



EDUCATION ON THE ROLE OF PARENTS REGARDING ADOLESCENT REPRODUCTIVE HEALTH

Yessy Syahradesi Br Tambunan, Yusnika Damayanti, Sri Mala Hayati, Ade Kartika, Arif Irpan Tanjung
Nurul Hasanah Kutacane University

Article info	ABSTRACT
<p>Corresponding Author:</p> <p>Yessy Syahradesi Br Tambunan yessysyahradesi1@gmail.com Nurul Hasanah Kutacane University</p>	<p>Adolescence is a transition period from child to adult, where teenagers will experience puberty, namely physical and psychological changes. Therefore, the role of parents is very necessary regarding adolescent reproductive health to prevent and protect themselves from sexual behavior risks. This writing aims to increase knowledge of the role of parents regarding reproductive health. The education provided includes education about adolescent reproductive health and adolescent strategies for sexual behavior risk. The method used a 60-minute (lecture, question and answer session). Measurements were carried out using a questionnaire on the level of knowledge about reproductive health which was measured before and after providing education which consists of 20 questions. The sample for this service was 30 parents of teenagers at the Kaya Pangur Village Hall, Deleng District, Southeast Aceh Regency. The measurement results were analyzed using statistical tests, namely the Paired t-Test. The results showed that there was a difference in parents' knowledge scores about reproductive health before and after being given education about reproductive health (p-value = 0.000; $\alpha < 0.05$). Education about the role of parents regarding adolescent reproductive health plays a very important role for parents in knowing the progress of their adolescent child's development. Apart from that, the role of parents also plays a role in shaping the behavior of their children, especially health behavior related to reproductive health.</p> <p>Keywords: Adolescents, Reproductive Health, Role of Parents</p>
<p>This article distributed under the terms of the Creative Commons Attribution-Share Alike 4.0 International License (https://creativecommons.org/licenses/by-sa/4.0/)</p>	

INTRODUCTION

According to WHO, adolescents are aged 10-19 years (WHO, 2022), according to the Republic of Indonesia Minister of Health Regulation Number 25 of 2014 adolescents aged 10-18 years (Permenkes RI, 2014), and according to the Population and Family Planning Agency (BKKBN) adolescents with aged 10-24 years and not married (Ministry of Health of the Republic of Indonesia 2015), Ministry of Health of the Republic of Indonesia in 2017 as many as 17% of the total population of Indonesia were residents with an age range of 10-19 years, with the percentage of men being 8.7% and women being 8.3% . These teenagers

must pay attention to and maintain their reproductive health because reproductive health is complete physical, mental and social health, not merely free from disease or disability related to the reproductive system, function and process (Gunawan & Tadjudin, 2022).

Adolescents tend to have a great sense of curiosity, like adventure and challenges and dare to take risks from their actions without careful consideration. As a result, teenagers are a population group that is at great risk of behavioral consequences whose impacts may last throughout their lives (Rejeki et al., 2022). It is estimated that every year 21 million girls aged 15–19 years in developing countries become pregnant and about 12 million of them give birth. Globally, the birth rate for adolescent girls aged 10–14 years in 2022 will be 1.5 per 1000 women, with higher birth rates in Sub-Saharan Africa (4.6) and Latin America and the Caribbean (2.4). Adolescent Birth Rate (ABR) for the African region, estimated at 97 per 1000 adolescents in 2022 compared to 13.1 per 1000 adolescent girls in Europe. Even within one country, there is huge variation, for example in Zambia the percentage of adolescent girls aged 15–19 years who have started childbearing (women who have given birth or are pregnant at the time of interview) ranges from 14.9% in Lusaka to 42.5% in Southern Province in 2018. In the Philippines, this figure ranged from 3.5% in the Cordillera Administrative region to 17.9% in the Davao Peninsula region in 2017 (WHO, 2023).

Based on population census data in 2020, the number of teenagers (aged 10 - 24 years) is 67 million people or 24% of the total population of Indonesia, so teenagers are an important concern in national development. The priority of the BKKBN National Program is to contribute to improving maternal and child health, family planning, and reproductive health (Kespro), by increasing knowledge and access to reproductive health services for adolescents. Reproductive health problems in adolescents are closely related to risky adolescent behavior, including smoking, drinking alcohol, drug abuse, and premarital sexual relations. Based on the results of the 2017 IDHS survey, show that 55% of teenage boys and 1% of women smoke, 15% of male teenagers and 1% of female teenagers use illegal drugs, 5% of male teenagers drink alcoholic drinks, and 8% of men and 1% of women have ever done so. sexual relations while dating (BKKBN, 2021).

