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Empowering Teenagers as Health Cadres on Reproductive Health Awareness in Bojonegoro, Indonesia

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ABSTRACT According to the World Health Organization WHO such health problems in adults are related to conditions or behaviours experienced in adolescence. Adolescent problems related to reproductive health include lack of knowledge about reproductive health. Youth cadres are the closest people who have characteristics in accordance with adolescents who can provide information to other adolescents according to problems regarding reproductive health. The purpose of this community service is to empower adolescents as health cadres in reproductive health awareness so that they can communicate, provide information and education on adolescent reproductive health knowledge. The methods used in this activity are lecture and question and answer methods, practice / demonstration of providing counselling, evaluation with pre and posttests. Benefits: This activity of empowering adolescent health cadres has a positive impact where adolescent students can have knowledge of reproductive health that has been given and can behave healthily and can convey information / education to peers about reproductive health. Main result is the average value of the Pre Test was 51.75% and the average Posttest was 82.88%. there was an increase in the knowledge of the trainees by 31.13%, the excellent value category was 73%. The average value of IEC was 84.38% with a very good value of 66.7%. The formation of 30 Adolescent Health Cadres, carried out for 3 days at Al Munawwar Bojonegoro Islamic Boarding School, the material presented is about adolescent reproductive health and prevention of reproductive diseases, the level of achievement of the target activities in the field in the form of knowledge and skills is good, cadre formation training activities can overcome partner problems that can increase students' knowledge and skills about adolescent reproductive health.

INDEX TERMS education programmed, adolescent health cadres, reproductive health

I. INTRODUCTION

HIV/AIDS cases in the work area of UPTD Puskesmas Dander in 2016 were highest in Kunci village with 2 cases, followed by Mojoranu, Ngraseh, Jatiblimbing and Ngunut villages with 1 case and four other villages (Dander, Sumberarum, Growok and Karangsono) with no HIV/AIDS cases. In 2017 the highest number of cases was in Ngraseh village with 3 people, followed by Growok village with 2 people, Dander and Kunci villages had 1 case while the other four villages (Mojoranu, Jatiblimbing, Sumberarum, Karangsono and Ngunut) had no cases. In 2019 the highest number of cases was in Kunci village 2, Ngunut 1, Ngraseh

HIV/AIDS cases in the Dander Health Centre area in the last 2 years have always been present. This needs serious

attention because HIV/AIDS will have a huge impact if not addressed. Among them is the decline in the welfare of the population, because people with HIV/AIDS are not able to work optimally, while most people with HIV/AIDS are productive age groups who are the foundation of the family economy[1][2]. In addition, the cost of treatment is also quite expensive, because people with HIV/AIDS have a decreased immune system so that they are susceptible to disease and until now there is no drug that can cure HIV-AIDS.HIV [3][4][5]-AIDS cases in children can also affect the quality of the younger generation in the future. Reproductive health is a state of complete physical, mental, and social well-being and not just the presence of disease or weakness, in all matters related to the reproductive system and its functions

and processes [6]. Reproductive health is the main capital to be able to produce the next generation of quality that will advance the nation. To obtain optimal healthy reproductive health, quality maintenance is needed as early as possible, namely since adolescence [7][8].

Adolescence is one of the most important periods in the human life cycle where there are dramatic changes in physical, sexual, psychological, and mental changes [9][10]. Community Health Services (PERKESMAS) is one of the Puskesmas Efforts that support the improvement of the degree of Public Health by combining nursing science/practice with Public Health through the support of the active role of the community prioritizing promotive and preventive services on an ongoing basis without neglecting curative and rehabilitative services in an instructive and integrated manner, aimed at individuals, families, groups and communities to participate in improving optimal human life functions so that they are independent in their health efforts. Adolescents at Al Munawwar Islamic Boarding School are one of the boarding schools that provide subjects that discuss the reproductive system and fiqh about reproductive health such as menstruation, istihadhah, jima, but for lessons on how reproductive health and how to prevent reproductive organ diseases they lack knowledge and information [11]. Often due to active activities in the boarding school, they forget to change their underwear. It is also not uncommon for them to wear outerwear (jeans) that are repeatedly worn, even though these pants allow germs to live. Ignorance of the importance of maintaining the health and hygiene of the reproductive organs is a problem. Often they are reluctant to ask questions because it is still considered a taboo. As a result, they have no awareness of the importance of maintaining the cleanliness and health of the reproductive organs. Seeing the above conditions, the author wants to provide knowledge about good personal hygiene to support reproductive health in adolescents, especially adolescents in the Al Munawwar Islamic boarding school.

