

Counseling To Keep Reproductive Health Healthy With A Clean And Healthy Lifestyle Approach At Mts Al-Azhar Saumlaki

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Abstract.

Reproductive health for teenagers can be realized if teenagers know correctly how to maintain their reproductive health. Teenagers need to know the basic things about a clean and healthy lifestyle. A clean and healthy lifestyle is a form of behavior carried out consciously due to learning carried out individually, by families, and in the community in realizing community health. This is an essential aspect in realizing reproductive health for teenagers. This activity aims to increase teenagers' knowledge about maintaining healthy reproductive health of teenagers using a clean and healthy lifestyle approach implemented at the AL-Azhar Saumlaki Madrasah Tsanawiyah (MTs), Tanimbar Islands Regency. The implementation method involves lectures, questions, and answers with the material presented using PowerPoint and videos displayed using an LCD. Knowledge is measured before and after the extension activities are carried out using a questionnaire. The results of community service show that there has been an increase in youth knowledge by 81%, with good knowledge. It is hoped that this counseling will provide increased knowledge to change teenagers' behavior and attitudes in maintaining their reproductive health so that they remain healthy with a clean and healthy lifestyle approach.

Keywords: *Reproductive Health, Adolescents, Clean and healthy lifestyle.*

I. INTRODUCTION

Teenagers are the determinants of the nation's future, so teenagers need to know about their reproductive health and maintain their reproductive health because this is directly related to the physical and psychological health of a teenager, according to the National Family Planning Coordinating Agency, teenagers aged 10-24 years, according to the World Health Organization, teenagers aged 10-19 years. Adolescents are an age group entering maturity and this cannot be separated from the development and maturity of their reproductive system. Reproductive health is a state of overall physical, mental, and social well-being that is not only free from disease or disability in all matters related to function, and processes, in this case, the reproductive system (Noviana. N, 2018). Adolescence is often known as puberty, where during this period a teenager experiences many changes in his or her body that are related to reproduction, changes that occur such as changes in secondary sex until they reach sexual maturity (Wihernviona, 2020). During this period of adolescence, they tend to want to find out independently and are reluctant to ask their parents, so that teenagers obtain information from digital media that is not clear whether the information is appropriate or not for the teenager. If this happens and education is not provided to teenagers, there will be a shift in knowledge and behavior for teenagers.

The number of teenagers is based on the Indonesian Central Bureau of Statistics 2022 based on the results of the population census. The number of teenagers is based on the age of 10-14 years, men are 11,242,240 people, women are 10,732,428 people, a total of 22,088,673. aged 15-19 years men 11,432,945 women 10,730,583 people total 22,163,528 people (Indonesia, 2022). The number of teenagers in Indonesia is very high, but the problem is that their knowledge is still very low regarding how to maintain reproductive health so that they remain healthy so that they become healthy, productive teenagers who continue to work and innovate. The current condition is that the incidence of sexually transmitted diseases (STDs) and HIV/AIDS that occurs in teenagers is very high, the incidents that are also most often experienced in teenagers, such as flour albus, fungus, itching, and so on, are one of the consequences of not taking care of reproductive health. (Wihernviona, 2020). Reproductive health for teenagers can be realized if teenagers

know correctly how to maintain their reproductive health. Teenagers need to know the basic things about a clean and healthy lifestyle. A clean and healthy lifestyle is a form of behavior carried out consciously due to learning carried out individually, in families, and the community in realizing public health. A clean and healthy lifestyle is a very important aspect of realizing reproductive health for teenagers.

With this approach, knowledge and awareness for teenagers so that puberty occurs normally, a clean and healthy lifestyle approach that supports adolescent reproductive health, such as a good diet, good exercise regularity, stress management, prevention of risky behavior, washing hands before touching the reproductive organs, maintaining body cleanliness with this approach can minimize the risk of reproductive health problems (Akbar, et al. 2021). Implementation of reproductive health education on maintaining healthy reproductive hygiene for teenagers using a clean and healthy lifestyle approach was carried out at the AL-Azhar Saumlaki Madrasah Tsnowiyah (MTs), Tanimbar Islands Regency. Previously, a preliminary survey was carried out before the community service activities were carried out using various questionnaires regarding maintaining reproductive health with a clean and healthy lifestyle and it was found that the level of student knowledge was 0% good, 45% of students' knowledge was adequate and 55% of students' knowledge was poor. Therefore, it is important to provide health education on how to maintain healthy reproductive health in adolescents using a clean and healthy lifestyle approach at the AL-Azhar Saumlaki Madrasah Tsnowiyah (MTs), Tanimbar Islands Regency.

