

## REPRODUCTIVE HEALTH EDUCATION VIDEO INNOVATION AS AN EFFORT TO PREVENT VENEREAL DISEASE AT SMK NEGERI 1 SIMANINDO, SAMOSIR REGENCY

Eka Saudur Renaldi Sihombing<sup>1\*</sup>, Romauli Pakpahan<sup>2</sup>, Yeni Trisna Purba<sup>3</sup>,  
Vanny Chainur Mawaddah<sup>4</sup>, Icha Sri Devi<sup>5</sup>

<sup>1,2,4,5</sup> Universitas Efarina

Jl. Sutomo Griya Hapoltakan Raya Kav. 1-10 Pematang Raya – Kabupaten Simalungun Sumatera Utara,  
Indonesia

Email: [ekasihombing207@gmail.com](mailto:ekasihombing207@gmail.com)

<sup>3</sup> Universitas Efarina, Pematang Siantar

Jl. Pdt. J. Wismar Saragih No 72/74, Pematang Siantar - Sumatera Utara, Indonesia

### Abstract

SMK Negeri 1 Simanindo, Samosir Regency is in the Tuktuk Siadong tourist area, Samosir Regency. SMK Negeri 1 Simanindo is in an area with a high prevalence of teenagers, reaching 24% of the total population who still lack knowledge about reproductive health. Venereal Disease is a venereal disease resulting from disruption of reproductive health problems. The community service activities are carried out through outreach activities regarding Reproductive Health Educational Video Innovation as an Effort to Prevent Venereal Disease at SMK Negeri 1 Simanindo, Samosir Regency. The aim of the activity is to increase students' knowledge about reproductive health through showing videos whose information is obtained from various sources. The number of students who took part in the activity was 28 students. The first activity was carried out through a pre-test for students to find out their understanding of reproductive health, then provided material and ended with a post-test in the form of games. In conclusion, the activity went smoothly, students gained new knowledge and were highly enthusiastic in participating in the activity. Suggestions for community service activities for teenagers to be further enhanced with increasingly developing media innovations.

**Keywords:** Disease, Health, Reproduction, Venereal

### INTRODUCTION

Indonesia is experiencing a demographic bonus, where the prevalence of adolescents reaches 24% of the total population. An increase in the adolescent population is a favourable thing along with an increase in the quality of adolescents, but it becomes a disadvantage if the opposite happens. Adolescence is a period of transition from childhood to adulthood. Various changes occur during adolescence, one of which is the emergence of secondary sexual signs and sexual urges. The unique characteristics of adolescents with all their changes make adolescents need support from various parties to reduce the emergence of risky behaviour.

Risky sexual behaviour is one of the risky behaviours carried out by adolescents. This is because adolescents are in sexual development. The results of the 2017 SDKI noted that 80% of adolescents have dated. Most men and women who are dating do various activities ranging from holding hands, hugging, kissing, groping to some who have had sexual intercourse as many as 8% of men and 2% of women. Risky sexual behaviour has an impact on psychological aspects (anger, guilt, fear); physical (unwanted pregnancy, stunting in children, infected with sexually transmitted diseases), and social (ostracised, role change). The various impacts of risky sexual behaviour are less considered by adolescents. Lack of knowledge leads to a negative attitude or a tendency to engage in risky sexual behaviour.

SMK Negeri 1 Simanindo is one of the schools located in the Lake Toba Tourism destination area. SMK Negeri 1 Simanindo is a public vocational school whose address is at Education No. 1, Samosir Regency. Currently SMK Negeri 1 Simanindo implements the study of Catering. SMK Negeri 1 Simanindo is headed by a principal named Perri Sagala and school operator Henry Simbolon. SMK Negeri 1 Simanindo was established on 30 June 2008 based on operational decree number 146. SMK Negeri 1 Simanindo. SMK Negeri 1 Simanindo is located in the middle of the Tuktuk tourism area which is prepared for tourism activities in the Samosir tourism area, as seen from the vocational area owned, namely Tata Boga. SMK Negeri 1 Simanindo operates from morning until 2pm. Based on this time, there is a lot of time for students to do activities outside of school. Many activities are carried out at this school, however, activities regarding sexual education are still lacking.

Lake Toba has been visited by many domestic and foreign tourists. Tourist visits also have the potential to bring negative influences in the process of moral degradation. Adolescents are the age group most at risk of Venereal Disease or Sexually Transmitted Infections because adolescents are in a transitional period, which is characterized by high curiosity, always challenged to try new things without being accompanied by good knowledge and attitudes about the actions to be taken. The results of interviews with 4 teachers of SMK Negeri 1 Simanindo stated that they felt hesitant and confused about where to start to provide material on adolescent reproductive health. This is because there is no attractive media that can be used by teachers to provide reproductive health education in the prevention of sexually transmitted diseases in adolescents at SMK Negeri 1 Simanindo, Samosir Regency.



