

EDUCATION OF SEXUALLY TRANSMITTED DISEASES IN ADOLESCENTS AT SMKS KARYA RUTENG

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Abstract

The phenomenon of free sex has spread among teenagers and has an impact on the increase in sexually transmitted diseases, so education on reproductive health, especially Sexually Transmitted Diseases (STD), should be informed to children, especially teenagers, both through formal and informal education. The activity was carried out at Vocational High School Karya Ruteng. The number of participants is 61 people. This activity aims to increase adolescents' knowledge at Vocational High School Karya Ruteng about Sexually Transmitted Diseases (STD) in the good, enough, and fewer categories. The method is to provide counseling, question and answer, and discussion with the participants. The level of adolescent knowledge at Vocational High School Karya Ruteng was assessed through the results of filling out questionnaires filled out by participants before and after the activity as well as the results of questions and answers at the end of the activities. The knowledge of participants after participating in this activity has increased. The increase in knowledge expecting to shape adolescent behavior to avoid free sex among adolescents so that unwanted pregnancies and increased transmission of sexually transmitted diseases do not occur.

Keywords: Teenagers, Sexually Transmitted Diseases (STD), Knowledge, Health Education.

PENDAHULUAN

Currently, sexually transmitted infections continue to cause serious public health problems, especially among younger subjects, namely adolescents. The phenomenon of free sex has spread among teenagers so reproductive health education, especially free-sex behavior, should be informed to children, especially teenagers, both through formal and informal education. Adolescence is a period in which adolescents undergo biopsychosocial modification, as well as feel the need to gain new experiences such as free sex behavior that can make them vulnerable to STD infections (Genz et al., 2017). Of course, this will have an impact on increasing the incidence of sexually transmitted diseases (Banul, 2022).

According to estimates by the World Health Organization (WHO), 499 million new cases of curable STIs (syphilis, gonorrhea, chlamydia, and trichomoniasis) occur each year worldwide in adults aged 15-49 years. These figures do not include the additional health burden caused by HIV and other viral STIs such as HSV (Visalli et al., 2014). International monitoring shows that 70% of STI patients are between 15 and 24 years old and WHO estimates that one in 20 adolescents contract an STI every year. A study conducted on

adolescents in Brazil showed that 20% of adolescents aged 12-17 years had experienced sexual initiation, whereas 50% of study participants aged seventeen had had their first sexual intercourse. The author also cites that in 2012 28.7% of students aged 13-15 years started their sexual initiation (Ridlayanti & Lusiani, 2021)

A study revealed that the prevalence of sexually transmitted diseases in Indonesia was 38.9%, 10.2% in bacterial vaginosis, 9.1% in candida, 3.4% in gonorrhea, 1.1% in trichomoniasis and 11% in trichomoniasis. .11% in trichomoniasis bacterial gonorrhea (Intiyaswati, 2020). HIV and AIDS in Indonesia in 2020 41,987 HIV cases and 8,639 AIDS cases. Meanwhile, in 2021 there will be a decline in the category of HIV 36,902 and AIDS 5,750. Furthermore, the data reveals that the high cases of HIV and AIDS in Indonesia are in the productive age group, namely 15-49 years (Kemenkes RI, 2018) (Kemenkes RI., 2021).

This increase in incidence is caused by the increasing tendency to have free sex without using a condom. Another reason for this increased incidence is certainly related to the disinterest of a large part of the population in this infection; This lack of interest is related to the lack of information devoted to this subject, especially by young people, and consequently poor knowledge of the issues represented by STIs.

Sexually transmitted diseases have consequences such as pelvic inflammatory disease, ectopic pregnancy, and infertility. the importance of early education for young people For the prevention of sexually transmitted diseases to be fully implemented successfully among young people, it is important to study their level of knowledge about the issue. A good education for this social group is very important because according to WHO as many as 41% of the population under the age of 25 years do not use any contraception during sexual intercourse (Bączek et al., 2020).

Education about sexual diseases in adolescents can be increased through reproductive health education. This health information not only provides knowledge about reproductive organs but also about deviant behavior such as promiscuity, especially sex and unwanted pregnancies or risky pregnancies (BKKBN, 2021). A study revealed that early sex education can help delay the first sex for adolescents who are not yet sexually active, while for sexually active adolescents it can prevent encourage them to use contraceptives to prevent sexually transmitted diseases (Sriyatin, 2016).

The benefit of this health education is to increase adolescent knowledge about reproductive health, especially related to sexually transmitted diseases. This activity is expected to be used as material for information and evaluation of related parties regarding the prevention of sexually transmitted diseases and can be understood by the people of Manggarai Regency.

