



Empowering Youth: The Role of Reproductive Health Education in Mitigating Adolescent Misbehavior

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ABSTRACT

This research aims to analyze: (1) planning; (2) implementation; and (3) the results of Reproductive Health Counseling to Reduce Adolescent Delinquency Cases in Srikamulyan Village. The method used is qualitative, with research subjects consisting of adolescents, counselors, and the government of Srikamulyan Village. The research location is in Srikamulyan Village. Data were obtained through interviews, observations, and documentary studies. (1) The planning of reproductive health counseling in Srikamulyan Village is highly structured through three stages: (a) pre-counseling: preparation of materials, selection of facilitators, scheduling, socialization, preparation of venue and equipment; (b) counseling; (c) post-counseling: evaluation of results and follow-up. (2) The counseling implementation was successful with 43 active adolescent participants in three main sessions delivered by competent facilitators. (3) The results of the counseling reflect the success of the event with positive feedback from participants and facilitators, motivating participants, and enhancing interaction. Follow-up activities are needed, including ongoing activities and utilizing participant feedback for program improvement.

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INTRODUCTION

The subject of reproductive health plays a crucial role in the entire state of well-being, exerting a substantial impact on the lives of individuals in their adolescent years (Limpavithayakul & Nopparat, 2021). The subject matter encompasses a range of themes including the biological process of puberty, the exploration of sexual orientation, the dynamics of interpersonal interactions, the methods of contraception, and the prevention and management of sexually transmitted diseases (STIs). The global population of teenagers has a significant deficiency in information and comprehension pertaining to reproductive health,

which has led to the emergence of avoidable health complications and engagement in hazardous behaviours (Belay et al., 2021). However, current school-based sexual education policies often vary widely by state and tend to emphasize abstinence-only education, which has been shown to be ineffective in reducing teenage pregnancy rates (Cameron et al., 2020). Therefore, there is a need for updated and evidence-based sexual education policies that provide comprehensive information and support for teenagers.

Health education programs focused on reproductive health have been found to be effective in increasing knowledge and improving attitudes towards sexual health among adolescents (Nasution et al., 2019). These programs need to be tailored to the specific needs and developmental stages of adolescents to ensure their effectiveness (Cholifah et al., 2023; Safitri & Nurhayati, 2023; Suharto et al., 2021). Reproductive health education is particularly important in addressing the challenges faced by adolescents worldwide. Early pregnancy and parenthood, difficulties accessing contraception and safe abortion, and high rates of HIV and STIs are some of the challenges that adolescents face (Cholifah et al., 2023; Setiadi et al., 2023; Syafrudin & Nurhayati, 2020). Lack of access to information and services, as well as societal and cultural barriers, further hinder the delivery of comprehensive sexual education and support for adolescents (Morris & Rushwan, 2015). Therefore, it is crucial to provide adolescents with supportive, non-judgmental, and youth-appropriate services that address their specific needs and empower them to make informed decisions about their sexual and reproductive health (Morris & Rushwan, 2015).

Counseling has been identified as an effective educational approach to increasing public knowledge and literacy on specific topics (Jabar et al., 2021; Jabar & Nurhayati, 2021; Suhardiman & Nurhayati, 2023). By providing counseling, healthcare professionals can address the various problems and concerns faced by adolescents and help them gain a better understanding of reproductive health. Counseling can also serve as a platform for discussing sensitive topics and providing guidance on healthy behaviors and decision-making. In conclusion, reproductive health counseling and education are of utmost importance for teenagers (Safitri & Nurhayati, 2023).

The lack of a comprehensive reproductive health education program might contribute to the dissemination of inaccurate information, leading to an increase in unwanted pregnancies, sexually transmitted infections (STIs), and unhealthy relationships among adolescents. It is crucial to prioritize the resolution of this information deficiency in order to empower young individuals, promote well-informed decision-making, and improve health outcomes within the community. In the present setting, the implementation of reproductive health counseling and

education is recognized as crucial methods to enhance teenagers' understanding and consciousness regarding reproductive health.

Numerous scholarly investigations have underscored the significance of reproductive health education. However, a dearth of data exists about the specific strategies employed for implementation and their efficacy in diverse community contexts. The need to further investigate customized approaches to reproductive health education arises from the diversity in cultural, socio-economic, and regional influences. Moreover, a comprehensive examination of the enduring effects of these educational interventions on the modification of teenagers' behaviors and attitudes need to be conducted. The present study aims to bridge these existing knowledge gaps by conducting a thorough examination of the strategic planning, execution, and results of reproductive health counseling and education initiatives in the Srikamulyan Village, Kecamatan Tirtajaya Karawang, West Java.

