

## **BUILDING AWARENESS OF THE IMPORTANCE OF REPRODUCTIVE HEALTH AND HEALTHY LIVING SKILLS THROUGH THE PLANNING GENERATION PROGRAM**

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### **ABSTRACT**

The large number of teenagers who have free time from study activities, sports, tutoring and little time outdoors as well as minimal parental supervision has been pointed out as one of the opportunities for an increase in child marriage during the Covid-19 pandemic. In addition, knowledge about reproductive health and sexuality among teenagers is still relatively low. Teenagers need to prepare themselves to face the challenges of life today and life in the future. The aim of this activity is to equip students at SMKN 49 North Jakarta about reproductive health and healthy living skills. The results of the activity showed an increase in participants' knowledge and understanding of the Planned Generation Program (GenRe) as a program that facilitates teenagers to behave healthily, avoiding the risks of the KRR Triad (sexuality, HIV/AIDS, drugs). As many as 83.3% already understand the definition and concept of TRIAD KRR. Participants also agreed that the problems that occurred were due to a lack of education about reproductive health, as well as a lack of education regarding the negative impacts of ignorance about reproductive health. Participants felt that this activity motivated them and was useful for determining goals after graduating from school, future choices that they would pursue and pursue. So that with this knowledge, teenagers have the provisions to protect themselves from negative things, know how to implement healthy living and can build better life plans.

**Keywords:** Socialization, Adolescence, Healthy Living, Reproduction, Planning Generation

### **1. INTRODUCTION**

Indonesia is entering its third year of facing the current Covid-19 pandemic and is one of the countries that has succeeded in controlling the Covid-19 pandemic well. Based on data, Corona cases began to be controlled on December 27 2022 with daily cases of 1.7 per 1 million population. The positivity rate is 3.35%, with the hospital treatment rate at 4.79% and the death rate at 2.39% (Rizqo, 2022). Analysis of the downward trend in Covid-19 cases in the last few months has prompted the government to issue a policy to revoke the Implementation of Community Activity Restrictions (PPKM) which took effect on December 30 2022. Even though PPKM has been revoked, the government urges the public to increase awareness of the risk of the spread of Covid-19. 19 by continuing to wear a mask both in crowds and closed spaces. Continue to maintain and increase immunity through vaccination and independently prevent transmission, detect symptoms and seek treatment. Because the pandemic has not completely ended and the health emergency status in Indonesia is still maintained according to the status from WHO (cnnindonesia.com, 2022).

For teenagers who are generally students, this is certainly a relief. Because the learning process can be completely done offline. The obstacles faced during online learning, experiences of social isolation, health problems, physical activity, lifestyle, eating patterns, communication patterns, friendships and social relationships, at least have a psychological impact on teenagers (Ashwin, Cherukuri, & Rammohan, 2022; Do, Kirkland, Besenyi, Smock, & Lanza, 2022; Scapatucci et al., 2022; Shen, 2020). It is estimated that this change will continue to move from a pandemic to an endemic where the spread of the Covid-19 virus becomes isolated to narrower areas and in turn will disappear as the viruses die. The decreasing number of natural infections and increasing community immunity against the virus are good indicators of endemic disease (Indonesiabaik.id, 2022; Tarmizi, 2022).

However, behind this good news, it turns out that the Covid-19 pandemic has given rise to other problems for teenagers. Shocking news came from the Ministry of Women's Empowerment and Child Protection (PPPA Department) reporting that the number of marriages of children under the age of 18 had increased during the Covid-19 pandemic. Survey results from the National Development Planning Agency (Bappenas) show that as a result of the Covid-19 pandemic, around 400-500 girls aged 10-17 years are at risk of early marriage. The number of unwanted pregnancies and applications for free marriages or underage marriages is also increasing. More than 64,000 requests for exemption from child marriage to religious courts in 2020 (Pranita, 2021b).

