

Analysis of Educational Efforts Towards Teachers' Perception on Adolescents' Reproductive Health and Its Problems as an Optimization of Competencies in Mentoring Teenage Girls at School

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ABSTRACT

Teenage girls at school highly need a mentoring in improving the understanding of adolescents' reproductive health with all its problems. Teachers are the closest ones to students while studying at school. The increase of teachers' understanding on reproductive health in adolescents' can be an easier effort when doing the mentoring to the female students in the optimization of their rights and reproductive functions. This study used pre-experiment one group pre-test and post-test design. The population and the sample were the teachers at SMK Sukorambi and SMAN I Mumbulsari Jember who have an involvement in guidance and counselling. The data were collected by using total sampling method with the number of the teachers for each location was 16 teachers, so that the total samples was 32 samples. The independent variables were educational intervention and the dependent variables were teachers' perceptions about adolescents' reproductive health, sex, unwanted pregnancy, early pregnancy and the dangers of abortion. The variables were then measured by using a Likert scale with data analysis of Paired T-Test. The results confirmed the influence of the educational efforts of the teachers' perceptions. The results retrieved from SMAN 1 Mumbulsari were the perceptions about adolescents' reproductive health ($p = 0.000$), sex ($p = 0.007$), abortion ($p = 0.000$) unwanted pregnancy ($p = 0.000$) and early pregnancy ($p = 0.000$). Whereas the results retrieved from the teachers at SMK 5 Sukorambi were the perception of adolescents' reproductive health ($p = 0.000$), sex ($p = 0.017$), abortion ($p = 0.000$) unwanted pregnancy ($p = 0.000$) and early pregnancy ($p = 0.000$). This study highlights the influence of educational efforts towards teachers' perception on adolescents' reproductive health and its problems as an optimization of competencies in mentoring teenage girls at school. The recommendation of this study is that the provision of educational programs for teachers about adolescents' reproductive health can be provided on an ongoing basis in supporting teacher performances.

Keywords: *educational effort, teachers' perception, adolescents' reproductive health*

1. INTRODUCTION

Health development is directed to increase awareness, willingness and ability of healthy life for everyone in order to realize an optimal degree of public health. One of the government's efforts to reach the goal of national health development through the Millennium Development Goals (MDGs) that had elapsed still face many complex things, such as cultural issues, public education, knowledge, environment, adequate health facilities, human resources, etc. [1]. Some agenda in achieving the MDGs is maternal and child health including goal 4 that is intended to reduce child mortality and goal 5 that is intended to reduce maternal mortality. The target defined by MDGs in 2015 in decreasing Maternal Mortality Rate (MMR) ≤ 102 per one thousand live births and Infant Mortality Rate (IMR) ≤ 23 per one thousand live births, but the evaluation of MDGs in

2015 showed that the target had not been met due to the infant mortality rate still reached 34 per one thousand live births [2]. One of the provinces of Indonesia that donates MMR and IMR is East Java Province.

The goal of MMR in East Java tends to increase in the late 5 (five) years ranged from 7 to 11 point with the data obtained from Maternal Mortality Report of the Regency/City. The goal of MMR in 2008 was 83 per 100 thousand live births; 90.7 per 100 thousand live births in 2009; 101.4 per 100 thousand live births in 2010; 104.3 per 100 thousand live births in 2011; and 97.43 per 100 thousand live births in 2012 [3], [4]. There are three aspects that can commonly influence MMR and MIR, physic, economic and psychology [5], [6].

Several factors that influence maternal mortality are complications in pregnancy, complications in childbirth and history of disease [7], [8]. The high MMR in a region basically describes a low degree of public health and potentially cause economic and social deterioration in the level of the household, community and national. To lower maternal mortality, the Ministry of Health of the Republic of Indonesia launched Making Pregnancy Safer (MPS) which is implemented in the program Jampersal to ensure