Dating behavior is defined by teenagers as a time to learn about sexual activities with the opposite sex, starting from kissing, mutual masturbation, oral sex, and even sexual intercourse. Good or bad teenage behavior depends on how parents educate teenagers from an early age and how to supervise them during the stages of adolescent development (Ni Made Ayu Trisna Dewi, 2019). A person's behavior is influenced by several factors, one of which is the role of parents. Parents have a role in supervising children's development so that they do not fall into undesirable things. Loose supervision and attention make it easier to find more and more things that provide sexual stimulation (Afrilia et al., 2019).

Parents providing love not only provide education and confidence to their children but it is also important to always control their children's development, and as parents you can also position yourself as a friend to your child so that children are more open with their parents and will feel comfortable telling them what they have always said. happens to him, so parents will be able to easily control their child's development and teach them about the

importance of protecting reproductive health. This writing aims to increase knowledge of the role of parents regarding reproductive health.

METHOD

Based on the analysis of existing problems, community service activities were carried out with a program providing education on the role of parents regarding adolescent reproductive health. The education provided includes education about adolescent reproductive health and adolescent strategies for sexual behavior risk. The method used a 60-minute (lecture, question and answer session) will be held on December 21, 2023. Measurements were carried out using a questionnaire on the level of knowledge about reproductive health which was measured before and after providing education which consists of 20 questions. The sample for this service was 30 parents of teenagers at the Kaya Pangur Village Hall, Deleng District, Southeast Aceh Regency. The measurement results were analyzed using statistical tests, namely the Paired t-Test.

RESULTS

Table 1 Respondent's Characteristics

Variable	Mean	Median	SD	Min-Max	95% CI <i>Lower-Upper</i>
Age*	55.20	57.00	9.63	36-73	51.60-58.80
	Variable		n	%	
Gender	Man		10	33.3	
	Women		20	66.7	
Education Level	Illiterate		2	6.7	
	Elementary School		11	36.7	
	Junior High School		7	23.3	
	Senior High School		8	26.7	
	Collage		2	6.7	
Employment	Unemployed		18	60.0	
	Private Employee		12	40.0	
	Civil Engineer		0	0.0	

*Data was normally distributed

The results of the analysis in table 1 showed that the mean age of respondents was 55.20 years with a standard deviation of 9.63 years. The gender of the respondents was mostly female, 20 respondents (66.7%). The education level of the respondents was mostly elementary school with 11 respondents (36.7%). The majority of respondents' work was not working, 18 respondents (60.0%).

Table 2 Parent's Knowledge about Reproductive Health Before and After Education

Parent's Knowledge	Mean	Median	SD	Min-Max	95% CI <i>Lower-Upper</i>	p-value
Pre	52.33	50.00	8.58	40-70	49.13-55.54	0.000**
Post	80.00	80.00	9.47	60-90	76.46-83.54	

*Data was normally distributed

**Significant at the level $\alpha < 0.05$

The results of the analysis in table 2 showed that the median score of parents' knowledge about reproductive health before being given education was 50.00 years with the lowest score being 40.00 and the highest score being 70.00. Meanwhile, the median score of parents' knowledge about reproductive health after being given education was 80.00 with the lowest score being 60 and the highest score being 90. The results of the further analysis showed that there was a difference in parents' knowledge scores about reproductive health before and after being given education about reproductive health (p-value = 0.000; $\alpha < 0.05$).

DISCUSSION

Knowledge can be gained by interviewing or filling out a questionnaire that asks about the content of the material you want to measure from the research subject (Silitonga & Nuryeti, 2021). In terms of education, education refers to the guidance given by one person to another in developing oneself towards certain goals that will determine the way of life and human happiness. Education is needed to obtain information about things such as health that support a better quality of life (Darsini et al., 2019). The existence of differences in knowledge is influenced by the way education is provided which also influences the success of education, one of which is the method used to deliver educational material (Ainun, 2017).

Many teenagers do not know about reproductive health. Adolescents' knowledge about reproductive health is influenced by several factors. Adolescents' knowledge about reproductive health is influenced by factors within the individual and factors outside the individual. The factor within the individual is the permissive attitude of the individual concerned. Factors outside the individual are environmental factors where the teenager is located, consisting of parents and peers. Adolescent knowledge about reproductive health is influenced by attitudes, the role of parents, and the role of teachers. Teenagers' knowledge is influenced by parents, friends, and mass media (Ardhiyanti, 2013; Dafroyati & Widyastuti, 2021).

CONCLUSION

Education about the role of parents regarding adolescent reproductive health plays a very important role for parents in knowing the progress of their adolescent child's development. Apart from that, the role of parents also plays a role in shaping the behavior of their children, especially health behavior related to reproductive health.

