

Exploring The Factors Affecting On Reproductive Health Management Of Adolescents In Rural Areas

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ABSTRACT

The understanding of Indonesian teenagers, especially in rural areas, about reproductive health is still very low, especially among teenage girls, only 10.4% of the 15-24 year old age group know about reproductive health, resulting in various reproductive health problems such as free sex, sexual harassment, dropping out of school, early marriage, pregnancy outside of marriage, and many religious marriages. The purpose of this study was to explore the description of factors affecting on reproductive health management in adolescents. The study used a qualitative method with a phenomenological approach. Participants were selected using a purposive sampling strategy. There were 12 participants with the criteria, namely adolescents aged 14-18 years, receiving data collected through in-depth interviews, observation, and documentation. The results of the research theme were obtained using collaizi analysis which was arranged in stages using data triangulation starting from coding, categorization, and theme formation. Based on the results of the analysis of information data from participants, three main themes were formulated regarding factors that most influence reproductive health in adolescents in rural areas, namely the level of adolescent knowledge, family support, and peer support. The conclusion of this study is that factors that influence adolescent reproductive health in rural areas are level of knowledge factors, family support and peer support. Adolescents are expected to be able to take responsibility for maintaining their reproductive health independently, increase spirituality and be able to maintain open communication with their parents and peers.

Introduction

The understanding of Indonesian teenagers, especially in rural areas, about reproductive health is still very low, especially among female teenagers, only 10.4% of the 15-24 year old age group know about reproductive health, resulting in irresponsible sexual activity and causing various reproductive health problems such as free sex, sexual harassment, dropping out of school, early marriage, pregnancy outside of marriage, and many religious marriages. These health problems often occur in rural areas due to various factors that affect teenagers, so an integrated solution is needed to solve reproductive health problems in teenagers to the root of the problem (Sulastri et al., 2020; Mariyona et al., 2022). Based on the results of a study conducted in rural areas of Ponorogo Regency, 38% of 60 adolescents had low knowledge about adolescent health, the same thing also happened in rural areas of Tanjung Unggat, Riau Islands, where 68% of 83 adolescents had poor knowledge about adolescent health (Ernawati, 2018; Redayanti et al., 2023). Similar research was also conducted in rural areas of mountainous areas in Vietnam, where 43.6% of women and 32.5% of men out of 382 adolescents had low knowledge about



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reproductive health (Nguyen et al., 2024). Reproductive health is still a very taboo subject to discuss among teenagers. This is one of the factors that causes the emergence of many problems related to reproductive health in the adolescent environment. Adolescence is a time when they enjoy trying new things, including things related to reproductive health (Janighorban et al., 2022). The large number of social media that are easily accessed by teenagers means that teenagers' curiosity about information related to reproductive health is very high. However, many teenagers avoid talking about it because it is considered something inappropriate to discuss (Usonwu et al., 2021).

Adolescent reproductive health programs have become a serious concern recently because there have been several cases related to the threat of HIV caused by promiscuous sexual behavior. 20-25% of all cases of HIV infection in the world occur among adolescents (WHO, 2018). Likewise, the highest incidence of sexually transmitted infections (STIs) occurs among teenagers aged 15-29 years. The 2017 Indonesian Ministry of Health report noted that only 20% of teenagers aged 15-24 years knew information about HIV or other sexually transmitted diseases, such as chlamydia, syphilis, trichomoniasis, herpes and others (Violita & Hadi, 2019). The number of early marriages is still relatively high, it is estimated that currently in Indonesia there are 2.6 million cases of abortion every year. As many as 700,000 of them were carried out by teenagers. Data regarding abortion in Indonesia is not very certain because in the implementation of abortion cases, both the perpetrator who was aborted and the perpetrator who carried out the abortion never reported the incident, and it was often carried out secretly (Sunarsih et al., 2020). Most abortions are caused by unwanted and out-of-wedlock pregnancies. So most abortionists are ashamed of their pregnancy and want to get rid of it through abortion. This is due, among other things, to a lack of health education regarding reproductive health (Solehati et al., 2022). Based on the results of a preliminary study at the research location of Jenggawah Village, Jember Regency, data was obtained that 12 teenagers had early marriages according to religious customs and there were 8 teenagers who were pregnant under the age of 19. Of the 12 teenagers, all of them dropped out of school and were at home while depending on their parents.