RESEARCH METHOD

The study used a qualitative approach and a descriptive method to enable a comprehensive examination of the intricacies associated with the execution of reproductive health counseling and education for adolescents. To obtain a range of valuable perspectives, the research employed deliberate sampling techniques to carefully choose a diverse cohort of individuals who possessed firsthand knowledge or engagement in reproductive health initiatives. The sample consisted of teenagers, educators, counselors, healthcare practitioners, and community stakeholders, each offering distinct viewpoints. The deliberate inclusion of a diverse sample was intended to encompass a wide range of experiences and perspectives, hence enhancing the richness of the data collected.

The data gathering process employed a multimodal approach, incorporating semi-structured interviews, focus group discussions, and document analysis in order to obtain a full understanding of the subject matter. In addition to the data collecting, the research was enhanced by the utilization of document analysis. This involved a meticulous examination of pertinent resources, including curriculum guides, policy documents, and program reports. The analysis contributed to the study's contextualization by offering significant background information regarding the structure and execution of reproductive health initiatives. In the realm of data analysis, a thematic approach was utilized, wherein the gathered data underwent a methodical process of coding to discern repeating patterns and themes. The utilization of triangulation, which involved the collection of data from diverse sources and employing various approaches, served as a fundamental aspect that enhanced the credibility and resilience of the research outcomes.

RESULTS AND DISCUSSION

Planning of Reproductive Health Education Program

The planning of Reproductive Health Counseling aims to address issues of adolescent delinquency in Desa Srikamulyan, encompassing uncommitted sexual activities, unhealthy relationships, unrestrictive social interactions, and the adverse impacts of social media. This initiative endeavors to educate adolescents on reproductive health, thereby enhancing their understanding of the risks associated with their behaviors and ultimately mitigating instances of delinquency. The necessary resources include educational materials on reproductive health, qualified speakers, adequate venues, and audio-visual presentation equipment. The initiative will be conducted in three phases: (1) pre-counseling: preparation of materials, selection of speakers, scheduling, socialization, and preparation of venue and equipment; (2) counseling; (3) post-counseling: evaluation of outcomes and follow-up.

The planning of Reproductive Health Counseling to suppress cases of adolescent delinquency encompasses meticulous and structured stages. It begins with the preparation of informative and relevant materials on reproductive health, healthy relationships, and the dangers of adolescent delinquency. Qualified speakers are selected for each topic, and efficient scheduling is established to determine the timing and location of the counseling sessions. Socialization with adolescents and the community of Desa Srikamulyan is also an integral part of this phase. The counseling phase lasts one day, with various topics presented by speakers using presentation aids and audio-visual equipment. Upon the completion of counseling, the evaluation phase is conducted, measuring the effectiveness of the counseling through feedback from participants and speakers. The entire planning process aims to deliver quality counseling to adolescents and ensure that vital messages about reproductive health and responsible behavior are effectively communicated.

In the context of counseling materials, the three discussed topics, namely "Reproductive Health," "Healthy Relationships," and "Dangers of Adolescent Delinquency," were selected with careful consideration. Reproductive Health provides basic understanding of the body and the importance of maintaining reproductive health. Healthy Relationships assist adolescents in comprehending the significance of healthy relationships and effective communication in maintaining relationships. Dangers of Adolescent Delinquency offer insight into the risks of delinquent behavior. These topics are designed to provide relevant knowledge to adolescents, enabling them to navigate physical and emotional changes during adolescence, maintain healthy relationships, and avoid risky behavior.

The counseling activity will be attended by school-aged adolescents between

12 and 18 years, considering their critical developmental phase which is susceptible to delinquent behavior. The activity is scheduled for August 27, 2023, commencing from 09:00 to 16:00, at the hall of Desa Srikamulyan's office. All these considerations are made with the aim of providing effective counseling to adolescents, maintaining program quality, and achieving the program's objectives to reduce cases of adolescent delinquency and enhance their awareness of reproductive health and responsible behavior.

The planning phase of the Reproductive Health Counseling program was designed to address a variety of adolescent delinquency issues in Desa Srikamulyan. The focus on uncommitted sexual activities, unhealthy relationships, unrestrictive social interactions, and the adverse impacts of social media is well-aligned with current research indicating that these are prevalent issues affecting adolescent behavior (Rahmadani & Okfrima, 2022). The initiative's multi-phase approach, including pre-counseling, counseling, and post-counseling, mirrors effective strategies outlined in the literature for enhancing adolescent understanding and behavior related to reproductive health (Ayu et al., 2020).

