

Adolescence's Reproductive Health: The Implementation of a Psychoeducation at an Islamic Boarding School

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ABSTRACT

Adolescence is a transitional period that is vulnerable to various problems. One of the problems related to adolescents is health problems. Health problems that need attention at the adolescent stage are reproductive health problem in the form of sexuality, HIV/AIDS, and drugs. This reproductive health crisis is still high in Islamic boarding schools because knowledge about reproductive health is still low. The purpose of this study was to see the effect of psychoeducation on adolescent reproductive health at an Islamic boarding school in Semarang. This research used a quasi-experimental study with one group using a pretest-posttest design. One group includes 10 participants with an age range of 12-17 years. A comparison of the average pretest and post-test results showed a difference of 5.50 and the results of the Wilcoxon's analysis test showed a significant effect ($p=0.0004 < 0.05$). So the results of this study are in line with the government program which proposes to educate adolescents regarding reproductive health.

Keywords: adolescence, psychoeducation, reproductive health.

Introduction

The Indonesian Central Bureau of Statistics (CBS) noted that the total population of Central Java province in 2018 was 34,490,835 people and 24.08% belonged to the adolescent category aged 10-24 years. Adolescence is a transitional period that is vulnerable to various problems, one of which is reproductive health problems. It was found that 45.8% of teenagers had never heard of the term female fertile period. It was also recorded that male adolescents who planned to marry at the age of <20 years reached a percentage of 2.1%, while for female adolescents it was 4.3%. This suggests that the National Family Planning Coordinating Board (NFPCB) representative for the province of Central Java should pay greater attention to carrying out Communication, Information, and Education (CIE) for adolescents (Wijayanti & Nurpratama, 2020).

The results of previous research indicate that knowledge about reproductive health is a variable that influences premarital sexual behavior (Nasution, 2012). According to the findings of a national survey conducted on adolescents in 33 provinces in Indonesia, adolescents' awareness of reproductive health has not yet reached the expected target, therefore it is necessary to increase knowledge regarding reproductive health in adolescents which includes: knowledge related to puberty, fertile period, risk of pregnancy, age of first marriage, age of first birth, anemia, drugs, alcohol, HIV/AIDS, and other sexually transmitted diseases (Iswarati, 2011). Moreover, the results of a study conducted by the IPPA (Indonesian Plan Parenthood Association) in Central Java in 2010

recorded that 863 adolescents had sexual intercourse before marriage, 452 adolescents had unmarried pregnancies, 283 adolescents experienced sexually transmitted infections, 337 adolescents masturbated, and 244 adolescents had abortions (Ardianyah, 2022), this statistic clearly illustrates that various problems will arise as a result of neglect of adolescent reproductive health.

According to the World Health Organization (WHO), reproductive health is a state of complete health, including physical, mental, and social aspects, not just the absence of disease or disorders in all matters related to the reproductive system, function, or process itself. Reproductive health is also defined by the BKKBN as whole physical, mental, and social well-being in all aspects relating to the reproductive system, functions, and processes, rather than only the absence of sickness and infirmity. In addition, Law No. 36 of 2009 defines reproductive health as a condition of being physically, mentally, and socially intact, not merely free from illness or disability related to the reproductive system, functions, and processes in men and women.

Mairo (2015) examines that the reproductive health crisis in Islamic boarding schools is very severe due to poor levels of knowledge, and in this case, peers are the most important factor that influences reproductive health. This shows that peers are the primary source of information for teenagers seeking out information on reproductive health, although parents and/or school figures are expected to educate adolescents about this. Furthermore, teachers' perceptions regarding adolescent reproductive health education materials should at least comply with the competency standards for Adolescent Reproductive Health (ARH) education in high schools, but in reality, the material on pregnancy, family planning, and sexual relations has not been provided because teachers are still reluctant and taboo to explain sex education (Pawestri, 2011).

Therefore, it is important to realize that youth groups need education related to reproductive health from various groups, including parents, schools, professionals, and the government. This becomes our basis for designing psychoeducational interventions regarding reproductive health in adolescents as a preventive step in dealing with health crises.

Method

This research used a quasi-experimental study with one group using a pretest-posttest design. One group consists of 10 participants in the age range from 12 to 17 years old. Researchers distributed pre-test to adolescents at the Al-Islah Islamic Boarding School before beginning psychoeducational activities to measure their level of understanding of reproductive health. After that, the adolescents were given intervention in the form of psychoeducation related to adolescent reproductive health. Lastly, adolescents filled in post-tests to measure their comprehension of reproductive health after being given psychoeducational interventions.

Results

Based on the results of the pre-test conducted before the intervention was carried out on the participants, many participants received a score of <5, in which this score was categorized as not knowing about reproductive health. However, there was one participant who managed to get a score of 5, namely subject St, which means that the participant could answer half of all questions regarding reproductive health.

Meanwhile, based on the results of the post-test conducted on 10 research participants, it was found that there had been an increase in participants' knowledge regarding adolescent reproductive health after the implementation of psychoeducation. This statement can be supported by the post-test scores of 10 participants, in which all participants showed an increase in scores from the pre-test results to the post-test results.

The following table shows the pre-test and post-test results for Al-Islah Islamic Boarding School adolescents.

Table.1
The pre-test and post-test results

Name	Age	Gender	Pretest	Posttest
N.F	16	Woman	4	9
W.P	17	Woman	3	7
Z.A	17	Woman	4	8
M.S	12	Woman	1	6
N	15	Woman	3	7
Sa	12	Woman	4	8
Si	14	Woman	4	5
Ay	14	Woman	4	9
Ai	12	Woman	3	4
St	14	Woman	5	9

The average difference between the results of the pretest and posttest is 5.50. This result can be interpreted as the success of the intervention program that was carried out so that it shows progress towards the participants.

Table.2
The average difference between the results of the pretest and posttest rank

		N	Mean Rank	Sum of Ranks
Posttest -Pretest	Negative Ranks	0 ^a	.00	.00
	Positive Ranks	10 ^b	5.50	55.00
	Ties	0 ^c		
	Total	10		

The results of statistical tests using the SPSS version 26 application using Wilcoxon analysis showed a significant effect ($p = 0.004 < 0.05$).

Table.3
The results of statistical tests

	Posttest - Pretest
Z	-2.850 ^b
Asymp. Sig. (2-tailed)	.004

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

So, it can be stated that this study's results align with government programs that advocate educating adolescents about reproductive health.

Discussion

Our research is supported by previous research which also discussed adolescent reproductive health. According to the previous research by Johariyah & Mariati (2018), there was a significant difference in the change of knowledge of adolescents before and after being given adolescent reproductive health education at senior high school. Based on research by Ernawati (2018), there are 3 factors that influence adolescent reproductive health knowledge, namely

gender, number of sources of information, and utilization of parents as a source of information on adolescents. Another research by Ayu et al. (2020) said that the result of this reproductive health education was an increase in knowledge of female students about reproduction, at the point border age of adolescents, the reason why the adolescent period was important in reproductive health, the disease that was caused sexual intercourse at adolescence, age at marriage for woman, the reason premarital sexual experience, and impact premarital sexual for the community. Health education with PowerPoint could be used to increase knowledge.

Conclusion

Based on the research findings, it shows that psychoeducation related to reproductive health in adolescents is crucial. Future research can use subjects of different genders and different types of schools (between public schools and private schools such as Islamic boarding schools) to observe the level of knowledge to make the urgency of research and its further benefits more apparent to society.

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