Many members of the general public and middle and high school students consider material about reproductive health in adolescents to be taboo and unreasonable to discuss. This results in many teenagers not knowing how to manage reproductive health risks (Rahmawati et al., 2023). By understanding and being able to practice risk management in adolescents, the dangers that can arise can be prevented, for example HIV or STIs, maternal and infant deaths during childbirth, abortion, drug abuse and smoking (Dwimawati & Anisa, 2018). Seeing the current worrying picture of conditions, efforts are actually needed that can be taken as preventive measures. One of them is providing health education related to comprehensive reproductive health risk management to adolescents (Redayanti et al., 2023). The material provided not only explains biology, but other psychological and social matters related to reproductive health are also presented (Kartikasari et al., 2019). Therefore, education regarding reproductive health risk management really needs to be disseminated to teenagers. Education can be provided through parents, the school environment, friends and groups in the community (Ernawati, 2018). Adolescents need to understand and be able to practice knowledge about reproductive health risk management in order to have correct health literacy regarding the reproductive process and the various factors that can be related. With correct health literacy, it is hoped that teenagers will have responsible attitudes and behavior regarding the reproductive process (Maharjan et al., 2019).

The general public hopes that the reproductive health needs of adolescents must be based on health information that can help adolescents become adults and able to make responsible decisions. Adolescents who are responsible and able to manage their reproductive health will be able to protect their health from various health problems (Liang et al., 2019). The prevention



efforts taken include recommending not to have sexual relations. If you have already had active sexual relations, it is recommended to use contraceptives, especially condoms, as an effort to prevent the transmission of sexually transmitted infections (Warta et al., 2022).

The basic knowledge provided regarding reproductive health risk management in adolescents is as follows: 1) introduction to systems, processes, and explanations of the function of male/female reproductive organs, 2) explanation of aspects of adolescent growth and development, 2) the dangers of early marriage, 3) pregnancy planning to suit the wishes of both partners, 4) HIV/AIDS and Sexually Transmitted Infections (STIs), 5) the dangers of drug use on reproductive health, 6) the influence of social media on sexual behavior, 7) sexual violence and how avoid it, and 8) the dangers of free sex (Rahmawati et al., 2023). Research that explores the factors that influence the success of reproductive health management from the perspective of adolescents' experiences in depth is still very limited. So this research aims to explore the factors that influence the success of reproductive health management in adolescents.

Methods

This study uses a qualitative method to understand and explore a problem to obtain a comprehensive and complete picture by presenting a transcript of words in the form of research theme results based on detailed information from data collection results on participants. This study uses a phenomenological approach that explains views or ways of thinking by focusing on the results of participants' experiences of a problem or event that has been experienced. The phenomenological method is used to collect exploratory data about the phenomena experienced by participants obtained through in-depth interviews and observations. In this study, 12 participants were taken using the purposive sampling method. The information collection process was carried out at each participant's home, with the criteria for participants taken being teenagers aged 14-18 years and stating their availability to participate in the study in full, receiving data collected through in-depth interviews, observations, and documentation. The first step taken by researchers to obtain data was to conduct in-depth interviews using semi-structured questions on 12 participants, interviews were conducted until saturated data information was obtained and then the results of in-depth interviews were made in the form of transcripts of interview data for analysis. The data analysis process uses collaizi analysis which is arranged in stages, namely first the researcher reads all descriptions of the phenomena that have been conveyed by all participants, makes data transcripts, codes the data, then the coded data is categorized until the participant data categorization is formed, and for the last step, the formation of themes is carried out which later the themes that have been formed are the expected results of qualitative research. This study is to test the credibility of the data using data triangulation techniques against the data sources obtained, namely data obtained from adolescents, families, and nurses holding adolescent health programs at the Health Center. Triangulation of the form of data collected is analyzing verbatim/interview transcripts, field notes, and the results of other related researchers. The researcher obtained information related to the participants from the person in charge of the adolescent health program at the Health Center. This research was carried out in June 2023 after obtaining approval from the Health Research Ethics Committee of Dr. Soebandi University with the EPKE norm 450/098/330/1013.

