

## The Relationship Between Knowledge and Attitudes About Reproductive Health with Adolescent Sexual Behavior at Ponorogo in 2017

Esti Sugiyorini<sup>1</sup>(corresponding author)

<sup>1</sup>Department of Nursing, Poltekkes Kemenkes Malang, Malang, Indonesia; estireog@gmail.com

Submitted: March 21, 2019 -Revised: April 29, 2019 -Accepted: May 11, 2019 -Published: May 31, 2019

### ABSTRACT

**Introduction:** Reproductive health is a state of overall health related to the reproductive system. Adolescent group is the group that have most of risk in reproductive health, because there is a very large of physical change, that is maturation of reproductive organs and functions. Adolescents begin to feel a sexual urge and are attracted to other gender so they are have risk of unwanted pregnancy, abortion and HIV / AIDS. The purpose of this study is to find out of knowledge and attitudes about reproductive health and its relationship with sexual behavior in adolescents. **Methods:** This research was cross sectional study. Population's study were all of 1<sup>st</sup> grade students of Senior High School Sooko 1 Ponorogo (70 students) with 60 students for sample. The sampling technique used was simple random sampling. The instrument in this study was a questionnaire. Data were collected by giving questionnaires and interviews to the sample group. Data were analyzed with Fisher exact test. **Results:** Fisher Exact Test was showed  $p > 0.05$  for the relationship between reproductive health knowledge and sexual behavior of students and the Fisher Exact Test was also showed  $p > 0.05$  for the relationship between sexual behavior and students' attitudes toward reproductive health. **Conclusion:** There did not have relationship between knowledge of reproductive health with sexual behavior and also did not have relationship between sexual behavior with reproductive health attitudes in students.

**Keywords:** knowledge; attitudes; sexual behavior; reproductive health; adolescents

### INTRODUCTION

Reproductive health is an physical, mental, and social condition, not only free from disease or disability, but in all aspects related to the process of reproductive, function, and system in all stages of life. Adolescents have a tendency want to try various things including about sexuality, especially in early adolescence which is the initial stage of physical maturation<sup>(1)</sup>. Adolescence is a period of employment commencement of organ function and reproductive hormones that cause teenagers want to know everything about sexuality. Curiosity adolescents usually channeled through talking with peers, seek information from sources pornography, and practicing by themself, girlfriend or boyfriend, friend, or anyone else. Adolescents rarely involve parents when discussing sexuality issues in more depth. Teenage sexual maturity causes them to be curious about the anatomical structure and function of their organs and their gender opponents.

Around 16 million girls 15 to 19 years old and 1 million girls under 15 years old give birth each year. Around 2 million adolescents suffer from HIV / AIDS on various countries around the world. In 2014, approximately 2 million adolescents living with HIV on the worldwide and at 2014 the new case of AIDS/AIDS in Indonesia showed 3.1% for 15-19 years old<sup>(2)</sup>.

Adolescent sexual behavior has a major impact on adolescents and their partners<sup>(3)</sup>, so it is necessary to take preventative measures for them so that these the impacts does not occur.

The purpose of this study is to find out of knowledge and attitudes about reproductive health and its relationship with sexual behavior in adolescents.

### METHODS

This research was a quantitative with a cross sectional survey research design. Population of the research was 70 students of the first degree at Sooko Senior High School with 60 student samples. The sampling technique that used was simple random sampling with inclusion criteria were students at first degree with 15-18 years old, willing to fill in the research questionnaire and be present when the study was conducted. The research instrument that used was questions questionnaire about knowledge and attitudes about reproductive health assessed by a Likert scale. The data obtained were analyzed by Chi-square statistical test.

## RESULTS

The data that obtained in this study were general and specific data. General data of respondents can be seen on the table 1.

Table 1. The general data of respondents

Characteristics	Frequency	Percentage
Student's age:		
10-13 years old	0	0
14-16 years old	54	90
17-19 years old	6	10
Gender:		
Male	27	45
Female	33	55
Religion:		
Moslem	58	96.7
Others	2	3.3
Residence status with:		
Parents	54	90
Grandparents/Uncle	5	8.3
The Others	1	1.7

Based on the table 1 it can be seen that the most respondents (90%) students were 14-16 years old. The gender of respondents were mostly female students (55%), and the religious background adopted was 96.7% moslem and the majority (90%) living with their parents.

