



# Level of Knowledge and Behavior of Students in Maintaining Reproductive Health

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**Abstract.** This study aims to determine the level of knowledge and behavior of students on reproductive health. This research is quantitative research. The sample consisted of 30 students (XI IPA SMA). The instruments used in this study include a need assessment to find out things that have been/have not been studied. A written test consisting of 30 questions to determine the level of knowledge, a list of interview questions, and an instrument to measure student behavior in the form of a questionnaire. Data collection techniques used in this study are field observations, interviews, filling out questionnaires, and written tests. There are nine aspects of knowledge and behavior that are measured, there are reproductive organs and functions, definitions and objectives of reproductive health, procedures for maintaining the cleanliness of the genital organs, factors and affect, menstruation and wet dreams, problems in reproductive health, diseases, types of infections and efforts that can make to avoid disease. Based on the results showed that the level of knowledge and behavior of students in maintaining reproductive health is still low. This is based on several factors, such as the unavailability of learning resources that explain reproductive health topics clearly and the absence of health institutions.

**Keywords:** Maintaining Reproductive Health · Knowledge · Behavior · Teenagers

## 1 Introduction

The thing that is still a problem in the world of education is about the ethics and morals of the nation's children which are still very low. This is indicated by the high rate of juvenile delinquency, including premarital sex, resulting in unwanted pregnancies which in turn will lead them to have an abortion. Premarital sex will not only cause pregnancy but will also cause STDs (sexually transmitted diseases) resulting from these free sex activities. These things cause teenagers to not have the readiness to prepare for a better future (Zubaedi, 2011).

In several previous studies, it was found that values in adolescent life are undergoing a process of change, namely changes to being able to tolerate a premarital lifestyle

(Suryoputro & Shaluhiyah, 2006). Even more sadly, according to a survey conducted by BKKBN 2007, adolescents aged 15–24 years have practiced premarital sex (people's thoughts, July 10, 2007).

Teenagers have a high curiosity so that they have a sense of curiosity and in the end will foster trial and error behavior. The level of permissiveness in male adolescents is higher than that of female adolescents. This is supported by research conducted by Sarwono (2011) which states that 27.4% of male adolescents have had sexual intercourse while female adolescents are 1.7%. One of the biggest reasons teenagers have premarital sex is high curiosity that encourages them to try it. This is also supported by data from the IDHS (Indonesian Health Basic Survey) which shows that 45.6% of the main reasons teenagers have sexual intercourse for the first time are their curiosity about it.

The results of a survey of the Bandung City BKKBN in 2010 revealed that 63% of teenagers in Bandung, especially those who attended secondary school, had had premarital sex, even more sadly, 21% of young women had an abortion due to pregnancy outside of marriage (Pratama et al., 2014). This happens because schools still think that introducing sex education to children is something that is still very taboo and not worth discussing or even studying. There are even some parents who never give advice and provide information about the importance of sex education for their children. Unfortunately, there are still many parents who do not pay attention and limit their children's association. So it is not surprising that many teenagers experience sexual deviations.

Evidence that sex education is still considered an unimportant thing can be proven in research conducted by Faswita & Suarni (2018) which revealed that a very worrying problem experienced by teenagers, both boys and, girls aged 14–19 years, is the low their knowledge of sex education. 34.7% and 30.9% of them admitted that they had had premarital sex with their boyfriend. This happens because teenagers do not know the consequences of their actions.

Based on data quoted from Tribunnews.com in 2014, education about reproductive health is still considered taboo in society, this affects the behavior of teenagers who do not know and do not understand about their bodies. Regarding reproductive health. So it is not surprising that so many teenagers fall into free sex and even become victims of sexual violence. According to Josephine Sauvarine, an advisor for the Reproductive Health and Family Planning Program of the United Nations Population Funding Regional Asia Pacific Region, in Bangkok, Thailand in November 2014 stating that experts agree that reproductive education in adolescents can pressure adolescents not to have free sex before marriage or have sex. Unhealthy sexual behavior. Reproductive education can delay adolescent premarital sexual intercourse by up to 37% and reduce adolescents' habit of having multiple partners by up to 44%.

Furthermore, the report from the Ministry of Health of the Republic of Indonesia at the end of December 2012 stated that the cumulative number of AIDS cases in Indonesia reached 42,887 cases and HIV reached 98,390 cases. Both cases occurred in adolescents aged 20–29 years. Meanwhile, research conducted by KPAI found that of the 726 children studied, 102 cases related to free sex behavior and 54% of them had free sex for commercial purposes.