The selection of topics, including "Reproductive Health," "Healthy Relationships," and "Dangers of Adolescent Delinquency," echoes the findings of (Dewi & Pratiwi, 2020), who highlighted the significance of these areas in shaping adolescents' attitudes and behaviors. The emphasis on careful planning, community socialization, and the selection of qualified speakers is consistent with best practices suggested by Qudsi and Nurhayati (2023) for implementing successful education programs.

Implementation of Reproductive Health Education Program

The Reproductive Health Education and Counseling event, aimed at suppressing cases of adolescent delinquency in Desa Srikamulyan, was attended by 43 adolescents aged 12 to 18 years. The event was meticulously structured, commencing with participant registration from 09:00 to 09:30, followed by opening remarks and greetings from the village head and hosts from 09:30 to 10:00, and an Ice Breaking session from 10:00 to 10:30 to foster participant acquaintance. Each topic was delivered by qualified speakers: Intan Ayu Fitria, A.md. Keb, addressed Reproductive Health; Rizky Maulana, S.Pd., discussed Healthy Relationships; and Sulastri covered the Dangers of Adolescent Delinquency. Following each session, a question-and-answer segment enabled participant interaction and inquiry. The counseling aimed to impart knowledge on reproductive health, healthy relationships, and the risks of adolescent delinquency, with the hope of reducing delinquency cases in Desa Srikamulyan.

The implementation of Reproductive Health Counseling to suppress cases of adolescent delinquency in Desa Srikamulyan represents a structured and

comprehensive effort to enhance adolescent awareness of reproductive health and reduce instances of delinquency. In this event, participants, comprising 43 male and female adolescents aged 12 to 18 years, were engaged in three main sessions covering Reproductive Health, Healthy Relationships, and Dangers of Adolescent Delinquency. Each session was guided by competent speakers in their respective fields, including Intan Ayu Fitria, A.md. Keb, Rizky Maulana, S.Pd., and Host Sulastri. Participants displayed varying levels of activity, ranging from those actively engaged in discussions to those who were more passive but still participated through the available question-and-answer sessions.

The speakers in this event adopted effective approaches in delivering the material. They commenced with providing an overview before delving into more in-depth details, utilizing clear and understandable language, and fostering a sensitive environment, especially on sensitive topics such as reproductive health. This approach aimed to ensure participant comprehension of key messages related to reproductive health, healthy relationships, and the dangers of adolescent delinquency, enabling participants to apply the knowledge in their daily lives.

Additionally, the event was supported by meticulous planning and efficient time management. The registration process ran smoothly, the event's opening was coordinated, and the counseling sessions followed the schedule diligently. The active involvement of the village government, including a greeting from the village head, demonstrated a strong commitment to this initiative. Consequently, the event successfully fostered a collaborative and supportive environment in the effort to enhance adolescent understanding of reproductive health and reduce instances of adolescent delinquency in Desa Srikamulyan.

The implementation of the program in Desa Srikamulyan was attended by 43 adolescents, a demographic identified in research by Thompson et al. (2022) as being at a critical developmental phase and susceptible to delinquent behavior. The structured approach, active involvement of local government, and the focus on fostering a supportive environment are strategies that have been identified as key components of successful community education programs (Safitri & Nurhayati, 2023; Safuri et al., 2022; Sunari & Nurhayati, 2023).

The variation in participant activity levels, ranging from active engagement to passive participation, is reflective of the diverse learning and engagement styles identified in adolescent education research (Anugrahwanto & Nurhayati, 2020; Musa & Nurhayati, 2021; Muslikhah et al., 2018; Nurhayati, 2018). The effective approaches adopted by the speakers in delivering the material, including providing overviews, using clear language, and fostering a sensitive environment, align with pedagogical strategies recommended for addressing sensitive topics such as reproductive health (Fadlyansyah & Nurhayati, 2020). Furthermore, the meticulous

planning, efficient time management, and coordinated efforts observed during the program's implementation are indicative of the best practices for community-based interventions highlighted by Safitri and Nurhayati (2023). The positive collaborative environment created during the event is in line with the research emphasizing the importance of community involvement and support in enhancing the impact of adolescent education programs (Rohaeti & Nurhayati, 2023).

Results of Reproductive Health Education Program

The outcomes of the Reproductive Health Counseling reflected the event's success, evidenced by positive responses from both participants and speakers. Attendees appreciated the structured format and clear schedule, which fostered readiness and motivation. The subjects of Reproductive Health, Healthy Relationships, and the Dangers of Adolescent Delinquency were deemed relevant and beneficial by participants, with the interactive question-and-answer sessions adding value. Speakers also provided positive feedback on participant engagement and the availability of notes during the event. Anticipated follow-up actions include involving participants in subsequent activities, such as group discussions, advanced training, or individual support, aiming to reinforce their understanding of the discussed topics and encourage practical application in their daily lives. Furthermore, participant feedback is considered valuable for refining future counseling programs.

