



SEXUALITY EDUCATION AND ITS IMPACT ON ADOLESCENT REPRODUCTIVE HEALTH KNOWLEDGE IN MANCAR VILLAGE

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ABSTRACT

Adolescence is a critical period of transition marked by biological, psychological, and social changes. This community service program aimed to educate adolescents on reproductive health through sexuality education at the Youth Posyandu in Mancar Village, Jombang. Conducted on June 26, 2024, the program involved 15 adolescent participants. It addressed the lack of knowledge about reproductive health and sought to improve adolescents' understanding and attitudes toward their reproductive well-being. A series of activities, including seminars, discussions, and demonstrations, were held to provide comprehensive information on reproductive health. The results showed a significant increase in the participants' knowledge, with 100% of the adolescents demonstrating a good understanding of reproductive health by the end of the program. This initiative highlighted the importance of open access to reproductive health education for adolescents and encouraged parental involvement in discussing reproductive health topics. The program concluded successfully, with participants actively engaging in the learning process and demonstrating increased awareness of reproductive health issues.

Keywords: Adolescents, Reproductive Health, Sexuality Education, Knowledge.

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INTRODUCTION

Adolescence is a transitional period marked by significant biological, psychological, and social changes. During

this phase, adolescents undergo rapid physical development, including sexual maturation, which increases their curiosity about reproductive health and sexuality.

However, access to accurate and comprehensive information on these topics remains limited, particularly in rural areas. This lack of knowledge can result in risky behaviors, such as unprotected sexual activity, leading to issues like unwanted pregnancies, sexually transmitted infections (STIs), and other reproductive health problems (Widodo & Santoso, 2020).

In Indonesia, the need for adolescent reproductive health education is urgent, as adolescents constitute approximately 21% of the total population. This significant proportion makes them a critical group for intervention (Fikri & Mulyadi, 2023). However, reproductive health education is often overlooked in rural settings, where traditional values may discourage open discussions about sexuality (Putri & Kurniawati, 2022).

Mancar Village in Jombang Regency exemplifies such a setting, where adolescents have limited access to accurate reproductive health information. Cultural barriers further inhibit discussions about sexuality within families (Sari & Wibowo, 2021). As a result, many adolescents are unaware of the proper ways to care for their reproductive health, increasing their vulnerability to health risks (Yuliana & Anwar, 2023).

In response to these challenges, a community service program was implemented at the Youth Posyandu in Mancar Village. The primary aim of the program was to educate adolescents on reproductive health through a structured sexuality education initiative. By providing accurate information and fostering open dialogue, the program sought to enhance adolescents' knowledge and attitudes toward their reproductive health, ultimately reducing their risk of engaging in harmful

behaviors (Fikri & Mulyadi, 2023). This paper discusses the process and outcomes of this community service activity, which aimed to empower adolescents with the knowledge necessary to make informed decisions regarding their reproductive health.

OBJECTIVES

General Purpose

This program aims to empower adolescents with accurate information, enabling them to make informed decisions about their reproductive health and reduce their risk of engaging in harmful behaviors related to sexual and reproductive health.

Special Purpose

The Special Purposes of the community service program can be stated as follows:

1. To increase adolescents' understanding of the definition and importance of reproductive health.
2. To educate adolescents about the anatomy and function of reproductive organs.
3. To teach adolescents how to maintain the health and hygiene of their reproductive organs.
4. To raise awareness among adolescents about the risks of premarital sexual behavior, early marriage, and drug abuse.
5. To encourage adolescents to develop responsible attitudes towards their reproductive health and well-being.

PLAN OF ACTION

Strategy Plan

The Strategy Plan for the community service program in the report could be outlined as follows:

