

## CORRELATION BETWEEN KNOWLEDGE OF ADOLESCENT REPRODUCTIVE HEALTH WITH TEEN PREGNANCY PREVENTION

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### ARTICLE

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### Abstract

*Risky sexual behavior among adolescents in various provinces increased due to the lack of knowledge about reproductive health. These problems impacted teen pregnancy, teen marriage, and high rates of abortion, which directly impact their reproductive health. This study aimed to determine the relationship between knowledge of reproductive health with teen pregnancy prevention. This research was observational with a cross-sectional approach. The population in this study were students of the Bakti Husada Brebes Vocational School. The sample was taken using purposive sampling and obtained from 40 people. Data collection through structured interviews using interview guidelines. Analysis data using Chi-square. The results show that respondents with excellent knowledge had good behavior in teen pregnancy prevention, while respondents with poor knowledge lacked in pregnancy prevention. The analysis shows a relationship between reproductive health and teen pregnancy prevention in adolescents (p-value of 0.046). It is hoped that adolescents can increase knowledge about reproductive health through appropriate information sources to prevent pregnancy at an early age.*

**Keywords:** *knowledge, behavior, reproductive health*

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### 1. Introduction

Pregnancy in adolescence is a serious problem that can affect the life of a teenager. In addition to the causes of maternal death, teenage pregnancy can also affect the newborn's development. Pregnancy and childbirth complications are the causes of death for adolescents aged 15-19 years. Unsafe abortion methods among adolescents are one of

the factors that cause maternal death and ongoing health problems. Babies born to mothers younger than 20 years of age have a 50% higher risk of death in the first few weeks than babies born to mothers older than 20 years. Babies born to teenage mothers are more likely to have low birth weight (LBW) with a risk of long-term effects.<sup>[1]</sup>

According to IDHS, in 2012, the percentage of women aged 15-19 years who have given birth and were pregnant with their first child was 9.5%, with details of 7.0% given birth and 2.2% currently pregnant with their first child.<sup>[2]</sup> In Central Java, about 1.9% of teenage boys had sexual intercourse before marriage, while 0.4% were teenage girls.<sup>[3]</sup>

The Ministry of Health (2015) stated that around 33.3% of girls and 34.5% of boys aged 15-19 years started dating earlier, even before 15. At that age, teenagers did not have adequate life skills, so they risk having premarital sex.<sup>[4]</sup>

The issue of unwanted pregnancy in Indonesia affects the Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR). The degree of safety and development of a generation was influenced by how the state and society view reproductive and sexual health in adolescents. This phenomenon shows that premarital adolescent sexual behavior in various provinces increases due to the lack of knowledge about reproductive health. These adolescent problems impact teen pregnancy, teen marriage, and high abortion rates and influence their reproductive health. The results of previous studies stated that 45% of adolescents had premarital sex experience, and based on the results of the analysis; there was a relationship between knowledge and premarital sexual behavior.<sup>[5]</sup>

The need for reproductive health information for adolescents is a fundamental step to becoming a mainstream policy in reproductive health and to overcome weaknesses in the implementation of increasing reproductive health knowledge in adolescents.<sup>[6]</sup> Unwanted pregnancy is one proof of the lack of Sexual and Reproductive Health Education for adolescents. Knowledge of reproductive health can influence sexual behavior and teen pregnancy, while only a few teenagers got knowledge about reproductive health from lessons in

special schools that discuss teen pregnancy.

It is crucial to determine the correlation between adolescent knowledge about reproductive health and teen pregnancy prevention.

## 2. Method

This research is a quantitative research using an observational design with a cross-sectional approach. Namely, each research subject is only observed once at the same time between risk with effects. The population in this study were students of Bhakti Husada Brebes Vocational School in grade eight. The selection of research subjects used purposive sampling, where the decision was based on specific (subjective) considerations that the researcher had made.<sup>[7]</sup> The subjects in this study were Bhakti Husada Vocational Schools students in grade eight and aged between 14-17 years. The sample size obtained was 40 people. We collected data through structured interviews using interview guidelines to determine adolescents' level of knowledge and behavior in preventing pregnancy. Bivariate analysis test using Chi-square to determine the relationship between each variable.

