

Virtual Education Regarding Family Planning in terms of Reproductive Health in Teenagers Mahad Al Jamiah UIN Satu Tulungagung

Putri Eka Sejati* Candra Wahyuni

Prodi Kebidanan IIK STRADA INDONESIA

**Correspondent Author : putridanialin@gmail.com*

ABSTRAK

Concept of family development, youth resilience building is a strategic step, youth as a productive generation of prospective development actors. In Indonesia there is still a high number of teenagers dropping out of school due to risky behavior that causes unwanted pregnancies which will close the opportunity for optimal thinking in development during the demographic bonus period. The activity was carried out with virtual education via zoom which previously started with a pretest and an open interview and ended with an evaluation and post-test. From the results of the pretest and post-test conducted before and after the presentation of the material, it was found that there was an increase in participants' knowledge about adolescent resilience related to reproductive health in an effort to prepare themselves to become prospective brides in preparing for a quality life in the future.

Keyword: *Virtual Education, Family Planning, Reproductive Health, Adolescent*

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INTRODUCTION

In the concept of family development, youth resilience building is a strategic step, youth as a productive generation of prospective development actors. By fostering youth resilience, teenagers are prepared to become quality human resources and foster quality families and give birth to quality children[1]. According to the concept of young people (UN, World Youth Report, 2005) adolescents are the target of youth resilience development programs and Article 20 of Law No. 52 of 2009 assisting teenagers as prospective brides make decisions in realizing their reproductive rights which consist of the right to determine the ideal age for marriage, the ideal age for giving birth, the ideal distance between children and the ideal number of children[2].

Indonesia's development in the 2020-2024 period is aimed at providing quality human resources, but in reality there is still a high number of teenagers dropping out of school due to risky behavior that causes unwanted pregnancies which will close the opportunity for optimal thinking in development during the demographic bonus period[3] Adolescent reproductive health is an important topic for adolescents as potential partners to know about reproductive systems, functions and processes in the hope that they will have responsible attitudes and behaviors regarding their reproductive health. Lack of information on reproductive health 25.6% will trigger unwanted things including sexually transmitted diseases, teenage pregnancy, to abortions that result in morbidity and death [4][5]

Adolescent resilience is the ability of a teenager to control himself, avoid himself and reject all negative behavior that can harm himself and others. One of the goals of youth resilience development is to improve life skills, namely the ability to improve mental well-being and competence in adolescents as they face the realities of life in addition to empowering adolescents to take positive action to protect themselves and improve health and positive social relationships [6]

During the COVID-19 pandemic, many direct health counseling activities were difficult to do because they had to maintain health protocols, so the author conducted virtual counseling on this service activity with the consideration that today's youth are easy to access online platforms such as zoom in all their activities. In this activity the authors carry out community service by using zoom media in providing education about adolescent resilience in terms of reproductive health.

METHOD

Time and Place

This activity was carried out on Sunday 7 November 2021 via zoom meeting and live youtube Mahad Al Jamiah UIN Satu Tulungagung.

Activity Targets

The targets in this activity are permanent members of Mahad Al Jami'ah UIN Satu Tulungagung who are students of UIN Satu Tulungagung who are teenagers who are on average late teens or ages 21-24 years, totaling 52 people who joined via zoom and were also

followed by participants general public from UIN Satu Tulungagung students who follow via youtube

Virtual Education Activity

The activity began with giving pre-test to participants who took part via zoom, then continued with exposure to material on adolescent resilience in terms of reproductive health, followed by discussion, question and answer with participants, then the activity ended with evaluation and post-test. This activity is done within 2 hours.

RESULT

Tabel 1 : Table of distribution of adolescent knowledge about adolescent resilience before and after material exposure

No	Category	Before material Exposure		After Material Exposure	
		Amount	Percentage	Amount	Percentage
1	Good	15	28,8	32	61,53
2	Enought	25	48,1	15	28,84
3	Less	12	23,1	5	9,63
	Amount	52	100,0	52	100,0

Based on the results of pre-test and open interviews with participants, it was found that

- 1) lack of knowledge and information related to adolescent resilience and reproductive health
- 2) Lack of knowledge of participants where to seek access related to reproductive health
- 3) Many of the participants felt taboo about discussing reproductive health issues.

The virtual educational activity was carried out online using zoom which was attended by 52 participants from Mahad Al Jami'ah UIN Satu Tulungagung which was followed by a question and answer session and discussion. Furthermore, the activity was continued with a post test and an evaluation with an open question and answer session with the participants. From the evaluation results, it was found that the participants' understanding of adolescent resilience increased and how and where they could access adolescent reproductive health, in addition, many of the participants were more open to discussing their reproductive health problems in this discussion forum.

DISCUSSION

From the results of the pre-test and post-test conducted before and after the presentation of the material, it was found that there was an increase in participants' knowledge about adolescent resilience related to reproductive health in an effort to prepare themselves to become prospective brides in preparing for a quality life in the future.

The Covid-19 pandemic is expected not to close the opportunity for teenagers to get access to information related to reproductive health. Participants are non-health students who make them feel taboo discussing their reproductive health problems and feel confused about where they should discuss if they have reproductive health problems, this activity has opened their minds so that they no longer talk about reproductive problems. In addition, their age is in their late teens (21-24 years) which will soon be married, many of them do not know the importance of preparation in terms of reproductive health before marriage. Online health education activities during the pandemic are very helpful because they can be accessed from anywhere even though they are outside campus (Online Courses)

CONCLUSION AND SUGGESTION**A. Conclusion**

Virtual education has provided benefits for participants, this can be seen from enthusiastic participants during the discussion. Expected to get the information conveyed during the presentation of the material, can increase the knowledge of adolescents about adolescent resilience so that they are able to prepare quality families in the future

B. Sugestion

It is hoped that teenagers will continue to be active in activating themselves in actively monitoring health education both online and offline

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