

Monitoring Intervention Of Video Media Extension And Booklet To Improving Adolescent Reproductive Health Knowledge

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Abstract.

Adolescent reproductive health is a healthy state involving the reproductive system, functions and exposures during adolescence, including mental and socio-cultural health. Maintaining reproductive health during adolescence is very important, because at this time the sexual organs of adolescents are already active. Reproductive health counseling is one of the government's efforts to overcome reproductive health problems. Media that can be used in health education are video media and other media such as booklets. The purpose of this study was to determine the effect of using video and booklet media on the level of knowledge on reproductive health in adolescents. The population were 17 students. The sample in this research is 120 students, 60 students counseling provided using video media and the each 60 counseling provided using are booklets. Bivariate analysis using t test. The results of this research show that the experimental group has a significant difference between before and after counseling with video media (p - value $0.000 < 0.05$). There was a significant difference between the control group before and after counseling with video media (p -value $0.000 < 0.05$). It can be concluded that there is an effect of using video media and booklets on the level of knowledge of reproductive health in adolescents. It is suggested to the masters and principals of SMK 1 Banyusari to add learning about reproductive health to students by using video and booklet media methods.

Keywords: Media Video, Booklet, Knowledge, Reproductive Health, Adolescents.

I. INTRODUCTION

Adolescence is a time of change and growth, where children move from children to adults. This process occurs gradually and is a preparatory step towards adulthood. During adolescence, humans are most vulnerable to negative consequences. This age group is important because it bridges the gap between a free childhood and a responsible adult(1). Adolescents experience changes in their thinking abilities. At this point, they experience emotional changes and want to know new things that may be risky to use without thinking carefully. Adolescents experience changes in their thinking abilities. At this point, they experience emotional changes and want to know new things that may be risky to use without thinking carefully(2)..

Reproductive health in adolescents is important on a global and national scale, as it can have a significant impact on the health and well-being of individuals and families. According to the World Health Organization, there are 1.21 billion adolescents (individuals aged 10-19 years) in the world, which is the largest number in human history. Among other things, 41% of school children have had sexual relations, 22% of new HIV cases occur in people aged 13 to 24 years, half of the 20 million people diagnosed with IMS respectively. years are male and female. approximately 250,000 babies are born to mothers aged 15-19 years each year in the US(3). Reproductive health care problems in Asian countries also have a significant proportion. The problem includes 13% of 1,139 adolescents aged 15-20 surveyed in 2014 in Malaysia and 41% of 1,500 adolescents aged 18-24 surveyed in 2018 in Iran who have sex, about 210,000 adolescents aged They are between the ages of 10 and 19. year. in 2017 across Asia and Pacific Nearly 1 out of 10 women in South Asia and Oceania gave birth before the age of 18, and 34% of the 11 million miscarriages occurred at the age of 20 years.20 in Sia were under the age of 18. 25 years with significant cases performed by non-medical personnel(4).

A survey conducted by the Indonesian Ministry of Health in Indonesia in 2019 showed that 4.5% and 0.7% of boys and girls aged 15-19 years had premarital sex, while the proportion of adolescents aged 20-24 years had premarital sex. higher. boys and girls who had autism were approximately 14.6% and 1.8%, respectively. In 2020, the proportion of pregnancies aged 15-19 years will be 1.0.97%. Indonesia will have the second highest number of HIV infections in 2021, detected in the group of 20-24 to 3587 people Almost found abortion cases were found in women 20-29 years and a third of them were unmarried(5).The lack of

reproductive health counseling in Jawa Barat hinders the community from getting information and supports them in ordering to prevent pregnancy and birth defects. Pregnancy at a young age is more likely to be accompanied by pregnancy disorders and other problems. If you are under 18 years of age when you are pregnant, you are at risk of experiencing physical and psychological problems during pregnancy. Pregnancy at a young age or adolescence can have a significant impact on both mother and baby, which can lead to premature birth, low birth weight (LBW), and other risks. Adolescents need to have knowledge about reproductive health in order to have accurate information about the reproductive process and have a responsible attitude about it. If adolescents do not have sufficient knowledge about reproductive health, it can have a major impact on their development. This includes things like their cognitive abilities, their social relationships, and their sexual health (6). One way to provide health information to adolescents is to provide education or health counseling. Health education is a dynamic process of behavior change that aims to change or influence human behavior in order to realize the goal of healthy living. This is part of the health program (7). Counseling on reproductive health is one of the government's efforts to overcome reproductive health problems. Reproductive health counseling provides correct information to adolescents about their reproductive health. In adolescent health education, it is important to choose the right methods and materials.