all deliveries taken place in health facilities and by trained health personnel and the provision of basic emergency obstetric neonatal care and comprehensive emergency obstetric neonatal care to ensure all the obstetric complications, so that it can be handled optimally. In addition, Ministry of Women Empowerment has also launched Gerakan Sayang Ibu (GSI) in an effort to raise awareness that pregnancy and birth can be a risk, and not only the responsibility of the mother, but also his family, husband, parents, and community. The effort is also followed up by Provincial Health Office, one of them is East Java, by forming forum of Decrease Maternal and Infant Mortality Rate, in which in 2012 it had formed three (3) units of task: Task of Referential Duty, Task of Basic Primary Health Care, and Task of Social Empowerment. Although many attempts have been made to reduce maternal mortality, the number of regions in Indonesia, including East Java, the MMR is still high. More than 50% of the districts/cities in East Java province has the MMR that is above the rate, that one is Jember with the MMR is 116.44 per 1000 live births higher than the MMR in the Province, that is 97.43 per 1000 live births. The high maternal mortality rate in Jember still requires continuous efforts to overcome these problems. Several attempts have been planned to be implemented and improved in all the fabric of society through community empowerment. One community empowerment is an empowerment at school to prepare expectant mothers. They are the girls who are in school to avoid some of the conditions that contribute to MMR, such as abortion, unwanted pregnancy, and early pregnancy. One effort that can be done to empower school communities is educational efforts on teachers as the closest ones to student. They are able to provide a guidance to the students in improving the understanding of reproductive health and all its problems.

2. METHOD

This study used pre-experiment one group pretest and posttest design. The population and samples were the teachers at SMKN Sukorambi and SMAN 1 Mumbulsari Jember who had involvement with technical guidance and counseling with a total sampling number of each location were 16 teachers, so that there were 32 samples. The independent variables were educational intervention and the dependent variable were the teachers' perceptions about adolescent reproductive health, sex, unwanted pregnancies and the danger of abortion. The operational definition Intervention Educational is an intervention in the form of health education to the teachers with the topic of adolescent reproductive health and its problems, while the operational definition of the perception of adolescent reproductive health is the sensing process of teacher in the form of receiving and interpreting health information on adolescent reproductive health, including the risks of free sex, the dangers of abortion, unwanted pregnancies and early pregnancies. The independent variables were determined by compiling Events Extension Unit and supported by media booklet, while the dependent variable was measured by using a Likert scale. The analysis of the data used in this study were Paired T-Test with provisions of alpha value ($\alpha = 0.05$).

3. RESULTS AND DISCUSSION

3.1. Testing and Data Analysis Results

The results of this study can be seen as follows:

Table 1 Effects of Educational Effort towards the Perception on Youth Reproductive Health, Free Sex, Abortion, Unwanted Pregnancy and Early Pregnancy to Teachers at SMAN 1 Mumbulsari

Variable	Mean	SD	SE	P value
Perception on Adolescent Reproductive				
Pre-test	59.69	11.470	2.868	.000
Post-test	72.19	11.828	2.957	
Perception on Free Sex				
Pre-test	55.00	8.367	2.092	.017
Post-test	65.94	14.969	3.742	
Perception on Abortion				
Pre-test	43.44	14.227	3.557	.000
Post-test	69.06	9.525	2.381	
Perception on Unwanted Pregnancies				
Pre-test	49.69	9.911	2.478	.000
Post-test	70.94	13.567	3.392	
Perception on Early Marriage				
Pre-test	51.88	12.230	3.058	.000
Post-test	68.75	12.179	3.045	

Referring to Table 1, there is the effect of health education on the perception of teachers at SMAN 1 Mumbulsari about reproductive health ($p = 0.00$), free sex and its problems (p

$= 0.007$), abortion and its problems ($p = 0.00$), unwanted pregnancy ($p = 0.00$) and early pregnancies ($p = 0.00$).

Table 2 Effects of Educational Effort towards the Perception on Youth Reproductive Health, Free Sex, Abortion, Unwanted Pregnancy and Early Pregnancy to Teachers at SMKN 5 Sukorambi

Variable	Mean	SD	SE	P value
Perception on Adolescent Reproductive				
Pre-test	58.75	12.042	3.010	.000
Post-test	73.44	14.109	3.527	
Perception on Free Sex				
Pre-test	50.63	14.818	3.705	.007
Post-test	66.25	15.864	3.966	
Perception on Abortion				
Pre-test	43.75	15.000	3.750	.000
Post-test	65.00	11.547	2.887	
Perception on Unwanted Pregnancies				
Pre-test	40.00	18.974	4.743	.000
Post-test	69.38	14.818	3.705	
Perception on Early Pregnancies				
Pre-test	48.13	15.152	3.788	.000
Post-test	68.75	12.583	3.146	