Research findings found several reasons for child marriage during the pandemic, including: school closures causing a lack of children's activities, learning activities at home resulting in teenagers having the freedom to socialize in the surrounding environment which leads to promiscuity and pregnancy, as well as inadequate parental supervision of children -child. The pregnancy factor is the main reason religious courts approve child marriage exceptions, so as not to further embarrass the family (Andina, 2021). This incident further confirms that Indonesia is ranked 2nd in ASEAN for cases of child marriage. As is known, 22 of the 34 provinces in Indonesia have the highest number of child marriage cases. This means that more than half of the provinces in Indonesia still do not understand the importance of getting married at a mature age (Pranita, 2021a).

The big challenge faced by teenagers today is that the amount of negative information circulating on the internet and social media always overshadows their puberty period. Curiosity about everything, including sexuality, is always haunted by bad information from pornography, free sex, drugs and other deviant behavior that targets teenagers. This can result in an age of sexual maturity/puberty that is earlier than it should be, and lead vulnerable teenagers to risky sexual behavior (Kepri BKKBN, 2020). Sexual behavior is a form of human behavior that is closely related to a person's reproductive health. In general, there are 4 (four) factors related to reproductive health, namely:

- a. Socioeconomic and demographic factors. These factors are related to poverty, low levels of education and ignorance about sexual development and reproductive processes, as well as remote living locations
- b. Cultural and environmental factors, including traditional practices that have a negative impact on reproductive health, the belief that many children have lots of good luck, and information that confuses children and adolescents regarding reproductive functions and processes.
- c. Psychological factors, parental rift will have an impact on teenagers' lives, depression caused by hormonal imbalance
- d. Biological factors, including birth defects, defects in the reproductive tract, and so on (Kementerian Kesehatan, 2022).

Seeing this concern, it is necessary to develop efforts to educate teenagers on two fronts, on the one hand, coaching is done to help teenagers face the challenges of today's life. On the other hand, guidance also needs to be given to teenagers in preparing for life in the future. Based on 2020 population census data. Adolescents are Indonesian men and women, aged 10 to 24 years and not yet married. The number of teenagers (aged 10 – 24 years) is 67 million people or 24% of the total population of Indonesia, so teenagers are an important focus of attention in national development (B. H. dan H. BKKBN, 2021).

The government, through the National Population and Family Planning Agency (BKKBN), has one of its programs that focuses on building youth resources as national development actors, namely "Generation Planning" (GenRe). The Planning Generation Program (GenRe) is a program to facilitate the realization of Tough Teenagers, namely teenagers who behave healthily, avoid the risks of the KRR Triad (sexuality, HIV/AIDS, drugs), delay the age of marriage, have a family life plan to create a Happy, Prosperous Small Family as well as being an example, model, idol and source of information for their peers (Yulianti, 2017). The GenRe program was created to prepare family life for teenagers, where the young generation is expected to be able to go through 5 life transitions, namely paying attention to a healthy lifestyle, planning education, developing a career, having value in society, and being able to plan family life (CNN Indonesia, 2020).

Based on the situation analysis above, one of the efforts made in this Community Service program is to equip teenagers with reproductive health knowledge and healthy living skills. So that teenagers have the ability to develop healthy thought patterns and behavior physically, mentally and socially. To be able to achieve good reproductive health conditions, the application of healthy living skills education (PKHS) is very necessary.

## **2. METHOD**

The targets for this community service activity are students from State Vocational High School (SMKN) 49 in North Jakarta, with the address RT.2/RW.5, Marunda, Kec. Cilincing, North Jakarta City, Special Capital Region of Jakarta 14120. Participants in this activity were 24 female students consisting of class 10 students from different majors (AKL, MPLB, DKV, and Marketing). The activity was carried out at SMKN 49 on January 31 2023.