II. METHODS

The implementation method carried out in community service activities carried out at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki, Tanimbar Islands Regency is by providing counseling about maintaining reproductive health so that it remains healthy in teenagers with a clean and healthy lifestyle approach, while several stages are carried out as follows:

1. Formation of a Community Service Team

Before implementing community service, a meeting was held with the service team within the DIII Midwifery Study Program, Saumlaki, Health Polytechnic, Ministry of Health, Maluku. After that, an opinion agreement was reached on the theme that would be adopted. A questionnaire was created which is an instrument as a measuring tool for the implementation of the activities carried out. Then agree on the location of the activity that will be carried out, where it is agreed that the location will be at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki, Tanimbar Islands Regency.

2. Observation

In this activity, an initial visit was made to Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki, Tanimbar Islands Regency to determine the number of targets and convey the form of service that would be carried out and the room that would be used.

3. Licensing with Partners

Licensing activities with partners, in this case, the Principal of Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki, Tanimbar Islands Regency, during an initial visit to the location and when permission was given, the service team conducted a survey first regarding the level of knowledge of adolescents regarding maintaining adolescent reproductive hygiene. stay healthy with a clean and healthy lifestyle approach by distributing previously created questionnaires to measure students' initial knowledge before carrying out community service activities

4. Community service activities with counseling

During the implementation, counseling was carried out using the lecture and question and answer method, using slide/Powerpoint media which was displayed using an LCD. Delivery of material such as (1) the Concept of reproductive health, (2) the Concept of a clean and healthy lifestyle, (3) Maintaining reproductive health to stay healthy, (4) problems that often occur in reproductive organs and how to overcome them, (5) maintaining health reproduction with a clean and healthy lifestyle approach, (6) things that teenagers must avoid in maintaining reproductive health. This activity was carried out on Saturday, September 2, 2023, which was agreed upon by the community service team of the Saumlaki

DIII Midwifery Study Program, Health Polytechnic, Maluku Ministry of Health and partners, in this case, the AL-Azhar Saumlaki Madrasah Tsnowiyah (MTs) school, Tanimbar Islands Regency.

5. Distribution of questionnaires

This distribution of questionnaires was carried out after the outreach activities were carried out to measure changes in knowledge and success in service activities carried out by distributing questionnaires.

6. Evaluation of community service

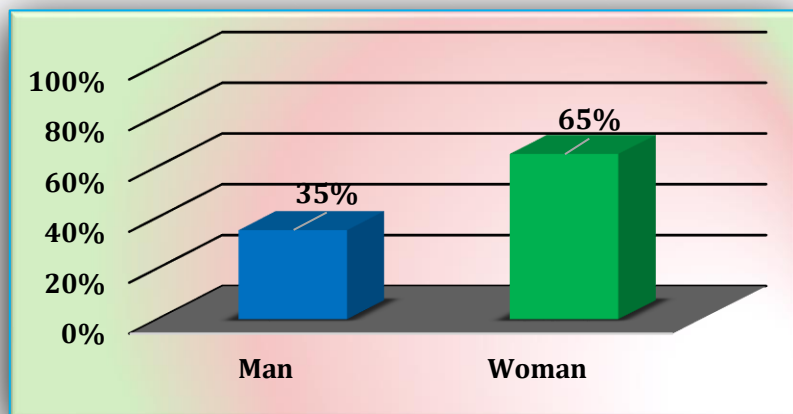
This activity was carried out twice, namely before the community service activity was carried out and after the community service activity was carried out

