

Original Research**The Behavior Of Adolescent Reproductive Health Facility Utilization****Lisa Purbawaning Wulandari¹, Tarsikah Tarsikah², Gita Kostania^{3*}**^{1,2} Applied Bachelor of Midwifery study program, Midwifery Department, Health Polytechnic of Malang³ Diploma-III of Midwifery, Midwifery Department, Health Polytechnic of Malang**ABSTRACT**

Background: Adolescence is the starting point of the human life cycle in preparing for a healthy reproductive process. Guidance and information that is not true at this time can oft affect the future of adolescents. Most adolescents don't use Adolescent Reproductive Health (ARH) services (57%), quite a lot of adolescents (46.3%) use internet technology in accessing the information on ARH (Sampulawa & Mubarakah, 2015). Based on the above background, the researcher wants to explore the behavior of using ARH facilities in the city of Malang.

Methods: Descriptive research method with cross-sectional approach, with population, are all teenagers in the city of Malang. The research sample was taken using the purposive sampling technique, obtained a suitable sample of 200 adolescents from April to June 2021. The inclusion criteria of this study were unmarried and willing to be research respondents. Collecting data using a questionnaire via a google form. Descriptive analysis technique, presented in the frequency distribution.

Results: The majority of respondents have never received correct knowledge about reproductive health (89.6%), with the majority of information sources obtained from schools (80%) and mass media (45.5%). Respondents used mass media to access information on reproductive health from the internet (87.5%) and books (51.5%). In using gadgets, respondents use them for 5-10 hours a day (53.5%), but only occasionally use them to find information about reproductive health (50.5%). Respondents stated that the use of mass media as a source of information about reproductive health can help in maintaining health (96.5%).

Conclusion: Internet-based health education about adolescent reproductive health is needed because it is easy and simple, and the content is interesting to read. It can be used as an alternative media for reproductive health learning.

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adolescent reproductive health, adolescent reproductive health app, youth education facilities;

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INTRODUCTION

Reproductive health and adolescent sexuality today have received attention from researchers and policymakers. Adolescence is the starting point of the human life cycle

in preparing for a healthy reproductive process. Preparing teenagers for the physical, mental, and social aspects is not easy. Guidance and information that is not true at this time can often affect the future of adolescents.

The results of the 2012 KRR IDHS show that adolescent knowledge about reproductive health is still low, namely only 35.3% of female adolescents and 31.2% of male adolescents aged 15-19 years know that women can get pregnant with one sexual intercourse. Adolescents are also less aware of the symptoms of PMS. Only 9.9% of adolescent girls and 10.6% of adolescent boys have comprehensive knowledge about HIV-AIDS although information about HIV is relatively more received by adolescents (Pusdatin Kemenkes RI, 2017).

Efforts to promote and prevent reproductive health problems also need to be directed at adolescence, which is marked by a transition from childhood to adulthood, and changes in body shape and function occur relatively quickly. This is marked by the development of secondary sex signs and rapid physical development, causing adolescents to be physically able to perform the functions of the reproductive process but cannot yet be responsible for the consequences of the reproductive process. Information and counseling, counseling, and clinical services need to be improved to address this adolescent reproductive health problem (Rahayu et al., 2017).

Most teenagers have never used adolescent reproductive health services (PKPR) at the Kupang City Health Center (73.6%) and only 26.4% have used adolescent reproductive health services (Dafroyati, 2017). Meanwhile, research conducted by Kristina (2017) stated that 57% of adolescents do not use adolescent reproductive health services (Kristina, 2018). Quite a lot of adolescents (46.3%) use internet technology in accessing the information on adolescent reproductive health (Sampulawa & Mubarokah, 2015).

Based on the above background, the researcher wants to explore the behavior of using adolescent reproductive health facilities in the district/city of Malang. The purpose of this study was to determine the behavior of using Adolescent Reproductive Health facilities and to find out the facilities most often used by adolescents in gaining knowledge about Adolescent Reproductive Health.

MATERIALS AND METHOD

This research method is descriptive using a cross-sectional approach. The research population is teenagers in Malang City. The research sample was taken using a purposive sampling technique, obtained that meet the criteria for as many as 200 respondents from April to June 2021. The inclusion criteria of this study were unmarried and willing to be research respondents. Collecting data using a questionnaire given via google form. The data obtained were tabulated and analyzed.