The activity method is socialization of understanding and provision of reproductive health concepts and healthy living skills. Socialization material is delivered by combining presentation, dialogue and consultation methods. This method is used so that participants can easily understand the material presented, namely about the planning generation program (GenRe) and knowledge in undergoing 5 life transitions, namely a healthy lifestyle including reproductive health, planning education, developing a career, being beneficial to society, and being able to plan family life. Questions and answers were conducted to determine the level of understanding of participants and the

obstacles experienced by participants in understanding the material. Apart from that, discussions and simulations were carried out to build understanding and interaction between participants,

Evaluation of the success of the program is carried out through *pre-test* and *post-test* to get an overview of knowledge and understanding after participating in training activities. Apart from that, observations and interviews were carried out to obtain information about the implementation of activities, participant expectations and also to evaluate participant skills (Istiqomah & Dearly, 2022). The evaluation process takes place simultaneously during implementation and after the activity is completed.

### 3. RESULTS AND DISCUSSION

Education on Reproductive Health & Adolescent Relationships is delivered through offline activities at SMKN 49 Jakarta. In delivering the material, a pre-test and post-test survey was also given to determine participants' understanding of the material being explained. Based on the results of observations on *pre-test* given, table The following provides information about students' knowledge of the concept of Planning Generation:

6. Menjaga kesehatan organ reproduksi sangat penting dilakukan karena berkaitan dengan kualitas keberlangsungan hidup manusia dari generasi ke generasi sehingga generasi berikutnya bis lebih berkualitas.  
24 jawaban

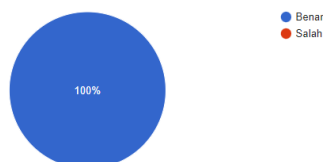


Figure 1. Pie Chart Pre-Test GenRe

1. GenRe program yang dikembangkan dalam rangka penyiapan kehidupan berkeluarga bagi remaja melalui pemahaman tentang Pendewasaan Usia Perkawinan sehingga mereka mampu melangsungkan jenjang pendidikan secara terencana, berkarir dalam pekerjaan secara terencana, serta menikah dengan penuh perencanaan sesuai siklus kesehatan reproduksi.  
24 jawaban



Figure 2. Pie Chart Pre-Test Reproductive Organ Health

9. Kita harus memiliki life skills guna menghadapi berbagai tuntutan dan tantangan dalam kehidupan sehari-hari.  
24 jawaban

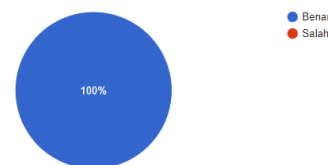


Figure 3. Pie Chart Pre-Test Life Skills

Based on the graph above (Figures 1, 2, 3) it shows a percentage figure of 100%, which means that all participants already know the reasons for developing the Generation Planning program for Adolescents, the reasons why maintaining the health of reproductive organs is an important thing to do, as well as the reasons why in carrying out Life really requires a skill which is usually called life skills. The next discussion is regarding participants' understanding of TRIAD KRR as follows:

7. TRIAD KRR merupakan tiga manfaat dasar kesehatan reproduksi remaja  
24 jawaban

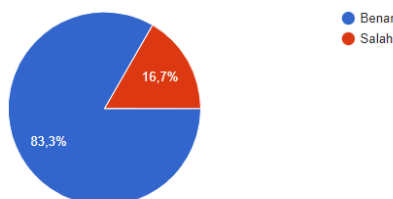


Figure 4. Pie Chart Pre-Test TRIAD KRR

Judging from the graph above, it was found that 83.3% chose the "True" option and 16.7% chose the "False" option. According to Muadz, et al (2008) and Manurung (2011), TRIAD KRR are three basic threats to adolescent reproductive health which include:sexuality, drugs, and HIV/AIDS (Citrawathi, 2016). Therefore, it can be concluded that there are still quite a lot of participants who do not know the definition and concept of TRIAD KRR, namely 83.3%.

