



HEALTH EDUCATION ABOUT THE DANGER OF OUT-OF-WEDLOCK PREGNANCY AMONG ADOLESCENTS

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ABSTRACT

The modern era like now is supported by increasingly sophisticated technology, everyone can access various information from various parts of the world easily. One of them is the desire to try new things that are prohibited based on their norms or values, but they are curious to know and try them. Most societies still have the paradigm that sex education is something vulgar and adolescents should learn from their environment. The views of society in general reveal that for the average parent, talking about sex and sexuality is a new understanding. The aim of carrying out this community service activity is to teach adolescents about the dangers of pregnancy outside of marriage among adolescents. This community service activity was carried out at the Mancar Village Hall, Peterongan District, Jombang Regency on November 11, 2023 by providing health education and guidance to adolescents regarding the dangers of out-of-wedlock pregnancy among adolescents. This activity was attended by 30 adolescents and accompanied by health cadres. The activity was carried out well. Based on the results of the evaluation carried out using a questionnaire, it was found that 9 adolescents had a good level of knowledge during the pretest and this increased to 14 adolescents during the posttest. By increasing understanding regarding the dangers of pregnancy outside of marriage, it is hoped that adolescents will be able to prevent themselves from becoming pregnant outside of marriage.

Keywords: Health Education, The Dangers of Out-of-Wedlock Pregnancy, Adolescents.

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INTRODUCTION

Adolescence is a period of human life in a transition period. This period is a transition period from childhood to adulthood. This period is a time when adolescents explore alternatives and try various options as part of identity development. Adolescence is also a time when a person has a high curiosity about various things. With this condition, adolescence can be categorized as a quite vulnerable period because this curiosity, if not controlled properly, can lead to bad things.

This modern era is supported by increasingly sophisticated technology, everyone can access various information from various parts of the world easily. One of them is the desire to try new things that are prohibited based on their norms or values, but they are curious to know and try them. Most people still have the paradigm that sex education is something vulgar and adolescents should learn from their environment. The views of society in general reveal that for the average parent, talking about sex and sexuality is a new understanding.

Pregnancy in adolescence can have quite serious impacts on the physical, social and psychological conditions of adolescents. Physically, pregnancy at an early age has great risks for the mother (adolescent) and her unborn baby. Mothers who give birth when they are adolescents are at higher risk of experiencing eclampsia (convulsions in pregnancy), puerperal endometritis and systemic infections and even a higher risk of death compared to mothers who are more mature (Mubasyaroh, 2016).

The psychological and social pressure experienced by adolescents who become pregnant out of wedlock is quite large. The

pressures faced by adolescents make them vulnerable to experiencing psychological problems. Eddy's (2009) research states that pregnancy at an early age causes long-term negative social impacts. This happens because adolescents who become pregnant at an early age will experience prolonged trauma and also experience a crisis of self-confidence. Psychologically, adolescents are also not ready to accept all the changes they face, including physical changes as well as their responsibilities and roles as mothers. In conditions like this, what is needed in adolescents who experience pregnancy outside of marriage is self-acceptance. Self-acceptance is needed to reduce risks for adolescents and their unborn babies (Fuaji, 2020).

This counseling aims to learn more about out-of-wedlock pregnancy and its psychological impact on adolescents in Peterongan Village, Jombang Regency. We raise this topic because the numbers are large and every year up to 7-10 adolescents become pregnant out of wedlock. This also happens due to parents' lack of attention to their biological children, so that the children fall and fall into promiscuity, causing pregnancies outside of marriage. If this problem is not dealt with, it will have negative impacts, immature mental health for marriage can also cause depression and stress and can even lead to violence in the household.

OBJECTIVES

General Purpose

The aim of carrying out this community service activity is to increase understanding of the dangers of pregnancy out of wedlock for adolescents. And explains the impact and causes of pregnancy out of wedlock and tips for not falling into promiscuity, this is generally

for the community and especially for adolescents.

Special Purpose

1. Convey health information related to pregnancy outside of marriage.
2. Convey health information related to the dangers of out-of-wedlock pregnancy for adolescents.
3. Convey health information related to how to avoid promiscuity which can result in pregnancy out of wedlock.

PLAN OF ACTION

Strategy Plan

In implementing community service activities, community service activity implementers develop several strategies for carrying out these activities, including:

1. Preparing proposals for community service activities;
2. The initial survey was related to incidents of pregnancy out of wedlock that occurred in Mancar Village, Peterongan District, Jombang Regency;
3. Coordination with Youth cadres in Mancar Village, Peterongan District, Jombang Regency;
4. Preparation for implementing community service activities;
5. Implementation of health education activities about the dangers of out-of-wedlock pregnancy for adolescents;
6. Evaluation of the implementation of community service activities; and
7. Preparation of reports on community service activities.

Implementation

The implementation carried out by the implementers of community service activities that have been carried out is as follows:

1. Compiling proposals for community service activities;
2. Conducting an initial survey related to incidents of pregnancy out of wedlock that occurred in Mancar Village, Peterongan District, Jombang Regency;
3. Coordinating with Youth cadres in Mancar Village, Peterongan District, Jombang Regency;
4. Preparing for the implementation of community service activities;
5. Carrying out health education activities about the dangers of out-of-wedlock pregnancy for adolescents;
6. Carrying out evaluations of the implementation of community service activities; and
7. Prepare reports on the implementation of community service.