According to Primary et al. (2018), there is a relationship between adolescent premarital sex behavior with adolescent sexual education knowledge, if the knowledge about

adolescent sex education is getting better, then the risk of adolescents having premarital sex is getting less. This is supported by research conducted by Irwansyah & Ariansyah (2019) which explains that if the risk of teenagers having free sex can be controlled, the problem of moral degradation and the low quality of students' character in the world of education so far can be overcome. Therefore, there needs to be an effort to see how the description of students' knowledge and behavior regarding reproductive health can be taken so that later actions can be taken to realize improvements in students' knowledge, and behavior, especially in terms of maintaining reproductive health.

## 2 Experimental Method

This research is a quantitative study to obtain an overview of the level of knowledge and behavior of students regarding reproductive health. The sample in this study consisted of 30 students of class XI IPA SMA from a population of 60 students. The instruments used in this study include a need assessment to find out things that have been/have not been studied in reproductive health materials, a written test consisting of 30 questions to determine the level of student knowledge that has previously been tested for validity and reliability, a list of interview questions and instruments. to measure student behavior in the form of a questionnaire. Validity of the instrument is 5% with T table test 0,296 and reliability of the instrument is 0,825. Data collection techniques used in this study consisted of field observations, interviews, filling out questionnaires, and written tests. There are nine aspects of knowledge and behavior that are measured in this study, including genital organ hygiene, factors affecting reproductive health, reproductive health issues (sexual harassment disorders in reproductive health), and efforts to maintain reproductive health. The results of the student's written test were then scored based on the answer key and the assessment rubric and for the analysis of the questionnaire data was analyzed using a Likert scale. Furthermore, the data on student knowledge was analyzed by scoring and calculating the percentage. To calculate student answer sheet scores, it is done using the following formula:

$$\text{Percentage Value (\%)} = \frac{\sum \text{Student Score}}{\sum \text{Max Score}} \times 100\%$$

Furthermore, to determine the level of student knowledge, a classification table is used according to Arikunto (2012). The criteria for cognitive abilities can be seen in Table 1.

Furthermore, the measurement of student behavior is carried out using a questionnaire. The questionnaire used consists of several statements consisting of 4 answer choices, namely the categories always, often, never, and never. Each answer choice has its explanation. Distributing questionnaires using the google form, this was done because of the limitations of school researchers due to the COVID-19 pandemic. The categories used can be seen in Table 2 and 3.

**Table 1.** Cognitive Ability level criteria

<i>Percentage (%)</i>	<i>Category</i>
$81 \leq x \leq 100$	Very good
$61 \leq x \leq 80$	Fine
$41 \leq x \leq 60$	Enough
$21 \leq x \leq 40$	Less
$0 \leq x \leq 20$	Very less

**Table 2.** Categories used in the student behavior questionnaire for positive statement

<b>Category</b>	<b>Description</b>
Always	Cultured very good
Often	Start Growing
Ever started	To be seen
Never	Not seen

**Table 3.** Categories used in the student behavior questionnaire for positive statement

<b>Category</b>	<b>Description</b>
Never	Not seen
Ever started	To be seen
Often	Start Growing
Always	Cultured very good

### 3 Result and Discussion

#### 3.1 Description of the Cognitive of Class XI Science High School Students on Reproductive Health Maintenance Materials

The discussion on the topic of reproductive health care is most appropriate if it is included in the material on the reproductive system. However, based on the research that has been done, the topic of reproductive health care is not included in the textbook used by students. This is supported by the results of the need assessment data obtained in the field which explains that the respondent's data as many as 30 students of class XI IPA SMA answered that reproductive health maintenance materials were not explained in the biology textbooks they used at school. Respondents answered that several materials had not been studied in reproductive health materials, the materials included reproductive organs and their functions, definitions, and objectives of reproductive health, procedures

**Table 4.** The students cognitive ability level

Percentage (%)	Category	Number of Student
$81 \leq x \leq 100$	Very good	None
$61 \leq x \leq 80$	Fine	None
$41 \leq x \leq 60$	Enough	2
$21 \leq x \leq 40$	Less	24
$0 \leq x \leq 20$	Very less	4

for maintaining genital organ hygiene, factors affecting reproductive health, menstruation and wet dreams, issues/problems in reproductive health which includes juvenile delinquency, free sex, unwanted pregnancy, abortion, early marriage, drug abuse, sexual deviation in adolescents and homosexuals. However, some materials have been explained in the textbooks used by students, but these materials are not explained in detail and clearly so that many students do not understand the material. Such as material on the types of diseases/disorders related to reproductive health, what infections can cause sexually transmitted diseases, and the efforts that can be made to overcome the occurrence of these diseases.

