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## Reproductive Health Education in Adolescents

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### ABSTRACT

Adolescence is a transition period from childhood to adulthood, covering all the development experienced in preparation for adulthood. Misinformation about sex can result in a person's knowledge and perception of the ins and outs of sex itself being wrong. Knowledge of reproductive health is indispensable to society, especially the adolescent population. The main purpose of reproductive health is to provide comprehensive reproductive health services to individuals and their partners, especially adolescents, so that each individual can aim to undergo the reproductive process. The method used in this study used counseling or direct socialization with the target, namely adolescents. The specific goal is to find out the adolescent's knowledge of reproductive health. The results showed that reproductive health counseling for adolescents is going well and is carried out by the goal, and adolescents are very enthusiastic about counseling, and very beneficial for adolescents and society. In conclusion, Counseling activities have a positive impact on adolescents and society to realize increased awareness of adolescents about how to maintain reproductive health. It is expected to be additional information about the importance of knowledge about productive health.

### 1. Introduction

Adolescence is a transitional period from childhood to adulthood, which includes all developments experienced in preparation for entering adulthood. Adolescence is the most important period in human life. This age group is important because it is a bridge between a free childhood to an adult that demands responsibility. Adolescents are one of the largest components in Indonesia. Therefore, teenagers must be able to score achievements in all fields so that they become the next generation of quality. To be able to become a quality generation, teenagers must be able to avoid and overcome the problems of teenagers, which are quite complex during the transition period. These problems include sexual problems, unwanted pregnancy (KTD) and abortion, infection with sexually transmitted diseases (STDs), and drug abuse.<sup>1-5</sup>

Misinformation about sex can result in one's knowledge and perception of the ins and outs of sex itself being wrong. This is one indicator of increasing free-sex behavior among teenagers. Half-knowledge is actually more dangerous than not knowing at all, although in this case, ignorance does not mean being harmless. Based on research, there is a significant relationship between the level of knowledge of reproductive health with adolescent sexual behavior.<sup>6-10</sup>

Good and correct information can reduce the problem of free sex in adolescents, almost one-fifth or about 17.5% of the entire adolescent population in the world. During puberty, children will experience significant physical changes, such as the ability of the reproductive system. However, the facts show that most teenagers do not understand reproductive health

conditions such as the menstrual cycle and the process of pregnancy. The high level of immoral behavior and promiscuity by teenagers is caused by various factors. The highest cause is the lack of knowledge about proper sex among teenagers.<sup>11-13</sup> Reproductive health education for adolescents can be a solution so that teenagers are wiser and more careful in responding to risky sexual behavior so that they can avoid various sexually transmitted diseases and can implement healthy behavior. This activity is an effort to provide an understanding of reproductive health and sex education for adolescents in an effort to prevent free sex behavior among adolescents.

## **2. Methods**

This counseling activity aims to increase adolescent knowledge about adolescent reproductive health by conducting counseling which will be held on Tuesday, January 11<sup>th</sup>, 2022, from 16.00 to 17.30. The implementation of the activity is carried out using the zoom application. The number of participants in the activity was 30 teenagers consisting of boys and girls. The counseling began with the preparation of teaching aids and educational tools in the form of leaflets and presentation materials (Power points).

Health education was given through presentations using the lecture method, which was conducted online by the presenters/resources for one hour, after which a question and answer session was opened and asked questions directly to the presenters/resources and closed with conclusions and evaluations by the presenters/resources.

## **3. Results and Discussion**

The results of the counseling activities carried out on 30 young men and women using the lecture method showed that the participants of health counseling seemed enthusiastic about participating in the counseling event, especially because reproductive health material is an interesting material among teenagers who have a high curiosity about reproductive organs and sexuality. During the counseling, there was an interactive discussion. There

is an increase in knowledge and understanding of the material provided, where students can correctly answer the evaluation questions given correctly and are able to re-explain the material that has been delivered.

Based on the results of counseling on adolescent reproductive health, increasing the knowledge and attitudes of adolescents has a good impact, especially adolescents can increase their knowledge in maintaining reproductive health, and adolescents can increase their knowledge in maintaining reproductive health. Socialization with the method of using health education. The technique of conveying messages directly is useful for increasing trust, which has an impact on awareness, willingness, and understanding in implementing suggestions and recommendations related to health in the reproductive system. The success of counseling that focuses on adolescents is influenced by teaching materials that are delivered well and clearly.

In the implementation of activities, there are several obstacles or difficulties. The difficulties encountered are related to the short time provided, so the activity implementers must be able to utilize the time as much as possible in order to achieve the targeted things. The success of this activity was not only supported by the principal and BK teachers, but there was also active participation, enthusiasm, and great curiosity from the counseling participants regarding the topics given by the speakers.

To increase the knowledge of respondents, health education is needed through counseling, such as health counseling on adolescent reproductive health, which is carried out effectively and efficiently and is provided both visually and audio-visually so that knowledge will be easy to remember. Knowledge is the result of knowing, and this happens after people sense that it occurs through the five human senses, namely the senses of sight, hearing, smell, taste, and touch. Some human knowledge is obtained through the eyes and ears. Cognitive knowledge is a very important domain in the form of a person's actions (overt behavior) behavior is based on knowledge. Health

education media are tools that can be used by educators in the process of delivering learning materials. From the research of experts, the eye is the sense that most often conveys messages from material in health education (approximately 75% to 87%), while /25% of a person's knowledge is obtained from other senses, which has an impact that the more five senses are used, the clearer the information obtained. Audio media and visual media are media that can convey information and messages through the senses of sight and hearing.<sup>14-21</sup>

#### 4. Conclusion

Health counseling on reproductive health for adolescents is carried out well and is carried out according to the objectives and plans. This activity also received a good response from parents, health workers, the community, and all parties involved. Where all teenagers were very interested in attending the counseling and very beneficial for the youth community. These health counseling activities have a positive impact on adolescents and the community so that they can realize an increase in adolescent knowledge about how to maintain reproductive health.

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