The purpose of Community Service is to increase knowledge to adolescents about the function of reproductive organs, knowledge of how to care for and clean reproductive organs and provide information and understanding and awareness to maintain cleanliness and achieve reproductive health and provide information about HIV / AIDS. Community service with material on Introduction to the Reproductive System, Female Personal Hygiene, Male Personal Hygiene, Unwanted Pregnancy, STIs & HIV/AIDS is expected to provide information on reproductive health effectively, accurately and not cause excessive concern in adolescents [12][5][13]. Basic health services are expected to be able to become a familiar companion for adolescents, so that they can comfortably ask this and that about reproductive health [12][14]. This community service activity was carried out on the basis that the lack of sources and access to information about reproductive health in Pondok Pesantren Al Munawar, Kunci village, Dander sub-district, Bojonegoro district.,

II. METHODS

The target of community empowerment activities in the form of training activities and the formation of adolescent health cadres aware of reproductive health at Al Munawar Islamic Boarding School in Kunci Village, Dander District, Bojonegoro Regency totalling 30 people.

The method used in community empowerment activities in the form of counselling activities to adolescent health cadres at Al Munawar Islamic Boarding School, knowledge of the functions of reproductive organs, knowledge of how to care for and clean reproductive organs, provide information and understanding and awareness to maintain cleanliness and achieve reproductive health and information about HIV / AIDS is by lecture and question and answer methods, demonstrations, counselling practices, pre tests and post tests, The methods used in the implementation of this community service are lectures and questions and answers, demonstrations, counselling practices, pre tests and post tests, training is carried out offline for 3 days and a maximum of 4 hours of activity.

Training is carried out offline for 3 days and a maximum of 4 hours of activity. Health education is essentially an effort to deliver health messages to communities, groups, or individuals. With the hope that with the message, the community, group or individual can gain better knowledge (Notoatmodjo S, 2007).

There is conformity between facts and theory that training, which is one of the efforts of health education, can improve a person's knowledge and the high score also shows the seriousness of the participants in participating in the training..

III, IMPLEMENTATION

Education programmed participants conducted by 30 cadres (100%) of the training participants, each 1 cadre provides counseling to 3 teenage students in the AL Munawar boarding school, Kunci Village, Dander Subdistrict, so that the total number of teenage students who received counseling on adolescent reproductive health from the formed health cadres was 90 teenage students.

The method used in the implementation of this community service is the lecture and question and answer method, demonstration, counselling practice, pre test and post test, the training is carried out offline for 3 days and the maximum activity is 4 hours.

Implementation Method The steps that will be taken related to this training are:

1. The preparation stage, including:
 - a) Identification of problems in students' knowledge and understanding of reproductive health through pretest.
 - b) Analysing the problem to get the right solution to overcome the problem.
2. Implementation stage, including:

Training

 - a) Students are given materials on reproductive health

- b) Conducting practice/demonstration of counselling with their friends.
- c) The selected healthy reproductive youth cadres will have the task of providing counselling on reproductive health [15].
- e) Conducting guidance to the cadres of healthy reproductive youth [16].
- f) Evaluation and monitoring stages, conducting a guidance process for healthy reproductive youth cadres.



Figure 1
Opening of Pengabmas activities

The first day of activities on Tuesday 14 June 2022, was attended by the head of the boarding school, the head of the dander puskesmas, the key village midwife, the key village nurse, the key village head, the community service team and 30 youth participants who are students of Al Munawwar Islamic Boarding School.

The event began with the opening, remarks from the head of the boarding school, the head of the puskesmas, the village head and the head of the D3 Bojonegoro midwifery study programme.



Figure 2
Pre-test on counselling/communication, information, education (IEC)

After the opening ceremony, the second session began with the implementation of a pre-test on reproductive health material. By conducting a pre-test, I was able to find out the initial knowledge of female students about reproductive health before being exposed to counselling activities.



Figure 4
Delivery of Counselling/Communication, Information, Education (IEC) Materials

The third session continued with the delivery of material by Esti Yuliani on "Adolescent Reproductive Health". This material is related to the importance of reproductive health in adolescents in the modern era. The topic of the Adolescent Reproductive Health Programme is a topic that needs to be known by the community, especially adolescents, so that they have correct information about the reproductive process and various factors around them. With the correct information, adolescents are expected to have responsible attitudes and behaviours regarding the reproductive process. There are several points discussed by the speakers, namely [17][18];

1. Adolescent Reproductive Health
2. Adolescent reproductive organs
3. Psychological Changes in Adolescents
4. Problems in Adolescents

The first day ended with a question and answer session.