This Community Service activity was carried out at the Karya Ruteng Vocational School, Langke Rembong District, Manggarai Regency. Several things are behind this activity because based on the results of the initial assessment between the community service team and partners, it was revealed that currently teenagers, especially students at school, need to get information related to reproductive health or the impact of sexually transmitted diseases because they see the situation in teenagers in Ruteng City at this time. who has had premarital sex will be at risk of increasing unwanted teenage pregnancies? a study that has been conducted on adolescents in Ruteng City shows that 55.2% have engaged in premarital sexual behavior (Banul, 2022). Of course, this will have an impact on the adolescents themselves

who are at risk for sexually transmitted infections. Currently, the incidence of sexually transmitted diseases in the district, but the mortality rate caused by sexually transmitted diseases such as HIV/AIDS in the community in Manggarai often occurs.

The results of interviews when the team visited showed that there was still a lack of information for SMKS Karya students related to sexually transmitted diseases. Therefore, the Community Service Team of the Midwifery D III Study Program, FIKP Unika Santu Paulus Ruteng carried out this activity to increase adolescent knowledge about reproductive health, especially about sexually transmitted diseases.

IMPLEMENTATION METHOD

This Community Service activity will be held in July – August 2022, which is located at SMKS Karya Ruteng. This activity was attended by 61 students of SMKS Karya Ruteng. The method in this activity is conducting counseling, demonstrations, lectures, and questions and answers. This PKM is divided into several stages, including (1) the preparation phase, (2) the implementation phase, and (3) the evaluation phase. The preparation stage begins with an approach with partners, namely the Principal of SMKS Karya Ruteng, identifying existing problems and compiling a questionnaire instrument for pretest and post-test activities. The implementation stage includes stages, including (1) directing the students of SMKS Karya Ruteng to enter the room that has been determined by the partner, (2) participants filling out the form provided by the extension worker, (3) conducting socialization of the aims and objectives of the activity (4) distributing questionnaires as a pre-test to measure students' knowledge about sexually transmitted diseases, (5) providing counseling in the form of health information/education about sexually transmitted diseases and prevention of sexually transmitted diseases in adolescents. In addition, the PKM team distributed leaflets about the impact and prevention of sexually transmitted diseases. The evaluation stage was carried out with a question-and-answer session related to the material that had been given and the distribution of questionnaires to measure the knowledge of the participants after the activity was carried out.

RESULTS AND DISCUSSION

This Community Service activity was carried out at the Karya Ruteng Vocational School, Mbaumuku Village, Langke Rembong District, Manggarai Regency. This activity was attended by 61 students of SMKS Karya Ruteng. Several stages of the activities carried out included remarks from partners, socialization of the aims and objectives of the activity, pre-test using questionnaires, counseling, and distribution of leaflets about sexually transmitted infections, and the extension team re-evaluating the activities that had been carried out. The counseling materials provided are in the form of health information/education about the current situation of sexually transmitted diseases, understanding of sexually transmitted infections, types of sexually transmitted diseases, causes and or modes of transmission, impacts, prevention of sexually transmitted diseases, and tips on maintaining reproductive health in children. adolescence.

Before the outreach activities, all participants filled out a pre-test through a questionnaire that had been distributed. The pre-test stage in this activity is to explore the knowledge of SMKS Karya Ruteng students about sexually transmitted diseases. The results

of the pre-test are presented in the following table:

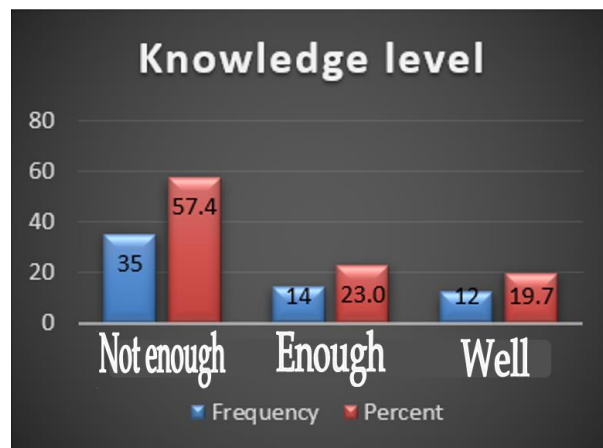


Figure 1. Knowledge of SMKS students about sexually transmitted diseases before counseling

Based on Figure 1, the level of knowledge of SMKS Karya Ruteng students in the less category is 35 (57.4%), 14 (23%) is sufficient and 12 (19.7%) is good.

There is still a lack of knowledge of adolescents (students) of SMKS Karya Ruteng about sexually transmitted diseases due to the lack of information obtained from adolescents. Based on the results of discussions with participants with the extension team, it was revealed that so far they had received information from other partners about reproductive health in general. Furthermore, this activity revealed that some participants had doubts about the definition of sexually transmitted diseases and some people thought that sexually transmitted diseases could be acquired from hand contact, hugging, and using the same toilet. So this activity is important to do to clarify the doubts of teenagers about sexually transmitted diseases and prevent their occurrence.

