

Improving The Quality of Z Generation Regarding Knowledge of Reproductive Health for Junior High School Girls

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Abstract

Teenagers are now known as Z- Generation or the net-generation. The generation of teenagers who will continue the current millennial generation is expected to create a new era in technological development. It is feared that the strong influence of internet technology will not only change mindsets but can also turn something that is taboo into a legal tradition among the people. Such as the development of lesbian, gay, bisexual and transgender groups or what is known as LGBT. The purpose of the service is to improve the quality of generation Z regarding reproductive health knowledge. The activity was carried out in a group of 86 young women. This service activity was carried out by providing educational education and also training on reproductive health. Evaluation of the assessment using questionnaires and observation sheets with the prepost test method. The results of the activity showed an increase in the quality and knowledge of young women from before the activity, the level of knowledge was mostly in the less category, namely 62 students (72%), increasing to a good level of knowledge category to 68 students (79%). Education and training on reproductive health is quite effective in increasing the knowledge of junior high school girls.

Keywords: Z Generation, Knowledge, Reproductive Health, Teenager girl

Introduction

Adolescence is a special and important period, where the period of development of the maturity of an individual's reproductive organs usually occurs with very rapid and rapid physical changes that are not balanced by their mental and psychological changes. This change triggers serious health problems due to sexual motivation which can make teenagers vulnerable to disease and reproductive health problems. There is a need for understanding and guidance as well as sufficient support so that these teenagers grow and develop into healthy adult individuals, both physically, mentally and psychosocially (FEB UI, 2017).

The age transition from child to adult is one of the developments in adolescence. The current era of adolescence is called generation-z or net-generation. This generation is the millennial generation which is expected to create a new era in the development of science and technology. However, it is also feared that this development could change the ethics and morals of previous ancestors. It is feared that the impact and strong influence and development of the internet and technology will not only change their lifestyle, their mindset, but will also make something taboo into a legal tradition among society. Like the widespread development of lesbian, gay, bisexual and transgender lifestyles, the trend is called LGBT (BPS, 2015).

Nowadays, this lifestyle and free association are increasingly widespread among teenagers, it is feared that this will increase problems such as STIs, HIV/AIDS, unwanted pregnancies, a tendency to like people of the same sex and others (Batubara, 2010). Currently, access to information for teenagers regarding reproductive health is still small and limited, this is because society considers sex to be a taboo subject to discuss. Several factors influence reproductive health, such as the level of knowledge, the role of parents and access to information. Knowledge is one of the factors that drives individual behavior where good knowledge tends to encourage good behavior as well ((Notoatmodjo, 2018).

This period is a period where it is considered still unstable because of high emotions, tension, as a result of physical changes as well glands that exist in adolescents. At the beginning of puberty growth and development usually occurs quickly and rapidly and gradually decreases with age. The main characteristics of the growth and development complete the pattern during puberty. Adolescence is a time when children experience many changes both psychologically, physical where curiosity increases, whether regarding reproductive health or other things, there are a lot of changes. Media is one of the communication tools most widely used by society. Digital media, one of which is the internet, can change drastically in teenagers' communication patterns (Guse, 2012).

Apart from this, there are several identifications of justification for other problems in the form of: the prevalence and incidence of sex and promiscuity, LGBT among teenagers which continues to increase, there is still a lack of proper and correct understanding among teenagers about what sex and promiscuity are, LGBT with the impacts or problems that arise as a result, the lack of facilities for pro-sexuality education for teenagers, especially middle and high school students, inaccurate data regarding pro-sexuality issues, especially regarding free sex and LGBT among teenagers, as well as misuse of internet media. The aim of this community service activity is to increase generation z's knowledge about reproductive health in junior high school girls. With this improvement in quality, it is hoped that generation Z will improve their health, especially reproductive health issues.

Identification of Problems

Currently technology is very advanced, including the development of internet media. With the continued development of the internet, information is very easy to access so that anyone who has media can use the information openly. This open access to information can result in

information being absorbed without any filter which can have a negative impact on the mindset and lifestyle of teenagers. Therefore, there needs to be an increase in the quality of Generation Z regarding their knowledge regarding reproductive health issues. With this activity, it is hoped that the quality of this generation will increase, especially the level of knowledge and behavior of teenagers will become better.

Implementation Methodology

This community service activity is carried out with education and training on reproductive health. Data was collected pre and post this service activity was carried out. The team carried out this education and training twice for 86 young women.