The Reproductive Health Counseling in Desa Srikamulyan yielded positive impacts on the participants, particularly the adolescents. They experienced increased understanding of the importance of reproductive health, maintaining healthy relationships, and avoiding adolescent delinquency. The participants now possess deeper knowledge about personal reproductive care and the fundamental principles of building positive interpersonal relationships. Additionally, the counseling successfully enhanced the participants' ability to openly communicate about reproductive health issues with adults, creating a safer and more supportive environment for adolescents in the community.

The well-organized structure of the counseling, clear schedule, and interactive question-and-answer sessions cultivated high levels of participant engagement. Participants felt prepared and motivated to fully participate during the counseling event. The availability of notes during the event also aided participants in understanding and remembering the taught material, providing them with references when needed, and enhancing the overall effectiveness of the counseling.

Positive feedback from both participants and speakers indicated the success of the counseling in enhancing participant understanding of reproductive health issues and adolescent delinquency, providing them with useful tools to make wiser decisions and lead healthier, more positive lives. Participant feedback evaluations

also served as a valuable tool in refining this reproductive health counseling program for the future. The program holds significant potential to continue supporting community well-being, focusing on raising awareness, preventing adolescent delinquency, and strengthening intergenerational relationships. However, challenges in community acceptance, limited access, and resource management need to be addressed to achieve broader and more sustainable impact. With a commitment to continuously develop more effective and relevant approaches, this program holds great potential to support the younger generation and the community as a whole.

The findings from the Reproductive Health Education Program in Desa Srikamulyan align significantly with prevailing research, reinforcing several established theories and concepts in the field of health education. A pivotal observation was the positive impact and high level of participant engagement generated by the program. This resonates with previous researches suggesting that a structured and well-organized approach significantly enhances understanding and engagement in adolescents' education programs (Cholifah et al., 2023; Rohaeti & Nurhayati, 2023; Saputra et al., 2022). The participants in Desa Srikamulyan, particularly the adolescents, exhibited increased knowledge and openness about reproductive health, showcasing the program's success.

Moreover, the relevance and benefits of the topics discussed during the program were emphasized as critical components. The program's focus on reproductive health, healthy relationships, and the dangers of adolescent delinquency mirrored the research conducted by Safitri and Nurhayati (2023). Their study underlined the importance of addressing these subjects to shape positive behaviors and attitudes among adolescents effectively. Another critical achievement of the program was its ability to foster enhanced communication and a supportive environment within the community. This aspect of the program's success mirrors the outcomes of interventions studied by Cholifah (2023) (2021), which concluded that such initiatives are instrumental in building safer communities and promoting the well-being of adolescents. The program also showcased a forward-thinking approach by emphasizing the importance of follow-up actions, such as group discussions and advanced training. This aligns with the work of Safitri and Nurhayati (2023), which highlighted the necessity of continuous engagement and reinforcement to sustain the positive effects of health education programs. These findings contribute valuable insights to the growing body of evidence supporting the implementation of well-planned and adaptive reproductive health education programs, aiming to address adolescent delinquency and enhance community well-being.

CONCLUSION

This research offers significant insights into the efficacy of a structured Reproductive Health Education Program in mitigating adolescent delinquency in Desa Srikamulyan. The program, meticulously planned and executed, focused on enhancing adolescents' understanding of Reproductive Health, Healthy Relationships, and the Dangers of Adolescent Delinquency. The findings indicate a notable improvement in the participants' knowledge, attitudes, and behaviors, suggesting that such educational initiatives can play a vital role in fostering safer and more supportive community environments for adolescents. Participants and speakers alike commended the structured nature of the program, its clear scheduling, and the incorporation of interactive elements, highlighting the program's success and indicating areas for future refinement and expansion. However, the study also identified challenges, including community acceptance, access limitations, and resource management, underscoring the necessity for ongoing efforts to develop and implement contextually relevant and effective strategies. These challenges emphasize the importance of community engagement and resource optimization in ensuring the sustainability and broader impact of such initiatives. The Reproductive Health Education Program in Desa Srikamulyan has demonstrated the potential to significantly influence adolescent behavior and contribute to community well-being. The positive outcomes and the challenges encountered provide a foundation for future research and program development, aiming to optimize educational strategies and enhance the well-being of adolescents and the community. The insights gained from this study contribute to the growing body of knowledge on adolescent health education and delinquency prevention, offering valuable perspectives for stakeholders and policymakers in designing and implementing similar initiatives in comparable settings.

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