

## The Influence Of Reproductive Health Promotion On Increasing The Knowledge Of Santri At The Anshorussunnah Mantingan Islamic Boarding School

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### ABSTRACT

The abstract should not exceed 250 words. Please minimize the use of abbreviations and do not cite references in the abstract. The abstract must include the following separate sections:

**Introduction:** School is a place to obtain education and knowledge about reproductive health for teenagers. One of the educational models in Indonesia is Islamic boarding schools.

**Objectives:** This research was conducted on 75 students of the Anshorussunnah Islamic Boarding School, Mantingan District, Ngawi Regency, research location in Ngrancang Village RT0 03 RW 06.

**Methods:** This research is a type of quantitative research with a research design using a quasi-experimental approach with only pre-test post-test. Data analysis with Wilcoxon.

**Results:** Based on the results of data analysis, after carrying out the Wilcoxon test, it was found that 75 research respondents experienced an increase in their scores.

**Conclusions:** The results of testing the data above show the results (Asymp.sig. (2-tailed)) = 0.001 <  $\alpha$  (0.05), so it can be concluded that there is a significant difference between the knowledge of students before and after the intervention given, namely counseling on adolescent reproductive health and premarital sexual intercourse in results of pre-test and post-test scores.

## Introduction

Adolescence is a transition period from child to adult. Adolescence is marked by the onset of sexual maturity, where adolescents will face situations that require adjustments to accept changes in body shape. If teenagers cannot accept sexual maturity and changes in body shape, this will cause teenagers to experience complex health problems as a result of their risky behavior (Ertiana et al., 2021). Adolescent sexuality and reproductive health is defined as a state of physical and psychological well-being of an adolescent, including a state of freedom from unwanted pregnancy, unsafe abortion, sexually transmitted diseases (STDs) including HIV/AIDS, and all forms of sexual violence and coercion (Fitriyya & Zulfatunnisa, 2023).

Teenage lifestyles will not only determine adult life but also the quality of life of the next generation, placing this period as a critical period. Adolescence is a transition period between childhood and adulthood and they have not yet reached the stage of mental and social maturity so they have to face conflicting emotional and social pressures. There are many life events that will occur which will not only determine adult life but also the quality of life of the next generation, placing this period as a critical period. In developing countries this transition period is taking place very quickly. Even the age at first sex is always younger than the ideal age for marriage. Especially for young women, they lack basic information regarding the skills to negotiate sexual



relations with their partners. They also have fewer opportunities to obtain formal education and employment which will ultimately affect their decision-making abilities and empowerment to postpone marriage and pregnancy and prevent unwanted pregnancies. (Andayani et al., 2022). Even among young women in rural areas, the first menstruation is usually immediately followed by marriage, which puts them at risk of pregnancy and early childbirth. Maintaining reproductive health is very important, especially for teenagers. Because, adolescence is the best time to build good habits of maintaining cleanliness, which can be an asset in the long term (Sari, 2020).

According to WHO, reproductive health is a comprehensive state of health, including physical, mental, social aspects and the absence of disease or health problems related to the reproductive system and its functions and processes. Reproductive health for adolescents aims to ensure that every individual is able to carry out their reproductive process in a healthy and responsible manner and is free from discrimination and violence (Ningsih et al., 2021). Apart from that, adolescent reproductive health aims to provide an understanding regarding the changes that occur in adolescents, namely physical or biological changes and psychological changes so that they do not fall into premarital sex with all its consequences. Reproductive health problems related to teenagers include the risk of unwanted pregnancy (KTD), abortion, sexually transmitted infections (STIs), HIV/AIDS and sexual violence (Afritia, et al., 2020). Based on the results of the 2017 Indonesian Demographic and Health Survey (SDKI) at the national level, it shows that the sources of information about physical changes during puberty most frequently mentioned by women and men were teachers (79% and 63%), friends (25% and 41%) and the internet (22% and 19%). Furthermore, the percentage of women and men who receive reproductive health lessons at school is 59% and 55%.

One of the efforts that can be made to prevent the occurrence of reproductive diseases faced by teenagers is by providing health education regarding how to care for reproductive organs, education regarding adolescent development during puberty, health education regarding the impact of pornography, health education regarding unwanted pregnancy (KTD) and abortion, health education regarding HIV/ADS and sexually transmitted infections, as well as health education regarding maturing the age of marriage involving the role of the Government, parents and also peer health groups (Kemenkes, 2022). One method is to use health promotion, which is especially given to young women. By carrying out these activities it is hoped that it can increase teenagers' knowledge, so that it can increase teenagers' awareness of the importance of reproductive health issues. And reduce the incidence of adolescent reproductive health cases. The main pillars of health promotion in schools consist of teachers, health workers, parents and other bodies or organizations in the school environment. (Fitriyya & Zulfatunnisa, 2023).

