

## The Relationship Between Adolescents' Knowledge and Attitudes on Reproductive Health and the Utilization of Information Media

Lailatul Rahmawati<sup>1</sup>, Kustin<sup>2</sup> \*, Izatul Milla<sup>3</sup>

<sup>1</sup>Fakultas Kesehatan Masyarakat Universitas Bakti Indonesia, Banyuwangi

<sup>2</sup>Fakultas Ilmu Kesehatan Universitas dr. Soebandi, Jember

<sup>3</sup>Universitas Islam Negeri Kiai Haji Achmad Siddiq Jember

\*Correspondence:

Author Name: Kustin

Email: [kustinhariyono@gmail.com](mailto:kustinhariyono@gmail.com)

### Abstract

**Introduction:** Adolescence is a transitional phase from childhood before entering adulthood. During this period, significant changes occur in physical, cognitive, and psychosocial growth and development. Psychological changes also take place in adolescents, such as changes in intellectual capacity, emotional life, and social life. These changes can lead to internal conflicts in adolescents, often resulting in strange or awkward behaviors. If not properly managed, these can lead to juvenile delinquency, including risky sexual behaviors. Many problems may arise from neglecting reproductive health. One of the factors that affects adolescent reproductive health is the confusing information children and adolescents receive about the functions and processes of reproduction. This study aims to analyze the relationship between adolescents' knowledge and attitudes about reproductive health and their use of information media.

**Methods:** This research is an analytical study with a cross-sectional design. A total of 38 respondents were selected using a simple random sampling technique. Data analysis was conducted using the Fisher Exact test.

**Results:** The results showed a relationship between knowledge of reproductive health and the use of information media, with the Fisher Exact test yielding a p-value of 0.027, which is greater than  $\alpha$  (0.05). Similarly, there was a relationship between attitudes toward reproductive health and the use of information media, with the Fisher Exact test also yielding a p-value of 0.027, which is greater than  $\alpha$  (0.05).

**Conclusions:** In conclusion, there is a relationship between knowledge and attitudes about reproductive health and the use of information media.

**Keywords:** Attitude, Knowledge, Reproductive Health, Information Media

### Introduction

Peraturan Menteri Kesehatan Nomor 25 Tahun 2014 Tentang Upaya Kesehatan Anak (2014) that individuals aged 10–18 years are categorized as adolescents. Adolescence is a transitional phase from childhood to adulthood. During this period, significant changes occur

in physical growth, cognitive abilities, and psychosocial development. Adolescents also experience psychological changes, such as changes in intellectual capacity, emotional life, and social interactions (Papalia, D. E., Feldman, 2014). This transition from childhood to adolescence often places individuals in confusing situations, which may lead to internal conflicts. These conflicts often manifest in strange or awkward behaviors, and if not properly managed, may result in juvenile delinquency, including risky sexual behavior. Sexual behavior is one form of human behavior that is closely related to an individual's reproductive health (Kemenkes RI, 2024)

According to BKKBN (2018), most adolescents engage in physical intimacy during dating, such as holding hands, kissing, and touching, which can lead to sexual activity. Furthermore, the age group with the highest prevalence of first-time sexual intercourse is 15–25 years. Around 8% of males and 2% of females reported having engaged in premarital sex. Additionally, about 9.1% of females and 85.7% of males were married between the ages of 15–19. Data from the 2017 Indonesia Demographic and Health Survey (SDKI) also recorded that 8% of males and 2% of females had engaged in sexual intercourse. Among those who had premarital sex, 59% of females and 74% of males reported initiating sexual activity between the ages of 15–19, with the highest percentage (19%) occurring at age 17. Among adolescents who had engaged in sexual activity, 12% of females reported experiencing an unwanted pregnancy, and 7% of males reported causing an unwanted pregnancy (BKKBN, 2017)

One factor influencing adolescent reproductive health is the confusing information adolescents receive about reproductive functions and processes (Kemenkes RI, 2024). The increasing accessibility of global information—particularly through audiovisual media—often encourages children and adolescents to adopt unhealthy habits such as smoking, alcohol consumption, drug abuse, and involvement in physical fights or group violence (Iskandar, 1997). Over time, these habits cumulatively contribute to an earlier onset of sexual activity and lead to high-risk sexual behaviors. Most adolescents lack accurate knowledge about reproductive health and sexuality, as well as limited access to information and reproductive health services, including contraception. Ignoring reproductive health can lead to various issues. Problems arising from a lack of knowledge about reproductive health include unwanted pregnancies, abortion, early or child marriages, sexually transmitted infections (STIs), and HIV/AIDS (Marmi, 2013).

