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Module and Youth Reproductive Health Videos to Prevent Unwanted Pregnancy Freike Sofie Nonce Lumy\*, Sesca Diana Solang\*, Robin Dompas\* ABSTRACT The incidence of unwanted pregnancy in Indonesia as much as 7% of pregnancies. Adolescent reproductive health status in North Sulawesi is Low Performance, meaning that the Province with a high level of ability to have children among women aged 15-19 years. Students' knowledge and abilities are still limited so guidance and guidance is needed through reproductive health counseling.

Data from the Manado City Health Office in 2017 that the number of teenage pregnancies (15-19 years) in the working area of the Tuminting Health Center as many as 113 people there were 17 people with Chronic Energy Deficiency (KEK) who were at risk of complications during pregnancy, childbirth and the puerperium thereby increasing morbidity and mortality rates mother. There was 1 case of a pregnant student dropping out of school at Manado's Third Public High School.

The purpose of this study is to analyze the influence of Adolescent Reproductive Health modules and videos to prevent the occurrence of Unwanted Pregnancy. This type of analytic study with an experimental approach uses a one shot case study pattern that is carried out in One-Group Pretest - Posttest. The time of the study is June to November 2018 in Manado State III High School.

The population was all students in grade 10 and grade 11 totaling 343 people with a sample of 78 respondents taken by Proposional Random Sampling. The method of data collection was carried out pre-test by giving questionnaires and then treated with modules and adolescent reproductive health videos and post tests with the same type of test. Data analysis using Paired Sample t Test. Result: There is a difference in

respondent's knowledge before and after the intervention.

There was no difference in the attitude of the same respondents before and after the intervention of the Adolescent Reproductive Health module and video was given to prevent unwanted pregnancies. Suggestion: Principals and BK Teachers work together to improve and optimize PIK-KRR services using modules and videos in the implementation of education and counseling on Adolescent Reproductive Health to prevent unwanted pregnancy with more interactive and interesting methods.

Keywords: Module; Video, Adolescent Reproductive Health INTRODUCTION Sex and reproductive health (reproductive health) is one of the important issues in the process of adolescent growth and development. Teenagers need correct information about sex and reproductive health. But in reality access to appropriate sources of information about it is still limited. Knowledge about sexuality and reproductive health will affect sexual behavior.

It can also be driven by the level of sexual development and motivation. Differences in sexual maturity will result in different sexual behaviors, while feeling happy, safe, and earning money can be a person's motivation for behavior. In addition to these internal factors, sexual behavior is also influenced by external factors, namely communication within the family, relationships, and mass media that affect a person's sexual behavior<sup>1,2</sup>.

The incidence of unwanted or unwanted or unintended pregnancies is estimated to occur in more than 40% of pregnancies worldwide. It is proven that every year around the world as many as 21.6 million women experience unsafe abortions, and 18.5 of them occur in developing countries. Unsafe abortion accounts for 13% of all maternal deaths, around 47,000 women die from complications from unsafe abortion each year.

Pregnancy events are not expected in Indonesia as much as 7% of pregnancies<sup>3</sup>. Indonesia is a densely populated, diverse and geographically dispersed country. Data from the IYARHS (Indonesian Young Adult Reproductive Health Survey) in 2002, 2007 and 2012 there were 9 provinces selected based on fertility rates among adolescents aged 15-49 years and the average age of marriage in each Province, that in North Sulawesi the percentage of women aged 15-19 who already have children is 3 out of 9 Provinces (15.0%), the average age at marriage among women aged 25 - 49 years is 2 of 9 selected Provinces (22.0%) so that the status adolescent reproductive health in North Sulawesi, namely Low Performance, meaning Provinces with high levels of ability to have children among women aged 15-19 years and low average marriage age among women aged 25-49 years<sup>4</sup>.

Data from the National Family Planning Coordinating Board (BKKBN), the ratio of early marriage in urban areas in 2012 was 26 out of 1000, whereas in the analysis of the 2015 Intercensal Population Survey (SUPAS) from BKKBN, the number of marriages in urban areas was lower than in rural areas. For the 15-19 year age group the difference is quite high at 5.28% in urban areas and 11.88% in rural areas.