Table 2. Level of student's knowledge, attitudes and behavior towards reproductive health

Specific data	Frequency	Percentage
Good level of knowledge	43	71.7
Sufficient Level of Knowledge	17	28.3
Positive attitude	29	48.3
Negative attitude	31	51.7
Positive sex Behavior	48	80
Negative sex Behavior	12	20

Based on the table 2 it can be seen that most of the students (91.7%) had a high level of reproductive health knowledge with negative attitudes (51.7%) and most of them behave positively (80%).

The result of hypothesis testing of the relationship between knowledge of reproductive health and sexual behavior of students showed p-value of 0.250, it was concluded that there was no relationship between the knowledge of adolescent reproductive health and sexual behavior of students.

The result of hypothesis testing of the relationship between sexual behavior and attitude of adolescent reproductive health of the students showed p-value of 0.8999, it was concluded that there was no relationship between sexual behavior and attitude of students' reproductive health.

## DISCUSSION

### The Relationship Between the Knowledge of Reproductive Health and Sexual Behavior.

Based on the result, it was found out that there was no relationship between reproductive health and sexual behavior. Knowledge is the condition of knowing something by observing certain objects. The process of obtaining information through sight, hearing, smell, taste, and touch is called the process of sensing. Behavior is the important key to form certain actions because knowledgeable behavior is better than none at all<sup>(4)</sup>.

In contrast to the theories reviewed above, this research showed different result. There was 91% of respondents with good knowledge of reproductive health had negative behavior, otherwise, 8% respondents with sufficient knowledge had positive behavior.

Based on the result of this research, to build positive behavior dealing with reproductive health for a long-life time to teenagers, it needs appropriate information input. Most of them are common of the knowledge of reproductive organ system and some diseases related to through mass media only, such as HIV\_AIDS. Most of them are not aware that many kinds of sexual infectious diseases are caused by inappropriate sexual behavior. Almost all the students do not have any discussions about sexual problems with their parents or friends.

This is in line with BKKBN (2008)<sup>(5)</sup> who stated that the youth need to know the knowledge of reproductive health to get appropriate information dealing with the reproductive processes and the factors. Limited access and information of sexual and reproductive health education in Indonesia was very “understandable” because the public society commonly consider that sexual topic is taboo to be discussed openly. Parents usually neglect to give any explanation to teenagers against sexual problems and reproductive health. In addition to this, they feel embarrassed to ask openly for any questions to their parents.

Based on the result of this research, the respondents with negative sexual behavior were the students of social department. It was assumed that the students of social department had less of information about reproductive health and good and healthy sexual behavior. The adolescents need to know more proper information about reproductive health and various factors related to. Having proper and right information about reproductive health, it is expected that the adolescents will have responsible attitude and behavior. It is in line with Sarwono (2012)<sup>(6)</sup> who stated that sexual education is a proper information of human sexuality problems including anatomy, physiology, fertilization process, pregnancy, giving birth, sexual behavior, aspects of health, psychiatric, and society.

The result of this research strongly support that adolescents sexual behavior needed much serious attention because adolescents are at school-age and working-age that is very risky to the problems of reproductive health, such as premarital sex, drugs, and HIV-AIDS. Teenagers’ life commonly has a high curiosity of new things including sexual activities. It occurred, particularly, at early stage of adolescents experiencing first phase or the beginning of maturity physical development<sup>(1)</sup>.

### **The Relationship Between Attitude of Reproductive Health and Sexual Behavior**

Based on the result, it was found out that there was no relationship between sexual behavior and attitude of students’ reproductive health. The result of this research was not in line with the theory which stated that attitude was a predisposition factor in determining individual behavior. The attitude of adolescents against sexuality involved sexual responsibility, contraception, opinion of having more than one partner, the use of condom, and sexual infectious disease contravention in a society<sup>(6)</sup>.

