

## Relationship of Attitudes to PIK R and PIK M Activities to Reproductive Health Behavior in Adolescents in Pulo Lor Jombang

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ARTICLE INFORMATION	ABSTRACT
<p><b>Article history</b> Accepted (9 October 2024) Revised (12 December 2024) Accepted (25 December 2024)</p> <p><b>Keywords</b> PIK R, PIK M, Attitude, Reproductive Health Behavior</p>	<p><b>Introduction:</b> PIK-R is a platform for GENRE program activities run by and for teenagers. This platform offers resources and counseling services related to teenage family planning and other related topics.</p> <p><b>Objective:</b> At the same time, PIK-R is an extension of the activities that take place when high school students enroll in college or university.</p> <p><b>Method:</b> Statistical tests appropriate to the current scale are used on the data in Namely to determine the relationship between the dependent and independent variables.</p> <p><b>Results:</b> The statistical test used was Mann-Whitney. Students who participated in PIK-R and PIK-M activities showed attitudes towards reproductive health and premarital sexual behavior, based on the results of the Mann-Whitney test, which had a p value of less than 0.05 (<math>p = 0.03</math>).</p> <p><b>Conclusion:</b> The research findings indicate a relationship between PIK R and PIK M initiatives and adolescent students' perspectives on reproductive health practices.</p>

### Introduction

The PIK-R website serves as a hub for teen-run GENRE program activities, where users may seek advice on family planning and related subjects. At the same time, the PIK-Mahasiswa program evolved organically from the many extracurricular activities that college students participated in during their formative years. More teens will visit PIK-R if the general name is changed to match what local youngsters want. Adolescence is a time when a person goes from being a child to becoming an adult. What happens to a person when they are a teenager has a profound impact on who they become as an adult (Afridah, 2017). Due to major issues among teenagers, such as TRIAD KRR (Sexuality, HIV/AIDS, and Drugs), inadequate adolescent reproductive health awareness, and relatively low median age of first marriage for women, this activity is urgently needed. Free sex is a kind of juvenile delinquency that prevents many youths from completing their education, joining the job, starting families, and becoming contributing members of society (BKKBN, 2012).

Teen pregnancy, HIV/AIDS, and other STDs are only a few of the reproductive health issues that may arise from adolescent sexual activity. Nowadays, teenagers face a lot of complicated and worrying issues. As evidence, consider the dismal state of reproductive health education among today's youth. Only 29.0% of teenage females and 32.3% of teenage guys are aware of the reproductive period. Only 49.5% of teenage females and 45.5% of teenage boys are aware that having sexual relations even once increases the chance of pregnancy (Hardianti, et al, 2022). Adolescents who first had sexual relations before marriage were between the ages of 15 and 19,



with 59% of the females and 74% of the males providing details. Among these adolescents, 2% of the females and 8% of the males had intercourse before marriage, and 11% of these had unwanted pregnancies or KTD. Given the vast teenage population in Indonesia, the current state of this demographic is cause for grave worry (SDKI Team, 2017). One reason why teenagers don't know much about Adolescent Reproductive Health (ARH) is that they don't get enough information. The majority of adolescents with ARH still have low or nonexistent ARH statuses, as shown by the 2018 Program Performance and Accountability Survey (SKAP) results (57.1%), which were compiled by the National Population and Family Planning Agency (BKKBN). One survey found that 13.3% of teenage girls in Indonesia were completely unaware of the bodily changes that occur throughout puberty (SDKI-RI, 2018). According to BKKBN (2020), over half of all teenage females were unaware of the exact day of puberty. Sexual conduct is influenced by adolescents' ignorance of puberty (Idhayanti et al., 2023).

This is something that PIK-R is working to change the lack of resources and assistance for teenagers. Providing readily available educational programs based on technology, the company aspires to improve the lives of teenagers throughout Indonesia. Astuti and Anjarwati (2019) A more civilized society and the full potential of teenagers are two of their other goals (BKKBN, 2023). According to the most recent data from Indonesia's National Population and Family Planning Agency (BKKBN), there are around 10,892 Adolescent Health Information Centers spread throughout all of the provinces.