**Figure 1. The atmosphere of students entering the school in the morning at SMK Negeri 1 Simanindo**



**Figure 2: Principal welcomes guests, the atmosphere still holds customs**

## **METHODS**

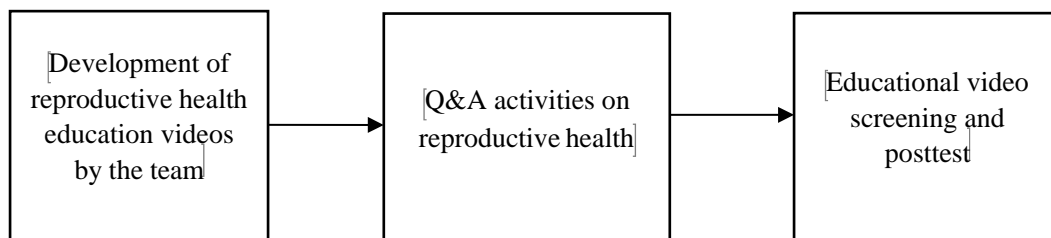
The method of implementing this community service activity is carried out through an offline system, namely through providing reproductive health education conducted by the community service team through counselling and publishing through publication media. The stages in the activity are the activity survey stage, the preparation needed such as the material to be delivered, the socialisation of activities to be carried out by the Community Service Team to the school and students of SMK Negeri 1 Simanindo. The SMK Negeri 1 Simanindo school after coordinating with the Efarina University Community Service team, provided a place and gathered students to carry out activities.

It is hoped that this activity will provide students with understanding and knowledge and awareness in healthy sexual behaviour. At the beginning, a pre-test was conducted to students about Venereal Disease, then training was carried out through fun games to

participants and then there was a video innovation performance activity that had been designed. In these activities, participants are still accompanied by a community service team, in this case the knowledge of lecturers is public health which is accompanied by students, nursing and midwifery. After the activity, there was a quiz activity in the form of games in order to post test the activities that had been carried out. Closing the activity, the Community Service Team said that they would carry out follow-up program activities through the distribution of activity videos to the community at large and would carry out follow-up activities if the situation allowed for changes in the situation in the community regarding the sexual behaviour of the community, especially adolescents.

In this community service activity, students are involved to increase student knowledge, experience and this also supports Independent Learning Campus Teaching, especially the subjects of Leadership and Systems Thinking, Basic Health Promotion and Basic Epidemiology. With this experience, students have the ability to interact with the community by training their mentality and leadership, techniques for conducting health promotion activities through counseling / socialisation activities and knowing the types of sexually transmitted diseases. Thus, students are trained in the health sector. In addition, outside the course, students also have the opportunity to take part in health competitions in making innovation videos because they have made innovation videos from this community service activity.

Conceptual Framework for PKM Innovation of Reproductive Health Education Video as an Effort to Prevent Venereal Disease at SMK Negeri 1 Simanindo, Samosir Regency



One of the factors that influence the premarital sexual behaviour of adolescents is knowledge of reproductive health. The better knowledge of adolescents about reproductive health raises awareness related to adolescent risky sexual behaviour. Education about reproductive health to adolescents is important to be given. Ironically, parents feel uncomfortable and unable to provide sexual education.

## RESULTS

Community service activities were carried out for 28 students of SMK Negeri 1 Simanindo class XI of the Department of Catering and Hospitality. Of the 28 students who were given a pre-test on venereal disease and reproductive health, consisting of 3 questions and who collected the answers there were 27 people, can be seen from the table below:

**Table 1. Questions about reproductive health knowled**

	Frequency	Percent	Valid Percent	Cumulative Percent
Correct answer	4	14.8	14.8	14.8
Valid Wrong answer	23	85.2	85.2	100.0
Total	27	100.0	100.0	

From the table above, it can be seen that more people answered incorrectly, 23 people or 85.2% and only 4 people or 14.8% answered correctly. At the time of the pre-test, many students were confused about answering and many were waiting for answers from their friends.

**Table 2. Questions about what are the types of reproductive diseases**

	Frequency	Percent	Valid Percent	Cumulative Percent
Correct answer	19	70.4	70.4	70.4
Valid Wrong Answer	8	29.6	29.6	100.0
Total	27	100.0	100.0	

From the table above, it can be seen that the correct answers were higher at 19 people (70.4%) and only 8 people (29.6%) had wrong answers. The situation when answering this question, many copied the answers of their friends so that many students could answer.

