

KNOW MY BODY, TAKE CARE OF MY BODY

Lina Dewi Anggraeni ¹, Elisabeth Isti Daryati ², Yelli Febiola ³, Adelheid Melanurista ⁴,
Yohana Oktavia Roma Uli ⁵, Maria Gabriela ⁶, Krisna Rina Martines ⁷

Sekolah Tinggi Ilmu Kesehatan Sint Carolus, Jakarta

¹ linadewiam@gmail.com, ^{2*} elisabethdaryati@gmail.com

Abstract

Adolescence is a time of rapid growth and development both physically, psychologically and intellectually. Adolescents are characterized by a pronounced curiosity. High levels of curiosity in adolescents often lead to problems, including reproductive health issues. This community service activity aims to increase students' knowledge in terms of development, changes that occur in adolescents, and how to perform proper personal hygiene. The method used in this activity is to provide counseling on knowledge about adolescents and their problems and reproductive health. This activity was conducted offline and was aimed at 4th, 5th and 6th grade students at SD Negeri Tugu Utara 19 North Jakarta. This charitable activity ran smoothly and was well received by the school and students. After counseling, there was an increase in knowledge about reproductive health from the participants to 94.8%.

Keywords: Adolescents, Personal Hygiene, Reproductive Health.

INTRODUCTION

Adolescence is a period of rapid growth and development both physically, psychologically, and intellectually. Typical nature of adolescents has a great sense of curiosity, like adventure and challenge, and tends to dare to bear the risks of their actions without being preceded by careful consideration (Ministry of Health of the Republic of Indonesia, 2015). According to the World Health Organization (WHO), adolescents are the population in the age range of 10-19 years, according to the Indonesian Health Regulation Number 25 of 2014, adolescents are the population in the age range of 10-18 years and according to Badan Kependudukan dan Keluarga Berencana (BKKBN), the age range of adolescents is 10-24 years and unmarried (Ministry of Health of the Republic of Indonesia, 2012). Indonesia is one of the countries with positive population growth. The number of young people in Indonesia is quite large. Based on the results of the 2020 population census, the population aged 10-15 years in Indonesia is around 44.5 million people or 16.47% of the total population of Indonesia (270.2 million people) (Hapsari, 2019). High curiosity often leads to problems in adolescents, one of which is reproductive health problems.

Sexual education needs to be introduced early to children sexual education is not something that should be considered 'taboo'. Sexual education is an effort to teach, realize, and provide information about sexuality issues. The information provided includes knowledge about the function of reproductive organs by instilling morals, ethics, commitment, and religion so that there is no "abuse" of these reproductive organs (Ratnasari & Alias, 2016). That is why

sex education can be said to be the forerunner of family life education which has a very important meaning. Some of the importance of sex education for adolescents: 1) to know sexual information for adolescents 2) to have awareness of the importance of understanding sexuality issues 3) to have awareness of their sexual functions 4) to understand adolescent sexuality problems 5) to understand the factors that cause sexuality problems (Purnama, 2018)

Sex education in children can also prevent children from becoming victims of sexual harassment, by being equipped with knowledge about sex, they understand which behaviors are classified as sexual harassment (Yusuf et al., 2022). Knowledge about sex can also prevent children from trying things that they should not be allowed to do because of their ignorance. The purpose of sex education is to fulfill children's curiosity, prevent children from engaging in sexual activities that are not right, so that children are not surprised when entering puberty, make children aware of protecting reproductive organs, preventing early pregnancy (SMK Theresiana Semarang, 2023)

A child, especially an adolescent, needs to recognize the changes that occur in him both physically and psychologically. (Mutia, 2022) said that physical changes in girls include breast changes, generally girls' breasts begin to develop, this is the first sign that children's puberty is taking place, changes in body shape such as widening hips, fine hair around the genitals, menstruation, most children feel confused and even trigger stress and acne when facing puberty that is unfamiliar to their bodies. Physical changes in boys include changes in the testicles, signs of adolescent boys experiencing puberty begin with changes in testicular volume, experience wet dreams, adolescent boys will experience voice changes, become heavier (Gunawan & Tadjudin, 2022).

Psychological changes occur, children experience an identity crisis, feel confused by the situation and emotions (fear, worried, irritated), increase verbal expression, receive great influence from peers in hobbies and dress, are reduced respect for the Parents, sometimes even some children develop violent behavior, tend to behave childishly, feel the importance of the presence of close friends, look for other people to love besides the parents (Lararenjana, 2021). In addition, children also need to maintain personal hygiene, especially in girls, the understanding of menstruation is rather general, for example: the interpretation of menstruation as bleeding, dirty blood, a sign of maturity, a sign of fertility or a sign of health. However, they know nothing about the use of sanitary napkins, including the frequency of replacement and how to deal with used sanitary napkins (Hidayati, 2021). To improve knowledge and ensure optimal reproductive health, health promotion through health education is required. Health education or health counseling is a form of promotional effort to improve health and also prevent diseases caused by unhealthy and clean living habits. Health education or counseling strives to ensure that the behavior of individuals, groups and communities has a positive impact on maintaining and improving health. As knowledge increases, one is expected to change his behavior into better behavior (Notoatmodjo, 2012).