Responsible for overseeing the daily operations of PIK-Remaja, these youth have completed training based on standard modules and curricula developed by BKKBN. Peer educators and counselors are part of the PIK-Remaja management team, which also includes the chairperson, administration, program and activity department, and peers (BKKBN, 2014). Sexual violence, both psychological and physical, is a common occurrence in the campus environment (Susilowati, 2022) despite prevention efforts. Unfortunately, lives are lost due to rampant violence in the campus environment. Regardless of the nature of the relationship between the perpetrator and the victim, any form of sexual violence, whether physical or otherwise, can be considered sexual violence (Yohan, 2020). Indonesian society is well informed about the prevalence of sexual violence. There has been a very significant increase every year.

The issue of sexual violence on campus has recently been in the spotlight of the media, both print and online, and various groups. According to research conducted by Susilowati (2022), sexual violence, both physical and psychological, has become commonplace on campus. Sadly, many lives have been lost due to violence that occurs on campus. Whatever the form of relationship between the perpetrator and the victim, all forms of sexual violence, both physical and non-physical, can be considered sexual violence (Yohan, 2020). Indonesian society is very aware of the rampant sexual violence. Every year, sexual violence continues to experience a significant increase.

Consequently, this research aims to examine the reproductive health-related attitudes and behaviors of Pulo Lor Jombang teenagers by means of their involvement in PIK R and PIK M programs.

## Method

An observational analytical approach was used in this quantitative study. The purpose of analytical research in health sciences is to determine the causes and mechanisms of observed events. The purpose of cross-sectional research is to provide an overview of the interaction between independent and dependent variables in a time series or observational measurements at once.



This research was conducted in Pulo Lor Jombang during the implementation period from March to September 2024. Young members of PIK R and PIK M Pulo Lor Jombang became the research population. A total of forty participants were selected as samples. The data collection process began with taking care of research permits, then arranging a meeting schedule with respondents. Researchers conducted research assisted by a team. Researchers met directly and explained the purpose of the research to respondents then distributed questionnaires. Ended with data processing. Primary data were obtained using a questionnaire given directly to respondents. Before the questionnaire was used in the study, a trial was first conducted to measure the validity and reliability to determine whether the instrument was good or not as a data collector. A correlation value greater than 0.361, with a possible range of 0.489 to 0.851, indicates that the questionnaire items are valid. The reliability test questionnaire was deemed suitable for this research due to its Cronbach's Alpha value of 0.76.

Researchers used appropriate statistical tests to examine the data and draw conclusions about the nature of the link between the independent and dependent variables. For this purpose, the Mann-Whitney U test can be used. Because this study aims to detect trends, this study uses the following criteria in selecting samples:

1. Inclusion criteria:

- a. Teenagers aged 15-24 years
- b. Never been married
- c. Participating in PIK-R activities in high schools and PIK-M in universities in Jombang
- d. Teenagers who are willing to become respondents

2. Exclusion criteria

- a. Teenagers who don't come to activities
- b. Teenagers who attend school outside Jombang

## Results

The following table displays the findings of the respondent characteristics derived from the study carried out in Pulo Lor Jombang on 40 participants who fulfilled the requirements.

Table 1. Age distribution of respondents in Pulo Lor Jombang.

Age	Frequency	Percentage (%)
≤17	6	15
18	8	20
19	10	25
≥20	16	40
<b>Total</b>	<b>40</b>	<b>100</b>

Based on the numbers, we can see that 40% of the total is under the age of 20, making this group the youngest. Fifteen percent of the overall population is under the age of seventeen.

Table 2. Distribution of Adolescent Attitudes in Pulo Lor Jombang



Attitude	Frequency	Percentage (%)
Negative	15	37.5
Positive	25	62.5
<b>Total</b>	<b>40</b>	<b>100</b>

The data in the table shows that of all attitudes, the attitude with the lowest proportion is negative, with 15 responses (or 37.5%). Then, 25 (or 62.5%) is the highest positive number.

Table 3. Relationship between attitudes towards PIK R and PIK M activities towards reproductive health behavior

PIK R and PIK M activities	Reproductive Health Behavior				Mark <i>P</i>
	Non-Risk Behavior		Risky Behavior		
	N	%	N	%	
Negative	12	29.9	5	9.0	0.03
Positive	15	57.6	8	3.4	
Total	27	42.86	13	6.35	

Table 1 reveals that there are more respondents in the non-risk group (15 individuals, or 57.6% of the total) who have a favorable attitude toward PIK R and PIK M activities than in the risk group. The non-risk group has a greater number of respondents with a negative attitude toward PIK R and PIK M activities than the risk group.