III. RESULT AND DISCUSSION

Community service carried out at the Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki school, Tanimbar Islands Regency was carried out at 12.40 ICT- 17.30 ICT on Saturday 02 September 2023 in the Class 9 room of Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki by combining class students 7, 8 and 9 with the theme of counseling on maintaining healthy reproductive hygiene among teenagers using a Clean and Healthy Lifestyle approach. The results of the community service carried out can be seen in the following graphic image:

1. Characteristics of participants who take part in activities based on gender

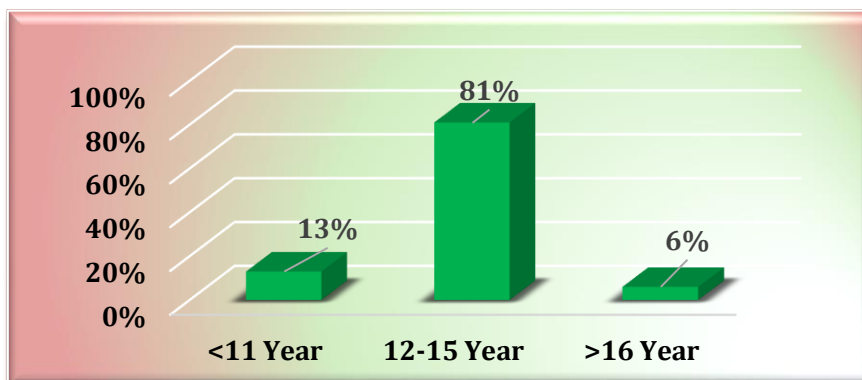
Fig 1. Characteristics of counseling participants based on gender at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki Tanimbar Islands Regency.



Graph 1 shows that the characteristics of the participants who took part in the activity were 35% male and 65% female, where there were more female participants.

2. Characteristics of participants taking part in activities based on age.

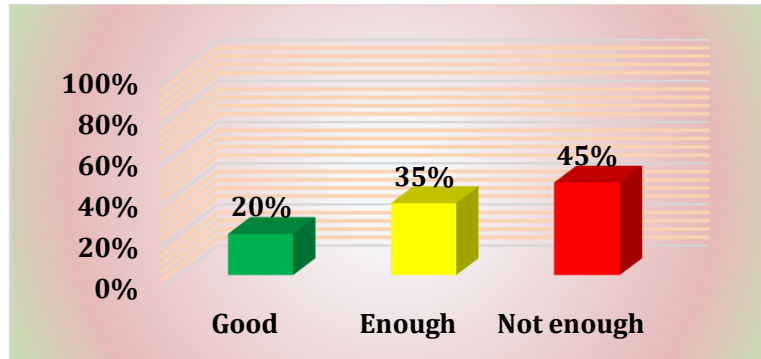
Fig 2. Characteristics of activity participants based on age among students at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki



Graph 2 shows the characteristics of participants who take part in activities based on age, where the age of students at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki is <11 years old as much as 13%, aged 12-15 years as much as 81% and >16 years old as much as 6% where most Participants aged 12-15 years.

3. Behavior of participants who take part in activities to maintain reproductive health using a Clean and Healthy Lifestyle approach.

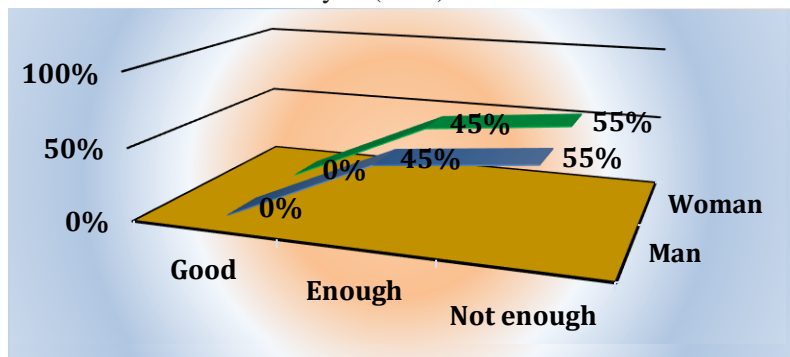
Fig 3. The behavior of participants in maintaining reproductive health using a Clean and Healthy Lifestyle approach among students at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki



Graph 3 shows the behavior of participants who take part in activities to maintain reproductive health using a Clean and Healthy Lifestyle approach among students at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki who have good behavior as much as 20%, good behavior as much as 35% and poor behavior as much as 45% where the behavior of students in maintaining reproductive health using a Clean and Healthy Lifestyle approach is mostly lacking.