It can be seen from table 2 that there is the effect of health education on the perception of teachers at SMKN 5 Sukorambi about reproductive health ($p = 0.00$), free sex and its problems ($p = 0.017$), abortion and its problems ($p = 0.00$), unwanted pregnancy ($p = 0.00$) and early pregnancies ($p = 0.00$). One of age groups we need to consider and provide an assistance is group of adolescents, including teenage girls in school that we call as students. Teenage girls in school is a group who highly require of intervention to strengthen the perception of reproductive health and any problems faced. The main support givers when teenage girls in school is a teacher, because the teachers are the closest ones to the students in the school. Regarding the importance of the role of teachers to the students, they also need an update information, one of them is adolescent reproductive health. It is because the teachers can perform their role and functions optimally. The update information can be used as a form of strengthening competence in assisting and guiding students when they currently require a completion of adolescent reproductive health problems.

Based on the results shown in table 1 and table 2, it can be said that there is the significant influence of the effort of educative efforts given to teachers' perception of adolescent reproductive health and its problems, including perception on adolescent reproductive health, free sex, abortion, unwanted pregnancy and early pregnancies with the results obtained from teachers at SMAN I Mumbulsari, they are perceptions about adolescent reproductive health, free sex, abortion, unwanted pregnancy and early pregnancies. Likewise, the results obtained from the teachers at SMK 5 Sukorambi is the perception of adolescent reproductive health, sex, abortion, unwanted pregnancy, and early pregnancies.

The researcher found that adolescents are a group that has high risk of reproductive health problems. This is because there are some things that effect, one of which relates to the understanding and knowledge about reproductive health that is not optimal. Whereas in accordance with the suggestion that adolescents, both male and female, are entitled to the right information and the right of

reproduction teenagers, so that they can behave in healthy and live a sexual life, men and women are entitled to information that is readily available and get the accurate information on STDs including HIV/AIDS and the right to the freedom of thought about reproductive health services [9].

Adolescent reproductive health needs to know in order to have the right information about the reproductive process and the various factors that are nearby. If the information received is correct, teenage girls are expected to have an attitude and behavior to be responsible for the reproduction process. Teachers who have had the opportunity to interact intensively, can facilitate the increase of student perceptions about it. Therefore, the teachers should also be competent with the problems.

Additionally, related to the danger of free sex problems, the researcher argue that this issue is important to say, one of them by the teacher. This is for instance done when explaining the lessons in school or when providing guidance and counseling. The development of technology is not currently a bit of a negative impact among adolescents. Many of them have free sex, including pornography problems or problems that have pre-marriage sex that has been done by teenagers with boyfriend or friend. The condition was proven by a research using in dept interview method on students in Medan. Based on 10 informants, the data obtained that the tendency of free sex fueled by the boost sexual appetite, the unobedient religious teaching, the pressure of the pair, the influence of friends, the lack of social control both friends of the boarding house, the owner of the boarding house and the communities, the owner of the boarding house and the surrounding community that act more permissive toward free sex offender, freed space for delivering the desire, pornography access that is easy and the orientation of the material also becomes one of the factors that contributes to do free sex [10], [11].

The research was conducted in Malang by using descriptive study with a population of 1021 people. The sampling technique used in this study was cluster random sampling

of 100 people who declared (1) parents' effort in preventing teenagers from pornography is good with the percentage of 72.9% with an excellent effort, that is parents' effort in protecting their children with strong religious education with the results of 90.8% and give an advice to the children with the result of 93.5%, and (2) parents' effort in preventing teenagers from pre-marital sex is very good with a percentage of 80.3% with an excellent effort, that is the parents' effort in imparting religious education to their children with the results of 90.8% and give an example or become the role model to their children with the results of 90.8%. Then the whole effort in the prevention of adolescent sex behavior is very good with a percentage of 77.3% [12].

It shows that free sex is a behavior that is driven by sexual desire, in which the needs of sex tend to be freer than the traditional regulatory system and contrary to the system prevailing norms in society. Some factors that play an important role in free sex are biological drive, inability to control the biological drive, the lack of knowledge about reproductive health, and the opportunity to have sex free [13]. Opening up opportunities for adolescents to have sexual relations is supported by the following matters: (1) The flurry of parents who make lack of attention in adolescents, (2) provision (including money) in adolescents excessively, (3) shift in moral values and ethics in the community can open up opportunities that support premarital sexual relations in adolescents, and (4) Poverty promoting opportunity for young people, especially women to have sex before marriage [14], [15].