Results

Based on the research results, it was found that the participants in this research were teenagers aged 14-18 years and stated their availability to take part in the research in full, receiving data collected through in-depth interviews, observation and documentation. The



results of coding and research themes based on in-depth interviews and participant observation are as follows.

Table 1. Results of Coding Formation and Research Themes

No	Expression	Coding	Themes
1.	"I know about reproductive health from reading on the internet, sometimes looking at YouTube, and at school when I go to UKS, there are posters and pictures about reproductive health for teenagers....."	Health information sources	Knowledge
2.	"When a health problem happens to me, I always come to the UKS at school to solve my problem, when I'm at home I go see a doctor or nurse....."	Response to problems	
3.	"I know how to care for my reproductive health, for example changing my underwear twice a day, if I wash from front to back, during menstruation I have to change my sanitary napkin every 4 hours, from school I got medicine to increase blood....."	Skills in self-care	
4.	"I really need information regarding how to care for my reproductive health, so that I stay healthy and can achieve my goals....."	Health information needs	
5.	"If there is anything about reproductive health issues or sexual health issues, I always confide in my parents....."	Effective communication between teenagers and parents	Family support
6.	"If I need something to buy my health needs, my parents are always there to help me fulfill it....."	Strengthening adolescent-parent relationships	
7.	"My parents always ask about my reproductive health problems in gentle language, sometimes in a joking way so that I don't feel embarrassed when telling my parents....."	Friendly relationship between teenagers and parents	
8.	"My parents always advise me about sexual problems that often occur lately, that I have to choose good friends at school, and be able to take care of myself when I'm outside the house....."	Parental supervision of teenagers	
9.	"I often talk about sensitive things about sexual matters to my classmates at school, he is my best friend, so I believe that he can keep both of our secrets....."	Trust in friends	Peer support
10.	"I feel that when I tell my friends about reproductive health problems they always respond well and we share the experiences we have had with each other....."	Sharing experiences	



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| 11. "I often get advice about sexual health problems from my friends and when there is a problem we often discuss it together to find a solution..." | Problem solving solutions |
| 12. "A lot of my friends in class are dating, so sometimes I also want to date like my other friends..." | The influence of friendship |
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*) primary data source

Discussion

Based on the results of the analysis of research data collection, three main themes were formed, namely knowledge, parental support and peers. Next, each theme will be explained along with its discussion.

1. Knowledge

Based on the results of in-depth interviews with several participants, saturated data was obtained which focused on one theme regarding reproductive health knowledge. Participants said that in carrying out self-care regarding their reproductive health, participants were heavily influenced by health information factors from various information media sources. The choice of self-care actions chosen by participants was influenced by the knowledge the participants had at home and at school. Knowledge is the main foundation in reproductive health management (Redayanti et al., 2023). A high level of knowledge about reproductive health can play an important role in preventing health problems related to adolescent reproductive health problems. Increasing reproductive knowledge is expected to provide an understanding of the limitations and protection of adolescents against negative impacts that can arise. So that adolescents are able to choose the right action independently and correctly regarding their reproductive health status (Kabiru et al., 2024).

Knowledge about reproductive health risk management is not only mandatory for adolescent girls, but it is also mandatory for adolescent boys to know and understand the correct way of life with healthy reproduction so that they do not fall into wrong relationships and can harm the future of adolescents (Usonwu et al., 2021). Discussion of reproductive health issues is often considered taboo by many teenagers. One of the reasons is that reproductive health is often considered a taboo subject, because it is only associated with sexual relations. In fact, reproductive health has a broad scope, such as the reproductive system, its functions and processes, including education about menstruation, education related to sexually transmitted diseases, and so on. For this reason, knowledge about reproductive health is important for them. Adolescents who are more aware of the importance of maintaining reproductive health are less likely to experience pregnancy at an early age. As we know, pregnancy as a teenager carries the risk of giving birth to premature and low birth weight (LBW) babies which is closely related to the risk of stunting. Good education and knowledge about reproductive health management can provide good skills and abilities for teenagers in implementing reproductive health in their daily lives. Apart from that, health education can strengthen teenagers' spirituality and ethics in sexual matters, and can improve teenagers' ability to respond to problems.