**Table 3. How to prevent reproductive diseases**

	Frequency	Percent	Valid Percent	Cumulative Percent
Correct answer	10	37.0	37.0	37.0
Valid Wrong answer	17	63.0	63.0	100.0
Total	27	100.0	100.0	

From the table above, it can be seen that the most wrong answers were 17 people (63%) and those who answered correctly were 10 people (37%). From this third question, it can be

seen that many students answered not based on their understanding but received answers from their friends, as seen from the inconsistency of their answers from questions 2 and 3.

From the data, it can be concluded that the students of SMK Negeri 1 Simanindo still lack understanding about reproductive issues and when asked, some of them said that talking about reproduction is embarrassing and taboo, and some even never discussed it in the family or at school. Only a few students get good education about reproduction and get it from the family.



**Figure 3. The atmosphere of pre-test activities (students answer questions on a piece of paper)**

Furthermore, the team conducted counselling through education about sex and reproduction through video innovation. When watching the video, their reactions generally felt funny, embarrassing to watch it. However, the community service team gave an explanation that this should not be ashamed to be discussed openly so as not to have an impact on reproductive health problems later. If there are obstacles in terms of reproduction, they can ask questions and be discussed. Furthermore, the team and students discuss together about sex and reproduction until students really understand. The team also provides props in the form of female and male pelvis so that they really get to know the human reproductive organs and do not need to be ashamed to discuss it openly even the obstacles faced in reproduction and even how to avoid sexual deviations that cause physical and psychological damage.



**Team members explaining through phantom props**



**Figure 5: The atmosphere of students listening to material through video innovation  
After the counselling and discussion, at the end of the material the team held a post**

Test in the form of asking questions in the form of a game. Those who can answer the questions will be rewarded, namely getting candy that has been provided by the PKM team. The game in the framework of the post test went smoothly and enthusiastically. Students became more open in terms of reproduction and puberty that they experienced.



**Figure 6. The atmosphere of post-test activities to students in the form of games**

At the end of the activity, the students were given the opportunity to give impressions/messages as a follow-up to their understanding of venereal diseases due to not maintaining reproductive organs. They said that they were very happy with the activity, because they got new knowledge about venereal diseases and how to maintain reproductive health.



**Students give impressions and messages from the activities carried out**

The activity ended with the provision of props and souvenirs to the school which in this case was received by the principal represented by Mrs Lenni pasaribu, S.Pd as vice principal and a group photo.



## **DISCUSSION**

Based on the conditions that occur among adolescents in general and specifically at SMK Negeri 1 Simanindo who are still minimal in receiving information about reproductive health education openly, the activity in community service is to provide knowledge in the form of original videos that are good for consumption by teenagers. The products given to students in hard form are phantom pelvic forms of male and female sexes and in soft form is watching educational videos about reproductive health.

### **1. Application of Technology and Innovation to the Community (Relevance and Community Participation)**

The benefits of providing education to students in the form of videos, because students are usually interested in watching so that by providing videos, it is hoped that students will be easier to receive information and understand the information provided, which in this case is about reproductive health. Technology in the form of hard, namely phantoms, students are getting to know their bodies through the props provided. The provision of this technology makes students understand more about how to maintain health, especially about reproduction so that they avoid various types of venereal diseases and reproductive problems that are very risky to increase morbidity and mortality.

### **2. Impact (usefulness and productivity)**

The application of technology that is innovated and shared with adolescents, in this case students of SMK Negeri 1 Simanindo, is expected to be useful for adolescents so that adolescents can understand about reproductive health and students avoid venereal diseases. This helps students to be more productive in their growth period and puberty can run healthily and normally. These students can also provide education to their families and peers.

## **CONCLUSIONS AND SUGGESTIONS**

### **Summary**

Community Service Activities on Reproductive Health Education Video Innovation as an Effort to Prevent Venereal Disease at SMK Negeri 1 Simanindo, Samosir Regency went well. Community Service Activities on the Innovation of Reproductive Health Education Videos as an Effort to Prevent Venereal Disease at SMK Negeri 1 Simanindo, Samosir Regency received a good response from students at SMK Negeri 1 Simanindo. Community Service Activities on Reproductive Health Educational Video Innovation as an Effort to Prevent Venereal Disease at SMK Negeri 1 Simanindo, Samosir Regency It is hoped that schools and Efarina University will have a good working relationship to increase student knowledge and achieve the vision of Efarina University, especially the Public Health Science Study Program, namely improving health in the field of Tourism.

### **Advice**

Community Service activities like this can be carried out regularly to increase the knowledge of adolescents / students in schools. Community service activities like this always receive support from the government and universities with media innovations that are increasingly developing with technological developments.

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