4. Participants' knowledge before counseling.

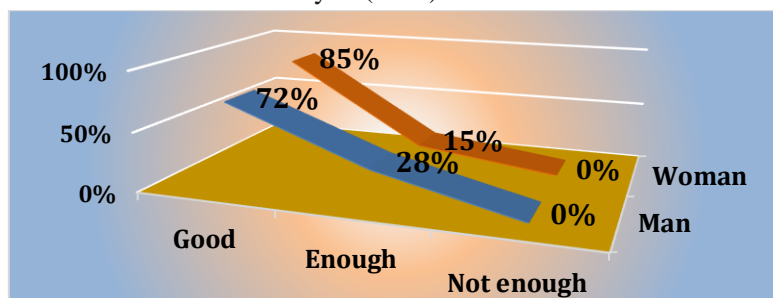
Fig 4. Participants' knowledge before counseling about maintaining healthy reproductive hygiene in teenagers using a Clean and Healthy Lifestyle approach to students at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki.



Graph 4 shows that participants' knowledge before being given counseling, both men and women, had the same average knowledge, where 0% had good knowledge, 45% had sufficient knowledge, and less than 55%, where none of the participants had good knowledge.

5. Participants' knowledge after counseling

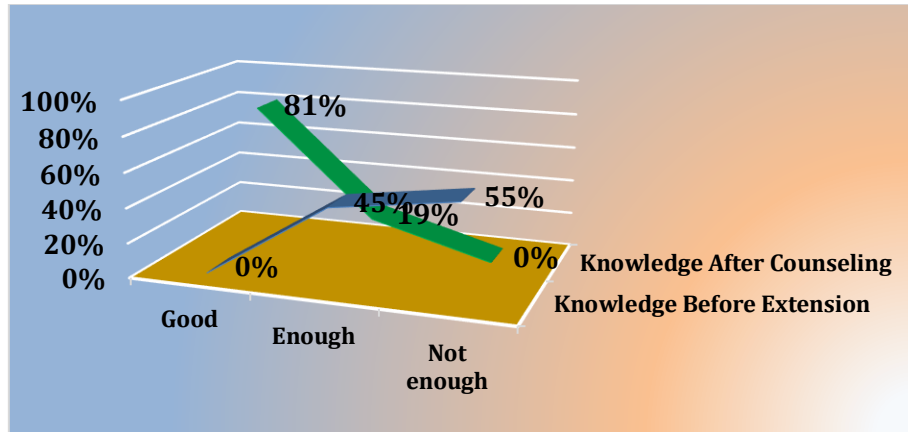
Fig 5. Participants' knowledge after counseling about maintaining healthy adolescent reproductive hygiene using a Clean, and Healthy Lifestyle approach to students at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki.



Graph 5 shows the participants' knowledge after being given the counseling, where the male participants' knowledge was good at 72%, 28% was sufficient and 0% was poor. Meanwhile, female participants' knowledge was good at 85%, 15% was sufficient, and less than 0%, where the increase in knowledge was better for female participants.

6. Increasing student knowledge before and after extension activities

Fig 6. An increase in participants' knowledge before and after counseling was carried out on students at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki.



