

## Health Education is Important for Increasing the Knowledge of Students in SD N 1 Suwug to Maintaining Reproductive Health

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### ABSTRACT

The rise of cases of sexual harassment and sexual violence against children demands that children be immediately given information about reproductive health, prevention of sexual violence to organ function and how to look after it. The purpose of this service is to provide health education regarding reproductive health to children at SD N 1 Suwug to increase their knowledge in maintaining reproductive health. The stages of implementing community service are divided into three stages, namely planning, implementation and monitoring and evaluation. With a target number of 106 students located in SD N 1 Suwug. The result was that there was an increase in knowledge before and after being given reproductive health education to children and all of the targets enthusiastically wanted to know the function of their respective reproductive organs. The conclusion is that health education, especially reproductive health in elementary school children, is a necessity to form self-responsibility for their respective reproductive organs.

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### INTRODUCTION

Elementary schools are a place for exchanging children's information both in the learning process and in terms of health information. Children's education in elementary schools (SD) is also an ideal educational institution in developing physical and non-physical aspects including mental, emotional, social and child health (Tedju Hinga, 2019). Cases of sexual violence are currently increasing every year. In 2022 sexual violence against children will reach 9,588 cases compared to previously only 4,162 cases (CNN, 2023). The most recent form of sexual violence was a kindergarten child who was raped by an 8 year old child.

This has an impact on how to improve reproductive health education efforts which can directly affect the prevention of sexual violence. Elementary school age is the age at which menarche or the start of menstruation begins. Where this age begins the existence of secondary development in elementary school children. The readiness of children in facing menarche is very important to note, because with the start of menarche, the reproductive organs will automatically mature (Nurmawati & Erawantini, 2016). Comprehensive sexual education is very important to inform children immediately. Sex education in Indonesia is a controversial matter where many people do not accept this, because information about reproductive health in early childhood is still considered taboo. There are also many people who think that elementary school-aged

children do not deserve to know about reproductive organ education and reproductive health (Rahmawati & Khamdani, 2021).

Sexual education or related to the child's reproductive organs is one way to introduce children to how to maintain reproductive health, reproductive function and prevent sexual violence that can be experienced by anyone. Understanding reproductive health has an important role, especially at elementary school age to better understand the importance of each reproductive organ to the introduction of reproductive organs that cannot be used yet and anticipate dating and the risks involved (Beru et al., 2022).

Children are an asset for the next generation, children also have their own uniqueness with different information capacities. They easily imitate what is conveyed, let alone information that they hear for the first time, so extreme caution is needed in conveying reproductive health information to children. It was previously reported that an elementary school had tested students who were given reproductive health education and the results showed that children of different sexes showed different treatment when dealing with and respecting each other's reproductive organs (Rahmawati & Khamdani, 2021).

The rise of cases of early marriage, sexual violence, abortion and the powerlessness of women in maintaining their reproductive health, it is very necessary to provide maximum, measurable and informative health education to children in elementary schools. Where by providing early information can help young children understand the importance of maintaining reproductive health.

## **METHOD**

The method used to carry out community service is through several stages, namely the stages of preparation, implementation, monitoring and evaluation of activities.

### **a. Preparation phase**

At this preparatory stage, it was started by approaching the public elementary school 1 in Suwug Village. The approach begins with the school principal on the importance of health education in early childhood. Coincidentally, this school is also conducting training for young doctors and activating the school's UKS. Then approach the teachers by conveying the purpose of holding a service regarding Health Education to elementary school-age children. The service team was then divided into several groups in the stabilization stage of the preparation for community service activities starting from the preparation of materials, presentation materials and others.

### **b. Execution stage**

At the implementation stage the activity begins by distributing questionnaires to elementary school students to be filled in correctly or incorrectly according to the pictures given. The questionnaire is very simple, starting from the introduction of the names of the male and female reproductive organs and then the functions of these reproductive organs. After being given the questionnaire, students were provided with an understanding of information using interactive media including powerpoint, video introduction to reproductive organs and songs in preventing sexual violence. Furthermore, after completing reproductive health education, the questionnaire was given again with true-false statements. This is done to identify an increase in the knowledge of elementary school students.

### **c. Monitoring and Evaluation Stage**

This stage is carried out after the implementation stage has been completed. This stage is in the form of maintenance activities to assess elementary school students' knowledge of reproductive health, which has indeed increased and is functioning properly. Furthermore, monitoring and evaluation are assisted by elementary school teachers in monitoring student progress regarding respecting the reproductive organs of other friends so that sexual harassment or violence does not occur.