1. Needs Assessment and Coordination:

- a. Conduct a preliminary assessment to identify the reproductive health knowledge gaps among adolescents in Mancar Village.
 - b. Coordinate with local leaders, including the head of the village and the Posyandu management, to gain support and ensure participation from the target group (adolescents).
 - c. Seek approval from the village authorities for the use of the community hall as the venue for the educational sessions.
2. Preparation of Educational Materials:
 - a. Develop educational materials tailored to the needs of the target audience, including PowerPoint presentations, leaflets, and banners focusing on key aspects of reproductive health.
 - b. Design engaging content that covers topics such as the anatomy of reproductive organs, the importance of hygiene, the dangers of premarital sexual activity, and methods for maintaining reproductive health.
 3. Recruitment of Participants:
 - a. Collaborate with the Posyandu staff to invite adolescents from Mancar Village to participate in the program.
 - b. Promote the program through local announcements and personal invitations to ensure adequate participation.
 4. Implementation of Educational Sessions:
 - a. Conduct interactive seminars and group discussions on reproductive health, sexuality, and related topics using visual aids like laptops, projectors, and banners.
 - b. Include a question-and-answer session to address specific concerns and misconceptions among participants.
 - c. Use demonstration techniques to explain complex topics, such as the proper care of reproductive organs.
 5. Participant Engagement and Incentives:
 - a. Encourage active participation by offering prizes (door prizes) for those who engage in discussions and answer questions during the session.
 - b. Maintain an attendance list to track the number of participants and their level of involvement.
 6. Post-Session Evaluation:
 - a. Administer pre- and post-education surveys to measure the improvement in participants' knowledge of reproductive health.
 - b. Collect feedback from participants to assess the effectiveness of the program and identify areas for improvement.
 7. Follow-up and Sustainability:
 - a. Collaborate with local Posyandu staff and community leaders to establish ongoing reproductive health discussions and support mechanisms for adolescents.
 - b. Plan follow-up sessions to reinforce knowledge and address any new concerns that may arise among participants.

Implementation

The Implementation section for the community service program based on the report can be structured as follows:

1. Coordination with Village Authorities and Posyandu:
 - a. Prior to the program, the team reached out to the village head and

- the Posyandu staff in Mancar Village to obtain permission and support for the activity. The venue for the session was agreed to be the village hall, which was easily accessible to the participants.
- b. The team introduced themselves to the village authorities and explained the objectives of the program, securing their commitment to assist in organizing the event.
2. Preparation of Materials:
 - a. Educational materials such as PowerPoint presentations, leaflets, and banners were prepared. These materials covered key topics, including the anatomy of reproductive organs, reproductive health maintenance, the risks of premarital sex, and the importance of reproductive hygiene.
 - b. A projector and laptop were set up at the village hall to facilitate the presentation and visual demonstration.
 3. Participant Engagement and Session Delivery:
 - a. On June 26, 2024, the session commenced with the gathering of 15 adolescent participants at the village hall. The program began with an introduction to the importance of reproductive health and the objectives of the session.
 - b. The session was divided into three segments:
 - i. Presentation: The team delivered a presentation using slides that explained reproductive health, reproductive system anatomy, and hygiene practices. The importance of responsible sexual behavior and the risks associated with early marriage and drug abuse were also emphasized.
 - ii. Discussion and Q&A: The adolescents were encouraged to ask questions and participate in discussions. This interactive component allowed the participants to clarify any doubts and engage with the material.
 - iii. Demonstration: Practical demonstrations were given to show how to maintain reproductive health, including proper hygiene practices.
 - c. Door prizes were distributed to encourage active participation and engagement throughout the session.
 4. Evaluation and Feedback:
 - a. Pre- and post-tests were administered to assess the knowledge of the participants before and after the session. The results indicated a marked improvement in their understanding of reproductive health topics.
 - b. Feedback from the participants indicated that they found the session informative and useful. They expressed satisfaction with the knowledge gained and the manner in which the information was presented.
 5. Documentation and Reporting:

The attendance of all participants was recorded, and a final report documenting the success of the program was prepared. The report included the increase in participants' knowledge, as evidenced by the post-test results, and the overall effectiveness of the session.

6. Sustainability and Follow-up:

After the session, the Posyandu and village officials were encouraged to continue discussions on reproductive health with the adolescents. A plan for future follow-up sessions was proposed to ensure the continued engagement of the participants and reinforce the knowledge gained.

Setting

The community service program was conducted at the Posyandu Remaja (Youth Integrated Health Post) in Mancar Village, Jombang Regency, East Java, Indonesia, on June 26, 2024. The Posyandu, a local health service center, serves as a focal point for health education and community health services, particularly for mothers, children, and adolescents in the village. This location was chosen due to its accessibility and its established role as a trusted community resource.

Target

The main target of the program was adolescents aged 13 to 18 years in Mancar Village, Jombang Regency. These adolescents were selected because they are at a critical stage of development and face significant challenges related to reproductive health knowledge and behavior. The goal was to educate them on the importance of maintaining reproductive health and to address common misconceptions regarding sexuality, STIs, and early marriage. The program set a target of engaging 15 adolescents from Mancar Village. These participants were expected to attend the session, engage in discussions, and complete both pre-and post-tests to measure the improvement in their reproductive health knowledge.

