

THE ROLE OF PEERS IN ADOLESCENT REPRODUCTIVE HEALTH EDUCATION IN HIGH SCHOOL JUNIOR X BUKITTINGGI CITY, WEST SUMATERA PROVINCE, INDONESIA

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Abstract: Currently the number of adolescents is estimated to be around 18% of the total world population. There is a transition from childhood to adulthood, and changes in body shape and function occur relatively quickly so that efforts are made to improve and prevent adolescent reproductive health problems. Adolescent reproductive health education is expected to be one way to prevent adolescents from facing risky sexual behavior. This study aims to determine the factors associated with reproductive health education in SMP X Bukittinggi city. This study used a cross sectional research design in April-November 2021. The sample in the study consisted of 74 students in class IX of in High School Junior X. The results of statistical analysis showed that there was a relationship between the role of peers and adolescent reproductive health education (p-value = 0.031), where the role of peers had a risk of 3.19 times on adolescent reproductive health education. Comprehensive education for students by teachers in schools is needed as well as openness between people and children as well as the positive role of peers so that adolescent reproductive health education can be understood and applied in the daily lives of adolescents.

Keywords: adolescents, peers, education, reproductive health

Introduction

Adolescence is a period of transition from children to adults. At this time, adolescents need guidance, direction and education. According to 2017 data, the number of teenagers in Indonesia is 17.3% of the total population in Indonesia. According to Statistics data in West Sumatra, the number of teenagers reached 1.4 million in 2020 (BPS, 2021). A total of 27,000 teenagers are in the City of Bukittinggi . Most children and adolescents aged 5-19 years are exposed to educational institutions for a long period of time. Most children and adolescents aged 5-19 years are exposed to educational institutions for a long period of time.

In addition, the family and community environment must also care about the condition of these adolescents so that they can help provide a way out if adolescents experience problems, they are not blamed, but need to be directed and find a good solution by introducing places for adolescent reproductive health services to get counseling or clinical services so that adolescents can continue their lives (Kemenkes RI, 2016).

Based on the 2017 Indonesian Basic Health Survey (IDHS) report on Adolescent Reproductive Health, it was found that sources of knowledge about physical changes during adolescence were obtained from teachers as much as 81.4%, therefore schools are the right place to get information about adolescent reproductive health (BKKBN, 2017).

In addition, the family and community environment must also care about the condition of these adolescents so that they can help provide a way out if adolescents experience problems, they are not blamed, but need to be directed and find a good solution by introducing places for adolescent reproductive health services to get counseling or clinical services so that adolescents can continue their lives (Fitriana and Siswantara, 2019)

In Indonesia, adolescent reproductive health education is integrated into the curriculum in schools, intra-curriculum, extra-curricular, and counseling guidance. Some materials related to reproductive and adolescent health are in the subjects of biology, physical health, and religion. There is no policy related to reproductive health curriculum, so schools carry out reproductive health education according to the capacity and facilities of each school. This allows for variations in the implementation of adolescent reproductive health education.

SMP Islam X is a private junior high school in the city of Bukittinggi. SMP X is located near the city center of Bukittinggi, this causes high student mobility so that a lot of people also get information related to reproductive health outside of school. Based on a preliminary study of interviews with school principals, information was obtained that there were no optimal adolescent reproductive health education activities. Adolescent reproductive health education is only given briefly on Fiqh subjects. However, no research has been conducted on whether adolescents understand adolescent reproductive health. Therefore, researchers are interested in examining what factors are related to adolescent reproductive health education at SMP X Bukittinggi City in 2021.

Materials and Methods

This study uses an analytical survey research type with a cross sectional research design where the independent and dependent variables are measured at the same time. The sampling technique uses probability sampling where everyone in the study population has an equal chance of being selected as a sample. The sample of this study was 74 second year students of High School Junior X Bukittinggi city.

The dependent variable in this study is adolescent reproductive health behavior. The independent variables are the role of peers, the role of the teacher and the role of parents. Data analysis used chi square test for bivariate test by using the SPSS software.