Based on this background, the researcher conducted a study on the relationship between adolescents' knowledge and attitudes toward reproductive health and their use of information

media. This study aims to analyze the correlation between adolescent knowledge and attitudes regarding reproductive health with the utilization of information media

## **Methods**

This study is an analytical research using a cross-sectional design. The variables in this study are knowledge and the use of information media. Knowledge was measured using 36 questions, with a score of 1 for each correct answer and 0 for each incorrect answer, resulting in a total score of 36. The scores were then divided into three categories: low knowledge (scores 0–12), moderate knowledge (scores 13–24), and high knowledge (scores 25–36). Meanwhile, the variable of information media use was divided into two categories: "utilized" and "not utilized". The research was conducted at SMKS Addasuqi in April 2024. The total population consisted of 61 students, with a sample of 38 respondents selected using a simple random sampling technique. Inclusion Criteria: adolescents aged 15-19 years., Adolescents who are still attending school or undergoing formal education, Adolescents who are willing to participate as respondents and provide consent (or parental/guardian consent if underage), Adolescents who have access to information media (e.g., internet, social media, television). Exclusion Criteria: adolescents with cognitive or mental health disorders that may affect their ability to answer the questionnaire, Adolescents who refuse or do not give consent to participate in the study, Adolescents who have no access to or experience with information media related to reproductive health., Adolescents currently participating in other reproductive health intervention programs that may influence the study results. The instrument used in this study was a questionnaire containing questions about knowledge and attitudes toward reproductive health, as well as the utilization of information media, which had previously been tested for validity and reliability. Validity and reliability tests were conducted by previous researchers. Data collection was carried out through interviews, using a questionnaire as the data collection instrument. The data collected included knowledge, attitudes, and the utilization of information media. Data analysis was performed using the Fisher Exact test.

**Results**

The results of the study are as follows. Analysis of the Knowledge Factor and the Utilization of Information Media

**Table 1. Analysis of the Knowledge Factor and the Utilization of Information Media**

Variabel	Utilization of information media				Total	P Value
	Yes		No			
	N	%	N	%	N	
Knowledge						
Good	17	44,7	8	21	24	0,027*
Adequate	8	21	5	13,1	14	

Source: processed primary data

Based on the data analysis conducted, the relationship between the knowledge factor and the utilization of information media is described as follows. Respondents with good knowledge and good utilization of information media accounted for 44.7%, which is higher than those with good knowledge but poor utilization of information media (21%). Similarly, respondents with moderate knowledge and moderate utilization of information media made up 21%, which is also higher compared to those with moderate knowledge but poor utilization (13.1%). This is supported by the results of the Fisher Exact test, which showed a p-value of 0.027, which is less than the significance level  $\alpha = 0.05$ . Therefore, it can be concluded that there is a significant relationship between knowledge about reproductive health and the utilization of information media.

**Analysis of the Attitude Factor and the Utilization of Information Media**

**Table 2. Analysis of the Attitude Factor and the Utilization of Information Media**

Variabel Penelitian	Utilization of information media				Total	P Value
	Yes		No			
	N	%	N	%	N	
Attitude						
Good	17	44,7	8	21	27	0,027*
Adequate	8	21	5	13,1	11	

Source: processed primary data

Based on the data analysis conducted, the relationship between attitudes and the utilization of information media is described as follows. Respondents who had a positive attitude toward reproductive health and made good use of information media accounted for 44.7%, which is higher than those with a positive attitude but poor utilization of information media (21%). Likewise, respondents who had a moderate attitude and utilized information media accounted for 21%, which is also higher than those with a moderate attitude but did not utilize information media effectively (13.1%). This finding is supported by the results of the

Fisher Exact test, which yielded a p-value of 0.027, which is less than the significance level  $\alpha = 0.05$ . Therefore, it can be concluded that there is a significant relationship between attitudes toward reproductive health and the utilization of information media.

## **Discussion**

### **Analysis of the Knowledge Factor and the Utilization of Information Media**

The results of the analysis show that there is a significant relationship between adolescents' knowledge of reproductive health and their utilization of information media. This finding is consistent with the study conducted by Rizza (2011), which demonstrated that there is a correlation between the type of mass media and reproductive health knowledge among adolescents. The study revealed that the greater the use of mass media, the higher the level of reproductive health knowledge. A variety of media exposure, particularly among those exposed to five or more types of media, accounted for 66.1%. The diversity and frequency of exposure to various types of information media can significantly enhance one's knowledge. The level of knowledge is also reflected in respondents' attitudes toward utilizing media. The use of media can serve as a motivator for positive behavior among its users.

In the current study, most of the students at SMKS Addasuqi are also students at a pesantren (Islamic boarding school) located near the school. This condition limits their access to various types of information media, such as print, electronic, and social media, due to restrictions on electronic media usage within the pesantren. This finding is also in line with research conducted by (Sidik, 2015), which showed that among various forms of media, interpersonal media were the most preferred source of reproductive health information. This is likely due to the respondents' living environment in the pesantren for extended periods, where the main influence comes from within the pesantren itself, such as through interpersonal communication. The role of media is therefore crucial in shaping adolescents' knowledge and understanding of reproductive health issues. Inaccurate or misleading information can significantly affect the accuracy of that knowledge. Increased exposure to information, particularly related to sexuality, can influence adolescents' curiosity and motivation to seek more information from various sources (Sidik, 2015).