The age of the first marriage is one of the indicators of population, related to fertility. The age of the first marriage is an indicator of the start of a woman's life having the opportunity to get pregnant and give birth. Thus marriages at a young age will have a longer time span to get pregnant and give birth than women who marry at an older age.

Riskesdas data for 2010, in general, can be seen that the average age of first marriage is 20 years of age, but if observed the percentage according to the age group of the first marriage shows that there were marriages at the age of 10-19 years 46.7%<sup>1,2</sup>. Data from the 2015 PMA (Performance Monitoring and Accountability 2020) survey results in East Indonesia that were attended by researchers included Central Kalimantan, South Kalimantan, East Kalimantan, North Sulawesi, Central Sulawesi, South Sulawesi, Southeast Sulawesi, Gorontalo, Sulawesi West, Maluku, North Maluku, West Papua, Papua obtained CPR (Contraceptive Prevalence Rate) or the prevalence of contraceptive use for all methods namely 61.1%, TFR (Total Fertility Rate) or birth rate of 2.3%, unwanted pregnancy 48.4%, unmet need (family planning needs not met) which is 14.4%<sup>5</sup>.

Data from the Manado City Health Office in the 2016 maternal health report, that there were 16 districts including Mahawu Tuminting District consisting of 10 districts included in the working area of Tuminting Public Health Centre obtained the number of teenage pregnancies (15-19 years) namely 19 people and 17 people including Less Energy Chronic (KEK) Upper Arm Circumference of less than 23.5

cm which can cause anemia in pregnant women and complications can occur during pregnancy, childbirth and the puerperium thereby increasing the morbidity and maternal mortality. The Reproductive Health Module to prevent unwanted pregnancy is the basis of the modules which are a series of Adolescent Reproductive Health Modules, early marriage, Sexually Transmitted Diseases, existing teenage sexuality through a process of ongoing mentoring education delivered by the facilitator to the participants namely students High School (SMA).

School age is a golden period to instill the values of Healthy and Clean Behavior (PHBS), especially Reproductive Health and has the potential as an agent of change to promote

PHBS particularly Reproductive Health both within the school, family and community. However, students' knowledge and abilities in this matter is limited so guidance and guidance is needed through adolescent reproductive health counseling activities.

Manado State III High School is a BKKBN target site located in the working area of the Tuminting Community Health Center in Manado, North Sulawesi Province, which implements adolescent reproductive health programs. The preliminary survey results obtained data that the average class 10 and 11 students have menstruated and are at risk of becoming pregnant and giving birth where in 2017 there were 1 cases of pregnant students dropping out of school.

The results of the identification of students who received the intervention consisted of Grade 10 and 11 students totaling 343 students. Based on this description the author was interested in conducting research namely "Modules and Videos on Adolescent Reproductive Health To Prevent Unwanted Pregnancies in Manado State III High School".

This study generally aims to analyze the influence of Adolescent Reproductive Health modules and videos to prevent unwanted pregnancies in Manado State III High School. In line with these general objectives, this research is specifically carried out with the aim of: 1). Knowing students' knowledge before and after the intervention 2). Knowing the attitude of students before and after the intervention 3).

Analyzing the difference in knowledge before and after the intervention 3). Analyzing differences in attitudes before and after the intervention of Teenage Reproductive Health Module and Video to prevent unwanted pregnancy in Manado III High School.

This research is expected to provide benefits for PIK-KRR Managers as input in improving the quality of PIK-KRR services in schools and adolescent groups to increase knowledge and attitudes towards reproductive health to be manifested in daily behavior. MATERIAL AND METHODS This type of research is used pre-experimental with the One-Group Pretest-Posttest approach.

This model aims to determine the effect of the treatment given to the group, namely the influence of modules and videos on knowledge and attitudes of adolescent reproductive health to prevent unwanted pregnancy. in Manado State III High School, Tumumpa Village, Tuminting District, Manado City. The population in this study were all students in grade 10 and grade 11 totaling 343 people.