2. Family Support

The second theme obtained based on the results of in-depth interviews with teenagers was about parental support. Many participants said that they often told their parents about their health problems, especially the reproductive health problems they experienced. Adolescents feel that when they are with their parents, many of their reproductive health needs are assisted and



monitored, so that adolescents feel safe and comfortable with their sexual health status when their parents are near them. Parents have a very important role in the growth and development process of adolescents both physically and psychologically. So parents must be more sensitive and sensitive to the changes that occur in their children as they reach adolescence (Liang et al., 2019). Apart from that, parents must be more intensive in instilling good moral and spiritual values in teenagers, so that they can be used as principles and fortifications for teenagers in facing various challenges in the school environment, friendships, and in the wider community (Hapsari, 2019). Ignoring reproductive health problems in adolescents can have fatal consequences and be difficult to improve on the health system in the community and within the family (Janighorban et al., 2022). So consolidation and good two-way interaction between teenagers and parents is needed. Parents must understand that when a child experiences puberty and experiences physical changes slowly, then that period will be considered an early indicator of a child entering adolescence (Rimamnunra G. et al., 2021).

Adolescence is the best time to build good habits, especially in maintaining reproductive health, which is a very valuable asset in the long term to achieve your goals. When implementing adolescent reproductive health management at home, parents also need to filter the sources of information obtained, so that the knowledge given to adolescents can be accurate and does not cause excessive worry in adolescents. Parental supervision of reproductive health or sexual health problems in adolescents must always be improved, but in its implementation parents must have the principles of love and openness when interacting, so that adolescents feel more comfortable and are willing to open themselves up in discussing problems related to reproductive health with their parents. . The hope is that with good parental support for adolescent reproductive health, good two-way communication interactions will be formed and friendly relationships between parents and adolescents will be strengthened.

3. Peer Support

The third theme is the existence of peers who influence the success of reproductive health management in adolescents. Participants said that having close friends at school or at home could be used as a place to talk and share experiences about reproductive health or sexual health problems. Participants said that if they told close friends they could feel free and talk freely about experiences they had previously experienced. Apart from that, through friends you can also see good behavior that is usually done every day to emulate. During adolescence there will also be a transition on the socio-economic side, which initially experienced complete dependence on parents, will slowly progress independently until the adult stage (Pandey et al., 2019). WHO explains that adolescence is a development from the moment signs of secondary sexual development appear until they reach a position of sexual and mental and psychological maturity and readiness (Kumalasari et al., 2020).

Peer support is one of the important things in influencing the success of adolescent health management because one of the starting points of reproductive health problems in adolescents comes from the influence of peers, both male and female, for example with dating behavior, having sexual relations with school friends or playmates in the home environment. This behavior is driven by the desire of adolescents to find happiness and identity from their peers without considering the negative impacts caused (Rahmawati et al., 2023). This also happens in the selection of people who are considered trustworthy and reliable. In adolescence, most of them will begin to interact frequently with their peers. Where as many friends there are many things that have an impact on positive and negative behavior. Teenagers who are able to choose and understand good peers, it is hoped that teenagers will be able to understand and practice reproductive health risk management, so they will be able to become the basis for healthy behavior at the next stage in achieving their goals and become a health investment in self-protection that is beneficial throughout their life.



Conclusion

The conclusion of this study is that factors that influence adolescent reproductive health in rural areas are knowledge factors, family support and peer support. It is expected that adolescents are able to take responsibility for maintaining their reproductive health independently. In addition, adolescents are expected to be able to increase spirituality and be able to maintain open communication with their parents and peers.

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