

Analysis of Reproductive Health Education Program for Adolescents in Secondary Schools

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KEYWORDS

reproductive health education, adolescents, secondary school, effectiveness, social stigma.

ABSTRACT

Reproductive health education in secondary schools is very important considering the increasing rate of teenage pregnancy and the low knowledge of reproductive health among adolescents. This study aims to explore the effectiveness of reproductive health education programs implemented in these schools. This study aims to identify the materials taught, teaching methods used, as well as students' responses and perceptions of the reproductive health education program. The methods used in this study include in-depth interviews and focus group discussions (FGDs) with 60 students from three secondary schools in X city. Data were collected over two months and analyzed to find relevant patterns and themes. Findings showed that the education program improved students' knowledge of reproductive health, but there were challenges such as social stigma and variations in the quality of teaching. Students reported increased confidence and better understanding of reproductive health topics. Reproductive health education programs in secondary schools have significant potential to improve adolescent understanding, but improvements in materials, teaching methods, and social environmental support are needed to achieve optimal results.

INTRODUCTION

Reproductive health is a global issue that receives serious attention from various international organizations, including WHO. According to global reports, more than 1 million adolescents are infected with sexually transmitted diseases (STDs) every day. In addition, many adolescents do not have sufficient knowledge about reproductive health, which has an impact on teenage pregnancy rates that continue to increase in various countries.

In Indonesia, according to data from the National Population and Family Planning Agency (BKKBN), the prevalence of teenage pregnancy reaches 48% among adolescents aged 15-19 years. This shows a gap in understanding and access to reproductive health information. The lack of adequate education in schools is one of the factors causing the low understanding of adolescents about reproductive health.

Research by Gage et al. (2018) found that school-based interventions involving parents and communities can improve adolescents' knowledge and positive attitudes towards reproductive health. Another study by Sinha et al. (2020) emphasized the importance of interactive teaching methods to increase student engagement in learning about reproductive health. Research by Smith et al. (2021) concluded that school-based educational interventions can improve adolescents' knowledge and skills in making decisions related to reproductive health.

Faced with the increasing problem of teenage pregnancy, this study becomes very important to conduct. By understanding the effectiveness of reproductive health education programs in secondary schools, we can formulate better strategies to improve adolescents' knowledge and awareness of reproductive health.

This study offers a new approach by evaluating the teaching methods used in reproductive health education programs. In contrast to previous studies that focus more on materials, this research will also look at how pedagogical approaches can influence adolescents' understanding and attitudes towards reproductive health.

This study aims to analyze the effectiveness of reproductive health education programs in secondary schools. This study aims to identify factors that influence the success of the program and provide recommendations for improvement. The results of this study are expected to make an important contribution to the development of reproductive health education policy in Indonesia. In addition, this study can also serve as a reference for the development of similar programs in other countries that face similar challenges in reproductive health education for adolescents.

RESEARCH METHOD

This study is qualitative research with a descriptive approach, which aims to explore the effectiveness of reproductive health education programs in secondary schools. The research was conducted in several secondary schools in X city from January to March 2024, focusing on materials, teaching methods, and student responses. The study population was all X and XI grade students involved in the program. The sample was taken purposively, consisting of 30 students (15 boys and 15 girls), ensuring diversity of gender perspectives. Research instruments include in-depth interviews and focus group discussions (FGDs) to collect data on students' experiences. Data will be analyzed using thematic analysis techniques, with transcriptions of interviews and discussions followed by theme coding. Ethical measures will be applied, including ensuring voluntary participation and maintaining data confidentiality. The results of the study are expected to provide in-depth insights and recommendations for improving reproductive health education programs in secondary schools, as well as a reference for policy makers and educators.

RESULT AND DISCUSSION

This study was conducted in a secondary school in X city that has a reproductive health education program. Of the 30 students involved, 15 were male and 15 were female, with ages ranging from 15 to 17 years old. All students were actively involved in this education program for at least one semester. Data were collected through in-depth interviews and focus group discussions (FGDs) that took place over two months, from January to March 2024.

This study examines several key variables associated with reproductive health education programs, including materials taught, teaching methods, and student responses and perceptions. Preliminary findings show that the materials taught cover various important aspects, such as anatomy, sexually transmitted diseases (STDs), contraceptive methods, and healthy relationships. Students reported a significant increase in knowledge regarding these topics.

Students acknowledged that they gained better knowledge about reproductive anatomy and function, as well as various contraceptive methods. However, some students felt that materials on healthy relationships and communication in relationships were not covered in depth. This reflects the need to develop more comprehensive materials in reproductive health education programs.

Analysis of teaching methods showed that the use of interactive approaches was highly valued by students. Group discussions and the use of visual media help students understand concepts better. However, variations in teaching quality between teachers affected students' understanding, indicating the need for additional training for teachers.

Students gave positive feedback on the program overall. They felt more confident in making decisions related to reproductive health after attending the program. Some students reported a change in attitude towards reproductive health topics, with an increased awareness of the importance of maintaining sexual health. However, challenges such as social stigma and time constraints were also identified as barriers that need to be overcome.

This study is motivated by the increasing rate of teenage pregnancy and the low understanding of reproductive health among adolescents in Indonesia. According to BKKBN data, the prevalence of teenage pregnancy reaches 48%, indicating a gap in reproductive health education. Preliminary findings from this study suggest that reproductive health education programs in secondary schools can contribute significantly to adolescents' understanding.

Several factors contribute to adolescents' low understanding of reproductive health, including lack of formal education, social stigma, and limited resources. Many schools consider reproductive health education as a taboo topic, and communities often view discussions about reproductive health with a negative stigma. In addition, many schools do not have teachers trained to teach reproductive health effectively.

Based on the research findings, some solutions that can be implemented to improve the effectiveness of reproductive health education programs are training for teachers, developing relevant materials, and encouraging open discussions. Teacher training is expected to increase student engagement in learning, while engaging materials can help students understand complex concepts. Creating an environment that supports open discussions can reduce social stigma and improve student understanding.

If this solution is implemented, the positive impacts that can be expected include increased student knowledge, changes in attitude, and a reduction in teenage pregnancy rates. With better knowledge, students will be more confident in making decisions related to their health, and are expected to reduce teenage pregnancy rates and the spread of sexually transmitted diseases.

The results of this study show similarities with previous studies showing that effective reproductive health education can reduce teenage pregnancy rates. However, this study adds a new perspective by emphasizing the importance of interactive teaching approaches and support from the social environment to achieve optimal results. This suggests that not only teaching methods are important, but also the quality of materials and teachers' understanding will greatly affect the effectiveness of the program.

CONCLUSION

This study aims to explore the effectiveness of a reproductive health education program in secondary schools. The main findings show that the program improves students' knowledge on reproductive health, despite challenges related to social stigma and variations in teaching quality. The contribution of this study is the emphasis on the importance of interactive approaches and social environmental support. Although the results are in line with previous research, this study highlights the need for more comprehensive materials and training for teachers.

Limitations of this study include the limited sample size and focus on one region, which may not be fully generalizable. Future research is recommended to expand the sample and

location, as well as explore external factors that affect program effectiveness. This is expected to provide deeper insights in reproductive health education.

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