The second day of activities was held on Wednesday, 15 June 2022 starting at

On the second day, participants were interviewed on how much they had learnt from the material that had been explained yesterday and their interest in becoming healthy reproductive cadres [19]. If participants experience problems in understanding the material, they can ask the facilitator. So that the knowledge that has been understood can be disseminated to teenagers [20][21]. Furthermore, the second material was delivered by Mrs Aris Handayani as the head of community service.

Day 2 activities were given material about IEC, IEC techniques, IEC Media and Providing brochures to participants as a medium used to provide information and education to target counseling friends. In this counselling, in

addition to using the lecture method, I also use leaflet media, so that participants get reference reading media during



counselling to increase the effectiveness and efficiency of material delivery.

Figure 5

Delivery of Counselling/Communication, Information, Education (IEC) Materials



Figure 6

Delivery of Counselling/Communication, Information, Education (IEC) Materials

The 3rd material provided was about diseases of the reproductive organs, how to clean the vagina, HIV, anaemia and nutritional problems in adolescents, reproductive organs, how to clean the vagina [13]. Women with HIV disease, anaemia and nutritional problems in adolescents[13].



Figure 7

Illustrative lecture and demonstrative teaching techniques

Demostrative education activities are carried out with trainees who are carried out in turn using brochures



Figure 7

Pre-test on counselling/communication, information, education (IEC

After the demonstration activities and lecture illustrations were completed, a post-test was conducted to determine the knowledge of the participants whether the material presented could increase the knowledge of the participants. The results of the pre-test and post-test are used as material to determine whether the extension activities carried out are effective. This can also be used as a consideration in the next youth health service activities that will be continued.



Figure 8

Group photo marked with a joint commitment to carry out further activities

The service was attended by 30 teenage students at the Al Munawwar Islamic boarding school. The participants were quite happy and enthusiastic about the service programme. In the form of increasing the knowledge of adolescent girls about reproductive organ health[22][23]. The training materials are, a). Knowledge about reproductive organs, b) care of reproductive organs, c) how to wash hands to maintain personal hygiene before touching reproductive organs. In the question and answer session there were several questions asked by the participants, including, how to wash hands properly, safe food for reproductive organs, how to

perform proper and correct reproductive organ hygiene In this activity, several teaching aids in the form of pictures of reproductive organs were also shown, and brochures were also given that described specifically how to recognise reproductive organs and their care.



Figure 8

Closing ceremony by the Head of Dander Health Centre

Remarks from the head of the puskesmas, the educational activities held at the Al Munawwar boarding school are positive activities as a step in preventing negative adolescent behaviour.

Adolescent girls are future mothers who must be prepared early on to get healthy reproduction. And activities will be continued through monitoring and evaluation from the health centre as PKPR (Youth Care Health Services) activities.

The health counselling carried out has been able to empower adolescents because it provides knowledge about health that adolescents need in order to live healthier and cleaner and prevent bad possibilities in adolescence [20][24].

Education programs are efforts made to encourage behaviour change in individuals, groups, communities, or societies so that they know, want, and are able to solve the problems they face. (Aminah, S, 2007). Health development aims to increase awareness, ability and willingness to live healthy for each population in order to realise the highest degree of health. The community is expected to be able to play a role as a health development actor in maintaining, maintaining and improving health status.

III, RESULT

1. ESTABLISHMENT OF REPRODUCTIVE HEALTH AWARENESS YOUTH HEALTH CADRES

There have been formed Adolescent Health Cadres aware of Reproductive Health at Al Munawwar Islamic Boarding School in Kunci Village, Dander District, Bojonegoro Regency, June 2022 as many as 30 people All participants

attended for 3 days of training, the attendance rate of participants: 100%.

PARTICIPANT KNOWLEDGE

Evaluation of participants' knowledge using pre test and post test.

Table 1

Pre Test and Post Test Knowledge of Adolescent Reproductive Health at Al Munawwar Islamic Boarding School in Kunci Village, Dander, Bojonegoro Regency, June 2022.

No	Score	Pre Test	Post Test	Description
1	Lowest	20	70	Increased
2	Highest	75	100	Increased
3	Average	51,75	82,88	Increased

Table 1

P0st Test and Post Test Knowledge of Adolescent Reproductive Health at Al Munawwar Islamic Boarding School in Kunci Village, Dander, Bojonegoro Regency, June 2022

No	Description	Frequency	%
1	Very good (79-100)	22	73,00
2	Good (68-78)	8	27,00
3	Fair (55-67)	0	0,00
Total		30	100,00

IEC (COUNSELLING) SKILLS OF PARTICIPANTS

Table 4.3

Lowest, Highest, and Average Scores of Extension Skills on Reproductive Health in Adolescents at Al Munawwar Islamic Boarding School in Kunci Village, Dander, Bojonegoro Regency in June 2022

No	Description	Score
1	Lowest	75
2	Highest	90
3	Average	84,38

Tabel 4

Category Score of Reproductive Health Counselling Skills for Adolescents at Al Munawwar Islamic Boarding School in Kunci Village, Dander District, Bojonegoro Regency, June 2022

No	Description	Frequency	%
1	The Best (79 -100)	20	66,7
2	Good (68 – 78)	10	23,3
3	Fair (50 – 67)	0	0
Total		30	100

A Joint Commitment to Support and Succeed the Training and Establishment of Reproductive Health Aware Adolescent Health Cadres at Al Munawwar Islamic Boarding School in Kunci Village, Dander District, Bojonegoro, June 2022.