Free sex can destroy children's future, so parents should take some preventive acts. The prevention of adolescent danger behavior of free sex is a part of the responsibility of family education, especially parents also need the support of the teachers. Accordingly, it needs further discussion about the efforts of parents and teachers in the prevention of adolescent free sex behavior. This very risky situation will have a chance that can be lowered and pressed the incident if the teachers and parents work together to improve student understanding of the dangers of free sex. Therefore, an educative effort is also crucial to be given to the teachers, so teachers can play an active role in bridging the understanding of students.

The worst effects of sex behavior in adolescent girls is the occurrence of a pregnancy. The researcher found that unwanted pregnancies are at risk of death for infants because of pregnancy is generally anticipated by a mother, because they are several reasons that become unwanted pregnancies. Teachers with good competence on this issue can always reinforce students through the provision of information continuously.

Based on the research conducted by Hartopandri [16], 12.1% of unwanted pregnancies are caused by 77.5% of the people who do not know the time of woman fertile period, 66.2% live in rural areas, 42% work, 58.7% had low elementary education background, 21.1% had more than 3 children, 73.2% were married the first time at the age of approximately 20 years, 70.8% had never been exposed to family planning officer, and 61.2% had never been exposed to the midwife.

There are many reasons for a woman who does not want to have a child at a particular moment in his life. There are

several reasons that make the pregnancy was unwanted: (1) pregnancies that result from rape, (2) pregnancies due to an expected time, (3) the fetus that is undergoing pluralistic disabilities while in pregnancy time, and (4) pregnancies due to pre-marital sexual relations [9].

The researcher found that pregnancies occur at the age of ≤ 20 years will lead to maternal and infant mortality 2-4 times greater than pregnancy and childbirth in healthy reproductive age is 20-35 years. Many things can encourage teenagers to have sexual relations before marriage that affects the occurrence of pregnancy at a young age. Pregnancy young age intrinsically have less preparation or maturity both biologically, psychologically and socio-economics. So, it can be detrimental to the health of both mother and the development and growth Fetus. Early age pregnancy is generally unplanned and cause feelings of guilt, sin and shame in adolescents who experience, coupled with the social sanctions of society to pregnancy and child birth without marriage

When the condition of pregnancy is not desired one possible negative effort undertaken by adolescent girls is abortion. Then, the researcher argue that abortion is a serious problem that must be addressed regarding the dangers caused by such act. There are currently more rampant abortions performed especially by teenagers. Facts show that abortion has widely occurred, especially due to pre-marital pregnancies. However, it is seldom revealed so that it seems like "iceberg" reality that is still to be dug deeper because abortion cases were reported only a small fraction. This occurs because of the fear abortion performed when her shame known by others, the threat of criminal abortions was done, because it does not comply with the norms.

Abortion is an act of termination of pregnancy before 28 weeks of gestation or in Latin is known by the term "abortion"[9]. This means spending the products of conception (of meeting the egg and sperm cells) before the fetus can live outside the womb deliberate and realized by expectant mothers as well as the abortion (doctors, midwives or TBA). Abortion has many risks including a perforation, wound on cervical, uterine cavity adhesions, bleeding and infection. Bleeding and infection are the leading cause of maternal death that commonly occur among women.

Therefore, as described above that one of the parties that can assist students in avoiding problems related to adolescent reproductive health is teachers at the school. Qualified teachers in mastering the problems of adolescent reproductive health is needed since they have got this health education, in which they can put together a program that is integrated into the school curriculum as well as when conducting counseling and guidance for the students.

In addition to the above description, it is also worth mentioning that the limitations of this study are: 1) researchers do not yet control all confounding variables, 2) design research is still pre-experiment would be better if it improved so quasi-experiment with control group design, 3) educative intervention can only be done in one time.

4. CONCLUSION

The implication of this study can be used as a foundation for teachers to strengthen the role and competence in performing its functions, seek the cooperation of mutual support between teachers-parents in optimizing the perception of young women to associate their reproductive rights. In addition, the school can use this study as a basis motivation to reinforce the needs of that include the topic of adolescent reproductive health as an extra material in school curriculum.

The conclusion of this study is that there is a significant influence on educational efforts of teacher perception about adolescent reproductive health and its problems as an optimization of competencies in mentoring students at school. It is suggested that teachers should always make efforts, one extracting information on adolescent reproductive health with constantly updated information. Therefore, the function and the role of teachers in protecting young generation from the negative impact of irregularities in using the right of their reproductive function can be implemented appropriately.

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