

CREATE INDEPENDENT AND QUALIFIED YOUTH IN AN EFFORT TO PREVENT TEENAGE HEALTH PROBLEMS AND CHILD MARRIAGE THROUGH YOUTH POSYANDU

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Article Info:

Submitted: 30 August 2024

Accepted: 5 Sept 2024

Published: 2 Okt 2024

Handling Editor:

Keyword:

Adolescents,
reproductive health,
childhood marriage,
posyandu, quality
adolescents

ABSTRACT

Background: Adolescence is a transition period from childhood to adult, and during this period adolescents often experience changes both physically, mentally and socially. The lack of knowledge of adolescents regarding adolescent reproductive health influences adolescent behavior in maintaining their reproductive health, apart from that this is also the cause of high levels of child marriage so it is necessary to increase the understanding and knowledge of adolescents regarding reproductive health and prevention of child marriage through activities at adolescent posyandu **Method:** community service is carried out through youth posyandu activities with socialization and education related to reproductive health and child marriage, where previously a pre-test was carried out regarding adolescent reproductive health material and after the activity a post-test was carried out. **Result:** community service activities were attended by 25 teenagers, midwives and village nurses, the majority, namely 18 teenagers (72%) had a good understanding, this increased when compared to the pretest results, namely only 6 teenagers (24%) had good knowledge **Conclusion:** community service activities entitled creating independent and quality teenagers to prevent teenage health problems and child marriage through youth posyandu succeeded in increasing teenagers' understanding regarding reproductive health and child marriage.

1. INTRODUCTION [Georgia 11 bold]

The process of changing from child to adult is also called adolescence. Adolescence usually starts at the age of 9 years with divisions before 12 years for girls, and before 14 years for boys. In early adolescence, teenagers will begin to be attracted to the opposite sex, this attraction

is caused by encouragement from the development of reproductive organs. When teenagers start to like the opposite sex (Ramadani and Fitri, 2021)

At this stage, teenagers are often considered to be violating the norm, because society thinks that it is not a good idea for teenage children to like the

opposite sex. Society also assumes that when a child starts to like the opposite sex, it means that the child is vulnerable to free sex which has a bad impact on the child and also on the child's social environment. There are facts that state that many teenagers are sexually active, although not always of their own free will, and in some developing countries approximately half of them are married and sexually active. Irresponsible early sexual activity puts teenagers at risk of various reproductive health challenges

Throughout the world in 1997 it was estimated that more than 15 million teenage girls aged 15-19 years gave birth, 4 million of whom had unsafe abortions and nearly 100 million teenagers were affected by STIs. Globally, data has been obtained that 40% of the total HIV cases occur in young people aged 15-24 years or it is estimated that more than 7,000 teenagers are infected with HIV every day

In Indonesia alone, unwanted pregnancies among teenagers are estimated to increase every year by 150,000-200,000, 10% of teenagers aged 15-19 years are married and have children. This is based on the factor that the level of knowledge of adolescents regarding reproductive health is still low, with 7,000

adolescents infected with HIV every day. (WHO, 2024).

There are 72.2% of teenagers who have insufficient knowledge about adolescent reproductive health. The level of knowledge of adolescents regarding reproductive health influences adolescent behavior in maintaining their reproductive health (A'yun, Eliyana and Zulaikha, 2022)

To grow and develop healthily, teenagers need information, including comprehensive age-appropriate sexuality education; opportunities to develop life skills; acceptable, equitable, appropriate and effective health services; and a safe and supportive environment. They also need opportunities to participate meaningfully in designing and delivering interventions to improve and maintain their health. Expanding such opportunities is key to responding to youth's unique needs and rights (Ramadani and Fitri, 2021)

2. METODE

Community service activities entitled creating independent and quality teenagers to prevent teenage health problems and child marriage through youth posyandu were carried out for teenagers in Growok village, Dander sub-district, where previously coordination and collaboration was carried out with the Dander Community Health Center to determine the targets of activities that had health-related problems.

high levels of adolescent reproduction and child marriage. The socialization activity was carried out at the Growok village hall and was attended by 25 teenagers. The activity was carried out twice on week with the aim of ensuring that teenagers understand about their health and reproductive problems so that teenagers become more independent in maintaining their reproductive health and are able to prevent child marriage

Activities are carried out using approaches including: (1) Peer Group Support: Formation of groups with similar experiences and peers in discussions, to better explore all matters relating to stunting prevention efforts. (2) Focus Group Discussion: KIE strategy in formulating adolescent health problems in Growok village (3) Advocacy: Advocacy to policy makers to realize synergistic implementation of adolescent health prevention and child marriage prevention programs. (4) maximizing the use of posyandu as a forum for adolescent health activities

3. RESULTS AND DISCUSSION

Community service activities in an effort to increase teenagers' understanding of reproductive health and prevention of child marriage are carried out in the form of classes at youth posyandu with the delivery of material or socialization and education,

which is previously carried out by assessing teenagers' knowledge and understanding in the form of a pre-test and question and answer, followed by activities carried out in the form of socialization, education and questions and answers and after that a post test was carried out to assess teenagers' understanding of the material that had been presented

Table 1. Results of adolescent knowledge tests about reproductive health and child marriage

No	Knowledge category	Pre test	%	Post test	%
1	Good	6	24	18	72
2	Enough	15	60	5	20
3	Less	4	16	2	8
Total		25	100	25	100



Figure 1 Teenagers reproductive health socialization activities



Figure 2 Together with Teenagers in Educational Activities to Prevent Child Marriage



Figure 3 Youth Posyandu

Today's teenage relationships are increasingly worrying. An overly free lifestyle and lack of knowledge about reproductive health causes free sex to become increasingly rampant. Sexual relations that are not accompanied by knowledge about reproductive health can increase the risk of transmitting sexually transmitted infections or STIs (Rahmi Novita Yusuf, Niken, 2020).

Sustainable health education regarding adolescent reproductive health can be interpreted as a healthy condition in the systems, physiological functions and reproductive processes of adolescents physically, mentally and socio-culturally. As the next generation of teenagers in the future, teenagers are expected to know and have information related to the importance of reproductive health and its processes so

as to prevent marriage at an early age (Aprianti, Faizaturrahmi and Fatmasari, 2023).

Efforts to achieve healthy reproduction must begin at least in adolescence. Adolescents must be prepared in terms of knowledge, attitudes and actions towards achieving healthy reproduction (Ramadani and Fitri, 2021)

4. CONCLUSION

Health education and outreach related to adolescent reproductive health and preventing child marriage are important to increase knowledge of teenagers are related to their reproduction, so that teenagers are able to maintain their health and prepare at the right age for marriage, so that they can improve the quality of the nation and avoid complications due to reproductive health problems

5. ACKNOWLEDGMENTS

We would like to thank LPPM STIKes Rajekwesi Bojonegoro As a funder in internal campus grants, Bachelor Midwifery study program and midwife professional education and embryoclass who have participated in this community service activity.

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