The aim is to ensure that young people can assimilate as much as possible the material given in the context of health education delivered by face-to-face methods combined with several media. dani brochure. Media that can be used in health counseling is media video. This support is in the form of videos containing visual messages that are supported by sound. Other media that can be used are print media such as booklets. Multimedia brochures prioritize visual messages which are usually in the form of a description of the number of words, images or color photos. bringing them into a happy and sad mood where there is emotional and mental involvement. The effectiveness of the use of popular media is very much determined by the many senses of acceptance involved. The more senses you use, the better your understanding of message guidance will be (8) Problems related to three adolescent reproductive health problems (TRIAD KRR), namely sexuality, Acquired Immunodeficiency Syndrome or Acquired Immunodeficiency Syndrome (AIDS) and Narcotics, Psychotropics and other substances that are the result of addiction (drugs). adolescent reproductive health (KRR). The result of the current low knowledge of adolescents about reproductive health is the high number of pregnancies that do not occur in adolescents due to free sex behavior. Based on observations made at PSK 1 Banyusari that knowledge of students about reproductive health is still limited, this can be seen from the results of randomized interviews with 5 students from PSK 1 Banyusari, after being asked about the impact of free sex, 2 from 5 these students did not know the impact of free sex When asked what is meant by HIV/AIDS, empathically the student answered "I don't know". Based on the above background, the authors conducted a study entitled "The effect of providing counseling through video and book media on the level of knowledge of adolescent reproductive health at SMK 1 Banyusari, Karawang Regency".

II. METHODS

Types of research are quantitative with a quasi-experimental research design and pretest-posttest with a control group design. The researcher divided two groups into an experimental group and a control group. This study begins with a pre-test before the experimental group and the control group through a questionnaire. The population is all research subjects or research objects (9). The population⁹ in this study were 172 students who were in SMK 1 Banyusari, Karawang Regency. The sample in this study was 120 students (60 experimental students and 60 control students) class X at SMKN 1 Banyusari, Karawang Regency. This sampling technique uses a simple random sampling technique where sampling processes are carried out by providing equal opportunities for each member of the population to become a member of the sample. Respondents selected in this study were students of class X. The cards were then controlled into the same shape then a lottery was conducted to get two groups, namely the experimental group and the control group. Bivariate analysis was carried out to see whether there was an influence between the independent variables and the dependent variable that emerged in the conceptual framework. To determine the effect of the two variables in this study, the researcher used a statistical test, namely the t-test.

III. RESULT AND DISCUSSION

Table 1. Frequency Distribution of Respondents Characteristics

Subject group Characteristics	Video media N=60		Media booklet N=60	
	F	%	F	%
Gender				
Male	22	36.7	30	50
Female	38	63.3	30	50
Age				
14 Old	6	10	11	18.3
15 Old	45	75	40	66.7
16 Old	9	15	9	15
Resources				
Friend	14	23.3	15	25
Teacher	11	18.3	10	16.7
Parent	7	11.7	5	8.3
Internet	21	35	21	35
Other	7	11.7	9	15

Table 1 shows that with a total of 120 respondents, there are 60 moving image media and 60 magazine media. Judging from their sexual characteristics, women are more than 68 years old, in terms of age are dominated by teenagers aged 15 years and over and more sources of information are obtained from the internet, namely 42 respondents.

Table 2. Normality Test in the Experimental Group and the Group

Kelompok	N	Asymp. Sig Pretest	Asymp. Sig Posttest
Video Media	60	0.208	0.324
Media Booklet	60	0.094	0.102

From Table 2 it can be seen that the results of the normality test in the experimental group have a knowledge level of adolescent reproductive health in SMK 1 Banyusarii students before viewing video media of 0.208 and after viewing video media of 0.324. youth at SMK 1 Banyusari. The results of the normality test in the control group showed that the level of knowledge of adolescent reproductive health at SMK 1 Banyusarii was 0.094 before counseling with booklet materials and 0.102 after counseling with video materials. at SMK 1 Banyusari.