The sampling technique used the Riduwan (2010) formula of 78 students taken by

**Proportional Random Sampling.** Data Collection Method is a preliminary step carried out pre-test through questionnaires to determine the knowledge and initial attitudes of respondents about adolescent reproductive health.

The next stage was given treatment / intervention for respondents with a video display and respondents received modules / pocketbooks on adolescent reproductive health so that respondents can relearn and can be used as guidelines in optimizing their reproductive health. To evaluate **the success of the** module treatment and adolescent reproductive health videos, a final evaluation was carried out through a post test with the same type of test to determine changes in knowledge and attitudes towards reproductive health that were carried out after the treatment.

The analysis was carried out to see the **difference before and after treatment** using the Sample Paired t Test with the chosen significance value of 5% or 0.05. RESULTS Overview of Research Locations Manado State III High School is located at Jalan Pogidon 13, Tumumpa Sub-District, Tuminting Sub- District, Manado City of North Sulawesi Province, has 1043 students with 55 permanent teaching staff, 1 non-permanent teacher and 12 teaching staff.

The existing facilities and infrastructure consist of: 1 Principal's room; 1 Administrative space; 1 teacher's room; 27 Classroom / theory; 2 Science Laboratory Room; 2 Computer room; 1 Language Laboratory Room; 1 library room; 1 Cooperative space; 1 Student Council Room; 2 warehouse space; 6 Bathroom / WC room; 1 BKLK practice room; 1 Data Space; 1 Hall Building; there is also a basketball court facility that allows students **to do extracurricular activities** in the school environment.

Overview of Respondents An overview of the characteristics of respondents **can be seen in table** 1 below: Table 1. Distribution of Respondents by Characteristics in Manado State III High School in 2018 Variable n (n=78) % Gender : Male Female 28 50 36 64 Residence : Parents Family (Oma,Opa,Auntie,Uncle,Cousin) Boarding House 65 11 2 83 14 3 Father's occupation : TNI Private Civil servants Sailor Farmers Construction Workers Laborers 2 32 8 7 3 16 10 3 41 10 9 4 20 13 Mother's Occupation: Housewife Private Civil servants Pastor Farmers entrepreneur 64 6 4 2 1 1 82 8 5 3 1 1 Social economy : Table 1 shows that the **majority of respondents were** male with 64%, the **majority of respondents were** living with parents 83%, the occupation of the respondent's father was 41% private, the **majority of respondents were** unelo( usew ,sobig meornde's es nt= 824,whicis and as many as 37% of respondents already have a boyfriend and most respondents yes use the internet as much as 76%.

Knowledge and attitudes of respondents **before and after the** treatment of modules and

adolescent reproductive health to prevent unwanted pregnancy in Manado State III High School. can be seen in table 2 below: Table 2. Knowledge and Attitude of Interpretation Pretest and Posttest Intervention in Manado State High School III 2018

Variable	Pre-test n=78 %	Post-test n=78 %
Knowledge Good	38 40 49 51	44 34 56
Knowledge Less	44	44
Attitude Positive	35 43 45 55	4 5 33 60
Attitude Negative	44	40

Based on table 2 it can be seen that respondents knowledge before intervention (Pretest) knowledge is lacking as much as 51% and after intervention (Post test) an increase in respondents' average knowledge is good knowledge that is 56%.

The results showed there was an increase in respondents' knowledge before and after health promotion was given about adolescent reproductive health. The attitude of the respondents before the intervention (Pretest) on average has a negative attitude as much as 55% and after the intervention (Posttest) there is a change in the attitude of the respondent most have a positive attitude that is 60%.

The results showed there were changes in attitude before and after the intervention was given about adolescent reproductive health. Differences in Adolescent Reproductive Health Knowledge to Prevent Unwanted Pregnancy before and after the intervention in Manado State III High School conducted a statistical test using the Paired Sample t Test by reading the mean values as follows: Table 3.