REFERENCE

- Afrilia, E. M., Musa, S.M., & Nurpasila, T. (2019). Hubungan Peran Orang Tua Terhadap Prilaku Seksual Pranikah Remaja Di Sma Darrul Falahiyah Tahun 2019. *Indonesia Midwifery Journal*, 3(1), 1–10.
- Ainun, S. (2017). *Pengaruh Metode Ceramah Dan Metode Brainstorming (Cebra) Terhadap Tingkat Pengetahuan Dan Sikap Penanganan Dysmenorrhea Pada Remaja Putri Kelas Xii Di Madrasah Aliyah Negeri Surabaya* (Skripsi).
- Ardhiyanti, Y. (2013). Pengaruh Peran Orang Tua terhadap Pengetahuan Remaja tentang Kesehatan Reproduksi. *Jurnal Kesehatan Komunitas*, 2(3), 117–121.
- BKKBN. (2021). <https://www.bkkbn.go.id/berita-remaja-ingat-pahamilah-kesehatan-reproduksi-agar-masa-depan-cerah-dan-cegah-penyakit-menular-seksualh-kesehatan-reproduksi-agar-masa-depan-cerah-dan-cegah-penyakit-menular-seksual> (Tanggal akses 09 Januari 2024).
- BPS Kabupaten Aceh Tenggara. (2023). <https://acehtenggarakab.bps.go.id/indicator/12/124/1/jumlah-penduduk-menurut-kelompok-umur-dan-jenis-kelamin.html>.
- Dafroyati, Y., & Widyastuti, R. (2021). Pemberdayaan Orangtua Melalui Pendidikan Kesehatan Reproduksi Untuk Mencegah Seksual Pranikah Pada Remaja. *Jurnal Kreativitas Pengabdian Kepada Masyarakat (Pkm)*, 4(5), 1221–1226. <https://doi.org/10.33024/jkpm.v4i5.4330>
- Darsini, Fahrurrozi, & Cahyono, E. A. (2019). Pengetahuan ; Artikel Review. *Jurnal Keperawatan*, 12(1), 97.
- Gunawan, S., & Tadjudin, N. S. (2022). Edukasi Seks Dan kesehatan Reproduksi Remaja pada Siswa/Siwi SMP tarakanita 2 Jakarta. *Seri Seminar Nasional Ke IV Universitas Tarumanegara*, 1341–1346. <https://journal.untar.ac.id/index.php/PSERINA/article/view/19909>.
- Afrilia, E. M., Musa, S.M., & Nurpasila, T. (2019). Hubungan Peran Orang Tua Terhadap Prilaku Seksual Pranikah Remaja Di Sma Darrul Falahiyah Tahun 2019. *Indonesia Midwifery Journal*, 3(1), 1–10.
- BKKBN. (2021). <https://www.bkkbn.go.id/berita-remaja-ingat-pahamilah-kesehatan-reproduksi-agar-masa-depan-cerah-dan-cegah-penyakit-menular-seksualh-kesehatan-reproduksi-agar-masa-depan-cerah-dan-cegah-penyakit-menular-seksual> (Tanggal akses 09 Januari 2024).
- BPS Kabupaten Aceh Tenggara. (2023). <https://acehtenggarakab.bps.go.id/indicator/12/124/1/jumlah-penduduk-menurut-kelompok-umur-dan-jenis-kelamin.html>.
- Gunawan, S., & Tadjudin, N. S. (2022). Edukasi Seks Dan kesehatan Reproduksi Remaja pada Siswa/Siwi SMP tarakanita 2 Jakarta. *Seri Seminar Nasional Ke IV Universitas Tarumanegara*, 1341–1346. <https://journal.untar.ac.id/index.php/PSERINA/article/view/19909>.
- Made Bayu Oka Widiarta1, Putu Sukma Megaputri2*, L. Y. A. (2023). Akses Informasi

- Melalui Orang Tua Dapat Meningkatkan Pengetahuan Remaja Tentang Kesehatan Reproduksi. *Jurnal Ilmiah Permas : Jurnal Ilmiah STIKES Kendal*, 13(1), 307–3014.
- Ni Made Ayu Trisna Dewi. (2019). Hubungan Peran Orang Tua Dengan Perilaku Seks Pranikah Pada Remaja Di Smk Kesehatan Bali Dewata Denpasar.
- Rejeki, S., Warsono, W., Khayati, N., & Hidayati, E. (2022). Peningkatan Kesehatan Reproduksi Remaja Melalui Pembentukan Pos Bimbingan Dan Pelayanan Kelompok Kader Sebaya. *SALUTA: Jurnal Pengabdian Kepada Masyarakat*, 2(2), 29. <https://doi.org/10.26714/sjpkm.v2i2.11293>.
- WHO (2023). [https://www-who-int.translate.goog/news-room/fact-sheets/detail/adolescent-pregnancy?](https://www-who-int.translate.goog/news-room/fact-sheets/detail/adolescent-pregnancy?_lang=en) (Diakses tanggal 09 Januari 2024).