Graph 6 shows the increase in participants' knowledge before and after the counseling activities for good knowledge increased from before counseling by 0% to 81%, moderate knowledge decreased by 45% to 19% and poor knowledge decreased from 55% to 0%. This shows that there was a significant increase in knowledge of 81% before and after counseling. Adolescent reproductive health is healthy both physically and mentally and is protected from all defects related to the adolescent reproductive system, which provides changes both physically, mentally, and mentally. These changes are felt by adolescents (Admin & Sri Emilda, 2021). Knowledge support related to reproductive health for teenagers is very important to be promoted to ensure that teenagers' reproductive health remains healthy and that they go through their teenage years without any problems with their reproductive organs. Adolescents who have low knowledge will influence their behavior, attitudes, and activities. So that community service is carried out for students at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki which will be carried out at 12.40 WIT - 17.30 WIT on Saturday 02 September 2023 in the class 9 room at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki which carried out to increase the knowledge of students and female students who are expected to be able to change their knowledge and behavior in maintaining their reproductive health with a clean and healthy lifestyle approach where the results of this service show that participants who take part in activities based on gender consist of 35% men and female gender is 65%, based on age, namely <11 years as much as 13%, age 12-15 years as much as 81% and >16 years as much as 6%, based on the behavior of participants who take part in activities to maintain reproductive health with a Clean and Healthy Lifestyle approach good behavior is 20%, adequate behavior is 35% and poor behavior is 45%, and knowledge about maintaining healthy reproductive health with a clean and healthy lifestyle approach where the participants' knowledge before being given counseling for both men and women has the same average knowledge. Where 0% had good knowledge, 45% had sufficient knowledge and 55% less after conducting counseling activities, where male participants' knowledge was 72% good, 28% enough and 0% less. If we compare the knowledge before and after the activity, there is a very significant change where the participants' knowledge before and after the counseling activity for good knowledge increased from before the counseling by 0% to 81%, moderately knowledgeable decreased by 45% to 19% and less knowledgeable decreased from as much as 55% to 0%.

This shows that there was a significant increase in knowledge of 81% before and after counseling. This community service activity is in line with the community service carried out previously at Mts Muhajirin, Waiheru Village, Baguala District, Ambon City, where there was a significant increase in student knowledge after education about reproductive health was carried out by 82.35% with good knowledge (Kasmiati, 2022). The results of this service activity are also supported by service activities carried out by

Indriyanti et al, 2023 regarding education on adolescent reproductive health through a clean and healthy lifestyle approach where the result was an increase in knowledge of 61.76% after education about reproductive health was carried out. (Arulampalam Kunaraj, P.Chelvanathan, 2023). Providing education to teenagers through promotional activities can increase the knowledge of teenagers which can change the behavior and attitudes of teenagers in maintaining their reproductive health.(Hardjito et al., 2021; Mostafa Ahmed Gamel et al., 2021; Susanti & Mujahidah, 2023) Adolescents who know to maintain their reproductive health will certainly have an impact on the personal hygiene behavior of the adolescents themselves (Hariani, 2022; Wibowo et al., 2022) Providing basic understanding and knowledge regarding maintaining reproductive health during adolescence with a clean and healthy lifestyle approach, apart from aiming to change behavior and attitudes so that they are responsible for themselves so that teenagers can avoid non-communicable and sexually transmitted diseases related to the reproductive organs. Even though the implementation of the activities carried out at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki was full of limitations with a hot classroom atmosphere and uncomfortable seating, the participation and participation of the counseling participants remained enthusiastic in listening and taking part in the activities until the counseling activities were completed. Documentation of activities at Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki can be seen in the following picture:



Fig 1. Introducing yourself to counseling participants before delivering the material



Fig 2. Presentation of material Maintaining healthy reproductive health for teenagers with a clean and healthy lifestyle approach.



Fig 3. Question and answer activities for participants in reproductive health education for teenagers to stay healthy with a clean and healthy lifestyle approach.



Fig 4. Photo with the Service Team with the Principal, Teachers, and Students Of Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki.

IV. CONCLUSION

Providing reproductive health education using a clean and healthy lifestyle approach is very important to encourage to development of a generation of reproductively healthy teenagers, the activities carried out at the AL-Azhar Saumlaki Madrasah Tsnowiyah (MTs), Tanimbar Islands Regency gave a satisfying impression with the very enthusiastic participation of the participants. This can also be seen from the increase in knowledge before and after the extension activities were carried out, increasing by 81% with good knowledge. It is important for health workers to always carry out outreach activities to teenagers regarding reproductive health so that every teenager can be exposed to this knowledge which is important for their reproductive health.

V. ACKNOWLEDGMENTS

The service team would like to thank the Principal of Madrasah Tsnowiyah (MTs) AL-Azhar Saumlaki Tanimbar Islands Regency who has given permission, and thank the teachers who have facilitated us in arranging the room and preparing the students.

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