This training resulted in a Joint Commitment in Supporting the Success of Training and Establishment of Adolescent Health Cadres for Reproductive Health Awareness in Al Munawwar Islamic Boarding School in

Kunci Village, Dander District, Bojonegoro Regency, June 2022. This joint commitment was signed by the Head of the Dander Health Centre, the Head of the Islamic Boarding School and Lecturers, Midwives in the village of Kunci Kec. Dander, and all training participants consisting of 30 Adolescent Health Cadres..

V DISCUSSION

A. KNOWLEDGE

Based on Tables 1 and 2, it can be seen that there is an increase in the lowest, highest, and average scores of trainees' knowledge and most post test scores are in the very good category. Reproductive health education is essentially an effort to deliver health messages to communities, groups, or individuals. With the hope that with the message, the community, group or individual can gain better knowledge. There is conformity between facts and theory that training, which is one of the efforts of health education, can increase a person's knowledge and the high score also shows the seriousness of the participants in participating in the training.

B. SKILLS (IEC) COUNSELLING PARTICIPANTS ON REPRODUCTIVE HEALTH IN ADOLESCENTS

Based on table 3, counselling was conducted by 30 (100%) training participants, each of whom provided counselling to 3 teenagers at the Al Munawar Islamic boarding school in Kunci village, Dander sub-district, so that the total number of teenagers who received counselling on reproductive health from the health cadres formed was 90 teenagers.

Extension is an effort made to encourage behaviour change in individuals, groups, communities, or societies so that they know, want, and are able to solve the problems faced [25]. Health development aims to increase awareness, ability and willingness to live healthy for each population in order to realise the highest degree of health. The community is expected to be able to play a role as a health development actor in maintaining, maintaining and improving their own health status and playing an active role in realising public health [26].

Training participants / adolescent health cadres voluntarily provide counselling to the closest family from the place of residence, because the material provided is new material and is needed by adolescents, especially about reproductive health.

C. FOLLOW-UP TRAINING

Monitoring and evaluation of the follow-up of this training was carried out on 1 July 2022 by the committee with the result that all trainees / Adolescent Health Cadres are aware of Reproductive Health at Al Munawar Islamic Boarding School in Kunci Village, Dander District, Bojonegoro Regency, each cadre that has been formed provides counseling to 3 adolescent students in the Al Munawar Islamic Boarding School environment, so that adolescents who are given counseling from health cadres are 90 adolescents.

The Supporting Factors for this training are as follows: high support from the Head of Dander Health Centre, and the Coordinating Midwife, Health promoter officers from Dander Health Centre, Village Health Officers as well as the Head of Kunci Village, Dander District, Bojonegoro. Discipline Orderliness and high interest from the training participants. Monitoring and supervision from the Poltekkes Kemenkes Surabaya team.

The inhibiting factor of this training is that the training room is in a classroom with more than 30 participants, causing the place to be somewhat less spacious and appear cramped, and there is noise disturbance from outside the room that interferes with activities, the limited time to provide more complete material. the situation is still in a pandemic condition, so the implementation team is less flexible in conducting evaluation and monitoring [25].

VI CONCLUSION

The purpose of this community service is to improve the knowledge and skills of youth cadres through training and the formation of reproductive health awareness youth cadres at Pondok Pesantren Al Munawar Kunci Village, Dander Kab. Bojonegoro. After the provision of Health Education, the results of activities in the form of Increased knowledge obtained Pre test and Post test scores obtained The average value of the Pre Test is 51.75 and the average Post test is 82.88, there is an increase in knowledge of 31.13% trainees, on Skills in Counseling or IEC on Adolescent Reproductive Health obtained The average value of IEC is 84.38 and the results are 66.7% very good results. The next service is expected to evaluate the results of the youth cadre on awareness of reproductive health. Suggestions for further community service are about the role of adolescents in socialising the ability to prevent abnormalities, diseases caused by reproductive disorders so that it can affect adolescent health in preparing for pregnancy and childbirth.

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