Results and Discussion

This activity was carried out at SMP Negeri 8 Jember for grade 1 and grade 2 students. The service program aims to provide correct and good education to the female students of SMP Negeri 8 Jember, especially grades 1 and 2 regarding adolescent reproductive health, especially promiscuity and free sex, LGBT in teenagers who do not yet have correct and good knowledge and literacy regarding reproductive health problems.

The results of the outreach carried out by the team with female students at SMP Negeri 8 Jember showed that many of these junior high school students were still confused and also embarrassed when discussing and talking about reproductive health issues. This is because these female students feel that the topic or thing being discussed is something that is considered taboo so they are afraid to talk about it or tell about it.

To obtain more information, these female students use the internet, telling stories to friends of their peers or the same age, social media to access information about reproductive health. This is in line with research conducted by Nasution in 2012 that the level of knowledge regarding reproductive health and how to protect them from risks or health problems is very poor so special attention is needed from the relevant parties to overcome it.

The very low knowledge and understanding of these teenagers regarding reproductive health problems can result in these teenagers experiencing problems with their reproductive health. Therefore, it is necessary to provide appropriate information from related parties, especially

parents or families, in order to increase the understanding and knowledge of these teenagers. Family and parents are one of the best sources of information for these female students, apart from that, the role of family and parents also has a very strong influence on the knowledge and understanding they have (Ernawati, 2018).

This education and training on reproductive health for young junior high school students aims to increase the knowledge of generation Z regarding reproductive health issues, especially promiscuity and free sex, LGBT through internet media using an educational game approach and providing motivation to these female students. With this activity, it is hoped that these young women will have awareness in improving their reproductive health problems, avoid sex and promiscuity so that their health status is higher, especially reproductive health. Teenagers who have high levels of information are able to disseminate their understanding and knowledge to their group or peers.



Figure 1. When the activity was carried out



Figure 2. Post-evaluation of activities carried out

In the current era, the use and access of information related to reproductive health in Indonesia is still not very large or very limited. This limitation is due to the fact that some people still think that sexual matters are something that is very taboo to talk about or discuss. Due to limited access, this also causes a lack of knowledge, attitudes and risky behavior carried out by teenagers which ultimately results in low levels of health. This will also have an impact on the availability of youth care health services (PKPR). The results of research conducted by Kustin show that the formation of PKPR cadres in Islamic boarding schools is quite effective in improving the skills and skills of female students in their health (Kustin, 2021). This condition of teenagers requires youth caring health services to be able to meet the health needs of teenagers, especially services regarding reproductive health that are easy to reach and friendly to teenagers (Johariyati and Mariyah, 2018).

The evaluation results after improving the quality of generation Z through counseling showed that 90% of teenagers knew the definition of teenagers, 88% of teenagers knew the differences in physical changes in teenagers, 91% of teenagers knew the differences in psychological changes in teenagers and 70% knew the risks of promiscuity in teenagers, 68% of them understood the impact or effects of promiscuity but feel embarrassed and taboo if they tell their parents. The increase in the quality of their knowledge shows that the educational and educational activities and training are well received and understood by the junior high school students who are the subjects. Evaluation related to an individual's skills and ability to carry out justifications and assessments on certain subjects. This assessment is automatically based on self-determined criteria or norms that apply in society (Notoatmodjo, 2018).

The provision of reproductive health services is one form of government policy in handling reproductive health problems in Indonesia. Apart from that, several other policies also support the handling of reproductive health problems, including placing reproductive health efforts as one of the national development priorities, implementing accelerated reproductive health efforts and fulfilling reproductive rights throughout Indonesia, implementing reproductive health efforts in a holistic and integrated manner using a life cycle approach, and using a justice and gender equality approach in all reproductive health efforts (Bakar, 2014).

The outreach carried out includes providing material on reproductive health which includes the definition of adolescence, puberty, physical changes in adolescents, psychological changes in adolescents, responsible reproductive health, personal hygiene and health, principles of

balanced nutrition and anemia. Knowledge is the result of human sensing, or the result of a person's knowledge of objects through their senses. Most of a person's knowledge is obtained through the sense of hearing and the sense of sight (Notoatmodjo, 2018). Based on this theory, by providing material on reproductive health, teenagers gain information through the knowledge they absorb and can apply it in their daily lives to be more focused according to their expectations.

Conclusion

Education and training on reproductive health is very effective in improving the quality of Generation Z's knowledge of reproductive health among junior high school girls. It is hoped that this activity can continue to be carried out continuously and continuously every time new students enter so that they have sufficient knowledge in learning new knowledge and things.

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