Table 3. Differences before and after counseling with video media on the level of knowledge on reproductive health

Experimental group	Pre-post mean±SD	t	Low-Upper	p-value
Video media	-2.472±0.826	-23.178	(-2.685)-(-2.258)	0.000

Based on Table 3. shows the results of the paired t-test in the experimental group with p-value, it can be concluded that there is a significant difference between before and after counseling with video media (p-value $0.000 < 0.05$). This is it can be seen from the mean \pm SD in the video media group, namely the pretest and posttest results are -2.472 ± 0.826 .

Table 4. Differences before and after counseling with booklet media on the level of knowledge on reproductive health

Control group	Pre-post mean±SD	t	Low-Upper	p-value
Media booklet	-1.816±0.608	-23.117	(-1.973)-(-1.659)	0.003

Based on table 4. showing the results of paired t-test in the experimental group with p-value, it can be concluded that there is a significant difference between before and after pamphlet counseling (p-value $0.003 < 0.05$). This can be seen from the mean \pm SD in the booklet media group, namely the pretest and posttest results are -1.816 ± 0.608 .

Table 5. Effect of counseling using video and booklet media on adolescent reproductive health knowledge in SMK 1 Banyusari

Group	Pre-post mean±SD	t	Low-Upper	p-value
Video media	-2.472±0.826	-23.178	(-2.685)-(-2.258)	0.000
Media booklet	-1.816±0.608	-23.117	(-1.973)-(-1.659)	0.003

Based on Table 5. shows the results of the Independent t-test analysis in the table, the average difference in knowledge difference in the pretest posttest experimental group is -2.472 ± 0.826 with p-value $< (0.000 < 0.05)$ and the control group pretest and posttest was -1.816 ± 0.608 with p-value $< (0.003 < 0.05)$. This means that video media is more effective in increasing adolescent reproductive health knowledge than booklet media.

1. Differences before and after counseling with video media on the level of reproductive health knowledge in SMK 1 Banyusari

The results of paired t-test in experimental groups with p-values showed that there were significant differences between before and after video counseling (*p-value* $0.000 < 0.05$). the quality of teaching and learning, videos vary in their presentation so that it affects the speed level of students' learning. The results of studies (Tarigan, 2016) show that students are more effective in using video media as teaching aids. Video can direct students to appreciate the flow of the video, so that it is easier to understand the message that underlies the story in the video. In addition, this can also be supported by research (Ismawati, 2013) which shows that students' knowledge increases after being guided by broadcast media because the information is conveyed more clearly and realistically. The advantage of the snake and ladder video media that there is no medium is that the ladder snake cannot convey material with explanation because media only has pictures. Meanwhile, in giving material, we have to use more than one senses that we can use so that we can understand the material. The snake and ladder media only uses sight, while video uses the senses of sight and hearing. Video media can show various types of material in a way that draws and varies, while snakes and ladders only has one line which is explained in a game. It can be concluded that the implementation of reproductive health education with video media is more effective, so that the initial hypothesis is different from the research results obtained.

2. Differences before and after counseling with booklet media on the level of reproductive health knowledge in SMK 1 Banyusari

From the results of the paired t-test in the experimental group, the p-value can be concluded that there is a significant difference between before and after the pamphlet counseling (p-value $0.003 < 0.05$). This is consistent with the results of studies showing that there are differences in knowledge after treatment in the intervention group. Several research findings indicate that providing reproductive health education is proven to increase respondents' knowledge. This is the result of obtaining new information and providing media that can be read by respondents to improve understanding and information about reproductive health. Respondents' ability to obtain information through hearing is very limited, so the knowledge gained by each respondent will vary. Therefore, effective health education is needed.

