

# Increased Knowledge of the SMPN 3 Students after Given Health Reproductive Education

Yuliana<sup>1</sup>, Mangku Karmaya<sup>2</sup>, Muliani<sup>3</sup>, Gede Wardana<sup>4</sup>, Ayu Widianti<sup>5</sup>, Gede Wirata<sup>6</sup>

Anatomy Department of Medical Faculty of Udayana University, P. B. Sudirman Street, Denpasar, Bali 80232

**Abstract:** Reproductive health education is important for teens. Many cases such as unwanted early pregnancy, abortion and dropout from school due to have many children has been found in 7<sup>th</sup> to 12<sup>th</sup> grade teens. Lack of knowledge and improper information could be the cause of premarital sex among teens. Health reproductive education at junior high school SMPN 3 Denpasar showed an increase in health reproductive knowledge (13.59% on mark 76-100). Conclusion: Health reproductive education could increase the knowledge of teens.

**Keywords:** health reproductive, education, teens

## 1. Introduction

Many teens have been sexually active, even half of them have been married already. Earlier irresponsible sexual activity has put teens with various challenge of reproductive health risk. Adult and teens age between 15- 24 years old, are 25% of all sexual active population but it contributed almost 50% of new acquired sexual transmitted diseases. Cases of detected sexual transmitted diseases only describe 50%-80% of all cases [1].

Due to sexual problem in teens, we have been held health reproductive education at SMPN 3 on 21<sup>st</sup> July, 2016 which followed by 61 students. This education discussed about woman and men anatomy of reproductive genital, sexual transmitted diseases and risk of early pregnancy in teens. Questionnaires of student knowledge about reproductive health were given at the beginning and end of education.

## 2. Materials and Methods

This descriptive study is done cross sectionally at SMPN 3 Denpasar, on 21<sup>st</sup> July 2016. The study population was students of SMPN 3 Denpasar, taken a sample of 61 students from grades 1, 2, and 3. Inclusion criteria is SMPN 3 Denpasar students that were willing to fill the questionnaire. Exclusion criteria is SMPN 3 Denpasar students that were not willing to fill the questionnaire completely. Informed consent was signed by the Head of Junior High School 3 Denpasar (SMPN 3) because the sample is less than 17 years old. Materials used in this study are stationery, questionnaire, laptop, printer, and paper. Questionnaires were collected and the percentages of true answers were calculated.

## 3. Results and Discussion

Teens are large population of the world population. They comprises about one fifth of world population. In Indonesia, the teenagers are about 28.64% of all population [2]. Indonesian teens are facing fast social change from traditional to modern society. Number of HIV AIDS new cases are significantly increased and about 3.1% comes from 15-19 years age group [3].

According to Indonesian Teens Health Survey (2012), in 15-24 years age group, 64.4% girls group didn't have any knowledge about fertility period, 41.4% girls group didn't know that first sexual intercourse could cause pregnancy. Only 52.1% girls and 59.6% boys had heard about sexual transmitted diseases [4].

Premarital sex cause unwanted abortion and it will increase mother mortality rate. Mother mortality rate is one of indicator in assessing society health degree. In order to lowering premarital sex, we give health reproductive education for students at SMPN 3 Denpasar on 21<sup>st</sup> July 2016.

The questionnaire result about adolescent reproductive health education at SMPN 3 Denpasar showed an increase of 13.59% in the knowledge of the range of values 76-100. Differences in the number of questionnaires collected during the Pre Test and Post Test possibilities as there were students who did not collect the post test questionnaires.

**Table 1:** Pre Test and Post Test Values from Questionnaire of SMPN 3 Denpasar students

	Pre Test		Post Test	
	Number	%	Number	%
0-25	1	1.64	0	0.00
26-50	1	1.64	0	0.00
51-75	28	45.90	21	35.59
76-100	31	50.82	38	64.41
	61		59	

## 4. Conclusion

Reproductive health education can increase knowledge of adolescents. Need to do further research on the behavior of adolescents related to reproductive health and data collection is done in a more systematic way and organized neatly.

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