Test results *Mann Whitney* shows a correlation between PIK R and PIK M activities and reproductive health behavior, supported by table 3 which shows a p value of 0.03.

## Discussion

### PIK R and PIK M activities on reproductive health behavior

Adolescents in attitudes in PIK R and PIK M activities towards reproductive health behavior have research results, namely There is a correlation between attitudes towards reproductive health behavior in adolescents in Pulo Lor Jombang, as shown by the findings of the Mann-Whitney test ( $p = 0.03$ ), among those who attended PIK-R and PIK-M events. When comparing the assessment of adolescents who have more activity than those who have inactivity in PIK R and PIK M activities. Most respondents have a good attitude about PIK R and PIK M activities towards reproductive health behavior.

Respondents revealed that those with more optimistic attitudes fared better than those with more negative attitudes. Since 1 indicates no danger, 2 indicates significant risk, and 3 indicates very high risk, a high rating indicates a very low likelihood of risky behavior. In this study, positive attitudes are defined as students' tendencies to engage in behaviors without risk, as opposed to negative attitudes. Given this limitation, one must first look at covert behavior to infer overt expressions of attitudes. In everyday life, emotional responses to social stimuli are what we call "attitudes," and attitudes convey implications about how appropriate a particular reaction is. Attitudes are more about tendencies toward behavior or actions than current actions or activities. However, attitudes are a one-way street. Connected to the role of PIK Pemuda, according to (Ir. Bambang Sumantri, 2014), is to help achieve a Happy and Prosperous Small Family (KKBS) by providing information on adolescent reproductive health, life skills, counseling services, and



referrals for adolescent reproductive health. Adolescents that embody the qualities of Tegar Teenagers are those who: lead healthy lifestyles, stay away from TRIAD KRR (Sexuality, Drugs, HIV/AIDS), and have a well-thought-out plan for starting a modest, happy family with two children . They also aspire to be role models for their peers and trustworthy sources of knowledge. Based on several opinions above, it can be concluded that the role of PIK R and PIK M in efforts to socialize and provide reproductive health services for teenagers is to provide information about reproductive health, provide counseling services to teenagers about reproductive health, provide skills to teenagers so that teenagers are able to avoid negative activities that can affect adolescent reproductive health, provide references for adolescent reproductive health so that teenagers are more planned in forming KKBS.

According to Raymond Young in Salusu (2015), strategy is the practice of maximizing an organization's potential by making the most of its strengths in conjunction with external factors to accomplish predetermined objectives under optimal circumstances. The establishment of the PIK R/M Counseling Information Center is one of the activities carried out by the administration of the center. Creating a youth- and student-friendly version of PIK R/M and making it available in the community to provide counseling and knowledge on 8 family roles, marital maturity, TRIAD KRR, life skills, gender, advocacy, and IEC.

One definition of attitude is the tendency to respond positively to something in a particular situation. Teenagers today are very different from those in the past. The rapid development of the internet and social media makes parents less able to supervise their children. After being studied in the existing urgency, juvenile delinquency is difficult to control Because of its relationship to identity, drive, and perspective, attitude is a strong predictor of behavior. A person's attitude towards a stimulus or item is their closed reaction to it. Attitudes are taught and organized through life events; they significantly impact how individuals respond to objects, circumstances, and other people. Various schools of thought state that attitudes are cognitive, emotional, and behavioral tendencies towards certain people, concepts, or items. The views of students who are still considered teenagers will be studied regarding reproductive health behavior, especially how PIK R and PIK M activities relate to these attitudes. Furthermore, a statistically significant correlation between premarital sexual activity and views on reproductive health was found through bivariate analysis. Lawrence Green argues that an individual's attitude is one of the elements that supports or maintains their behavior, and this finding is consistent with his idea. Because it is a closed reaction or response to a stimulus, an individual's attitude determines their behavior. (Marlia, 2015)

There are two ways to assess attitudes: directly and indirectly. Respondents' attitudes or views towards an item can be expressed directly. For the purpose of measuring attitudes with preferences, a Likert scale is used. The options are: strongly agree, agree, undecided, disagree, and strongly disagree. There is a scale from very positive to very negative for each question on the research instrument. The inability of adolescents to regulate their sexual desires and the temptation to engage in sexual activity before marriage are two negative outcomes that may arise from the maturation of sexual organs. The act of having sexual intercourse outside of a legally recognized marriage ceremony is known as premarital sex. Despite the diversity of sexual orientations and practices, many people react negatively to sexual behavior. The purpose of engaging in sexual behavior is to arouse the interest of someone of the opposite sex. Sexual intercourse and sexual activity are both considered forms of sexual behavior. Engaging in sexual activity involves engaging in practices that arouse sexual desire or provide pleasure to the genitals or other sexual organs. When two people of different sexes have sexual contact with each other, it is called sexual intercourse.