Factors that influence the success of health education include educators (facilitators), curriculum, student needs, implementation process, structure used, methods and media used. Learning media can affect the effectiveness of learning so that it can improve student learning and help improve skills as well as material and focus on information on knowledge. Various research findings show that media with brochures has been proven to be effective in increasing respondents' knowledge about reproductive health. Multimedia brochures have benefits, including helping educational goals to learn more and faster, attracting educational goals and wanting to know to be able to convey messages that are deeper to other people, making it easier to find information through educational goals, and encouraging people's desire to know and explore Dani Padai finally has a better understanding. Knowledge is a very important area to shape a person's behavior or actions. Getting to know better knowledge doesn't necessarily lead to behavior change, but evidence suggests that there is a positive relationship between the two. One of them is changing behavior if it occurs because if you know the behavior that is corrected and benefit from the behavior.

3. The effect of counseling using videos and booklets on adolescent reproductive health knowledge at SMK 1 Banyusari

The results of the independent t-test analysis in the table shows the results of the independent t-test analysis in the table, the average difference in knowledge difference in the pretest posttest experimental group is -2.472 ± 0.826 with $p\text{-value} < (0.000 < 0.05)$ and the pretest control group and posttest is -1.816 ± 0.608 with $p\text{-value} < (0.003 < 0.05)$. This means that video media is more effective in increasing adolescent reproductive health knowledge than booklet media. Video media is more effective than booklets because video media has a level of experience that is more concrete than booklets because with video, a person will be better able to combine the two senses, not only limited to sight, so it is possible to imagine a more complete picture of an action(10). Video media has the advantage of being able to convey understanding or information in a more concrete or tangible way than if it is conveyed through words that are spoken or understood through writing. make someone more enthusiastic, I don't feel bored to get education. An educator is required to be able to follow the flow of these developments so that learning will become more effective and efficient(11). Reproductive health counseling has an effect on the knowledge level of high school students/equivalent. More attention is needed in the community regarding reproductive health education, such as improving communication between children and parents, i collaboration between the Ministry of Education, Ministry of Health and other relevant ministries to work together to ensure that reproductive health counseling activities can be developed to support the curriculum(12) The increase in knowledge is caused by the respondent's learning process and because of the increased sensitivity or availability of subjects to the test given to the respondent.

Knowledge is the result of knowledge that occurs after the person feels a certain object. Detection occurs through the senses of sight, hearing, smell and feeling. Most of human knowledge is obtained through eyes and ears. Video media is one type of audiovisual media. Audiovisual media are media that rely on the sense of hearing and the sense of sight. Audiovisual media is one of the media that can be used in learning to listen. The media can increase students' interest in learning because they can hear and see pictures(13) According to Telly Khatarina and Yuliana's 2017 research entitled "The Influence of Health Counseling Reproduction Through Audio-Visual with Knowledge Results After Counseling in Adolescents at SMA Negeri 2 Pontianak", the conclusion is that there is an effect of education health reproduction through audio visuals with knowledge outcomes and consultation. A booklet is a small (quarter) and thin booklet, no more than 30 alternating sheets containing text and pictures. The term booklet comes from the words book and leaflet which means mediai bookleti is a combination of leaflet and booklet with a small format (size) like leaflet. The advantage of booklet media is that it can be used as a medium or independent learning tool and its content is easy to learn. Based on research by Agustini Wahyu Prabandari (2018) entitled Influence of video media and leaflet counseling on the level of knowledge about adolescent reproductive health at SMK 2 Muhammadiyah Bantul, it was found that there were differences in the results Knowledge of the experimental group, namely counseling on video media and control group, namely consulting with the media. Extension with video media has a greater influence on levels of knowledge of reproductive health in adolescents compared to pamphlet media(12).

IV. CONCLUSION

Of the 120 respondents, the majority of respondents were female, as many as 38 respondents, in the age group the most ranged from the age of 15 years as many as 45 respondents. The results of the paired t-test in the experimental group with p-values showed that there were significant differences between before and after video counseling ($p\text{-value} 0.000 < 0.05$). It was concluded that there was a significant difference between before and after the bookleti counseling ($p\text{-value} 0.003 < 0.05$). ($0.000 < 0.05$) and the pretest and posttest control groups were -1.816 ± 0.608 with $p\text{-value} < (0.003 < 0.05)$. This means that video media is more effective in increasing adolescent reproductive health knowledge than booklet media.

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