This activity was carried out in the Auditorium of Public Elementary School 1 Suwug, involving all 106 students in grades 3-6. The time for activities starting from the preparation stage to monitoring takes as much as 4 months from September-December 2022.

**RESULTS**

The results of this dedication carried out univariate data collection with the results obtained as follows:

**Table 1. Results of the Frequency Distribution of Students at SD N 1 Suwug**

Age	f(%)
9 years old	46 (43,4)
10 years old	46 (43,4)
11 years old	14 (13,2)
Prior Knowledge	
Good	25 (23,6)
Enough	59 (55,7)
Less	22 (20,8)
After Knowledge	
Good	62 (58,5)
Enough	44 (41,5)
Less	0 (0)

The results of the analysis above show that the most students who participate are at the age of 9 and 10 years, namely those in grades 3, 4 and 5 with 43.4 each. Then the knowledge of students before being given health education as much as 55.7% had sufficient knowledge but after being given health education knowledge became good as much as 58.5% and there were no students who had less knowledge (0%). The documentation of health education activities in elementary schools can be seen below.



**Figure 1. Planning and approach stages with schools or school apparatus**



Figure 1 is the approach taken by the service team to school officials in preparation for health education activities to maintain reproductive health, introduction to the reproductive organs of elementary school children. Furthermore, the activity or implementation of activities can be seen in the picture of the activity below.



**Figure 2. Implementation of Health Education activities**

The media used in providing health education is in the form of education and counseling developed by the community service team. The children seemed enthusiastic about knowing their respective reproductive organs and their functions. This activity was very free and active and very memorable for them because the results of the questionnaire given before the implementation of the community service resulted in the number of children who had less knowledge. However, when they were given health education by informing the reproductive organs, functions, preventing sexual violence or sexual harassment, they were very enthusiastic and their knowledge also increased.

The results of the previous dedication also found results that were in line with that by providing information through multimedia, it was very easy for students to get all the information conveyed. With songs that remind you to prevent sexual harassment, it is also very supportive of preventing violence and children know which parts they can and cannot touch (Djaali et al., 2020). Other results also found that elementary school students' knowledge increased and they began to understand maintaining reproductive health while exploring children's creativity in solving problems (Handayani et al., 2023).

Reproductive health for students is given training or health education which can automatically influence other people, both individuals and their families, to help remind and re-inform mothers that this is an important matter (Widodo & Nita, 2019). The media used will also increasingly support the delivery of information to students. The better the media, the easier information will be conveyed to students. Schools are the most suitable place for initiation to provide good knowledge, especially about reproductive health and become good practices that must continue to be applied to students (Indraswari et al., 2022).

Health education is also a good medium in providing health information. The information messages conveyed can all be made aware of properly and achieve the expected goals (Sumarni et al., 2020). Flipchart

media, animated videos also really support increasing the knowledge of elementary school students (Simaibang et al., 2021).

A child's knowledge or cognitive in receiving information is an important thing that can help shape everyone's behavior. Significant knowledge will influence children to behave, behave and defend themselves from threats that can come at any time (Djaali et al., 2020). Health education about menarche really needs to be done to increase children's knowledge in preparing themselves before it is felt by them (Wahyuni et al., 2019).

Reproductive health education for children aims to train and instill awareness for children in maintaining the reproductive organs both in terms of cleanliness, organ function and environmental cleanliness and prevention of sexual violence (Tedju Hinga, 2019). So there is no harm in providing information on reproductive health education to children from an early age so that children can be vigilant and have responsibility for themselves.

Various forms of sexual abuse that may occur to children must be well informed, including where touching is safe and unsafe, good and bad secrets, how to seek protection and how parents or the school and the environment care (Dewiani et al., 2020). Health education is mainly to instill healthy living habits to be responsible for oneself and the health efforts that are raised (Widyawati & Lestari, 2018). Sexuality cannot be viewed from a different perspective where sexuality is a multidimensional phenomenon consisting of psychosocial, behavioral, clinical, moral and cultural aspects (Abduh & Wulandari, 2018).

## CONCLUSION

Health education for children is an important matter to be informed from an early age, especially on reproductive health, reproductive function, prevention of sexual violence. So that children are increasingly aware of their own situation and responsibility for themselves as a prevention of something unwanted.

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