METHOD

This community service activity was carried out in 2 stages, namely an initial assessment by asking what information they know about adolescents and their problems, followed by interactive health education. The activity was carried out on Thursday, January 19th, 2023, health promotion was carried out at 08.00. Health promotion activities were divided into 3 sessions, which were originally 4 sessions. Counseling is carried out offline with the target of 4th, 5th, and 6th-grade students of SDN 19 Tugu Utara and several teachers who are responsible for the activity. Each session has the same activities starting with the opening.

The opening and introduction lasted for 10 minutes. This stage begins with an opening and prayer together so that all activities run smoothly. Then students were given a g-form as a pretest containing knowledge about adolescence and reproductive health. The distribution of pretests was done to assess students' initial knowledge about reproductive health before counseling.

The core stage is counseling. Activities at this stage lasted for 30 minutes. There were 2 materials presented at this stage, namely "Adolescent Development" and "Physical Changes in Adolescents and Proper Management of Personal Hygiene". Each topic went through the stages of material delivery, ice-breaking, discussion, and games. Giving ice breaking and games will make students refocus and be interested in listening to the material presented.

The closing stage lasts for 10 minutes. Distribution of g-forms as part of the posttest to assess the increase in knowledge scores. In this section, door prizes were also distributed to students who could answer the questions correctly. The activity ended with prayer.

RESULT AND DISCUSSION

This counseling activity took place on Thursday, January 19, 2023, health promotion was carried out at 08.00 to 13.00 WIB. The counseling participants were 4th, 5th, and 6th grade students of SDN 19 Tugu Utara with a total of 233 people consisting of 119 girls and 114 boys. This counseling was held offline at SDN 19 Tugu Utara.

The counseling with the theme "Healthy Youth Movement: Know My Body, Take Care of My Body" was opened with a prayer led by Rania. Health promotion activities were divided into 3 sessions, which initially amounted to 4 sessions. To measure the level of knowledge about adolescence and reproductive system hygiene, students filled out a pre-test questionnaire. Based on the data entered, it is known that 233 students participated in this health promotion activity, which is presented as follows:

Table 1. Frequency distribution of participant profile based on age and gender

Variable	N	%
Age		
10-11	130	55.8
11-12	103	44.2
Gender		
Boy	114	48.93
Girl	119	51.07

After completing the pre-test, the students were invited to sing and demonstrate a song with the title "Touch May, Touch May Not". The students seemed to follow the movements and sang along. In session 1, the material was delivered by Ns. Lina Dewi A, M.Kep., Sp.Kep.An and Adelheid Melanurista S.Kep., Ns. The delivery of the material runs according to the planned time of 30 minutes. Session 1 went smoothly and conducive, the participants also seemed to pay attention well and actively.



In session 2 the delivery of material was presented by Ns. E. Isti Daryati, SKep, MSN and Yelli Febiola S.Kep. The material will be delivered after the planned time of 30 minutes. In session 2, participants began to look less friendly as some participants were busy playing games and playing with their cell phones. Nonetheless, in session 2 participants seemed to be actively asking questions.



Session 3 was presented by Yohana Oktavia S.Kep and Maria Gabriella S.Kep. The material was delivered after the planned time of 30 minutes. In this session 3, the participants were less supportive and many participants did not pay attention to the material provided by the speaker. However, participants continued to actively ask questions.



The moderator then gave a summary of this health promotion event. Next is a group photo session for documentation and a closing prayer. Before that, the MC reminded the participants to fill out the post-test link.

The results of the pre-test and the post-test show an increase in knowledge, which is shown in the table below:

Table 2: Knowledge Level of Pre-test

Variable	N	%
Knowledge		
Less (1-5)	111	47.64
Good (6-10)	122	52.36

Based on the results of the pre-test with 233 children, 111 children (47.64%) had less knowledge about adolescent sex education and 122 children (52.36%) had a good knowledge. It states that of 233 students who did not take part in health promotion activities, most have good knowledge, even 122 children (52.36%).

Table 3: Knowledge of Post-test

Variable	N	%
Knowledge		
Less (1-5)	10	4.3
Good (6-10)	223	95.7

Post-test results from 233 students revealed that 223 children (95.7%) had a good knowledge of adolescent sex education, while as many as 10 children (4.3%) had less knowledge. It states that after about an hour of health promotion related to youth sex education, participants who previously had less knowledge had good knowledge, as high as 94.8%.

Efforts to improve knowledge are very important based on the research of (Juliansyah et al., 2020) In addition to an increase in knowledge, statistically there is a difference between before and after the consultation. The best action is health education or counselling, since it is organized in a systematic way, starting from the material, the learning objectives, the targets and the assessment in the form of post-tests. Imparting knowledge through education about reproductive health and sexuality helps young people understand their needs and act based on scientific evidence (Husaini et al., 2017) Beside that, information or knowledge is formed after a person has experiences and observations that are useful or beneficial to him.

CONCLUSION

The charitable activities in cooperation with SDN 19 Tugu Utara went well and corresponded to the activity plan. The counseling participants were students in grades 4, 5 and 6 with a total of 233 participants. The counseling materials presented included adolescent development and physical changes in adolescents, as well as good and correct personal hygiene management. The consultation process went smoothly, which was evidenced by the increased knowledge of the participants. This community service is very useful in efforts to empower young people to increase their knowledge of reproductive organ changes and functions. It is hoped that this charitable activity can continue to benefit young people as they expand their health knowledge.

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