (Shannon and Klausner 2018)

It is estimated that every year there are an additional 333 million new cases of infectious infections worldwide. The highest cases of sexually transmitted infections occur at the age of 20-24 years and are followed by the adolescent age group, namely 15-19 years. (Center For Disease Control and Prevention 2013; Dehne and Riedner 2005) Meanwhile, based on data from the Indonesian Ministry of Health, Indonesia is the 5th most at risk of Sexually Transmitted

Infections in Asia. The total number of STI cases in Indonesia in 2018 was 140,803 based on data from 430 STI services. The highest number of STI cases were in the vagina with 20,962 cases, and cervicitis in 33,205 cases (Alvita and Adhidasasti 2018). In West Java alone, the cumulative number of HIV infections reached 6,066 cases, while the number of AIDS cases reached 313 (Direktur Jenderal P2P 2021; Kementerian Kesehatan RI 2020).

Based on the Bogor City Health Office report in 2014, there were 2,385 STI cases recorded, with the highest number of STI cases occurring in the 20-35 year age group with 537 cases, followed by the age group less than 20 years with 117 cases. However, this data may not be accurate in the field because the lack of special reproductive health facilities for adolescents in Indonesia can cause unreported problems (Ulfah 2020).

Adolescents have an essential role in the development of the country. They can increase the competitiveness of the population in the era of globalization, and it shows that the adolescent population is the biggest part of the population in various countries. Adolescence is a phase of dynamic growth and development in the life of every individual, and this period is a transition period from childhood to adulthood that is marked by changes and developments both physically, psychologically, emotionally, and socially. (Hairuddin, Pasa, and Sudirman 2022)

The transition period causes adolescence to be vulnerable to various kinds of dangers, including a sense of wanting to imitate something that ends in imitating inappropriate things because teenagers tend not to be able to distinguish what things are allowed or not to be done. (Wirenviona 2020)

Reproductively, adolescents have a risk of getting STIs both because of behavioral and biological factors. (Shannon and Klausner 2018) Adolescents' strong sexual desire and activity cause a high risk of contracting STIs. The consequences of exposure to an STI are the spread of the disease to other body organs, such as what happened in gonorrhea and syphilis. And STIs are also cofactors that facilitate the transmission of HIV/AIDS from one person to another. (Alfaro 2019; Rokayah, Inayanti, and Rusyanti 2021; Shannon and Klausner 2018)

In the case of STIs, the Adolescent Age group and young adults (15-24 years) accounted for 50% of new STI cases. Youth and adolescents are one of the priorities in preventing STIs because adolescents are more easily affected by unhealthy reproductive behavior. (Loho, Nampo, and Arvia 2021). Despite the high incidence of STIs in adolescents, the availability of information, health facilities, and prevention of STIs transmission in Indonesia are mainly provided and focused on adults only.

Lack of knowledge about adolescent reproductive health is still a problem in preventing various diseases, especially STIs. The low access and utilization of reproductive health service facilities by adolescents, coupled with the influence of reproductive cultural practices in society which are still taboo, has resulted in lower opportunities and exposure of adolescents to reproductive health issues. These factors will affect efforts to prevent and early detection of STIs. (Shannon and Klausner 2018)

In 2010 SMPIT Ishlahul Ummah Leuwiliang was established, with a total of 53 students consisting of 11 students in grade VII, 19 students in grade VIII, and 23 students in grade IX. Until now, SMPIT Ishlahul Ummah has never been the target of health education counseling.

Based on the results of problem identification regarding knowledge of STIs in students at SMPIT Ishlahul Ummah, namely 20% knew, 13% knew little, and 67% did not know at all. The results of direct interviews with students at SMPIT Ishlahul Ummah show that reproductive health education regarding STIs needs to be given.

## METHOD

This community service is carried out using a field survey method in the form of interviews with 30% of students or as many as 15 representatives. Furthermore, the intervention was conducted through lectures and discussions with all students to increase understanding and knowledge. In addition, an evaluation method was carried out using pre and post-test designs. The total number of students at the Ishlahul Ummah Leuwiliang Junior High School, Bogor Regency, is 53. After giving the material through lectures and activities followed by active discussion and question and answer. The counseling was held on Wednesday, March 9, 2022, at 08.00 WIB. The counseling process is carried out by gathering students and students in one room facilitated by the school.

Sampling was conducted on 53 people who were the population, and the instrument used was a question with 15 questions. Participants were given pre and post-tests about knowledge of reproductive health with specific questions about sexually transmitted infections. To find out the student's knowledge before and after health education, the data analysis used was the Mean Dependent Difference Test (paired Test). Educational activities began by analyzing the data using the paired t-test method with a significance value of  $p < 0.05$  to see the effect of health education on reproductive health in SMPITs in Bogor.

## RESULTS AND DISCUSSION

This community service activity began with a direct survey of 15 students. The results of the preliminary study in the form of interviews with representatives of 15 students from the SMPIT Ishlahul Ummah found data on only three people who knew about STIs.



**Figure 1.** Preparation of Education

A one-day intervention followed the next activity through direct lectures and active discussions with students. Lessons are carried out by displaying or presenting material about Sexually Transmitted Infections in the form of power points made as attractive as possible with visual images. A discussion session was held to evaluate students' knowledge at the end of the lecture.



**Figure 2.** Education of Reproductive Transmitted Infection



**Figure 3.** Documentation After Education Activity

In addition, students were given leaflets about STIs to increase their knowledge and references. The event is designed as systematically as possible by involving all school parties, including the principal, teacher council, cleaning service and others.