Setting

This activity was carried out on November 11, 2023 at the Mancar Village Hall, Peterongan District, Jombang Regency.

Target

The targets for implementing this community service activity were adolescents who live in Mancar Village, Peterongan District, Jombang Regency.

RESULTS AND DISCUSSION

The implementation of health education about pregnancy out of wedlock among adolescents as an effort to provide understanding to adolescents about the dangers of pregnancy out of wedlock at the Mancar Village Hall, Peterongan District, Jombang Regency was carried out for 1 day. Participants who took part in this activity were 30 adolescents who lived in

Mancar Village, Peterongan District, Jombang Regency. In the process of preparing health education activities regarding pregnancy outside of marriage among adolescents, the implementers of community service activities coordinated with the Mancar Village Government and Mancar Village Adolescent Health Cadres for the implementation of these activities. Apart from that, the implementers of community service activities also conducted a preliminary study regarding the incidence of unwed pregnancies in Mancar Village, Peterongan District, Jombang Regency. Health education activities regarding pregnancy out of wedlock among adolescents are carried out by means of health education, questions and answers, and evaluation of activities. The implementation of this health education activity is aimed at increasing adolescents' understanding regarding the dangers of being pregnant out of wedlock, so that they can understand about healthy friendships and prevent them from things that can lead them to become pregnant out of wedlock. In its implementation, community service implementers carry out a pretest and posttest to evaluate the level of understanding of the participants. Apart from providing health education, this activity also provides participants with the opportunity to ask questions and share their experiences.

Based on the results of evaluations carried out by community service implementers, it was found that there was an increase in adolescents' understanding regarding the dangers of out-of-wedlock pregnancies among adolescents. This can be seen in table 1.



Picture 1. Presentation of material about the dangers of pregnancy out of wedlock for adolescents.

Based on the data in the table 1, data obtained before health education was carried out regarding premarital pregnancy among adolescents, it was found that 9 respondents (30.0%) had a good level of knowledge regarding the dangers of extramarital pregnancy among adolescents. (53.3%), and the level of knowledge was less than 5 respondents (16.7%). After conducting health education about pregnancy outside of marriage among adolescents, it was found that 17 respondents had a good level of knowledge (56.7%), 12 respondents had a sufficient level of knowledge (40.0%), and 1 respondent had a poor level of knowledge (3.3). %. Based on these data, it can be seen that there is a positive impact on adolescents' understanding regarding the dangers of pregnancy outside of marriage from carrying out community service activities. During the implementation of health education activities regarding out-of-wedlock pregnancies among adolescents, especially during question and answer sessions and sharing experiences, adolescents expressed their experiences

related to the condition of their friendships, their closeness to the opposite sex, as well as the influences they received from social media. On that occasion, adolescent health cadres also stated that Mancar Village had created a program to reduce the incidence of out-of-wedlock pregnancies among

adolescents through coaching carried out at adolescent posyandu. Health education will increase a person's knowledge to make health behavior changes, so that the person can have better healthy living behavior (Wiliyanarti et al., 2020).

Table 1. Tabulation of Pretest and Posttest Results of Adolescents' Level of Knowledge related to the Dangers of Unwed Pregnancy among Adolescents at Mancar Village Hall, Peterongan District, Jombang Regency, November 11 2023 (n = 30).

Knowledge Level	Pretest		Posttest	
	f	%	f	%
Good Knowledge	9	30.0	17	56.7
Sufficient Knowledge	16	53.3	12	40.0
Lack of knowledge	5	16.7	1	3.3
Total	30	100.0	30	100.0

Sources: Questionnaire Data, 2023.

CONCLUSION

There were 9 respondents (30.0%) who had a good level of knowledge regarding the dangers of premarital pregnancy among teenagers, 16 respondents (53.3%) had a sufficient level of knowledge, and 5 respondents (16.7%) had a poor level of knowledge. After conducting health education about pregnancy outside of marriage among teenagers, it was found that 17 respondents had a good level of knowledge (56.7%), 12 respondents had a sufficient level of knowledge (40.0%), and 1 respondent had a poor level of knowledge (3.3. %). Based on data from observations of health education activities on out-of-wedlock pregnancies among teenagers, it can be seen that there is a positive impact on teenagers' understanding of the dangers of out-of-wedlock pregnancies, so that they can understand healthy friendships and prevent them from things that could lead

them into the condition of pregnancy outside of marriage. Based on the results of these observations, it is hoped that it can provide input to parents to provide supervision and psychological approaches to teenagers so that they can undergo a healthy friendship process and know the closeness of their children, especially girls, to the opposite sex. The limitation in implementing this community service activity is that it is carried out in only 1 place, larger observations are needed so that it can provide a better picture of the effectiveness of providing health education related to the dangers of out-of-wedlock pregnancy among teenagers. In addition, the wider the observation area will provide an overview of the factors that can influence the incidence of out-of-wedlock pregnancies among teenagers, so that more effective programs can be developed in helping teenagers in preventing them from

actions that can result in pregnancies in their lives. out of wedlock.

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