One of the health promotions for teenage students is reproductive health education. Reproductive health education can be delivered using several methods, including lecture methods, discussions accompanied by questions and answers and electronic and print media. Based on research by Supit et al., (2019) explained that there was an increase in knowledge after health promotion regarding reproductive health was carried out. The lecture method is effective for increasing knowledge of adolescent reproductive health. This is in line with research conducted by Fitriyya & Zulfatunnisa (2023) which states that the reproductive health education provided has an influence on increasing knowledge or it could be said that reproductive health education can improve thinking abilities. The health promotion method used in this research was by using lectures. This is different from research by Andayani et al., (2022) which uses pocket books as a health promotion medium which is currently being carried out and obtained results that there is an influence of health promotion using pocket book media on the knowledge and attitudes of teenagers.



Different from previous research, in this research the media used was leaflets for health promotion. Leaflet media is promotional media in the form of leaflets and contains important points that will be conveyed regarding production health promotion. The leaflet has a size that is not too large which makes it easier for readers to carry it and has an attractive design making it easier for readers to grasp important points regarding the information that will be conveyed. Based on a preliminary study at the Anshorussunah Islamic Boarding School on December 8 2023, it was discovered that the students had never received education about adolescent development and reproductive health, so the students did not yet know the changes experienced by adolescence both physically and psychologically.

Health promotion regarding reproductive health for santri is related to introducing the reproductive process and various problem factors that will occur, so that santri have responsible knowledge, attitudes and behavior regarding the reproductive process. Based on the background above, researchers are interested in conducting research "The Effect of Reproductive Health Promotion on Increasing the Knowledge of Santri at the Anshorussunnah Mantingan Islamic Boarding School".

## Methods

This research is a type of quantitative research with a research design using a quasi-experimental approach with only pre-test post-test. This research has an approach to a group that will be given treatment and then the results will be observed, however before being given treatment there is a pre-test to determine the initial conditions (Firmansyah et al., 2021). This research uses a quasi-experimental approach, using a single group pretest posttest design, namely the experiment is carried out on only one group without a control group.

According to (Sugiyono, 2018), the sample is part of the number and characteristics of the population. The sample for this research was 75 students. Determination and sampling using total sampling techniques. Total sampling is a sample collection technique that uses the entire population as a research sample.

According to (Sugiyono, 2018) "Data collection instruments are tools chosen and used by researchers in their collection activities so that these activities become systematic and made easier by them." An instrument is a mechanism used in research. The questionnaire used was modified by researchers based on the results of research conducted by Ghozali (2018) that this research questionnaire will be tested for validity and reliability. The research media is in the form of leaflets to provide health promotion regarding reproductive health to students at the Anshorussunnah Mantingan Islamic Boarding School.

Univariate analysis was carried out to calculate the frequency distribution so that a description of the characteristics of the respondents was known. The analysis that will be included is gender, age, knowledge, attitudes, behavior which will be presented in frequency. Data analysis used the *Wilcoxon test*.

## Results

The research was carried out at the Anshorussunnah Islamic Boarding School, Mantingan District, Ngawi Regency, the research location was in Ngrancang Village RT0 03 RW 06, Mantingan District, Ngawi Regency, this Anshorussunnah Islamic boarding school is one of the Tahfidzul Qur'an Islamic boarding schools in Ngawi Regency. This research was carried out with a population of all students at the Anshorussunnah Islamic Boarding School, Mantingan District, Ngawi Regency, and the total sample was 75 respondents. The research was carried out by approaching a group that would be given treatment and then the results were observed, but before being given treatment there was a pre-test to find out initial conditions.



## 1. Respondent Characteristics

Table 1. Characteristics of Respondents

Characteristics Respondent	Amount Respondent	Percentage (%)
<b>Age</b>		
10-15 Years	44	58.7
16-19vYears	31	41.3
<b>Gender</b>		
Man	75	100
Woman	0	0

Table 1 shows that the majority above shows that the 75 research respondents were male overall, namely 75 respondents (100%), while the 75 respondents were dominated by those aged 10-15 years, namely 44 respondents (58.7%), while the age range 16-19 Years old were 31 respondents (41.3%).

