

## Reproductive Health Education Analysis for Young Mothers and Adolescents in Sirnajaya Village, Sukamakmur District, Bogor Regency



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**ABSTRACT:** This research aims to analyze reproductive health education activities for young mothers and adolescents in Sirnajaya Village, Sukamakmur District, Bogor Regency, so that they have insights and skills in maintaining their health optimally. The research method employed is qualitative. Data collection methods include interviews, observations, and documentation. The results of the research indicate that the education can be effectively conducted, with participant's actively engaging in questioning and creatively explaining how to care for reproductive health. The resource persons deliver the material and demonstrate it clearly and interestingly. The research findings show that the respondents have good knowledge and are skilled in practicing reproductive health care, thus they have sufficient autonomy in maintaining their reproductive health. In conclusion, this education effectively equips young mothers and adolescents with knowledge and skills to maintain and care for their reproductive health.

**KEYWORDS:** Education, Reproductive Health, Young Mothers, Adolescents.

### I. INTRODUCTION

All living creatures undergo growth and development. In this process, every human being needs to have optimal health, including physical, mental, and social well-being, not merely the absence of disease or disability. To achieve good health, individuals need to make various efforts, one of which is to have insight and a healthy and organized lifestyle, built through self-education, including training, mentoring, counseling, and other activities.

Adolescents are a group in society often assumed to be healthy. However, many adolescents also suffer from serious illnesses due to unhealthy lifestyles, such as smoking, sexually transmitted diseases, drug abuse, alcohol, psychotropic substances, and other addictive substances (NAPZA), Human Immunodeficiency Virus - Acquired Immunodeficiency Syndrome (HIV-AIDS), malnutrition, and lack of exercise. Adolescence is a transitional period between childhood and adulthood. According to the World Health Organization, adolescents are individuals aged between 10 and 19 years. Likewise, according to the Regulation of the Minister of Health of the Republic of Indonesia Number 25 of 2014, the National Population and Family Planning Board (BKKBN) states that adolescents are people aged 10 - 24 years who have never been married.

During adolescence, physical and psychological changes occur, making adolescents vulnerable during their growth and development. This period marks the beginning of the maturation of reproductive organs and significant hormonal changes. Adolescents face various complex problems related to physical changes, nutritional adequacy, psychosocial development, emotions, and intelligence, which ultimately lead to conflicts within themselves, affecting their health. All these conditions contribute to the emergence of diseases at a young age.

Likewise, young married women typically refer to the habits of their parents in caring for their reproductive health. They tend to rely on traditional methods of healthcare, which may contribute to their overall health and the birth of many children. However, the knowledge of young mothers and adolescents is generally very limited, especially in the field of reproductive health and population, so the understanding of reproductive health is not widely understood by adolescents and young mothers.

In general, adolescents and young mothers interpret reproductive health as limited to matters related to reproductive organs. The information provided on reproductive health is understood by adolescents and young mothers only as information on "how to have sexual intercourse." Therefore, the village authorities conduct prevention counseling against reproductive health disorders in adolescents and young mothers to provide them with understanding and attention from their environment and related parties. Therefore, the village organizes reproductive health counseling activities for the community, especially for young mothers and

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adolescents. According to Notoatmodjo [14], counseling is an educational activity aimed at individuals or groups, providing knowledge, information, and various skills to shape attitudes and behaviors in life as they should be. Essentially, counseling is a non-formal activity aimed at changing society towards a better condition as desired.

Counseling activities are generally carried out through four stages: First, the awareness stage is when individuals are already aware of something new as a result of communication with others. Second, the interest stage is when individuals start to seek more information by looking for more detailed information. Third, the evaluation stage is when individuals assess and relate it to their abilities, such as capabilities and risks in terms of socio-economic factors. Fourth, the trial stage is when individuals start to implement it on a small scale to convince themselves whether to continue or not. Fifth, the adoption stage is when individuals are convinced of the new concept and start implementing it on a larger scale.