Differences in Adolescent Reproductive Health Knowledge to Prevent Unwanted Pregnancy Before and after the intervention in Manado State III High School in 2018. n Mean Std.Deviasi p Pre-Test 78 45,49 2,167 0,002 Post-Test 78 46,47 2,196 Table 3 shows the results of the Paired Sample t Test analysis obtained the average value of respondents' knowledge before being given an intervention of 45.49 and after the intervention increased by 46.47. Statistical test results obtained significance value  $p = 0.002 < 0.05$ .

This shows that there is an increase in knowledge of respondents before and after the intervention of modules and videos on Adolescent Reproductive Health to Prevent Unintended Pregnancy in Manado State III High School. Differences in Adolescent Reproductive Health Attitudes result in changes in attitude before and after the intervention carried out statistical tests using Paired Sample t Test by reading the mean values of table 4 as follows: Table 4.

Differences in Adolescent Reproductive Health Attitudes to Prevent Unintended Pregnancy in Manado State High School III 2018. n Mean Std.Deviasi p Pre-Test 78 75,88 6,156 0,865 Post-Test 78 75,77 6,670 Table 4 shows the results of the Paired Sample t Test analysis obtained the average value of the attitude of the respondents before being

given an intervention of 75.88 and after being given a fixed of 75.77. Statistical test results obtained significance value  $p = 0.865 < 0.05$ .

This shows that respondents have the same attitude before and after the intervention of Module and Video on Adolescent Reproductive Health to prevent unwanted pregnancies in Manado State III High School. DISCUSSIONS The results obtained are characteristics of respondents in Manado State III High School include gender, residence, father's occupation, mother's occupation, socioeconomic, dating status and internet use.

Gender most respondents are women as much as 64%, Parents' monthly Rp 824, as the work of fathers is private as much as 41% and the majority of the work of mothers do not work (Housewives) amounted to 82% and the majority of residence with parents as much as 83% so that both parents easily control the development of the attitude of their children. Parents have a big role and responsibility for adolescent development.

Parental role models come from life in the household's internal environment, for that parents must give broad attention to adolescent development, especially in association so as not to fall into promiscuity which results in unwanted pregnancy. has had a boyfriend as much as 37%. Dating is one of the causes of the desire to have premarital sex.

This is supported by Setyawati's research (2015) which says that teenagers who already have a boyfriend have a tendency to seek attention from his girlfriend and if their relationship is too close then it is possible to fall into risky behavior of unwanted pregnancy. Most of the respondents said that using the internet totaling 76%.

The influence of information sources obtained from mass and electronic media is a factor that encourages adolescents to have sexual relations, namely the ease of teenagers accessing erotic images through the internet, television, films, magazines, books and other media. The ease of accessing negative internet information such as pornographic content raises stimuli that can trigger adolescent sexual behavior deviates so that adolescents are trapped in unhealthy sexual behavior and the impact of sex that is at risk of promiscuity that causes teenage pregnancy.

Access to information on adolescent reproductive health is very influential, so an understanding of the use of information technology on adolescents, especially sexual behavior, is necessary so that the risk of free sex is avoided because of the awareness that exists in adolescents. Knowledge can be influenced by education, media and information exposure.

Health education as part of health promotion is indeed needed as an effort to increase awareness and knowledge as well as attitudes and actions. Therefore, efforts are needed to supply and deliver information using media such as modules and videos. The meaning of counseling is the provision of information and information, so after health education is conducted there should be an increase in knowledge by the community. The effectiveness of health education is determined by several factors including extension factors, target factors and process factors.

The occurrence of receiving information from each individual at the time of counseling is influenced by the target factors, where this comes from the five senses, capture power and memory and is influenced by the characteristics of the respondent so that when counseling takes place the respondent may not pay much attention to the messages conveyed. The results of the study obtained an average knowledge of respondents before the intervention (Pretest) of 45.49 and after the intervention (Post-test) an increase in knowledge that is 46.47 with a value of  $p = 0.002$ .