In the material presentation session, the participants were given material on Reproductive Health and Healthy Living Skills which included explanations of the planned generation program, reproductive health, the KRR triad, and *life skill* in the field of reproductive health. Apart from that, there is also an introduction to the stages of growth and development from teenagers to early adulthood, how to maintain the health of reproductive organs through behavior *hygiene*, as well as how to maintain the cleanliness of the reproductive organs of women and men, also invited participants to discuss why teenagers are vulnerable to risky behavior problems (the krr triad). Based on the above, participants' understanding of answer number 7 in the session *post-test* increased. As follows:

7. TRIAD KRR merupakan tiga manfaat dasar kesehatan reproduksi remaja  
24 jawaban

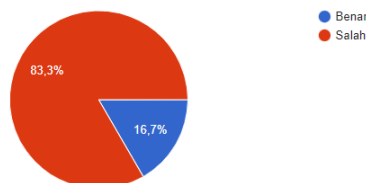


Figure 5. Pie Chart Post-Test TRIAD KRR

Can be seen in the graphic above, on the session *post-test* as many as 83.3% already understand the definition and concept of TRIAD KRR. Meanwhile, 16.7% still do not understand the definition and concept of TRIAD KRR.

Understanding of Reproductive Health and Healthy Living Skills in the SMK N 49 Jakarta area began to develop with open discussions about the meaning of Planning Generation. This discussion began with a discussion of understanding the Generation Planning program which must be prepared from adolescence because teenagers are the nation's assets who will determine Indonesia's development in the future. Participants also agreed that the problems that occurred were due to a lack of education about reproductive health, as well as a lack of education regarding the negative impacts of not being indifferent to reproductive health. The time for implementing the PKM socialization was considered good by the students, where the majority of the students were satisfied and very satisfied. Likewise, the suitability of the theme and material presented was assessed as very good by students and female students, where the majority of students gave Good and Very Good ratings on the indicators of suitability of the theme and material presented.

All students of SMK Negeri 49 North Jakarta agreed that this socialization activity was very beneficial for them and this socialization activity could be conveyed well and was easy for them to understand. The presentation of the presenters regarding the socialization activities was also considered good by the students of SMK Negeri 49 North Jakarta and overall this activity was considered good and useful for them.

After socialization and training were carried out, all participants assess that this socialization activity adds insight and information for them regarding sexual education, reproductive organ health, and healthy living behavior that

must be implemented. Participant merespond positively and enthusiastically during the Q&A session and *games* during the training. In general, the results of activities Building awareness of the importance of reproductive health and healthy living skills are as follows:

Table 1. Achievement Targets Based on Activity Stages

Level	Forms of activity	Activity Objectives	Method	Target Achievement Results	Condition
Awareness	Lectures, dialogues and group discussions	Build awareness about the importance of reproductive health and healthy living skills	Socialization and Education	Knowledge about stages of growth and development from teenagers to early adulthood, how to maintain the health of reproductive organs with hygienic behavior and how to maintain the cleanliness of reproductive organs	Participants' knowledge and insight increased, namely from not knowing to knowing.  Good understanding of generation planning  Good healthy living skills

Source: Results of data processing on pre test and post test, 2023

The aim of creating habits to maintain reproductive health through the Planning Generation program certainly needs to be implemented gradually and sustainably. Therefore, the sustainability of the program directed at mentoring activities and application in daily life, starting with the lives of fellow internal members of SMKN 49 Jakarta. Through collaboration between universities, society, government and youth, an understanding program Planning Generation This will be of wider benefit to society.

#### 4. CONCLUSION

Socialization and education on the importance of reproductive health and healthy living skills through the Planning Generation (GenRe) program achieved good results and met achievement targets. Participants gain good knowledge and understanding regarding the socialization material, increasing knowledge to be more skilled in healthy living is also good. The training materials and methods used show that the training can provide benefits for participants to increase the understanding and skills needed for a healthy and bright future.

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