## 2. Knowledge level

Table 2 Level of PHBS Knowledge Before and After Health Education through Mind Mapping

	Before (%)	After (%)
Good	18 (24%)	75 (100%)
Enough	52 (69.3%)	-
Not enough	5 (6.7%)	-
Amount	75 (100%)	

Table 2 above shows that before the health promotion intervention was carried out, more than half of the respondents had a sufficient level of knowledge, 52 people (69.3%), whereas after the health promotion was carried out, the total number of respondents had a good level of knowledge, 75 respondents (100%).

## 3. The Influence of Reproductive Health Promotion on Increasing the Knowledge of Santri at the Anshorussunnah Mantingan Islamic Boarding School

Table 3 Effect of Reproductive Health Promotion on Increasing the Knowledge of Santri at the Anshorussunnah Mantingan Islamic Boarding School

Variable	N	Mean
Pretest	75	14.28
Posttest	75	18.53
<i>Sig. 2 tailed</i>		0.001

Table 3 After carrying out the Wilcoxon test, the results showed that 75 research respondents experienced an increase in their scores. The results of testing the data above show the results (Asymp.sig. (2-tailed)) = 0.001 <  $\alpha$  (0.05), so it can be concluded that there is a significant difference between the knowledge of students before and after the intervention given, namely counseling on adolescent reproductive health and premarital sexual intercourse in results of pre-test and post-test scores.

Table 4 Ranks Analysis Test Wilcoxon Test of the Effect of Reproductive Health Promotion on Knowledge

Chi-Square Test	Value	Sig (2 tailed)
Pretest	47,585	0.038
Posttest		

Table 5 shows the results of pre-test and post-test research using counseling interventions using the lecture method about reproductive health, with a significance value of 0.038, which means that there is an influence of providing health promotion using the lecture method on students' knowledge regarding adolescent reproductive health and premarital sex.

## Discussion

### 1. Respondents' Knowledge Before Being Given Health Promotion Interventions with Leaflets About Reproductive Health

Based on the results of the analysis, It is known that respondents who lacked a level of knowledge before being given adolescent reproductive health education interventions using leaflet media were only 6.7% of the total 75 respondents and respondents with a sufficient level of knowledge were 69.3% of the total 75 respondents. Many respondents were wrong in giving pretest answers regarding adolescent reproductive health. So it is necessary to provide immediate intervention, one appropriate intervention is to provide counseling using the lecture method regarding premarital reproductive and sexual health. This research was conducted at the Anshorussunnah Mantingan Islamic Boarding School.

This is supported by research by Ginting (2019) who stated that education is one of the factors that can influence a person's knowledge. The higher a person's education, the more extensive their experience will be, while the older a person is, the more experience they will have. In this case, people who are role models, such as community leaders, religious leaders, and policy makers who have high experience and are figures who are trusted by other people, are expected to be able to provide information about reproductive health to their citizens in accordance with the knowledge they have obtained. The aim is for people to continue to behave healthily and be able to have a positive attitude in terms of caring for reproductive health (Kusumaningrum & Sari, 2019).

Adolescence requires more in-depth attention because during this period growth and development occurs dynamically and rapidly both in terms of psychological, physical, social, intellectual and sexual behavior aspects which are associated with the onset of puberty and reproductive growth and development. Rapid growth and reproductive development causes teenagers to have a great sense of curiosity and tend to dare to take risks without careful consideration. Apart from that, the information obtained by teenagers regarding the dangers of unwanted pregnancy and sexually transmitted infections is very minimal (Azijah et al., 2022).

According to direct observations made by researchers, students are not yet equipped with knowledge about sexual health, considering that they are teenagers so they are expected to gain knowledge about reproductive health. If teenagers are not equipped or given more specific knowledge about reproductive health, this will affect their attitudes. Teenagers will be easily influenced by negative things related to reproductive and sexual health if they do not have more knowledge. Reproductive health is something that teenagers must learn about as early as possible to avoid negative things that teenagers don't want (Sumangkut, 2020).

In the pre-test that was given to students regarding adolescent reproductive health, many of them did not know about several things related to adolescent reproductive health, such as how



to maintain and care for their reproductive organs properly and avoid things related to them. Premarital sex will cause negative things that teenagers don't want.

Based on these several facts and supported by the results of the pretest that was carried out before the reproductive health education intervention for adolescent respondents, it is very important to provide premarital premarital sexual and reproductive health education to increase adolescent knowledge. With the counseling provided, it is hoped that the respondents' knowledge can increase so that teenagers can be responsible for themselves. Because in adolescence, if teenagers do not have more knowledge, teenagers will be easily influenced by negative things that will be detrimental to teenagers, even the teenager's family.