Another factor that causes the lack of knowledge of SMKS Karya Ruteng students based on interviews with extension workers reveals that there is still a lack of information from parents about sex education, even families consider it a taboo. Forming good behavior towards children, especially avoiding sexual behavior in adolescents, requires very strong parental participation, especially in terms of emotional closeness and warmth in dealing with children. Then in giving attention or information about sexual-related behavior, it is expected that it must be gender-appropriate, meaning a father with his son and a mother with her daughter (Kincaid et al., 2012).

After the pre-test was carried out, the writing team then provided counseling and distributed leaflets to participants. The material is given in the form of a power point and displays pictures about the types of sexually transmitted diseases. The materials presented are Counseling materials provided in the form of information/health education about the current situation of sexually transmitted diseases, understanding of sexually transmitted infections, types of sexually transmitted diseases, causes and or modes of transmission, impacts, prevention of sexually transmitted diseases, and tips on maintaining reproductive health during adolescence.

After holding the outreach activities, the team evaluated by distributing the prepared

questionnaires again and asking directly related to the material that had been explained. The results of the evaluation conducted we found a positive impact on participants. The success indicators can be seen in the following table:

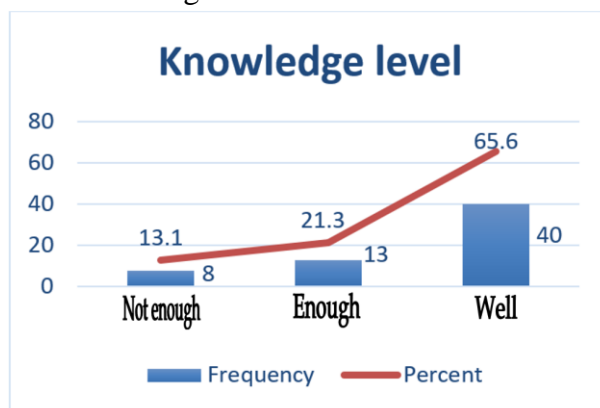


Figure 2. Knowledge of Pregnant Women with Sexually Transmitted Diseases After Counseling

Based on Figure 2, shows that the level of knowledge of the students of SMKS Karya Ruteng after being given counseling is mostly in the good category, namely 40 (65.6). Another evaluation that became an indicator of the success of this activity was that many SMKS Karya Ruteng students answered questions from the Community Service team and many participants actively asked questions about maintaining reproductive health, especially the prevention of sexually transmitted diseases. Of course, this will have a positive impact on adolescents in Manggarai Regency because through adequate knowledge, adolescents also have good attitudes and behaviors in carrying out their daily lives. This confirms previous research, such as research by Aritonang Juneris (2020) which says that a complex process occurs during extension activities, namely the five senses that channel knowledge to the brain, which is the eye of human knowledge obtained and channeled through other senses so that counseling can be used as a medium for increase knowledge and change one's behavior. This is in line with research that reveals that information alone is not enough to promote the adoption of preventive behavior but it is important to promote reflection and awareness among adolescents about issues, especially free sex behavior that has an impact on increasing sexually transmitted diseases. In this way, behavior change can be encouraged, respecting each other's individuality as a capacity to receive and process information to use it properly (Genz et al., 2017).

This activity was also welcomed by the SMKS Karya Ruteng school team. The Principal of SMKS Karya Ruteng revealed that this activity made a big contribution to the people of Manggarai Regency, especially teenagers in Ruteng City seeing the rampant unwanted pregnancies and free sex behavior that occurred in Manggarai. Therefore, it is hoped that with this activity, teenagers in Ruteng City, especially SMKS Karya Ruteng students, can minimize negative attitudes and this activity is carried out to improve health, especially in preventing free sex which has an impact on cases of sexually transmitted diseases.



Figure 3: Implementation of PKM Activities at SMKS Karya Ruteng

CONCLUSION

The promotion of reproductive health for adolescents is important as individual and community empowerment is a top priority in public health. This activity also has a positive impact on adolescents at the Karya Ruteng SMK because they have received knowledge and information about the risk of sexually transmitted diseases, this is evidenced by the results of the pre-test after being given counseling on the level of knowledge of adolescents at the Karya Ruteng SMKS mostly in the good category, namely 65,6%. This activity can also shape behavior to avoid free sex among teenagers so that unwanted pregnancies do not occur. The need for stakeholder cooperation (family, health office, religious office, local government) in providing education related to adolescent reproductive health, especially about sexuality so that adolescents avoid deviant behavior.

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