

YOUTH IN THE DIGITAL AGE AND REPRODUCTIVE HEALTH PROBLEMS

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Abstract

It is important to do health education to cultivate healthy behaviors, much better done during childhood than trying to change these behaviors in adulthood. In this digital era, technological developments are increasing rapidly. The more advanced technology is also increasingly encouraging an individual to be increasingly apathetic to the circumstances of the people around him, including teenagers. Community service aims to educate teenagers in stemming information that can damage teenagers' personalities and be ready to face advances in information technology that is developing very quickly. This community service activity was carried out at GMIT Oeboboa, which is located at, Manusak Village, East Kupang District, Kupang Regency. This activity was carried out in April 2022. The targets and partners in this activity were GMIT Oeboboa Youth, Lecturers, and Students of the Midwifery Study Program STIKes Maranatha Kupang.

Keywords: Youth, Digital Age, Kespro.

INTRODUCTION

Adolescence is a period of rapid growth and development both physically, psychologically, and intellectually. Health education is important because it is much better to do health behaviors during childhood than to try to change these behaviors in adulthood. In the era of the industrial revolution 4.0 which was marked by the development of technology, users of digital technology and the internet were dominated by people in the youth category. This directly affects adolescents, especially in the biological, psychological, and social aspects. In addition, in line with the technological development of the ecological system (person in the environment) of adolescents in the industrial revolution era 4.0.

The era of globalization and information disclosure, such as the internet, makes all forms of information very easy to obtain, even in remote villages or small towns. However, it is very difficult to stem the information that can damage the personality of teenagers such as pornography and free sex life. In addition, parents, the environment, as well as educational institutions, especially primary and secondary education, do not seem ready to face the rapidly growing advances in information technology (Hidayangsih et al., 2011).

In this digital era, technological developments are increasing rapidly. The more advanced technology is also increasingly encouraging an individual to be increasingly apathetic to the circumstances of the people around him. Cultural shifts due to globalization have changed the benchmarks in adolescent associations. It is very difficult to contain information that can

damage the personality of teenagers, such as pornography and free sex life. In addition, parents, the environment, as well as educational institutions, especially primary and secondary education, do not seem ready to face the rapidly growing advances in information technology (Hidayangsih et al., 2011).

Reproductive health problems in adolescents are closely related to risky adolescent behavior, including smoking, drinking alcoholic beverages, drug abuse, and having premarital sex. Based on the results of the 2017 IDHS survey, shows that 55% of male adolescents and 1% of women smoke, 15% of male adolescents and 1% of female adolescents use illegal drugs, 5% of male adolescents drink alcoholic beverages, and 8% of men and 1% of women who have had sexual relations. sex while dating. Adolescent risk behavior is caused by the low understanding of adolescents about reproductive health which can be at risk of triggering unwanted things, including those related to sexually transmitted diseases and births in adolescents that result in unwanted pregnancies.

Adolescents' understanding and knowledge of reproductive health and problems are still low and many ignore it. This can have implications for the sexual risks faced by adolescents. The understanding of reproductive health given in formal and informal educational institutions tends to view aspects of reproductive health and adolescent sexuality as merely a biological phenomenon and tends to construct adolescent sexuality as taboo and dangerous to be controlled through moral and religious discourses.

A global study concluded that the risks of using digital media are generally prominent for early teens, these risks include cyberbullying, online addiction, and sexting (Festi & Quandt, 2020). More specifically on risky sexual behavior, a meta-analysis of 67,407 adolescent respondents (Vannucci, G. Simpson, Gagnon, & Ohannessian, 2020) revealed that there is a small positive relationship between social media use and adolescent risky sexual behavior ($r = 0.21$, 95% CI = 0.15-0.28), but in the younger sample, there was a larger effect size when specifically discussing the effect of social media use on risky sexual behavior.