## 3. Results and Discussion

This research was conducted at the 8th grade Bhakti Husada Brebes Vocational School, held in February 2021. The results of the study are explained as follows:

**Table 1. Information about Health Reproductive**

Variable	f	%
Get information about health reproductive		
No	1	2.5
Yes	39	97.5
Information Source of Health reproductive		
School	16	40
Media	13	32.5
School, Media	9	22.5
School, Media, Health Worker	2	5.0

Based on the result, most (97.5%) adolescents had received information

about reproductive health, but there was still one teenager (2.5%) who said they had never received information about reproductive health. Sources of information on adolescent reproductive health, most of them said that they came from schools. The results of IDHS in 2012 stated that male adolescents aged 15-19 years liked sources of reproductive health information from peers and teachers, while female adolescents preferred sources of reproductive health information from mothers (parents), teachers, and health workers.<sup>[8]</sup> The results of other studies indicate that schools were potential institutions for the delivery of adolescent reproductive health education.<sup>[9]</sup> How to protect children from sexual deviations can be done through well-structured reproductive health education. The school environment and the family environment were very much needed to achieve the success of reproductive health education.<sup>[10]</sup> The existence of teachers in schools had an essential role in education; in addition to delivering learning materials in the classroom, they also educate students to become better individuals.

The results of previous studies stated that sources of information about adolescent reproductive health apart from schools were also obtained from the media. The absence of accurate information causes adolescents to seek and obtain information about reproductive health from unreliable sources, such as their friends or pornographic media. As a result, their perception of sex and reproductive health becomes wrong and unhealthy.<sup>[11]</sup>

Information about adolescent reproductive health is essential for adolescents to know. Adolescents who understand reproductive health will have the correct perception, so they have healthy reproductive behavior and are responsible for avoiding negative things such as deviant sexual behavior; this can prevent teenage pregnancy.

**Table 2. Correlation Between Knowledge about Health Reproductive wuth Teen Pregnancy Prevention**

Variable	Behavior		Total	P value
	Excellent	Poor		
Knowledge				
Excellent	12 (50%)	12 (50%)	24 (100%)	0,046
Poor	3 (18.8%)	13 (81.2%)	16 (100%)	

The results show that adolescents with excellent knowledge about reproductive health had excellent behavior in preventing teen pregnancy. In comparison, adolescents with poor knowledge had poor behavior in preventing teen pregnancy. The results show a significant relationship between knowledge of reproductive health and teen pregnancy prevention (p-value of 0.046). Thus, adolescents who have excellent knowledge of reproductive health will have supportive behavior in preventing teen pregnancy. This finding follows previous research that stated that adolescents who have poor knowledge were more than 1.5 times more likely to carry out risky premarital sexual behavior than adolescents who have excellent knowledge. Other research also stated that adolescents who have poor knowledge were 3.764 times more likely to commit suicide. There was a significant relationship between knowledge and sexual behavior of adolescents at risk. This finding requires more intensive information about the causes of pregnancy and healthy sexual information in adolescents.<sup>[12][13]</sup>

Knowledge of reproductive health is essential for adolescents to know, including an introduction to reproductive systems, processes and functions, drugs, sexually transmitted diseases, HIV and AIDS and their impact on reproductive health, maturing age at marriage and planning for pregnancy, growth, and development of children and adolescents (maturity, fertile period, anemia), pregnancy and childbirth.<sup>[4]</sup> This effort is to prevent and overcome the problem

of premarital sexual behavior that teenagers often do.

Another study stated that knowledge about reproductive health affects the experience of adolescents who have dated, and there was an influence between knowledge and premarital sexual behavior.<sup>[5]</sup> This finding is not in line with Dewa's research which stated that excellent knowledge did not consistently show a good attitude towards teen pregnancy.<sup>[14]</sup>

Adolescents with excellent knowledge about reproductive health are less likely to engage in risky sexual behavior. The more they understand reproductive health, the wiser they are to carry out risky sexual behavior. They know about the impact that will occur from risky sexual behavior..

The Ministry of Health has developed a health service model called Sexual and Reproductive Health Education, known as PKPR. PKPR has a job in counseling services and improving the ability of adolescents to apply education and healthy life skills carried out in health centers, hospitals, schools, and youth organizations. The results of research conducted at the Kerembong regional health center stated that to prevent unwanted pregnancies, especially in adolescents who married at the age of <20 years, was to use contraceptives such as pills or injections. The Kerembong Regional Health Center has a program known as "visity," which provides counseling on reproductive health, especially for Sexually Transmitted Infections (STIs) and HIV/AIDS, as well as counseling on the use and use of condoms.<sup>[15]</sup>

#### 4. Conclusion

The results show that adolescents with excellent knowledge about reproductive health had excellent behavior in preventing teen pregnancy, while adolescents with poor knowledge had poor behavior towards preventing teen pregnancy. The analysis results show a relationship between knowledge about reproductive health and teen pregnancy

prevention (p-value of 0.046). It is hoped that adolescents can increase knowledge about reproductive health through appropriate sources of information to prevent pregnancy from an early age.

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