This shows that there was an increase in respondent's knowledge before and after the module was given intervention in adolescent reproductive health. Knowledge about reproductive health is the ability of understanding of the respondents regarding matters related to reproductive health. The similarity of reproductive health knowledge before and after the intervention is influenced by several factors including the material received relatively briefly.

The material includes knowledge of reproductive health which is only limited to introduction so it can be said that all students do not get the opportunity to read and study modules more fully. In addition, the activeness of respondents is still lacking in listening to the information conveyed. According to Notoadmojo, information obtained from various sources affects a person's level of knowledge.

If someone gets a lot of information then that person tends to have broader knowledge. Good knowledge of respondents can also be influenced by the environment. Knowledge of adolescent reproductive health can be influenced by factors of age, socioeconomic, social environment / peers as the results of this study indicate 37% of respondents already have a boyfriend and most of them use the internet amounting to 76%.

In their daily activities respondents make contact with other people such as friends so that through this relationship someone gains knowledge and experiences the learning process. The existence of fast internet access through mass media such as television and the internet brings extensive information. The ease of getting information brings

negative and positive impacts for adolescents. The positive impact is that knowledge is easily obtained.

Various shows and information such as free sex are easily obtained. The inclusion of information to adolescents along with the values contained therein influences adolescent self-change. This is supported by the theory of Notoadmodjo<sup>6</sup> saying that the environment influences knowledge into individuals who are in that environment.

This happens because of reciprocal interaction or not that is responded to as knowledge by each individual. The result of this low adolescent knowledge research is also supported by research conducted by Kusyogo Cahyo, et al<sup>7</sup> which states that the average knowledge of adolescents in the medium category is 55.4% regarding Adolescent Reproductive Health.

Health education is expected to provide and increase knowledge which can further influence attitudes and behaviors of caring for and improving adolescent health. Respondents' attitude before intervention (Pretest) averages of 75.88 and after intervention (Post-test) the attitude of respondents remains the same at 75.77 with a value  $p = 0.865$ .

The results of the study showed that there were no differences in the attitude before and after the administration of the module and adolescent reproductive health videos to prevent unwanted pregnancy. Attitude is a tendency to respond to an object (stimulus) in the form of feelings of impartiality or impartiality through interaction<sup>8</sup>. Adolescent attitudes towards healthy reproductive health practices to prevent unwanted pregnancies are impartial or not supportive towards the object (stimulus), because the attitude will manifest an action depending on the current situation and one's experience refers to the experience of others.

According to the theory put forward by Fudyartanta (2012) in Wahyuni Sri<sup>9</sup> that the teenage period is a very important period to be given positive education. In this phase changes occur both physically, psychologically and socially. Physical development that is fast and rapid mental development makes adolescents have a high sense of curiosity.

The globalization effect has a major influence on adolescent development. All these developments lead to the need for mental adjustment, attitudes and interests towards something that is considered new by teens. These results are in line with research conducted by Kusyogo Cahyo, et al<sup>7</sup> which states that most adolescents show a 61% supportive attitude regarding Adolescent Reproductive Health and Manisrilyati<sup>10</sup> research shows that most respondents have a good attitude towards the prevention of

Unwanted Pregnancy (61.7%).

CONCLUSION There is a difference in respondent's knowledge before and after the intervention. There was no difference in the attitude of the same respondents before and after the intervention of the Adolescent Reproductive Health module and video was given to prevent unwanted pregnancies. SUGGESTION Principals and BK Teachers work together to improve and optimize the application of PIK-KRR services using modules and videos in the implementation of education and counseling on Adolescent Reproductive Health to prevent unwanted pregnancy with more interactive and interesting methods.

Modules and videos on Adolescent Reproductive Health information sources are expected to be disseminated to all students in Manado III High School so that they can increase knowledge and form positive attitudes of students to prevent unwanted pregnancy. REFERENCES 1. Kemenkes RI, 2017a, Buletin SDM Kesehatan, Save our children with seks education, Edisi Februari 2017, Jakarta, ISSN : 02116 -3594) 2.

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