



LEVEL OF KNOWLEDGE ABOUT SEXUAL EDUCATION AMONG TEENAGERS AT PPA EMAUS GBI EMAUS WONOSARI PAGU KEDIRI

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Article info	ABSTRACT
<p>Corresponding Author:</p> <p>Rimawati Rimawati150210@gmail.com STIKES RS. Baptis Kediri</p>	<p>Teenagers who are not incorporated with accurate information about sexuality can be immersed into sexual intercourse outside marriage, resulted in increasing number of pregnancy outside of marriage as well as sexual transmitted diseases (Suartha 2022). The topic of this study is "Level of knowledge for sexual education among teenagers in PPA Emaus GBI Emaus at Wonosari, Pagu, Kediri". The aim of this study is to identify the level of knowledge for sexual education. This study used simple descriptive design using questionnaire as the tool. The study was done at PPA Emaus GBI Emaus Wonosari Kediri with 33 respondents as the sample. The study showed that more than half of the respondents (56,5%) have high level of knowledge, while the rest respondents (43,5%) have moderate level. Therefore, this study recommends to do further study with larger number of respondents.</p>
	<p>Keywords: Level of Knowledge among teenagers, Sexual education</p>

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INTRODUCTION

Teenage is a period of transition from childhood to adulthood. Several changes that may occur including biological, intellectual, psychosocial, and economic changes. Changes that happen are important to understand various health risks that can be exposed to teenagers, efforts to improve their healthiness, and behaviors that may risking their health (Whaley & Wong, 1995).

WHO states that the age range for teenagers is 12 to 24 years old. However, according to the progression of care, teenager defined by department of health as those with age range 10 to 19 years old and not married; while according to directorate of teenage and reproductive rights *BKKBN*, the age range is from 10 to 21 years old (saparie, 2004).

Changes that happen in teenagers initiated by puberty, commonly from age of 14 years old in male and 12 years old in female. The most significant changes during puberty are biological or physical changes. Changes quite prominent during teenage, both male and female when entering age range of 9 to 15 years are not only that they become higher or get bigger, but maturity of reproduction system as well (Anonim 2005).

METHOD

This study used simple descriptive study design with audiovisual which was conducted within this study by delivering educative materials about sexual education at PPA Wonosari Kediri. Initially we distributed an initial questionnaire to understand the teenager's initial knowledge about sexual education. Following that, the health education about sexual education was delivered using audiovisual method. Education was given to the teenagers directly through watching audiovisual material. We ran a post-test questionnaire afterwards.

RESULT AND DISCUSSION

Result

Data were collected on June 6th, 2023 at PPA Emaus GBI Emaus Wonosari Kediri. The questionnaire distributed among 33 teenagers at PPA Emaus, the pre and post test questions, with audiovisual education given at the same day. After all questionnaires were collected, we check the completeness of answers, which all answers were valid for analysis.

Acquired data were analysed using frequency and percentage distribution. The result served in table consist of demographic data, source of information, as well as the knowledge of teenagers at PPA Emaus about sexual education.

- a. Knowledge about anatomy and physiology of reproductive organs mostly given by teachers, while parents explain more about menstruation, moreover, menstruation and wet dream are common discussion among their friends.
- b. Sexual transmitted disease is common topic which discussed in social media, including television, internet, facebook, and Instagram.
- c. More than half of respondents (67%) had high level of knowledge about menstruation, whereas 43% had high level of knowledge about pregnancy.

Discussion

According to the study conducted on July 4th, 2023 at PPA Emaus GBI Emaus Wonosari Kediri, we were able to conclude that:

- a. Knowledge of teenagers at PPA EMAUS GBI Emaus Wonosari Kediri Regency of Kediri before the study considered as sufficient.

Several factors such as education status and age can affect the level of knowledge. Education plays key role for processing the information to become new knowledge for someone. Information can be acquired by someone through listening, watching, and reading repeatedly. Information then becomes attractive stimulus in brain and stored as long-term memory (notoatmodjo (2016). Information that received repeatedly will force someone to do recall and memorize until gesture is formed. Without information there is no gesture. Beside lack of information exposure, level of education also impacts the quantity and quality of information recipient. Someone with junior high school level receives fewer information that those with higher education level. New information will keep growing through education. Moreover, lack of understanding ability can also affect the reception of information. Factor other than

education that can affect the education is age. Younger age can easily remember received information.

b. There was an effect for sexual education toward teenagers at PPA EMAUS GBI Emaus Wonosari Kediri.

Expected result from health education or promotion is behavioural improvement to maintain healthiness of the targets for health education (notoatmojo, 2012). Health education is planned effort to produce chance for individuals as well as groups to improve the literacy, correct the life skills and knowledge for their own health (nursalam, 2015). Health education is one of steps to improve level of knowledge directly to the respondents so that they can watch, listen, and notice every information on the spot. Information that acquired directly through seeing, listening, and noticing are easier to received by the sensing organs as well as can become pleasant stimulus. Pleasant stimulus can be easier to receive and processed by the brain as a good information. Good and useful information eventually can be easily stored in short-term memory, and if repeated, can proceed to become long-term memory. Researchers assume that education that directly presented easier to understand by respondents. Moreover, respondents tend to easy to remember the information if demonstration is given. Therefore, the level of knowledge increased following the education given compared to if respondents read by themselves.

CONCLUSION

Sexual education with audio visual method is appropriate method for teenagers who are at development level of looking for their identity, enhancing their friendship as well as acquainting different sex.

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