The result of the research above supported the data that sexual behavior was not only determined by the attitude. It was shown that 41.6% respondents with negative attitude had positive behavior. According to the observation, religion and custom play an important role to form such as positive behavior of the teenagers in the term of sexuality life. The result of questionnaire also found out that premarital sex is a sin.

The result above was in line with the argument of Sarwono (2007)<sup>(7)</sup>. Sexual behavior was influenced by the prohibition of having premarital sex and the conduct of norms of religion. Notoatmodjo (2007)<sup>(8)</sup> added that individual or group behavior were influenced by the society custom and belief regarding with health, education background, social economy status, and et al.

Positive sexual behavior of students of Sooko 1 Senior high School Ponorogo was very influenced by the value of religion and culture. In this region, the culture and good custom of having no premarital sexual are highly appreciated and respected. This activity is strictly forbidden to do and each person must obey this rule. Another factor supporting the positive behavior of the adolescents is appropriate parenting style.

Another result of the research showing that 20% students with positive attitude had negative sexual behavior. It meant that the maturity of reproductive system and high curiosity lead them to the sexual behavior.

Soetjningsih (2010)<sup>(1)</sup> also stated that patient risk-factor of reproductive health was the teenagers. Teenagers commonly have high curiosity of new things including sexual activities. It occurred, particularly, at early stage of adolescents experiencing first phase or the beginning of maturity physical development. During the teenage years, they will typically try all sorts of new experiences including sexual life, particularly they are at the early stage in the process of maturity physical development. Along with the process of maturity development, the function of reproductive organs and hormonal system work that naturally lead the teenagers to do sorts of new experiences about sex. Teenage years is considered as a critical time of life human cycle. At this stage, the teenagers experience a basic change of attitude and behavior. Recently, Indonesian adolescent is having rapid

social changes from traditional to modern life. These changes bring them to the negative impacts of sexual behavior such as sexual infectious diseases and the spreading of HIV-AIDS<sup>(9)</sup>.

### CONCLUSION

There was no relationship between the knowledge of reproductive health and sexual behavior, there was also no relationship between sexual behavior and attitude of students' reproductive health. For further research, it was recommended to widen the research population to figure out more the knowledge, attitude, and behavior of teenagers in all regions of Ponorogo Regency.

### REFERENCES

1. Soetjningsih. Children Growth and Development (Tumbuh Kembang Anak). Jakarta: EGC; 2010.
2. MoH-RI. (2015). Health Profile of Indonesia in 2014 (Profil Kesehatan Indonesia Tahun 2014). Jakarta: MoH-RI; 2015..
3. UNFPA. UNFPA Annual Report 2009 [Internet]. 2009 [cited 2017 Nov 12]. Available from: <https://www.unfpa.org/publications/unfpa-annual-report-2009>
4. Notoatmodjo S. The Global Health Promotion (Promosi Kesehatan Global). Jakarta: Rineka Cipta; 2013.
5. BKKBN Prov. Jateng. Adolescent Reproductive Health Counseling Guidebook [KRR] (Buku Pedoman Konseling Kesehatan Reproduksi Remaja [KRR]). Semarang: BKKBN Prov. Jateng; 2008.
6. Sarwono SW. Adolescent Psychology (Psikologi Remaja). Depok: PT Raja Grafindo Persada; 2012.
7. Sarwono P. Obstetrics Surgery (Ilmu Bedah Kebidanan). Jakarta: Yayasan Bina Pustaka Sarwono Prawirohardjo; 2007.
8. Notoatmodjo S. Health Promotion and behavioral Science (Promosi Kesehatan dan Ilmu Perilaku). Jakarta: Rineka Cipta; 2007.
9. Suryoputro, Ford NJ, Shaluhiah Z. Factors Affecting Adolescent Sexual Behavior in Central Java: Implications for Sexual and Reproductive Health Policies and Services (Faktor-faktor yang Mempengaruhi Perilaku Seksual Remaja di Jawa Tengah: Implikasinya Terhadap Kebijakan dan Layanan Kesehatan Seksual dan Reproduksi). Makara Kesehatan. 2006;10(1):29-40.