The problem is that after participating in counseling, mothers and adolescents generally still do not optimize their reproductive health because they have not adopted it according to the comprehensive stages. It is interesting to investigate how reproductive health counseling for adolescents and young mothers is conducted in Sirnajaya Village, Sukamakmur Sub-district, and Bogor Regency.

## **II. METHODOLOGY**

Adolescence is a transitional period between childhood and adulthood. According to the World Health Organization, adolescents are individuals aged between 10 and 19 years. The National Population and Family Planning Board (BKKBN) defines adolescents as individuals aged 10 to 24 years who have never been married. The adolescent period is characterized by growth, changes, the emergence of various opportunities, and often facing risks to reproductive health. Therefore, the need for increased health and social services for adolescents is becoming a concern worldwide (PROFESI KESPRO (undip.ac.id)). Referring to the recommendations from the International Conference on Population and Development (ICPD) in 1994, many organizations in various countries have created various programs to better meet the needs of adolescents in the field of reproductive health.

Early marriage for women is a socio-cultural problem with medical aspects, while pregnancy in young women is a medical issue with social aspects. Women who marry at a young age tend to follow the habits of their parents in caring for their reproductive health. Traditional reproductive healthcare practices often maintain their health conditions. Their knowledge, as well as that of their parents, is very limited, especially in the field of reproductive health and population. Reproductive health is closely related to early marriage. Early marriage is a marriage conducted before the age of 18, applicable to both boys and girls, but in practice, early marriage is usually done by young girls. Early marriage contributes to 20% of maternal deaths [19]. About 10% of pregnancies in adolescents aged 15-19 years also increase the risk of death two to four times higher than those over 20 years old. Similarly, the risk of infant mortality is 30% higher in adolescent mothers compared to babies born to mothers aged 20 years or older. This vulnerability makes adolescent girls susceptible to maternal and neonatal deaths [18]. Putu Novi Arfirsta Darmayani mentions that: A Professor from Ohio University, Kristik Williams, stated that Women who give birth at a young age tend to have lower self-esteem in health. Putu Novi Arfirsta Darmayani also continues that: Young mothers also have a higher vulnerability to engaging in risky behaviors, such as drug use. They are also highly susceptible to postpartum depression, stress, and feelings of isolation. Knowledge about reproductive health is not deeply understood by adolescents and young mothers. In general, adolescents and young mothers interpret reproductive health as limited to matters related to reproductive organs.

Therefore, providing education, including counseling, is very important because it can be a process that empowers all human resources to hone three important aspects: cognitive, affective, and psychomotor. Plato said that Education is something that can help in the development of individuals physically and mentally, enabling the achievement of perfection. If so, the fear that adolescents will behave wrongly if they receive reproductive health and sexuality education cannot be proven with educational logics. Counseling according to Setiana. L. (2005) is: social science that studies systems and processes of change in individuals and communities to achieve better changes as desired, Health counseling according to Effendy (2003) is a combination of various activities and opportunities based on learning principles to achieve a state where individuals, families, groups, or communities as a whole want to live healthy, know how to do it, and do what can be done, individually or in groups by seeking help.

Hutapea (2012) states that there are two factors that influence the performance of counselors in professional work: a) internal factors; which are factors that come from the counselor himself, consisting of: formal education, training, age, motivation, use of counseling media, and work experience. b) External factors; which are factors that come from outside the counselor himself. The counseling media according to Lucie (2005) are as follows: (a) Leaflet, (b) Flip Chart (flip sheet), (c) Film and Video (d) Slide (e) OHP Transparency (f) Blackboard The stages of counseling according to Notoadmodjo [14] include (1) Awareness stage (arwarness). At this stage, a person is already aware of something new as a result of communicating with others. (2) Interest stage (interest). At this stage, a person begins to want to know more about new things that have been known by seeking more detailed information. (3) Evaluation stage. At this stage, a person begins to assess or consider and relate to his condition or abilities, for example, abilities and risks to be borne both in terms of social and economic. (4) Trial stage. At this stage, a person starts to apply

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or try on a small scale as an effort to convince whether it can be continued or not. (5) Adoption stage. At this stage, a person is convinced of something new and begins to implement it on a larger scale.