The analytical technique used in this research is descriptive analysis. Descriptive analysis was used to analyze the data by describing the data that had been obtained from distributing questionnaires to adolescents about the utilization of adolescent reproductive health facilities using a frequency distribution. This research has passed the ethical test from Health Research Ethics Committee of State Polytechnic of Health Malang, with the number 207/KEPK-POLKESMA/2021.

RESULTS

Characteristics of research respondents were described based on gender, age, age of menarche in female respondents, and duration of menstruation.

Table 1. Characteristics of Respondents

Characteristics	Frequency	Percentage
Gender		
Male	28	14
Female	172	86
Total	200	100
Age		
12	5	2.5
13	33	16.5
14	31	15.5
15	25	12.5
16	48	24.0
17	22	11.0
18	13	6.5
19	13	6.5
20	9	4.5
21	1	0.5
Total	200	100.0
Menarche		
8	2	1.2
9	1	0.6
10	5	2.9
11	22	12.8
12	63	36.6
13	44	25.6
14	25	14.5
15	7	4.1
16	3	1.7
Total	172	100.0
Average of menstrual period (Day)		
4	3	1.7
5	10	5.8
6	18	10.5
7	110	64.0
8	23	13.4
9	5	2.9
10	3	1.7
Total	172	100.0

Based on the table of respondent characteristics above, it can be concluded that the majority of respondents are women (86%), with an average age of 16 years (24%), experiencing menstruation for the first time (menarche) at the age of 12 years (36.6%), and The average length of menstruation in the last 6 months is 7 days.

Table 2. The behavior of Adolescent Reproductive Health Facility Utilization

Questions	Answers	Frequency	Percentage
Exposure to correct knowledge about reproductive health	Once	21	10.5
	Never	179	89.5
	Total	200	100
Sources of information in obtaining knowledge about reproductive health (more than 1 choice)	Parents	90	45
	School	160	80
	Community Health Centers	38	19
	Mass Media	91	45.5
	Others	3	1.5
Utilization of mass media used in accessing the information on reproductive health (more than 1 choice)	Newspaper	3	1.5
	Magazine	5	2.5
	Book/ E.Book	103	51.5
	Brochure	9	4.5
	Radio	1	0.5
	Television	36	18
	Internet	175	87.5
Gadget exposure in a day (hours)	<5 hours	50	25
	5-10 hours	107	53.5
	>10 hours	43	21.5
	Total	200	100
Frequency of using gadgets in seeking information about reproductive health	Never	15	7.5
	Seldom	65	32.5
	Sometimes	101	50.5
	Often	17	8.5
	Always	2	1
The utilization of mass media as a source of information about reproductive health can help you in maintaining reproductive health	Ya	193	96.5
	Today	7	3.5
	Total	200	100

Based on the table above, it can be concluded that the majority of respondents have never received correct knowledge about reproductive health (89.6%), with the majority of information sources obtained from schools (80%) and mass media (45.5%). Respondents used mass media to access information on reproductive health from the internet (87.5%) and books (51.5%). In using gadgets, respondents use them for 5-10 hours a day (53.5%), but only occasionally use them to find information about reproductive health (50.5%).

Respondents stated that the use of mass media as a source of information about reproductive health can help in maintaining health (96.5%).

DISCUSSION

Adolescence is a period of transition from children to adults. This period is marked by puberty, where the reproductive organs have begun to function actively. Adolescence, especially in the early days after puberty, is the most appropriate time to introduce and build good habits related to reproductive health, to maintain reproductive organs.

The right reproductive health education can help teenagers to get good knowledge about their bodies, reproductive and sexual aspects accurately, and have positive values in viewing reproductive health. Adolescents are also expected to have skills in maintaining their reproductive health, through personal and vulva hygiene, maintaining a healthy lifestyle, regulating nutritional intake, protecting themselves from the risk of reproductive and sexual disorders, including the ability to fight for the rights of adolescents to be healthy (Nurlaeli, 2020). Several studies have shown that knowledge about reproductive health affects adolescent sexual behavior. Unfavorable sexual behavior is closely related to lack of (Kumalasari, 2016; Nurhayati & Fajar, 2017; Rahma, 2018).

Lack of proper reproductive health education can trigger unwanted things, including reproductive tract infections, teenage pregnancies, and abortions. For this reason, proper adolescent reproductive health education is needed, the implementation of which can be monitored by parents and the school. This is by the results of the study that the most sources of information in obtaining knowledge about reproductive health were parents and schools (80% and 45%).