This is supported by the results of the student knowledge test conducted using a written test of 30 multiple choice questions conducted on 30 respondents of XI IPA SMA students regarding reproductive organs and their functions, definitions, and objectives of reproductive health, procedures for maintaining genital organ hygiene, factors that affect health. Reproduction, menstruation and wet dreams, issues/problems in reproductive health which include juvenile delinquency, free sex, unwanted pregnancy, abortion, early marriage, drug abuse, sexual deviation in adolescents and homosexuals as well as topics on the types of diseases that related to reproductive health, what infections cause the disease and how to minimize the occurrence of the disease. The results show that the average percentage of students who answered correctly was 28%.

Furthermore, the classification of the level of students' cognitive abilities was carried out. Based on the results of data analysis, it was found that there were no students who had very good abilities in reproductive health maintenance materials, as well as in the good category, there were no students who were included in that group. However, the case is different with the category of sufficient, less, and very less. In the sufficient category, the number of students who fall into this category consists of 2 students, in the less category consists of 24 students and in the less student category consists of 4 students. More details can be seen in Table 4.

Based on Table 4, the number of students who fall into the category is more or less larger than the number of students who are included in the very good and good categories. According to the Ministry of National Education Regulation (2013), if 75% of students in the class get a score of kkm, then the learning process is complete. However, in this study, the average mastery of students in reproductive health material only reached 28%. Therefore, there needs to be an improvement in teaching reproductive health maintenance materials to students so that students' ability levels become better than before. The

level of students' lack of knowledge about reproductive health is also caused by several factors, such as the unavailability of biology teaching materials containing the topic of reproductive health maintenance, the explanation of the topic of reproductive health care explained by the teacher is not clear and detailed and based on the results of interviews with teachers in the field of biology studies at school., it is known that the school has never carried out an activity that can increase knowledge and provide information for students, for example, such as counseling activities from health agencies. This is in line with research conducted by Purbono & Tarma (2015) which states that adolescents' knowledge can be influenced by some of the information they receive, both information received at school and outside school. This is because the knowledge that a person has is a form of interaction with other people or the surrounding environment. Schools affect increasing students' knowledge if the school does good learning too. Likewise, research conducted by Purwanto (2000) explains that increasing one's knowledge towards a better direction can make it easier for someone to get higher knowledge. This is in line with the opinion of WHO which explains that schools have a very large influence in increasing students' knowledge about early marriage, free sex, and pregnancy at a young age.

### **3.2 Description of the Behavior of Class XI Science High School Students on Reproductive Health Maintenance Materials**

In this study, researchers also measured aspects of student behavior on reproductive health maintenance materials. Data from student questionnaires regarding reproductive health maintenance can be seen in Table 5.

Based on the data in Table 5, there are several student responses about the maintenance of reproductive health. There are no students who practice sexual relations that are not by applicable norms and laws, such as the behavior of having sexual relations with a boyfriend and having an abortion. In addition, there are no students who have used illegal drugs or drugs.

## **4 Conclusion**

Based on the results of the research that has been carried out, it can be concluded that the level of knowledge of XI IPA SMA students is still in the poor category. Based on the findings in the field, the level of students' knowledge about reproductive health is at a low level. This is due to several factors, such as the absence of material on reproductive health that is explained clearly and in detail in the textbooks used by students, the absence of local health facilities tasked with conducting counseling on the importance of maintaining reproductive health, and materials on reproductive health are still lacking. Deemed inappropriate for discussion. Furthermore, in this study, the researchers also measured the description of student behavior regarding reproductive health. The facts obtained in the field illustrate that there are no students who practice sexual relations that are not by applicable norms and laws, such as the behavior of having sexual relations with girlfriends and having abortions. In addition, there are no students who have used illegal drugs or drugs.

**Table 5.** Data on student behavior questionnaire results on the topic of reproductive health maintenance in the form of multiple-scale choice

Questions	Feedback			
	Always	Often	Ever started	Never
Washing hands before and after urinating and defecating	7	9	14	0
Save the hair that grows around the genitals every 40 days	3	15	11	1
Dry the genitals using a clean, dry tissue or towel	15	8	7	0
Using antiseptic on the genitals when cleaning the genitals	3	7	5	15
Using cotton pants	7	19	3	1
Change underwear at least twice a day	8	5	16	1
Smoking	1	5	10	14
Watching porn videos out of curiosity	2	4	7	15
Consumption of illegal drugs and alcoholic beverages	0	0	0	30
Being alone with the opposite sex in a quiet place	0	5	10	15
Never refuse if your boyfriend wants physical touch	0	4	10	16
Having sex with boyfriend	0	0	0	30
Having an abortion	0	0	0	30

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