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RESEARCH ARTICLE

Pendidikan Kesehatan tentang Kesehatan Reproduksi bagi Siswa di SD It Harafah

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Kata Kunci:
Pendidikan Kesehatan, Kesehatan Reproduksi, Pengetahuan

Abstrak

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Key Word:
Health Education, Reproductive Health, Knowledge

Abstract

Reproductive health is an essential part of overall health that includes physical, mental, and social well-being in all matters related to the human reproductive system, functions, and processes. This definition emphasizes that reproductive health is not just the absence of disease, but also includes complete well-being, as well as the ability and freedom of individuals to make decisions related to their reproduction. Therefore, comprehensive and targeted reproductive health education is necessary for adolescents to help them understand bodily changes, reproductive roles, as well as risks and how to prevent them. The counseling activity was conducted on Friday, July 11, 2025. The participants in this activity were all 5th and 6th-grade students at SD IT Harafah. During the counseling session, the participants appeared enthusiastic in receiving the material presented. The material was presented in the form of a PowerPoint presentation and a leaflet, designed as attractively as possible so that the participants could easily understand the content. The evaluation results indicated that 97% of the participants understood well the physical changes during puberty, the risks of sexually transmitted diseases (STDs), how to maintain reproductive organ hygiene, the risk of infection, incorrect information about sexuality, hormonal changes, emotional development during puberty, and the importance of reproductive organ hygiene.

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PENDAHULUAN

According to the World Health Organization (WHO), reproductive health is a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity, in all matters relating to the reproductive system, its functions, and processes. Reproductive health is a concern not only for women but also for men.

Reproductive health is an important part of overall health, which includes physical, mental, and social well-being in all matters related to the human reproductive system, functions, and processes. This definition emphasizes that reproductive health is not just the absence of disease, but also includes complete well-being, as well as the ability and freedom of individuals to make decisions related to their reproduction. (WHO, 2024)

Education and accurate information on reproductive health are important components in efforts to prevent health risks such as unintended pregnancies, maternal complications, and the transmission of STDs. This education should cover all aspects—from family planning to knowledge about reproductive rights—so that individuals can make healthy choices throughout their lives. (WHO, 2024)

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Adolescents are at a highly vulnerable age for issues related to sexuality, substance abuse, sexually transmitted diseases, and HIV/AIDS, commonly known as the Triad of Adolescent Reproductive Health (KRR). In Indonesia, the incidence of adolescents experiencing issues related to the Triad of KRR remains high, with 44% of adolescent girls and 47% of adolescent boys engaging in sexual activity, 9.8% of boys and 9.2% of girls using drugs, and 48,300 cases of HIV reported. (Ministry of Health, 2024)

The increasing openness and boldness of adolescent dating activities are related to the low knowledge of adolescents about reproductive health. Indonesian adolescents' knowledge about reproductive health is still relatively low (index score 52.4), while in East Java, it is slightly higher (index score 55.6). Based on the 2017 Indonesian Adolescent Reproductive Health Survey (SKRRI), knowledge about the fertile period of adolescents in Indonesia has an index score of 21.5, and knowledge about the ideal age for marriage and childbirth has an index score of 54.5, whereas in East Java, it scores 26.9 and 56.9, respectively. (Family Planning and Family Welfare Research and Development Center, 2017)

Sexual deviant behavior in adolescents is one of the critical issues in reproductive health and the social development of youth. During adolescence, individuals undergo rapid biological, psychological, and social changes, including in their understanding and expression of sexuality. This period is often referred to as an exploration of identity and interpersonal relationships, which, if not accompanied by proper information and guidance, can increase the risk of unhealthy or deviant sexual behaviors. (Ministry of Health, 2024).

Unaddressed deviant sexual behavior can increase the risk of various health problems, such as sexually transmitted diseases (STDs), HIV infections, unintended pregnancies, and psychosocial consequences such as decreased academic performance or social stigma. According to international adolescent health reports, these risks are a primary concern in public health efforts because they can affect adolescents' futures in the long term. (CDC, 2024) Therefore, a comprehensive and targeted reproductive health education intervention is needed to help adolescents understand bodily changes, reproductive roles, as well as risks and how to prevent them.