According to the World Health Organization (2007), health is a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity, encompassing all aspects related to the reproductive system, its functions, and processes. Reproductive health, as defined by the National Family Planning Coordinating Board (BKKBN) in 2001, entails physical, mental, and social well-being in all matters related to the reproductive system, its functions, and processes, rather than merely being free from disease and disability. According to the Indonesian Ministry of Health in 2000, reproductive health is a comprehensive state of health encompassing physical, mental, and social aspects related to the reproductive organs, functions, and processes. Reproductive health is not just about being free from disease but also about ensuring safe and satisfying sexual lives before and after marriage.

Reproductive health is interpreted as a condition that ensures reproductive functions, especially the reproductive process, can occur in a physically, mentally, and socially healthy state, not just being free from diseases or disorders of the reproductive organs. Every child, including adolescents, has the right to access a healthy reproductive system. The International Conference on Population and Development (ICPD) in Cairo (1994) established reproductive rights for adolescents, including the right to (1) receive information and education, (2) access reproductive health services and protection, (3) freedom to think about reproductive health, (4) freedom from abuse and mistreatment including protection from rape, violence, torture, and sexual abuse, (5) benefit from scientific advancements related to reproductive health, (6) determine the number and spacing of children, (7) life, (8) freedom and security in reproductive life, (9) privacy concerning reproductive life, (10) build and plan a family, (11) freedom of assembly and participation in politics related to reproductive health, and (12) freedom from discrimination in family life and reproductive life.

Maintaining reproductive health is crucial, especially for adolescents and young mothers. Ways to maintain reproductive health include adopting a healthy diet, exercising, and taking vitamins and supplements. The complete methods of maintaining reproductive health include:

1. Maintaining cleanliness of the reproductive system.
  - a. Always clean the genitals after urination, as well as before and after sexual intercourse.
  - b. Ensure that the intimate area is always dry and not damp.
  - c. Avoid using scented soaps, betel soaps, deodorants, powders, and vaginal douches to prevent irritation.
  - d. Change underwear daily and use materials that absorb sweat well.
  - e. For men, circumcision is recommended to prevent dirt buildup under the foreskin and reduce the risk of bacterial infections in the penis.
2. Adopting a healthy diet. Referring to Harvard Health Publishing, the following are efforts to maintain reproductive health by adopting a healthy diet.
  - a. Avoid consumption of Trans fats.
  - b. Meet protein needs from vegetables, such as beans, tofu, and grains.
  - c. Choose carbohydrates rich in fiber.
  - d. Take multivitamins, such as folic acid.
  - e. Meet iron needs, such as from spinach, beans, pumpkin, and tomatoes.
3. Avoiding risky sexual behaviors. The following are safe sexual behaviors that can also help maintain the health of the reproductive organs.
  - a. Use contraception, such as condoms, birth control pills, or IUDs.
  - b. Avoid changing sexual partners frequently.
  - c. Maintain genital hygiene before and after sex.
  - d. Check and discuss one's own and partner's sexual history.
  - e. Undergo regular testing for sexually transmitted diseases.
4. Regularly consulting a doctor for reproductive health check-ups. It is important to undergo regular reproductive health check-ups. The following are common types of reproductive health examinations:
  - a. Complete blood count.
  - b. Urine test.
  - c. Ultrasonography (USG).
  - d. Hysterosalpingography (HSG).
  - e. Testing for sexually transmitted diseases, such as syphilis testing with VDRL.
  - f. Pap smear.
5. Adopting a healthy lifestyle. A healthy lifestyle is key to maintaining a healthy reproductive system and overall body health. The research was conducted using a qualitative method. Qualitative research, according to Kasiram (2008), is a process of discovering knowledge that uses data in the form of numbers as a tool to analyze information about what is wanted to be known.