To find out the indicators of achieving the goals and benchmarks of the intervention activities that have been carried out, pre and post-tests were carried out before and after the lecture. This is considered to be very effective in measuring the level of knowledge in terms of quantity and quality of students, as explained in the table below.

**Table 1.** The Results of Pretest

Knowledge	N	%
Deficient	5	10
Adequate	15	28
Decent	33	62
Total	53	100

From table 2, the post-test results show that students' level of knowledge about STIs with a poor rating is 0 people or 0%, while a sufficient assessment is seven people or 13%, while good ratings are 46 people or 87%.

**Table 2.** The Results of Posttest

Knowledge	N	%
Deficient	0	0
Adequate	7	13
Decent	46	87
Total	53	100

From table 2, the post-test results show that students' level of knowledge about STIs with a poor rating is 0 people or 0%, while a sufficient assessment is seven people or 13%, while good ratings are 46 people or 87%.

**Table 3.** Distribution of Respondents Based on Knowledge of Posttest Results

Knowledge	Mean	Standard Deviation	P Value
Pre-test	10.23	2.172	0,001
Post-test	12.23	1.368	

Based on table 3, it can be seen that education on the dangers of STIs can increase students' knowledge about STIs. The T-test results obtained a p-value = 0.001, meaning that statistically, there was a significant increase in knowledge about STIs compared to before education.

This counseling is very effective because it is considered right on target where the intervention was carried out with the topic of the Danger of Sexually Transmitted Infections with

all participants in their early teens. Early adolescence is a vulnerable age because of the nature of imitating something seen in the circumstances and the surrounding environment. In addition, they have very varied needs for sexual health.

Based on the explanation given by the school, there has never been any education related to reproductive health, especially regarding the dangers of sexually transmitted infections. Students' knowledge increases with this education through lectures or presentations about the dangers of sexually transmitted diseases. Discussions and questions and answers related to the risks of sexually transmitted infections. The results of the post-test also showed better results than the results of the pretest due to the existence of a treatment that was given education before the post-test.

According to Notoatmojo (2010), education or counseling is essential as an effective way of generating a stimulus because after being stimulated and then holding an assessment or opinion on what is known, the next level is expected to be able to implement or practice what is known and addressed. (Megawati et al. 2016)

The method of delivering educational information is adapted to the group, where the technique with presentation will be suitable for early teens, so we take this method to stimulate the knowledge of students and students. Because more than 15 participants are classified as large groups, we use the discussion method.

This is in accordance with what the experts said that the lecture method is a traditional method because it has long been used as an oral communication tool, for example, between teachers and their students in the teaching and learning process. The lecture method is suitable if the number of participants in the counseling is more than fifteen people, the target is high or low educated, so this method demands more activity from the teacher than the students. (Megawati et al. 2016)

Based on table 1 above, it shows that there are still many who do not know about sexually transmitted infections because they have not received education about reproductive health in adolescents, especially about STIs.

Based on table 2, it is shown that the level of knowledge of students about STIs is still relatively low or deficient, and based on table 3, after the education, it is shown that the level of knowledge of students about STIs is relatively high. So it can be concluded from the results in table 2 and table 3 that students' level of knowledge about STIs has increased in good judgment from 62% to 87% or it increased by 25%.

Knowing that there is a significant difference between the pretest and post-test, so the results of this study are in line with research. (Syecha 2016) which shows a significant difference between the tendency of sexual behavior before and after being given reproductive health education with a Z value of -3,027 ( $p=0,0001$ ). The average value at the pretest = 100.02 and the average at the post-test = 95.66. With the results of statistical test calculations using computerization, the t-value is 6.936 and  $p = 0.000$  ( $p < 0.05$ ), meaning that there is an effect of health education on reproductive health on adolescent knowledge. (Megawati et al. 2016)

There is an effect of health education on reproductive health about the dangers of sexually transmitted infections on students' knowledge. In the question and answer session, it could be concluded that students ask several questions about STIs and get appropriate and understandable answers to each question to increase students knowledge. Regarding sexually transmitted infections.

According to Notoatmodjo, knowledge results from knowing and occurs after people sense particular objects on certain things. Sensing occurs through the five human senses: sight,

hearing, smell, and touch. (Johariyah and Mariati 2018) The knowledge referred to in this intervention is the ability of adolescents as participants to receive education about STIs.

Sexual education has a significant role in changing adolescents' perceptions, attitudes, and behavior towards their reproductive health. Reproductive education is quite effective in preventing the occurrence of STIs in adolescents. (Vongxay et al. 2019) According to Goldfarb and Lieberman (2021), Biological and psychological Adolescent condition could affect their achievement. The healthier the student, the bigger the opportunity for adolescents to get a higher education. (Goldfarb and Lieberman 2021)

## CONCLUSIONS AND RECOMMENDATIONS

This intervention activity emphasizes the importance of adolescents in knowing the importance of knowledge and increasing their understanding of Reproductive Health Education: The Dangers of Sexually Transmitted Infections. The evaluation results showed that the knowledge and perceptions of SMPIT students and Ishlahul Ummah Leuwiliang from previously many who did not know about Sexually Transmitted Infections became aware, as seen from the increase in the results of the post-test carried out. In addition to increasing the knowledge and understanding of students, from this intervention activity, students are expected to be able to apply themselves to prevent and protect themselves from Sexually Transmitted Infections.

To increase the effectiveness of this STI education activity, programs need to be integrated that focus on adolescent reproductive health issues. There needs to be an integration of the existing curriculum in schools to include components of reproductive health education for students. Supporting activities and facilities such as establishing peer counselors and periodic health checks in schools can also be an effective strategy in preventing the occurrence of STIs in adolescents.

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