No	Variable	Variable	Adolescent health education	OR	N (%)	95% CI	. sig
1		Dependent Variable					
		Health Education Behaviour					
		Not Good					
		Good			43 (58.1)		
		Median			31 (41.9)		
		Standardt Deviation			11		
					1.56		
2		Independent Variable					
		Peers Role					
		No role			43 (58.1)		
		Role			31 (41.9)		
		Median			8		
		Standardt Deviation			2.76		
3		Teachers Role					
		No role			37 (50)		
		Role			37 (50)		
		Median			19.5		
		Standardt Deviation			3.87		
4		Parents Role					
		No Role			43 (58.1)		
		Role			31 (41.9)		
		Median			29		
		Standardt Deviation			4.96		

Results and Discussion

Univariate Result

Based on table, it can be seen that less than half (41.9%) of adolescent reproductive health education behavior is good. As many as 58.1% of students stated that friends did not play a role in reproductive health education. Half (50%) of the students considered the teacher's role in reproductive health education. For the role of parents, less than half of students (41.9%) consider parents to play a role in reproductive health education. For reproductive health education behavior can be influenced by the lack of roles of teachers, parents, and the role of peers in terms of providing information related to reproductive health.

		Not Good N (%)	Good N (%)			
1	Peers Role					
	No Role	30 (69.8)	13 (30.2)			
	Role	13 (41.9)	18 (58.1)	3.19	1.22 – 8.39	0.031*
2	Teachers Role					
	No Role	25 (67.6)	12 (32.4)			
	Role	18 (48.6)	19 (51.4)	2.19	0.86 – 5.65	0.157
3	Parents Role					
	No Role	24 (55.8)	19 (44.2)			
	Role	19 (61.3)	12 (38.7)	0.79	0.31 – 2.04	0.816

Bivariate Result

From the results of the bivariate analysis above, there is only one variable related to adolescent reproductive health education, namely the role of peers where the p-value is 0.031. This means that there is a significant relationship between the role of peers and adolescent reproductive health education in SMP X where the role of peers is 3.19 times at risk for adolescent reproductive health education. This is in line with the results of research (Siti, Shaluhiah and Suryoputro, 2016) that there is a significant relationship between peers on adolescent reproductive health behavior with p-value = 0.000. Peer influence can offer them many opportunities and also motivate them to function socially through community or social participation (Blazevic, 2016). The results of this study are different from studies (Sumaryani *et al.*, 2021) in which there is no relationship between the reduction of risky sexual behavior in urban adolescents through peer education.

For the role of the teacher, although there is no significant relationship with adolescent reproductive health education, there is a 2.19 times risk of influencing adolescent reproductive health education. From the table above, it can be seen that 67.7% of students behavior in reproductive health education is not good and teachers do not play a role in reproductive health education.

For the influence of parents, although there is no significant relationship, we can see that as many as 61.3% of students' reproductive health education behavior is not good even though they have parents who play a role in reproductive health education. The results of (Wudineh, Chekole and Tesfu, 2021) the study stated that adolescents who accept the importance of communicating sexual and reproductive health problems with their parents.

This is of course a focus in itself. Parents are people who are fully responsible for their children. Therefore, from an early age, parents are figures or role models for children (Kemendikbud, 2014). Apart from that, when they are outside the home environment, parents cannot fully control their children. Other factors also have a big influence on how education related to reproductive health is received by children

Conclusion

The results showed that most of the students still had poor reproductive health behavior. Most of their peers have not played a role in adolescent reproductive health education. Only half of teachers play a

role in adolescent reproductive health education. More than half of parents have not played a role in adolescent reproductive health education.

Adolescent reproductive health education is influenced by many factors from teachers, parents, and students. Comprehensive education for students by teachers in schools is needed as well as openness between people and children as well as the positive role of peers so that adolescent reproductive health education can be understood and applied in the daily lives of adolescents.

Because of the limitation in this study, which is only taking from the students' side, further researchers can examine the teacher's side and the role of parents, so that they can explore more deeply the influence of both on adolescent reproductive health education.

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Declaration of Interest Statement

The authors declare that they have no conflict of interests.

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