The social media that they often use such as text messaging, the Internet, mobile applications, and social networking allow users to get important information about health topics. Users of these media can be a key component of health interventions and can facilitate risky behavior (Gilliam, Chor, & Hill, 2014). The media is thought to have an impact on adolescent behavior. According to Escobar-Chaves et al (2005), mass media has been shown to influence various behaviors related to adolescent health. According to Lou (2014), in western countries, it shows that the media has a relationship with adolescent sexual behavior which is considered to be as important as family, school, and peers. Based on the survey results, adolescents aged 8-18 years in the United States, African-Americans, and Hispanics spend 6-8 hours/day or more than 7 hours a day looking for something in the media (Brown, 2000; Robert, 2000).

METHOD

This community service activity was carried out at GMT Oebobo which is located at Manusak Village, East Kupang District, Kupang Regency. This activity will be held in April 2022.

The method used to achieve the objectives that have been formulated above is the method of counseling and discussion. Activities are carried out by providing information in the form

of counseling. The material given during the counseling included adolescent reproductive health, and reproductive health problems in the current digital era.

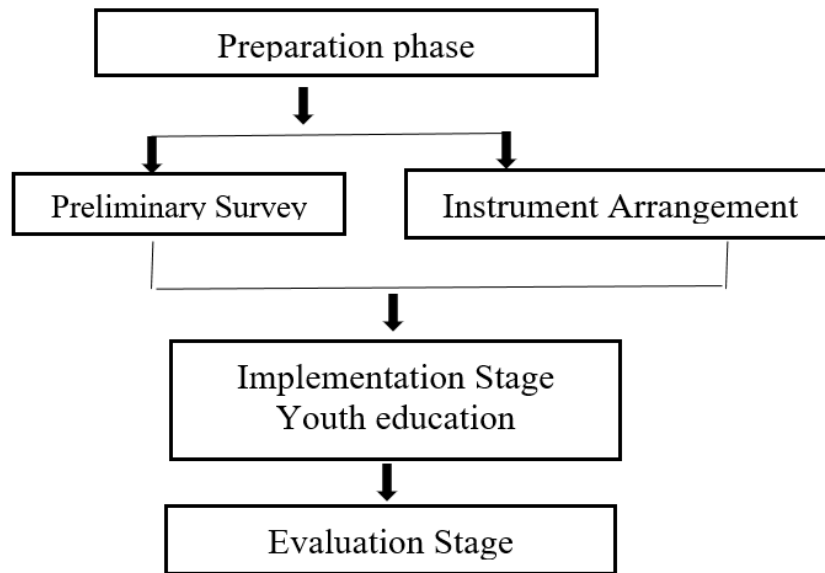


Figure 2. Youth Education and Support Documentation

RESULTS AND IMPLEMENTATION

The implementation of this activity is carried out in three stages, namely the preparation, implementation, and evaluation stages.

a) The first stage is the preparation stage. In this stage, the team conducts a preliminary survey to determine the condition of the target activity by analyzing the conditions of the place to be used, the condition of the participants who will be given counseling, and preparing a plan for the activities to be carried out.

b) The second stage is the implementation stage. In this activity, the focus is on education about teenagers in the digital era and their problems, considering that in this digital era, technological developments are increasing rapidly, it is difficult to contain information that can damage the personality of teenagers. This counseling activity was attended by approximately 45 participants. The participants seemed enthusiastic about the material presented by the resource persons and were able to be actively involved so this outreach activity took place in a two-way system. Not only was the material presented, but also interspersed with discussions that helped participants to better understand what was said by the speakers. After getting information related to reproductive health, adolescents will be more assisted in the process of self-maturation and how to make responsible decisions.



c) The third stage is evaluation. Evaluation of this activity is carried out during the activation process. Evaluation is related to the activity from the preparation stage to the implementation stage, which includes the presence of the training participants, the enthusiasm of the participants when participating in the activity, and suggestions or criticisms of the activity.

CONCLUSION

Community service is an activity that aims to help the community, especially teenagers. Community Service Activities are one part of the Tri Dharma of Higher Education. The forms of community service activities are socialization and teaching. Community service is the process of implementing the knowledge learned in higher education to provide the widest possible benefit to the community.

The Health Counseling activity with the theme "Digital Age Youth and Reproductive Health Problems" was successfully carried out with the result that the participants were smart in stemming information that could damage the personality of teenagers and were ready to face the rapidly growing advances in information technology.

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