METODE PENELITIAN

The counseling activity was conducted on Friday, and the participants were all 5th and 6th-grade students at SD IT Harafah. The material was presented in the form of a PowerPoint presentation designed to be engaging and covered various topics, such as physical changes during puberty, the risks of sexually transmitted diseases (STDs), how to maintain reproductive organ hygiene, the risks of infections, incorrect information about sexuality, hormonal changes, emotional development during puberty, and the importance of reproductive organ hygiene.

Preparation was done 3 days prior to the counseling, which included preparing the materials for the counseling session, the media to be used, such as PowerPoint slides, and videos. During the counseling session, the teacher and students appeared very enthusiastic in receiving the material. Before the session began, the counselors, assisted by students, distributed questionnaires to assess the participants' knowledge of reproductive health. Once the questionnaires were completed, the session began, and the participants listened carefully to the material presented. Afterward, the session concluded with an explanation of follow-up actions and a Q&A session. After the counseling session, participants were again given questionnaires to assess their understanding after the session.

HASIL DAN PEMBAHASAN

According to the pre-counseling assessment on reproductive health knowledge, the following results were obtained at SD IT Harafah:

Table 1: Knowledge Level Before the Counseling

Knowledge Level	Frequency (n)	Percentage (%)
Good	4	26.6%
Fair	16	40%
Poor	10	33.4%

Table 2: Knowledge Level After the Counseling

Knowledge Level	Frequency (n)	Percentage (%)
Good	30	97%
Fair	1	3%
Poor	-	-

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In this community service activity, the materials were presented in the form of PowerPoint slides and leaflets designed as attractively as possible, which made it easier for participants to understand the content. Preparation was done 3 days prior to the session, and the materials included engaging PowerPoint slides and videos. During the counseling session, both teachers and students were highly enthusiastic in receiving the material.

After the reproductive health education, 30 participants (97%) demonstrated a good understanding of the material, while only 1 participant (3%) showed a fair understanding, and there were no participants in the poor category. This shows the positive change in knowledge among the respondents.

Knowledge is the result of information gained through sensory experiences, such as sight, hearing, smell, taste, and touch. Most human knowledge is acquired through the eyes and ears. Cognitive knowledge is a crucial domain in shaping someone's actions (Notoatmodjo, 2023). Adolescence is a transitional period marked by physical, psychological, and social changes. Adolescents, who are still searching for their identity, often engage in actions without careful consideration, which is why issues related to sexuality and reproductive health are so important (Mareti & Nurasa, 2022).

Schools are strategic places for delivering reproductive health education, as adolescents spend most of their time in school environments. Teachers, health personnel (especially nurses and midwives), and counselors play an important role in providing accurate and age-appropriate information. According to the Ministry of Health (2022), integrating reproductive health education into school curricula and school health services (UKS) can strengthen understanding and reduce risky behaviors among adolescents.

Reproductive health education has a positive impact on increasing knowledge and changing adolescent behaviors. A study by Rahmawati & Hidayah (2020) found a significant increase in knowledge and attitudes after providing counseling using lectures and group discussions. Interactive approaches, such as role-play and peer education, were found to be more effective as they encourage active participant involvement. Similar findings were reported by the WHO (2023), stating that school-based reproductive health programs can reduce the prevalence of risky sexual behaviors by up to 30%. It can be proven that effective health education increases students' knowledge of adolescent reproductive health. Therefore, counseling should be conducted continuously and presented in an engaging way, whether by health officers, educational institutions, or the general public, both formally and informally.

KESIMPULAN

The majority (97%) of the respondents had a good understanding of physical changes during puberty, the risks of sexually transmitted diseases (STDs), how to maintain reproductive organ hygiene, the risks of infections, some misinformation about sexuality, hormonal changes, emotional development during puberty, and the importance of reproductive organ hygiene. Reproductive health education for adolescents is an important effort to prevent risky behaviors and promote healthy living. Education provided early on, with a comprehensive, interactive, and culturally appropriate approach, has proven to increase adolescents' knowledge, attitudes, and positive behaviors toward reproductive health. Collaboration between health personnel, teachers, parents, and government institutions is necessary to ensure the sustainability and effectiveness of this program.

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