Information sources can be freely accessed from various places such as peers, books, films, videos, and even easily by browsing websites on the internet. However, very few adolescents receive sexual education and reproductive health information from teachers or parents. Reproductive health education is indeed available at the pesantren (Islamic boarding school), but it follows a normative model focused on religious practices and moral conduct in

family and social interactions. However, an in-depth understanding of the rationale behind issues such as menstruation and how to maintain reproductive hygiene has not been thoroughly provided. In this study, most of the information media accessed by students came from electronic media, particularly the internet. The internet is available for student use during school computer sessions, and students are allowed to freely use the internet for educational purposes, although there are time limitations. The findings of this study align with research conducted by Mugiati (2002), which explored the relationship between the type of information received and adolescents' reproductive health knowledge. Information from print media, such as books and magazines, was found to contribute to a higher level of understanding. This is because printed media, which often contains more in-depth analysis, is better able to provide readers with a thorough understanding compared to other types of media.

### **Relationship between Adolescents' Attitudes Toward Reproductive Health and the Utilization of Information Media**

The analysis results show that there is a relationship between adolescents' attitudes toward reproductive health and the utilization of information media. This study is consistent with research conducted by Alfarista DA, Wantiah (2014), which mentioned that adolescent risky sexual behavior showed that the majority of respondents were at moderate risk for engaging in sexual behaviors, with 106 adolescents (96.4%) at moderate risk. Meanwhile, 2 adolescents (1.8%) were categorized as having low risk, and 2 others (1.8%) were categorized as having high risk. The internet was identified as the most frequently used source of information and was considered the most influential on adolescents' sexual behavior. The study found that 69 adolescents (62.7%) reported the internet as the most frequently used source of information, while 97 adolescents (88.2%) considered the internet to be the most influential source. The main reason, reported by 76 adolescents (69.1%), for choosing this source was that information could be obtained quickly.

This finding is also in line with research conducted by Rosillia (2021), which mentioned that the majority of respondents had good utilization of information sources and demonstrated positive attitudes in preventing premarital sexual behavior. As many as 83 respondents (61%) displayed positive attitudes toward preventing such behavior. Therefore, it can be concluded that there is a relationship between the utilization of information sources and adolescents' attitudes toward preventing premarital sexual behavior, particularly among adolescents at SMKS Addasuqi.

The information sources that adolescents obtain related to sexual behavior are often freely accessible, yet frequently inaccurate, leading adolescents to experiment (Kustin & Handayani, 2024). The influence of inaccurate information from unreliable sources can lead adolescents to imitate unhealthy habits, such as engaging in sexual relations with multiple partners or having premarital sex (Santrock, 2017) . Adolescents who access information related to sexuality and reproductive health often misuse these sources, leading to incorrect and misleading information. The influence of inaccurate information can have harmful effects if not balanced with accurate information from credible sources (Kustin et al., 2023). Inaccurate information makes it easier for adolescents to exploit and channel their sexual urges, leading them to engage in premarital sex (Kustin & Handayani, 2024).

Another factor that can influence adolescent sexual behavior is curiosity, which drives adolescents to try things they have not yet experienced. This strong urge motivates adolescents to seek information about sexuality, both formally and informally. Adolescents inherently need accurate information about reproductive health and sexual behavior, especially from competent sources such as healthcare professionals. However, in reality, many adolescents do not receive information from healthcare professionals, such as sexual education. Limited access to credible sources of information causes adolescents to turn to informal sources, which often provide inaccurate information about sexual behavior, such as the internet, audiovisual media, or print media (Notoatmodjo, 2019). Adolescents' attitudes toward preventing premarital sexual behavior can be influenced by the breadth and quantity of information they possess about sexual health, as theories suggest that the more information, knowledge, and education a person receives, the better their attitudes and behaviors will be (Rosillia, 2021).

## **Conclusion**

Based on the results of the research conducted on adolescents' knowledge and attitudes toward reproductive health and the utilization of information media, the following conclusions can be drawn There is a relationship between adolescents' knowledge of reproductive health and the utilization of information media. There is a relationship between adolescents' attitudes toward reproductive health and the utilization of information media. Suggestions for Research Locations: Always improve information about reproductive health by using media, whether through bulletin boards, information from teachers, or other media. For the Community: The community is advised to always pay attention to adolescent reproductive health to avoid reproductive health issues. For Future Researchers: Other researchers can continue with topics related to other factors that affect reproductive health.

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