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The research was conducted from October 12, 2023, to January 2024, among adolescents and young mothers in Sirnajaya Village, Sukamakmur District, Bogor Regency.

Data collection utilized the in-depth interview technique or direct questioning and observation. According to Nazir (2014), data collection is a systematic and standardized procedure to obtain the necessary data, and several methods that can be applied include direct observation, question-based methods, and specific methods. The population comprised 20 housewife mothers. The research sample was purposively selected using random sampling criteria, consisting of young mothers and adolescent participants in counseling who were willing to be respondents.

The analysis technique in this study refers to the opinion of Miles and Huberman (2023:341) as follows: (1) Data reduction, (2) Data presentation, (3) Drawing conclusions.

### **III. RESULT**

The research findings indicate that the counseling session began with the preparation of counseling tools and media. In this study, an approach was made to community leaders to motivate the community to participate in the counseling sessions. This is in line with Hutapea's (2012) opinion, which states that there are two factors influencing the performance of counselors in professional work: a) Internal factors, which originate from the counselor themselves, including formal education, training, age, motivation, utilization of counseling media, and work experience. b) External factors, which come from outside the counselor, counseling proceeded very well, as seen from the enthusiasm of all participants towards the material presented by the team. This was supported by the use of multiple types of media, including: (a) Leaflets, (b) Flip Charts, (c) Videos, (d) Slides, (e) Overhead Transparencies.

Before delivering the material, the team distributed pretests in the form of A5-sized papers and pens to all participants to fill out. The questions in both the pretest and posttest were dichotomous statements, totaling ten items. The time given to fill out the pretest was no more than 2 minutes. After the participants finished filling out the pretest, the papers were immediately collected by the team.

The research results show that the material was presented very clearly by the counseling speakers. The material covered knowledge about adolescents, the characteristics of adolescents and young mothers, the rights of adolescents and young mothers, and ways to maintain reproductive health. The discussion about adolescents is important. Consistent with the opinion stated on the Indip website ([undip.ac.id](http://undip.ac.id)) that adolescence is marked by growth, changes, various opportunities, and often faces risks to reproductive health. Therefore, the need for increased health and social services for adolescents is becoming more important. Thus, it is very appropriate to deliver material related to adolescent reproductive health. The material was delivered in an open room by giving lectures directly to the attending adolescent participants. All participants were very enthusiastic and attentive to what was being presented.

Taking care of the reproductive system with a healthy diet, exercise, and consuming vitamins and supplements is very important, especially for adolescents and young mothers. This is in line with Durotul Yatimah's, 2024, stating that taking care of the reproductive system is very important, maintaining reproductive health to be healthier is by adopting a healthy diet, exercise, and consuming vitamins and supplements, which when detailed include the following: Maintaining cleanliness of the Reproductive System, adopting a healthy diet. Referring to Harvard Health Publishing, here are the efforts to maintain reproductive health by adopting a healthy diet, avoiding risky sexual behaviors.

### **IV. CONCLUSIONS**

The research began with an approach to community leaders to motivate the community to participate in the counseling sessions. The analysis of the counseling management revealed that educational activities for young mothers and adolescents started with the preparation of materials and reading sources, appropriate equipment and media. One supportive factor for the success of the counseling was the counselor delivering the material briefly and clearly, using methods such as lectures, Q&A sessions, demonstrations, and various media including leaflets, flip charts, videos, and overhead projectors (OHP). All participants showed enthusiasm and high spirits to succeed in learning.

The research findings indicate that the material presented by the speakers is crucial. The core material includes adolescents and young mothers with their characteristics, growth and development stages, and risks in reproductive health. Therefore, the need for increased health and social services for young mothers and adolescents is becoming more apparent. Reproductive health should be maintained with a healthy diet, regular exercise, and proper consumption of vitamins and supplements, while avoiding risky sexual behaviors.

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