## **2. Respondents' Knowledge After Being Given Health Promotion Interventions with Leaflets About Reproductive Health**

Based on the results of the analysis using the Wilcoxon test, it was discovered that the pretest results before being given the counseling intervention using the lecture method, respondents had insufficient knowledge regarding reproductive health. This is different from the posttest results regarding adolescent reproductive health after being given the intervention. The results of the mean pretest and posttest scores have increased, so they can be used as a benchmark for increasing respondents' knowledge regarding adolescent reproductive health. Judging from the mean pretest score which only produced 14.28%, there was an increase in the mean posttest score which produced a score of 18.53%. The posttest results after being given the intervention mean respondents' scores increased significantly and the level of knowledge regarding reproductive health promotion is 100%. So it can be seen that all students at the Anshorussunnah Mantingan Islamic Boarding School have knowledge about production health which is provided through leaflet media.

Adolescents experienced an increase in knowledge after being given intervention in the form of reproductive health education. The results of the Wilcoxon test that was carried out showed that none of the respondents experienced a decrease in their scores, all respondents also experienced an increase in their scores, so that there was a significant influence between before and after the outreach intervention using leaflets on reproductive health. The counseling intervention using leaflet media on premarital reproductive and sexual health greatly influenced the increase in knowledge of students at the Anshorussunnah Mantingan Islamic Boarding School regarding reproductive health because there was no decrease in scores before and after the intervention was carried out in accordance with the negative ranks value in the results of the Wilcoxon analysis that had been carried out. Based on these results, it can be concluded that there is an influence of adolescent reproductive health education on the knowledge of respondents or adolescents.

This is in accordance with (Hartati, 2021) health education is changing people's behavior towards healthy behavior so that optimal levels of public health are achieved. To make this happen, the expected behavioral changes after receiving education cannot occur all at once. There are several success factors in health education, one of which is using media and methods that suit the targets and material that will be delivered to respondents. The method chosen in this research is leaflet media. According to (Wibowo et al., 2021) leaflet media is one way of explaining and explaining an idea, understanding or message verbally to a target group so as to obtain information about health. By applying leaflet media in the extension interventions carried out, respondents can increase understanding of the material presented in the extension, because by applying the lecture method the interaction between respondents and presenters is direct (Nisariati & Kusumaningrum, 2022).



This is in accordance with research conducted by Hidayah & Sopiandi (2019). The results of the research show that the application of the health promotion method using leaflet media is very effective in increasing respondents' knowledge. Providing knowledge about reproductive health needs to be done using appropriate methods in order to increase knowledge about reproductive health. In conclusion, health promotion using leaflet media is effective in increasing knowledge of reproductive health. Based on the research conducted, there were differences between before and after the extension intervention was given using the lecture method. Where by applying the lecture method, respondents can better understand the counseling intervention material delivered (Sumangkut, 2020).

In this study, respondents' knowledge increased because the material presented was material that teenagers liked and by applying the lecture method, the interaction between respondents and researchers became more enjoyable. After being given adolescent health education, respondents experienced an increase in knowledge starting from the material, knowing things that need to be done and habits that teenagers do not need to do related to adolescent reproductive health. For teenage girls, they know how to look after their reproductive organs during menstruation, while for teenage boys they know the meaning of wet dreams and understand how to care for and maintain their reproductive organs. Based on this, respondents will pay more direct attention to the delivery of material, not only that, a conducive atmosphere also supports increasing knowledge by delivering interventions using the lecture method.

### 3. The Influence of Reproductive Health Promotion on Santri Knowledge

Based on the results of the data analysis that has been carried out, it was found that the results of the pre-test and post-test research used an extension intervention with a lecture method about reproductive health, the results showed that the results of the pre-test and post-test research used an extension intervention with a lecture method about reproductive health, for a significance value of 0.038, which means that there is an influence of providing health promotion using the lecture method on students' knowledge regarding adolescent reproductive health and premarital sexual intercourse.

### Conclusion

1. The description of reproductive health education for students at the Anshorussunnah Mantingan Islamic Boarding School shows that before being given counseling interventions using the lecture method, respondents had insufficient knowledge about reproductive health. This is different from the posttest results regarding adolescent reproductive health after being given the intervention. The results of the mean pretest and posttest scores have increased, so they can be used as a benchmark for increasing respondents' knowledge regarding adolescent reproductive health.
2. There is an influence before and after being given health promotion using leaflets about reproductive health on adolescent knowledge.

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