Having the right knowledge about reproductive health, as well as how to maintain their health, is expected to be able to make teenagers more responsible and able to think again before doing things that can be detrimental. The results of this study indicate that the majority of respondents are young women (86%), but knowledge about reproductive health issues is not only for young women. Adolescent boys must also know about proper reproductive health and be able to keep their reproductive organs healthy. This can be useful when they are adults and have families.

Correct reproductive health education must be age-appropriate, cultural, and adolescent's life context, accurate and comprehensive. This can provide opportunities for adolescents to explore values and finally, they can make important decisions regarding their sexual life later, to prevent the risks that may occur (Miswanto, 2016). Based on research data, the majority of respondents are women (86%), with an average age of 16 years (24%), experiencing menstruation for the first time (menarche) at the age of 12 years (36.6%), so the development of educational media for adolescents, both young women, and young men, is very necessary for optimizing their reproductive health.

Efforts to increase adolescent knowledge about reproductive health are a government priority program. The government through the National Population and Family Planning Agency has a program for youth, namely "Generation Planning" (GenRe). The GenRe program is a program developed in the context of preparing family life for adolescents through an understanding of the maturation of the age of marriage so that they can carry out planned education levels, have planned careers in work, and marry with full planning according to the reproductive health cycle. In the development of media for adolescent reproductive health education, the focus is more on preparing reproductive health in preparation for building a healthy and quality family (Rafidaini Sazarni R, Widyawati, 2018).

According to the National Population and Family Planning Agency, adolescents are defined as a man and a woman aged 10-24 years and unmarried. So, today's teenagers are children born in 1995-2010 and are called the Gen Z generation / digital natives. The digital native generation is a generation that is very adaptive to the development of Technology, Information, and Communication, especially social media (Itaar et al., 2019). This then shapes the behavior of adolescents in one generation in each era where this generation is accustomed to being facilitated by the use of ICT, including access to Health Education about adolescent reproduction.

Generation Z was born after the availability of gadgets and all its facilities. This causes the tendency of these children to always be in contact with their devices all the time. They have very strong relationships in the virtual world, while in the real world they are lacking. Generation Z is more skeptical and cynical, values privacy has great multi-tasking abilities, is dependent on technology, has a very broad and alert mindset (Itaar et al., 2019). Some of the characteristics of Generation Z that need to be known include, that Generation Z teenagers consider the real world and the virtual world to be integrated because the virtual world itself is a reality for Generation Z. Generation Z can adapt to the latest digital developments and even they can provide solutions to problems being faced with the help of technology.

They just want to do something that is according to their wishes, abilities, and needs. Generation Z teenagers are the Do-It-Yourself (DIY) generation or the generation who wants to do things independently and independently (Itaar et al., 2019). Based on these characteristics, the approach that can be taken as an effort to increase knowledge and help improve adolescent behavior related to reproductive health is technological.

The results showed that adolescents use gadgets an average of 5-10 hours a day (53.5%). However, the majority (50.5%) only occasionally use their devices to seek information on reproductive health. They use it to access social media. Whereas, Malang city government has prepared facilities (internet) regarding adolescent reproductive health through local government websites, BKKBN, etc. So, it's a challenge for us to contribute to developing internet-based education about reproductive health, which is interesting and interactive. Research shows that most adolescents access comprehensive sexual and reproductive health information through the internet (Hakim & Kadarullah, 2016; Nisaa & Arifah, 2019).

The results of Agustina's (2018) study conducted on adolescents in Indonesia, stated that Generation Z teenagers access the internet on average 3-5 hours a day, and approximately 90% access via smartphones. Seeing this phenomenon, education for teenagers that aims to increase knowledge and change their behavior should use an approach according to their generation. The development of application-based educational media that can be accessed on smartphones is feasible (Agustina, 2018).

CONCLUSION

The majority of respondents have never received correct knowledge about reproductive health (89.6%), with the majority of information sources obtained from schools (80%) and mass media (45.5%). Respondents used mass media to access information on reproductive health from the internet (87.5%) and books (51.5%). In using gadgets, respondents use them for 5-10 hours a day (53.5%), but only occasionally use them to find information about reproductive health (50.5%).

Respondents stated that the use of mass media as a source of information about reproductive health can help in maintaining health (96.5%).

The most frequently used facility by adolescents in obtaining knowledge about Adolescent Reproductive Health is from the internet (87.5%). Internet-based health education about adolescent reproductive health is needed because the effectiveness of the media in understanding the target is 3.5 times better visually than verbally. Internet-based education about reproductive health that is easy and simple, the content is interesting to read can be used as an alternative media for reproductive health learning.

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