

Original Research Article

EFFECTIVENESS OF REPRODUCTIVE HEALTH CARD ON ADOLESCENTS' UNDERSTANDING OF THE TRIAD KRR

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Abstract

Background: Adolescence is a transition period from childhood to adulthood. Adolescents' physical and psychological changes develop in line with their curiosity about the changes they are experiencing. The changes experienced by teenagers will not be a nuisance if teenagers understand the changes that occur in their bodies. In connection with changes in adolescents, the problem that often occurs is the Three Basic Threats to Adolescent Reproductive Health (TRIAD KRR).

Objective: The aim of the research was to determine the effectiveness of the Reproductive health card on adolescents' understanding of TRIAD KRR.

Method: This research design was quasi-experimental with one group pre-test and post-test design. In this study, research subjects were first given a questionnaire as a pretest to determine students' initial understanding before being given education about TRIAD KRR using a reproductive health card. After the pre-test, the students were then given education about TRIAD KRR using a reproductive health card. Next, the students were given a final test (posttest) to find out the extent of their understanding of TRIAD KRR using a reproductive health card.

Results: The results of the study showed that there was an increase in students' understanding of TRIAD KRR after being given reproductive health card educational media.

Conclusion: Reproductive health card educational media has an impact on increasing students' understanding of TRIAD KRR. The Wilcoxon test obtained a value of $p = 0.002$ ($p < 0.05$), statistically confirming that educational media has a better impact.

Keywords: *Adolescents, TRIAD KRR, Reproductive Health*

INTRODUCTION

Adolescence is a transition period from childhood to adulthood. According to WHO (2022), adolescence is a phase between childhood and adulthood in the age range

between 10 and 19 years. According to the Central Statistics Agency Data (2022), the number of adolescents aged 10-19 years reached 44,252,201. Adolescence is the largest age in Indonesia. Adolescents are the next

generation of the nation, the backbone of the country. Adolescents and their problems are important issues today. The number of adolescents is very large, namely 64 million people or around 27.6% of the population of Indonesia (Kemenkes RI, 2015) causing teenagers to need great attention in their development. According to the Teenage Profile of 270,230,917 residents in Indonesia, 2/3 are of productive age (UNICEF, 2021).

Adolescent reproductive health is a person's condition both physically, socially and spiritually free from diseases related to reproductive organ health problems. A person's reproductive health condition begins from adolescence, marked by the presence of menarche (first menstruation) in adolescent girls or the occurrence of the first ejaculation of semen (wet dreams) in adolescent boys, including overall health related to the reproductive organs, functions, processes, and systems of puberty. Healthy does not only mean the absence of disease or disability, but also physical, mental and social well-being (Mulyani, 2020).

Problems that occur in adolescents due to changes in both physical and psychological. Physical and psychological changes in adolescents develop in line with their curiosity about the changes they experience. Changes experienced by adolescents will not be a disturbance if adolescents understand the changes that occur in their bodies. Related to changes in adolescents, problems that often occur are the Three Basic Threats to Adolescent Reproductive Health (TRIAD KRR). Currently, there are still many reproductive health problems in adolescents that are included in the TRIAD KRR. One of the causes is the ignorance of adolescents about the TRIAD KRR and the disorders and impacts that occur if adolescents do not maintain their reproductive health properly.

Objective(s): to determine the effectiveness of the Reproductive Health Card on adolescents' understanding of the TRIAD KRR. This study is expected to open

adolescents' insights about the TRIAD KRR and can be useful for all students at SMK Kartika IV-1 Malang.

METHODS

Study Design

The design of this study was quasi-experimental with one group pre-test and post-test design. In this study, the subjects were first given a questionnaire as an initial test (pretest) to determine the students' initial understanding before being given education about the TRIAD KRR using a reproductive health card. After the pre-test, the students were then given education about the TRIAD KRR using a reproductive health card. After completing the education, all students were given a final test (posttest) to determine the extent of their understanding of the TRIAD KRR using a reproductive health card.

Setting

The research implementation period is November 2024 – January 2025. The research location is at SMK Kartika IV-1 Malang, Jl. Terusan Kesatrian No.1 A, Kesatrian, Blimbing District, Malang.

Sample

The population in this study were 111 students of class XII of SMK Kartika IV-1 Malang.

The sample in this study was taken using the Slovin formula, with a total of 50 respondents.

This study used inclusion criteria and exclusion criteria. Inclusion criteria are criteria that must be met by each member of the population that can be taken as a sample (Notoatmojo, 2010), namely: respondents are students of class XII of SMK Kartika IV-1 Malang, in good health, willing to be respondents. While exclusion criteria are criteria that do not meet the requirements as research samples (Notoatmodjo, 2010), namely students who are unable to attend or are sick during the research.