RESULTS AND DISCUSSION

The community service program on adolescent reproductive health in Mancar Village was successfully implemented on June 26, 2024, at the Posyandu Remaja (Youth Health Post). The program, attended by 15 adolescents, aimed to improve knowledge and attitudes regarding reproductive health through education on topics such as the anatomy of reproductive organs, sexual hygiene, and the risks associated with early marriage and premarital sexual behavior.

The session began with an introduction to reproductive health, followed by interactive presentations and discussions. All 15 adolescents actively participated in the seminar and the Q&A session, demonstrating significant interest in the topics discussed. Participation was encouraged through door prizes and an engaging discussion format, which helped create an open and comfortable environment for learning.

Before the educational session, a pre-test was conducted to assess the participants' baseline knowledge of reproductive health. The majority of the adolescents (80.95%) had a moderate understanding, with only 19.05% displaying a strong understanding of reproductive health issues.

After the session, the post-test revealed a marked improvement in knowledge. All 15 participants (100%) demonstrated a strong understanding of reproductive health topics, indicating the program's effectiveness in enhancing their knowledge.

Table 1. Knowledge Improvement Pre- and Post-Education.

Knowledge Level	Pre-Education	Post-Education
Good	19.05%	100%
Moderate	80.95%	0%
Poor	0%	0%

Sources: Primary data, 2024.

During the session, the participants showed a noticeable shift in their attitudes toward reproductive health. Through the interactive discussions, adolescents expressed a greater understanding of the risks of early marriage and unsafe sexual behavior. The session helped clarify misconceptions, and the adolescents reported feeling more confident in discussing these topics with peers and family members.

The feedback collected from the participants indicated high levels of satisfaction with the session. Adolescents appreciated the interactive format and the opportunity to openly discuss reproductive health, a topic they rarely had the chance to explore in their daily lives. Many participants noted that they were now more aware of the importance of taking care of their reproductive health and were keen to learn more in future sessions.



Figure 1. Delivery of health education materials related to reproductive health in adolescents.

The success of this community service program can be attributed to several key factors. First, the interactive educational approach was highly effective in engaging adolescents and improving their understanding of reproductive health issues. The use of presentations, discussions, and demonstrations helped participants grasp complex concepts in a clear and practical manner. This is consistent with existing literature, which suggests that interactive and participatory methods are crucial in educating adolescents about sensitive topics such as sexual and reproductive health (D. M. Engel et al., 2019; G. L. Engel et al., 2019; Widman et al., 2021).

Second, the cultural appropriateness of the material ensured that the adolescents felt comfortable engaging in discussions. In rural settings like Mancar Village, cultural barriers often inhibit open discussions on topics like sexuality (Putri & Kurniawati, 2022). By tailoring the content to the local context and addressing these barriers, the program successfully encouraged adolescents to share their thoughts and ask questions, thereby fostering an environment of open communication (Widman et al., 2021; Widman & Nesi, 2021).

The improvement in knowledge, as evidenced by the pre-and post-tests, highlights the effectiveness of the educational intervention. This aligns with previous studies that have shown that targeted educational programs can significantly improve adolescents' knowledge and attitudes toward reproductive health (Chernick & Kharbanda, 2020; Sari & Wibowo, 2021; Ybarra et al., 2021). The 100% improvement in post-test results demonstrates that the adolescents not only

absorbed the information but also understood its relevance to their lives.

However, the program also highlighted some challenges. The short duration of the session, while effective in providing foundational knowledge, may not be sufficient to address the ongoing reproductive health needs of adolescents. Adolescents require sustained engagement and continuous education to fully integrate reproductive health practices into their daily lives. Future programs should include follow-up sessions and long-term monitoring to ensure that the knowledge gained is retained and applied (Chernick & Kharbanda, 2020; World Health organization [WHO], 2022).

CONCLUSION

The community service program was successful in achieving its primary objectives of improving adolescents' knowledge and attitudes toward reproductive health. The interactive and culturally sensitive approach ensured high levels of engagement and knowledge retention. Moving forward, it is recommended that similar programs be conducted regularly to provide continuous support and education to adolescents in rural areas, thereby contributing to the long-term improvement of reproductive health outcomes.

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