Sexual conduct encompasses any actions prompted by the desire to have sex with a person of the opposing sex. At the onset of puberty, a person's body goes through a number of changes, one of which is an increase in sexual desire due to the maturation of hormones and sex glands. Depending on the intensity of the desire, this behavior may progress to dating, making out, or even sexual activity. The results of a study in Nigeria with 675 high school students as respondents in 2016 stated that self-esteem, self-efficacy, and attitudes are significant predictors of premarital sexual relations in adolescents with the results of each relationship between a person's self-esteem and premarital sexual behavior ( $R = 0.08$ ,  $p = 0.000 < 0.05$ ), self-efficacy or individual beliefs about themselves in carrying out an action with premarital sexual behavior ( $R = 0.19$ ,  $p = 0.000 < 0.05$ ) and attitudes with premarital sexual behavior ( $R = 0.154$ ,  $p = 0.000 < 0.05$ ). Furthermore, a study conducted in Reuben in 2009 stated that masturbation, dreams about sex, exchanging partners had a relationship with premarital sexual behavior with  $p < 0.0005$ . (Reuben, 2016)

Another opinion states that there is social change. The development of information and technology causes rapid social change and almost all human cultures, including influencing conventional sex patterns to go outside the conventional paths of culture, so that it conflicts with conventional sex regulations and what is called free sex occurs. Changes in society, such as urbanization, methods, contraception, education, and modernity, have a significant impact on sexual activity before marriage. An other viewpoint that backs it up posits that adolescent sexual experimentation occurs before marriage because of a strong desire to explore unknown territory. This is a characteristic of teenagers in general, where teenagers want to know many things that can be satisfied and realized through their own experiences. (Taufik, 2016)

BKKBN reports that the majority of adolescents (aged between 10 and 24) are single. There is a dramatic increase in physical, psychological, and cognitive maturity during adolescence. Adolescents are known to have high curiosity, like new experiences and challenges, and behave rashly, often without thinking. Adolescents are at risk of engaging in risky behavior and experiencing a number of physical and mental health problems due to poor decision-making in resolving conflicts. Because of their unique characteristics and tendencies to engage in risky behavior, adolescents need access to reproductive health services and other adolescent-specific health care options. Adolescents will try harder to refrain from having sex before marriage if they have negative views about it. (BKKBN, 2012)

According to Keto et al. (2020), adolescents who have positive views about premarital sexual behavior tend not to engage in risky behavior because they feel that such behavior is inappropriate. Through participation in various PIK-Remaja activities, members gain a better understanding of reproductive health and develop attitudes that reject premarital sex. These two elements influence adolescents' feelings about premarital sex. The findings of this study are in line with previous hypotheses and similar studies as a whole. Due to its various negative impacts on adolescents, families, and society as a whole, engaging in risky behavior related to reproductive health is considered socially and culturally taboo in Indonesia. Understanding the importance of reproductive health and ease of access to relevant information are factors that influence such behavior. Iskandar et al. (2022) found that adolescents tend to engage in dangerous sexual behavior when they do not have adequate education or access to information.

From the description above, the relationship between attitudes in PIK R and PIK M activities towards reproductive health behavior is correlated. So the researcher hopes that with this program, it can be an intermediary for students in Pulo Lor Village, Jombang Regency to be more concerned and maintain their reproductive health.

## Conclusion



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Researchers have shown that among college students and other young adults, there is a correlation between PIK R and PIK M involvement and views on reproductive health practices.

### Suggestion

Schools and universities are expected to support the PIK R and PIK M activities that have been developed within them so that teenagers can obtain the latest information in them.

Both PIK R and PIK M members are expected to play an active role and be able to utilize activities so that they can obtain correct and reliable information, especially about reproductive health.

We can only hope that additional research will find ways to link premarital sexual activity to reproductive health knowledge and attitudes.

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