Instrument

The research instrument is a questionnaire that has been tested for validity and reliability. The educational media used is a reproductive health card.

Data Analysis

Data analysis consists of univariate analysis and bivariate analysis. Based on the variables studied, univariate analysis is used to determine the characteristics of respondents, namely age and gender. These variables are displayed in table form. The bivariate analysis is the effectiveness of reproductive health card education media on understanding TRIAD KRR is a research hypothesis, and is shown using bivariate analysis. Factors related to the level of understanding are educational materials on the reproductive health card. The data obtained will be tabulated and analyzed using the Wilcoxon test if the probability (Asymp.Sig) <0.05 means effective, and if the probability (Asymp.Sig) >0.05 means ineffective. The data is processed using the SPSS 26 program.

Ethical Consideration

Research is an effort to find the truth about all events that occur in the surrounding environment methodically and objectively regarding human existence, according to Notoatmodjo (2012). Research can be conducted through ethics: Informed Consent, anonymity, justice and veracity, balancing harm and benefit.

RESULTS

The results of the study are presented using univariate and bivariate analysis to examine the Effectiveness of Reproductive Health Cards on Adolescents' Understanding of the KRR Triad at SMK Kartika IV-1 Malang. Univariate analysis includes a basic description of the research location, characteristics of respondents including age, gender, level of understanding of the KRR TRIAD before and after receiving educational media in the form of

a Reproductive Health Card. While bivariate analysis provides a descriptive explanation of the level of understanding of the KRR TRIAD before and after receiving educational media in the form of a Reproductive Health Card.

Table 1. Distribution of Respondents Based on Age

Age (years)	Respondents	
	f (n)	%
17	22	44
18	25	50
19	2	4
20	1	2
Total	50	100

Table 1 shows that the distribution of respondents based on age, the largest number is 25 people aged 18 years (44%) and 1 person aged 20 years (2%).

Table 2. Distribution of Respondents Based on Gender

Gender	Respondents	
	f (n)	%
Male	5	10
Female	45	90
Total	50	100

Table 2 shows that the distribution of respondents based on gender, the largest number was 45 women (90%) and 5 men (10%).

Table 3. Level of Understanding Pretest

Level of Understanding	Respondents	
	f (n)	%
Not enough	43	86
Enough	7	14
Good	0	0
Total	50	100.0

In table 3, it can be seen that the level of understanding of students about TRIAD KRR before being given educational media in the form of Reproductive Health Cards, had a sufficient level of understanding for 7 people

(14%) and a poor level of understanding for 43 people (86%).

Table 3. Level of Understanding Posttest

Level of understanding	Respondents f (n)	%
Not enough	0	0
Enough	29	58
Good	21	42
Total	50	100

In table 4.4, it can be seen that the level of understanding of students about TRIAD KRR after being given educational media in the form of Reproductive Health Cards, had a good level of understanding of 21 people (42%) and a poor level of understanding of 29 people (58%).

Table 4. Wilcoxon Test

Level of Understanding Pre Test	Level of Understanding Post Test			Significant value
	Not enough	Enough	Good	
Not enough	43	21	29	
Enough	7	-	-	0.002
Good	-	-	-	

The results of the data in table 4.5 obtained the results of the Wilcoxon Signed Rank Test is 0.002 ($p < 0.05$), so it can be concluded that there is an effectiveness of reproductive health card education media on the level of understanding of TRIAD KRR in class XII students of SMK Kartika IV-1 Malang. The test data shows that providing reproductive health card education media is very effective in increasing understanding of TRIAD KRR in class XII students of SMK Kartika IV-1 Malang.

DISCUSSION

This study provides results that the reproductive health card educational media has been proven effective in increasing the understanding of grade XII students of SMK Kartika IV-1 Malang about TRIAD KRR. This study is also in line with previous studies where

there is a relationship between knowledge about reproductive health and reproductive health maintenance. In implementing this study, researchers have limited time in providing reproductive health card educational media.

CONCLUSION

It can be concluded that reproductive health card educational media has an impact on improving students' understanding of the TRIAD KRR. The Wilcoxon test obtained a p value = 0.002 ($p < 0.05$), statistically confirming that educational media has a better impact.

SUGGESTION

It is recommended that researchers increase literacy and information about TRIAD KRR for deeper understanding. Expand the number of respondents and research locations, so that understanding of TRIAD KRR can continue for further research.

AUTHOR CONTRIBUTION

Yuliyani: Chief researcher

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